

WATER ELEMENT:

Urinary Bladder Meridians & Points I *(from: Davis, 2000)*

Urinary Bladder (Pang Guang): Summary of Fu Functions

The Urinary Bladder is the Yang Organ of the Water Element. It receives and transforms fluids, acts as a temporary store, and excretes urine. The Bladder's transformation of fluids, and hence production of urine, depends upon Kidney qi - particularly Kidney Yang. It does this from the turbid fluids received from the Lungs, Small Intestine and Large Intestine. The Kidney and Bladder have complementary functions in this respect.

In particular, the turbid fluids separated by the Small Intestine pass to the Kidney/Bladder, which then transforms them into urine, and stores them for later excretion.

Maciocia (1989) particularly notes that;

"The Bladder has a wider sphere of activity in Chinese Medicine than in Western Medicine. It stores and excretes urine, but also participates in the transformation of fluids necessary for the production of urine." This is corroborated by Ross (1985), but Wiseman et al. (1985) state that "in reality, the transformative function here referred to is properly that of the Kidney".

Maciocia goes on to say that ... "although it is the Bladder that performs this function, the energy to do this is derived from the Kidney, the Small Intestine and Bladder work together to move fluids in the Lower Burner." (Maciocia, 1989).

It should also be remembered that the San Jiao assists the Bladder to transform fluids, especially by ensuring that the water passages of the Lower Jiao are open and free.

Su Wen, chpt. 8, p. 58. "The Bladder is the district official (because it is located distant from other organs) who stores fluids so that they can flow outward when energy transformation takes place." (Lu, 1990).

" The Bladder is like a district official, it stores the fluids so that they can be excreted by its action of Qi transformation" (Maciocia, 1989).

Zu Tai Yang Pang Guang Jing Urinary Bladder Channel of foot Tai Yang

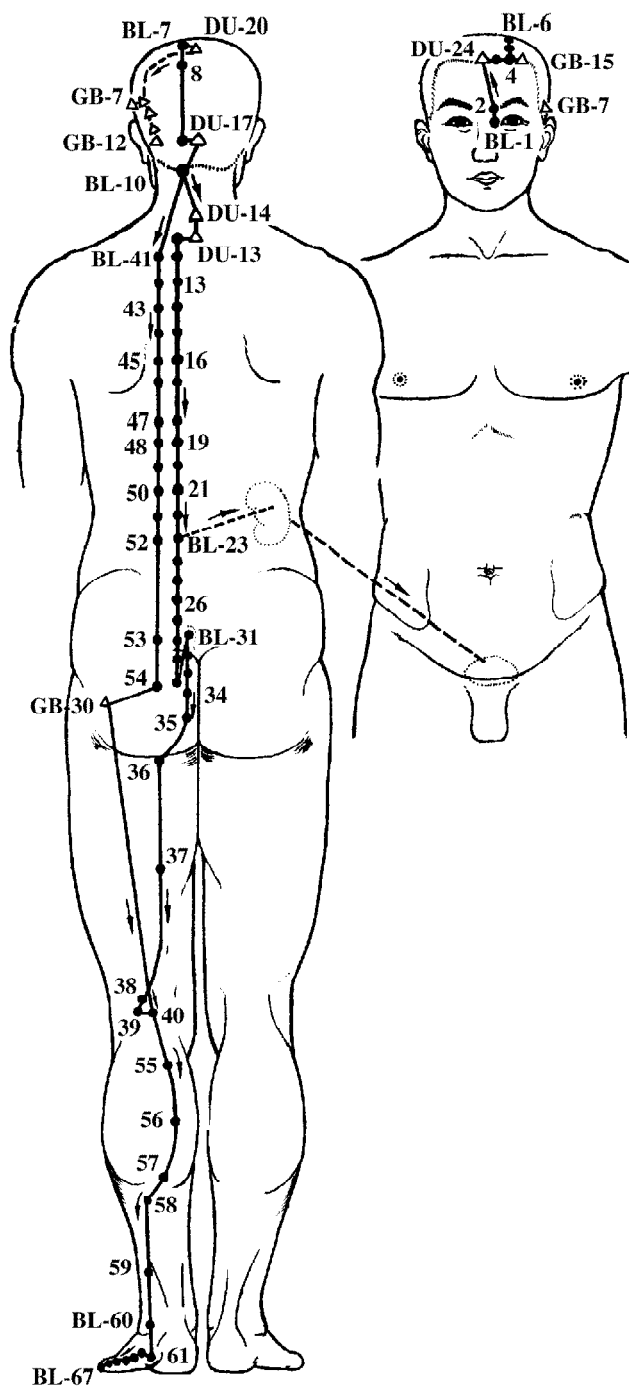
PRIMARY URINARY BLADDER MERIDIAN

The primary Urinary Bladder Channel of foot Tai Yang begins at the inner canthus of the eye, at BL-1 (Jing Ming). It travels over the forehead intersecting Du Mai at DU-24 (Shen Ting), and the Gall Bladder Channel of foot Shao Yang at GB-15 (Tou Lin Qi). It continues to the vertex and again intersects Du Mai at DU-20 (Bai Hui).

A branch separates at the vertex and descends to the area just above and behind the ear (temple region), meeting the Gall Bladder Channel of foot Shao Yang at GB-7 (Qu Bin), GB-8 (Shuai Gu), GB-10 (Fu Bai), GB-11 (Qiao Yin), and GB-12 (Wan Gu).

A branch at the vertex enters the brain, communicates with it, then reemerges and meets Du Mai at DU-17 (Nao Hu). The main pathway continues over the back of the head and bifurcates on the nape of the neck (BL-10, Tian Zhu).

One branch of the bifurcation (the inner), runs down from the nape of the neck. It meets Du Mai again at DU-14 (Da Zhui) and DU-13 (Tao Dao) on the upper back.



Primary Urinary Bladder Meridian

(modified from Shandong, 1982, p. 30).

muscle (BL-56, Cheng Jin), emerges behind the lateral malleolus (BL-60, Kun Lun), then runs along the lateral margin of the 5th metatarsal bone.

It continues downward parallel to the spine (1.5 cun lateral to the midline), through the muscles medial to the scapula, then on to the lumbar region.

There the Channel submerges and enters the body cavity (abdomen), via (through) the paravertebral muscles. It connects with the Kidney Organ before homing to its pertaining Organ, the Urinary Bladder.

A branch separates (reconstitutes itself) in the lumbar region and runs down to the buttocks. It continues down the posterior midline of the thigh to the popliteal fossa behind the knee (BL-40, Wei Zhong).

From the bifurcation at the nape of the neck (BL-10, Tian Zhu), the second (outer) branch descends 1.5 cun lateral to the paravertebral branch noted above (3 cun from the midline). It travels along the medial border of the scapula and down to the gluteal region (BL-54, Zhi Bian). It then crosses the buttocks and intersects the Gall Bladder Channel of foot Shao Yang at GB-30 (Huan Tiao).

It then continues down the posterolateral aspect of the thigh and meets the inner branch of the Urinary Bladder Channel in the popliteal fossa (BL-40, Wei Zhong).

The united Channel continues downward through the gastrocnemius

It crosses the tuberosity of this bone and ends at the lateral tip of the little toe, at BL-67 (Zhi Yin), posterior and lateral to the toenail. It connects there with the Kidney Channel of foot Shao Yin.

There are 67 points on the Bladder Meridian, and 12 intersecting points on other Meridians.

This Meridian pertains to the Bladder Organ and connects with the Kidney Organ. It also connects directly with the Brain and Heart Organ.

FLOW OF QI/ DISTRIBUTION OF POINTS:

Face, Head, Neck: BL-1 (Jing Ming), BL-2 (Zan Zhu), DU-24 (Shen Ting), BL-3 (Mei Chong), BL-4 (Qu Chai), [GB-15 (Tou Lin Qi)], BL-5 (Wu Chu), BL-6 (Cheng Guang), BL-7 (Tong Tian);

i) DU-20 (Bai Hui), GB-7 (Qu Bin), GB-8 (Shuai Gu), GB-10 (Fu Bai), GB-11 (Tou Qiao Yin), GB-12 (Wan Gu).

ii) BL-8 (Luo Que), BL-9 (Yu Zhen), DU-17 (Nao Hu), BL-10 (Tian Zhu):

Inner Branch:

Posterior Trunk: DU-14 (Da Zhui), DU-13 (Tao Dao), BL-11 (Da Zhu), BL-12 (Feng Men), BL-13 (Fei Shu), BL-14 (Jue Yin Shu), BL-15 (Xin Shu), BL-16 (Du Shu), BL-17 (Ge Shu), BL-18 (Gan Shu), BL-19 (Dan Shu), BL-20 (Pi Shu), BL-21 (Wei Shu), BL-22 (San Jiao Shu), BL-23 (Shen Shu), BL-24 (Qi Hai Shu), BL-25 (Da Chang Shu), BL-26 (Guan Yuan Shu), BL-27 (Xiao Chang Shu), BL-28 (Pang Guang Shu), BL-29 (Zhong Lu Shu), BL-30 (Bai Huan Shu), BL-31 (Shang Liao), BL-32 (Ci Liao), BL-33 (Zhong Liao), BL-34 (Xia Liao), BL-35 (Hui Yang),

Posterior Thigh, Knee: BL-36 (Cheng Fu), BL-37 (Yin Men), BL-38 (Fu Xi), BL-39 (Wei Yang), BL-40 (Wei Zhong)

Outer Branch:

Trunk: BL-41 (Fu Fen), BL-42 (Po Hu), BL-43 (Gao Huang Shu), BL-44 (Shen Tang), BL-45 (Yi Xi), BL-46 (Ge Guan), BL-47 (Hun Men), BL-48 (Yang Gang), BL-49 (Yi She), BL-50 (Wei Cang), BL-51 (Huang Men), BL-52 (Zhi Shi), BL-53 (Bao Huang), BL-54 (Zhi Bian),

Buttocks, Posterior Knee: GB-30 (Huan Tiao), BL-40 (Wei Zhong)

Leg, Foot: BL-55 (He Yang), BL-56 (Cheng Jin), BL-57 (Cheng Shan), BL-58 (Fei Yang), BL-59 (Fu Yang), BL-60 (Kun Lun), BL-61 (Pu Can), BL-62 (Shen Mai), BL-63 (Jin Men), BL-64 (Jing Gu), BL-65 (Shu Gu), BL-66 (Tong Gu), BL-67 (Zhi Yin).

MERIDIANS INTERSECTED BY THE URINARY BLADDER CHANNEL:

Gall Bladder Channel of foot Shao Yang: GB-7 (Qu Bin), GB-8 (Shuai Gu), GB-10 (Fu Bai), GB-11 (Tou Qiao Yin), GB-12 (Wan Gu), GB-15 (Tou Lin Qi), GB-30 (Huan Tiao).

Du Mai: DU-24 (Shen Ting), DU-20 (Bai Hui), DU-17 (Nao Hu), DU-14 (Da Zhui), DU-13 (Tao Dao).

MERIDIANS INTERSECTING ON THE URINARY BLADDER CHANNEL:

Gall Bladder Channel of foot Shao Yang: BL-11 (Da Zhu), BL-31 (Shang Liao), BL-34 (Xia Liao)

San Jiao Channel of hand Shao Yang: [BL-39 (Wei Yang)]

Small Intestine Channel of hand Tai Yang: BL-1 (Jing Ming), BL-11 (Da Zhu), BL-41 (Fu Fen)

Stomach Channel of foot Yang Ming: BL-1 (Jing Ming)

Du Mai (Governing Vessel): BL-12 (Feng Men), [BL-1 (Jing Ming)]

Yang Qiao Mai (Yang heel/motility Vessel): BL-1 (Jing Ming), BL-59 (Fu Yang), BL-61 (Pu Can), BL-62 (Shen Mai)

Yang Wei Mai (Yang linking Vessel): BL-63 (Jin Men), [BL-57 (Cheng Shan)]

Yin Qiao Mai (Yin heel/motility Vessel): BL-1 (Jing Ming)

URINARY BLADDER SPECIAL POINTS/ COMMAND POINTS:

BL-67 (Zhi Yin): Metal, Well-Jing.

BL-66 (Tong Gu): Water, Spring, Gushing-Ying. Horary point.

BL-65 (Shu Gu): Wood, Stream, Transporting-Shu.

BL-64 (Jing Gu): Yuan-Source.

BL-63 (Jin Men): Xi-Cleft, Accumulation.

BL-62 (Shen Mai): Master point, Yang Qiao Mai (Yang heel/motility Vessel);
Coupling point, Du Mai (Governing Vessel).

BL-60 (Kun Lun): Fire, River, Traversing-Jing.

BL-59 (Fu Yang): Xi-Cleft, Accumulation point of Yang Qiao Mai
(Yang heel/ motility Vessel)

BL-58 (Fei Yang): Luo-Connecting

BL-40 (Wei Zhong): Earth, Sea, Uniting-He.

BL-39 (Wei Yang): lower Sea, Uniting-He point of the San Jiao Channel.

BL-17 (Ge Shu): Meeting point of the Blood.

BL-11 (Da Zhu): Meeting point of the Bones.

REN-3 (Zhong Ji): front Alarm-Mu, Collecting point.

BL-28 (Pang Guang Shu): back Associated-Shu, Transporting point.

URINARY BLADDER PRIMARY MERIDIAN SIGNS/SYMPTOMS:

Chills and fever, headache, stiff neck, pain in the lumbar region and along the spine, nasal congestion, ocular pain and lacrimation, pain in the posterior thigh, popliteal region, gastrocnemius and foot.

URINARY BLADDER ORGAN SIGNS/SYMPTOMS:

Pain and distension in the lower abdomen, dysuria, urinary retention or enuresis, painful urination, mental disorders, opisthotonos.

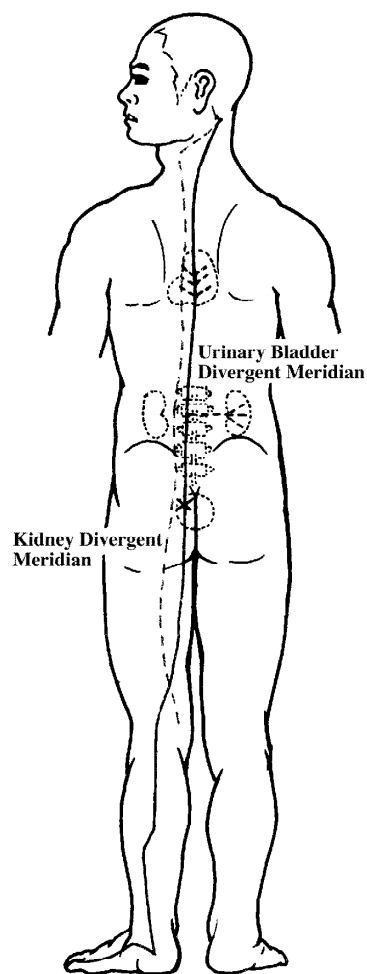
BACK ASSOCIATED-SHU, TRANSPORTING POINTS:

<i>Point</i>	<i>Related Zang Fu, Channel, Function, or Body Region</i>
BL-11 (Da Zhu)	Great Shuttle, Bones
BL-12 (Feng Men)	Wind Gate
BL-13 (Fei Shu)	Lung Zang
BL-14 (Jue Yin Shu)	Pericardium Zang
BL-15 (Xin Shu)	Heart Zang
BL-16 (Du Shu)	Du Mai (Governing Vessel)
BL-17 (Ge Shu)	Diaphragm
BL-18 (Gan Shu)	Liver Zang
BL-19 (Dan Shu)	Gall Bladder Fu
BL-20 (Pi Shu)	Spleen Zang
BL-21 (Wei Shu)	Stomach Fu
BL-22 (San Jiao Shu)	San Jiao Fu
BL-23 (Shen Shu)	Kidney Zang
BL-24 (Qi Hai Shu)	Sea-of-Qi Shu, Lumbar
BL-25 (Da Chang Shu)	Large Intestine Fu
BL-26 (Guan Yuan Shu)	Gate of Origin Shu, Lumbar
BL-27 (Xiao Chang Shu)	Small Intestine Fu
BL-28 (Pang Guang Shu)	Urinary Bladder Fu
BL-29 (Zhong Lu Shu)	Sacrum
BL-30 (Bai Huan Shu)	Perineum

OUTER BRANCH URINARY BLADDER POINTS PARTICULARLY RELATED TO THE SPIRIT:

<i>Point:</i>	<i>Aspect of Spirit:</i>
BL-42 (Po Hu)	Po; Corporeal Soul, Instinct, Animal Spirit
BL-43 (Gao Huang Shu)	Gao Huang; between the Heart and the Diaphragm, location of chronic or incurable disease
BL-44 (Shen Tang)	Shen; Divine Spirit, overall Spirit
BL-47 (Hun Men)	H'un; Ethereal Soul
BL-49 (Yi She)	Yi; Ideas, Memory, Meaning
BL-52 (Zhi Shi)	Zhi; Will, Will Power, Ambition

URINARY BLADDER DIVERGENT MERIDIAN



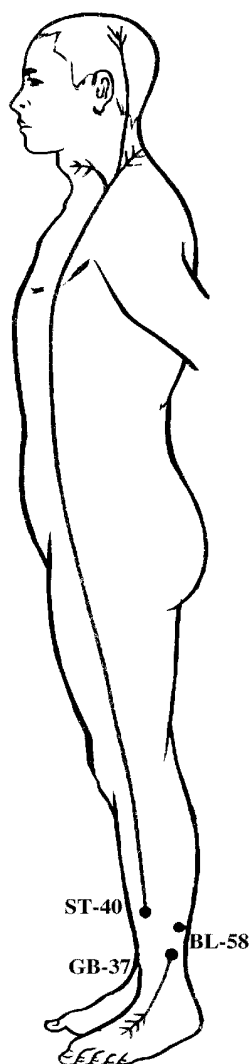
The Urinary Bladder Divergent Meridian separates from the primary Urinary Bladder Channel at the popliteal fossa, near BL-40 (Wei Zhong). It ascends to about 5 cun below the coccyx where it detours the anal region. It homes to the Urinary Bladder Organ and disperses in the Kidney Organ. It then follows the spine upward and disperses in the cardiac region, emerges at the neck, then rejoins its primary Channel, the Urinary Bladder Channel of foot Tai Yang, near BL-10 (Tian Zhu).

Water Divergent Meridians

(from Cheng 1987, p. 84)

URINARY BLADDER LUO (CONNECTING) MERIDIAN

The Urinary Bladder Luo Meridian separates from the primary Urinary Bladder Channel at BL-58 (Fei Yang), on the lateral posterior aspect of the leg, then connects to the Kidney Channel of foot Shao Yin.



Signs/ Symptoms:

Shi: nasal congestion with nasal discharge, blocked nose, cold nose, headache, back pain, pain in cervical region

Xu: clear nasal discharge, nosebleed

Yang Luo Meridians, Lower Limb

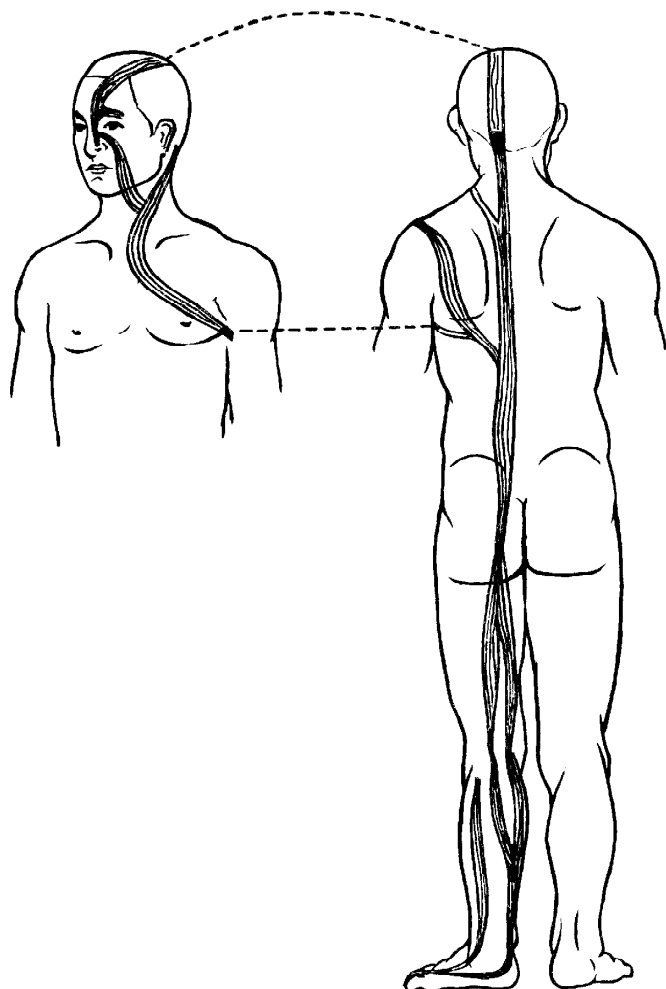
(from Cheng 1987, p. 93)

URINARY BLADDER MUSCLE-TENDINO (SINEW) MERIDIAN

The Urinary Bladder Muscle-Tendino Meridian (MTM) begins at the little toe. It runs proximally and binds at the lateral malleolus, then continues upward and binds at the lateral aspect of the knee.

A separate branch travels in the foot below the first. It travels inferior to the lateral malleolus, binds at the heel, then ascends and binds again at the lateral margin of the popliteal fossa. A branch separates at the mid-calf level, where the medial and lateral heads of gastrocnemius muscle converge. It travels upward and binds at the medial aspect of the popliteal fossa.

These two branches continue upward from the popliteal fossa, rise over the posterior thigh, and bind together at the buttocks. As one MTM, they rise beside the spine to the nape of the neck. A branch reaches inward and binds at the root of the tongue. The main MTM continues and binds to the occipital bone, then rises over the head and binds at the bridge of the nose. A branch goes to the area above the eye. This branch participates in the opening and closing of the eye. It binds at the side of the nose.



From the posterolateral aspect of the axilla a branch binds at the superior aspect of the shoulder, near LI-15 (Jian Yu). A sub-branch of this crosses below the axilla, rises over the chest, and connects at the supraclavicular fossa. It then rises and binds at the mastoid process behind the ear, near GB-12 (Wan Gu).

Yet another branch rises from the supraclavicular fossa, traverses the face, and binds to the side of the nose.

Urinary Bladder Muscle-Tendino Meridian

(from Cheng 1987, p. 97)

Signs/ Symptoms:

Strained muscles of the little toe (inability to support), swelling and pain in the heel, spasms in the joints, spasms or tension in the popliteal region, stiffness along the spine, spasms of the back, spasms or tension in the neck Sinews, opisthotonos, inability to raise the arm at the shoulder, stiffness or pulled muscles (discomfort) in the axillary region, strained muscles at the clavicle.

DEADMAN'S MERIDIAN COMMENTARY

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

- the Bladder primary channel enters the Kidney zang.
- the Bladder primary channel meets the Kidney channel at Zhiyin BL-67.
- the Bladder divergent channel disperses in the Kidneys.
- the Bladder luo-connecting channel connects with the Kidney channel.

It is also important to note that:

- the Bladder primary channel begins at the inner canthus of the eye.
- the Bladder primary channel intersects the Governing vessel at points Taodao DU-13, Dazhui DU-14, Naohu DU-17 and Baihui DU-20, where it enters the brain.

- the Bladder primary channel descends paravertebrally in two lines, one at 1.5 cun lateral to the midline, the other at 3 cun lateral to the midline; the inner line includes the back-shu points of the twelve zangfu, as well as the hui-meeting points for blood and bones.
- the Bladder divergent channel winds around the anus
- the Bladder divergent channel enters the Heart the Bladder sinew channel passes beneath the axilla.

The function of the Bladder is to store fluid and via its qi transformation action to convert the waste into urine for excretion. Like the Small and Large Intestine and Sanjiao channels, however, there is little direct clinical relationship between the Bladder channel and the function of the Bladder fu. It is true that several points of the Bladder channel are important in the treatment of urinary diseases, but this is primarily due to the fact that they are:

- i. back-shu points of the Sanjiao, Kidneys or Bladder (Sanjiaoshu BL-22, Shenshu BL-23 and Panguangshu BL-28 respectively),
- ii. local points lying over the region of the Bladder (for example Ciliao BL-32), or
- iii. distal points with a special relationship to fluid transformation, for example Weiyang BL-39, the lower he-sea point of the Sanjiao.

Due to its length and the different regions of the body it traverses, points of the Bladder channel have a great range of actions and indications:

- The taiyang Bladder channel, with sixty-seven points, is the longest channel in the body. It ascends over the head (yang) and then down the entire posterior, and hence most yang, portion of the body. Taiyang channel is the most superficial of the six channels and is therefore the first to be attacked by exterior wind. Wind is a yang pathogen, and both exterior and interior wind have the tendency to ascend to the head and brain. Many of the points of the Bladder channel, therefore, are important in clinical practice to eliminate both exterior and interior wind from the body.
- The Bladder channel enters the brain, whilst the Bladder divergent channel connects with the Heart. Since the time of the Essential Questions, Chinese medicine has recognised that disharmony of the brain or Heart, either singly or together, can give rise to psycho-emotional disorders (for a fuller discussion see the discussion on the Governing vessel). Points of the Bladder channel on the head from Zanzhu BL-2 to BL-10, and on the foot from BL-60 to Zutonggu BL-66 all treat such disorders as mania and epilepsy. In addition certain of the back-shu points such as Feishu BL-13, Xinshu BL-15 and Ganshu BL-18 treat a variety of disorders of the spirit, in this case due to their action on the Lung, Heart and Liver zang as much as their effect on the Bladder channel itself.
- Points Jingming BL-1 (at the inner canthus of the eye) to Tianzhu BL-10 (on the nape of the neck) expel exterior wind from their local area, pacify interior wind and treat disorders of the eyes, nose, head and face.
- The points of the inner, medial portion of the Bladder channel on the back have an enormous variety of actions and indications. Starting with Dazhu BL-11, the hut-meeting point of bone, through to Panguangshu BL-28, the back-shu point of the Bladder, these points have a profound effect on the zangfu and the various tissues, substances and sense organs of the body. Despite their express action on specific zangfu, however, some generalisations can be made. Points Dazhu BL-11 to Feishu BL-13 are able to expel exterior pathogens and regulate the Lung. Points Jueyinshu BL-14 and

Xinshu BL-15 treat the Heart and spirit. Points Geshu BL-17 to Sanjiaoshu BL-22 treat disorders of the middle jiao (Stomach, Spleen, Liver and Gall Bladder). Points Shenshu BL-23 to Huiyang BL-35 and Baohuang BL- 53 to Heyang BL-55 treat disorders of the Kidneys, lumbar region and lower jiao (intestines, Bladder, uterus, genitals, anus).

- Points of the outer, lateral, Bladder channel on the back from Fufen BL-41 (level with Fengmen BL-12) through to Zhishi BL-52 (level with Shenshu BL-23) have similar indications to the corresponding points of the inner Bladder channel, although they are generally less extensive in their actions and indications. Exceptions are Pohu BL-42 and Gaohuangshu BL-43 which have a profound effect on tonifying deficiency. It is well-known also that five of these points (Pohu BL-42, Shentang BL-44, Hunmen BL-47, Yishe BL-49 and Zhishi BL-52) are named after the five spiritual aspects. Despite the strong implication that these points may be used to treat disorders of these five aspects of a person's psycho-emotional being, however, there is scanty evidence in classical texts that they have been used for this purpose.

- Points on the posterior portion of the thigh from Chengfu BL-36 to Kunlun BL-60 treat disorders of the lumbar region, anus and leg.

- Feiyang BL-58, located on the calf, is the first distal point of the Bladder channel to have an effect on disorders of the head, and this action becomes more pronounced as the channel travels distally towards Zhiyin BL-67, the terminal point of the channel. The extreme yang nature of the taiyang (supreme yang) Bladder channel, coupled with its penetration of the head and brain, renders these points effective in the treatment of aggressive yang pathogens, whether in the form of exterior wind or heat which injure the upper part of the body, or in the form of interior wind, interior fire and uprising of yang which assault the head and brain. These points, therefore, are indicated in a variety of excess conditions affecting the head, brain and sense organs.

- In keeping with the general characteristics of the channels, especially the yang channels, the more distal the points, the stronger their effect on the channel as a whole rather than simply their local area. This may be observed in the indications for points Kunlun BL-60 to Jinggu BL-64, which treat disorders of the Bladder channel in the head, upper and lower back, upper and lower leg and foot.

POINTS OF THE URINARY BLADDER FU

BL-1 (*jīng míng*)

睛 *jīng*: eye, pupil

明 *míng*: to brighten, bright

睛明

Bright Eyes

Location: On the face at the medial border of the orbit, in the depression 1 fen superior to the inner canthus. The patient's eye should be closed when locating and needling this point.

Features & Categories: Intersection point of the Small Intestine Channel of hand Tai Yang, Stomach Channel of foot Yang Ming, Yin Qiao Mai (Yin heel/motility Vessel), Yang Qiao Mai (Yang heel/motility Vessel) and Du Mai (Governing Vessel) on the Urinary Bladder Channel.

Functions: Eliminates Wind and clears Heat; opens the Channels, nourishes Water and brightens the eyes; stops pain, itching and lacrimation.

Indications: Acute and chronic conjunctivitis; myopia; hypermetropia; astigmatism; strabismus; glaucoma; redness, pain and swelling of the eye; optic nerve atrophy; optic nerve neuritis; excess lacrimation, possibly on exposure to wind; itching of the inner canthus; night blindness; colour blindness; blurred vision; early stage of cataract; pterygium; keratoleukoma; insomnia, or chronic somnolence, with Yin or Yang Qiao Mai signs and symptoms.

Supplementary Indications: Dislike of cold with headache; visual dizziness; near sightedness; red, dry and sore eyes; polyps extending into the orbit; opacity of the cornea; obstructive membrane on the eye.

DEADMAN'S COMMENTARY

Jingming BL-1 (Bright Eyes) is the meeting point of all the yang channels (except the Large Intestine) and the Governing, Yang Motility and Yin Motility vessels. Although the pathology of eye diseases is complex and varied, they may be summarised as due to

- i. exterior pathogenic factors (mostly wind and heat), or
- ii. to deficiency or excess patterns of interior disharmony.

Yang governs the exterior, and due both to its location and the fact that most of the yang channels meet at this point, Jingming BL-1 is the primary local point for the treatment of virtually any eye disease of exterior origin. It was traditionally indicated for redness, swelling, pain, lacrimation, itching and blurred vision.

Equally, Jingming BL-1 is an essential local point for the treatment of eye diseases due to interior disharmony, whatever the pathology, and was traditionally indicated for night blindness, photophobia, blurred vision, visual dizziness, etc., and in modern times for glaucoma, optic nerve atrophy, pterygium, astigmatism, optic neuritis, retinal haemorrhage and early cataract.

CLASSICAL COMBINATIONS

- Liver qi night blindness: Jingming BL-1 and Xingjian LIV-2 (One Hundred Symptoms).
- Redness, swelling and unbearable pain of both eyes with photophobia: needle Jingming BL-1 and Yuwei (M-HN-7) and bleed Taiyang (M-HN-9) (Song of the Jade Dragon).
- When Jingming BL-1 is ineffective in treating diseases of the eye, combine it with Hegu L.I.-4 and Guangming GB-37 (Ode of Xi-hong).
- Lacrimation on exposure to wind: Jingming BL-1, Touwei ST-8, Fengchi GB-20 and Toulinqi GB-15 (Great Compendium).
- Superficial visual obstruction: Jingming BL-1, Hegu L.I.-4 and Sibai ST-2 (Great Compendium).
- Internal eye obstruction: Jingming BL-1, Tongziliao GB-1, Hegu L.I.-4 and Zulinqi GB-41 (Great Compendium).

BL-2 (*zǎn zhú*)

攢 *cuàn*: to gather, collect, bring together;

zǎn: save, accumulate

竹 *zhú*: bamboo

攢竹

Bamboo Gathering

Location: On the face at the medial end of the eyebrow. The point is located in a slight depression on the superciliary arch, superior to BL-1 (Jing Ming).

Functions: Disperses Wind; soothes the Liver; brightens the eyes; removes obstructions from the Channel; stops pain.

Indications: Headache; visual dizziness; myopia; acute conjunctivitis; keratoleukoma; excess lacrimation; pain in the superciliary ridge or supraorbital region; blurring of vision; failing vision; excess lacrimation, possibly on exposure to wind; redness, pain and swelling of the eye; 'sandy' eyes; glaucoma; twitching or spasms of the eyelids; facial paralysis; trigeminal neuralgia; Wind disorders of the face.

Supplementary Indications: Wind dizziness; headaches, particularly around the eyebrows or 'behind' the eyes; painful hemorrhoids; infantile epilepsy with the eyes looking upwards; mental illness; aversion to wind and cold; stiff neck.

DEADMAN'S COMMENTARY

Zanzhu BL-2 is an important and frequently used local point for the treatment of disorders of the eye and the surrounding region. It may be substituted for Jingming BL-1 in a variety of eye disorders (primarily those due to attack by exterior pathogenic factors), especially by practitioners with insufficient clinical experience in needling points close to the eyeball. For this purpose it may be needed to join with Jingming BL-1, or in the case of heat patterns pricked to bleed. Its effect on redness and itching of the eyes, combined with its ability to treat rhinitis and sneezing, renders it particularly suitable in the treatment of hay fever.

The sphere of action of Zanzhu BL-2 is not confined to the treatment of eye disorders however, and it is frequently used as a local point for frontal headache, pain of the eyebrow region, sinus pain and facial paralysis, and more widely (see combinations below) for one-sided or generalised head wind, and headache following alcohol intoxication. The Bladder divergent channel winds around the anus, and Zanzhu BL-2 is indicated for pain of haemorrhoids, an illustration of the principle of using points above to treat disorders below.

CLASSICAL COMBINATIONS

- Wind headache: Zanzhu BL-2, Chengguang BL-6, Shenshu BL-23, Qimai SJ-18, Sizhukong SJ-23 and Erheliao SJ-22 (Thousand Ducat Formulas).
- Headache with eye pain: Zanzhu BL-2 and Touwei ST-8 (Ode of the Jade Dragon).
- One-sided or generalised head wind: Zanzhu BL-2, Baihui DU-20, Qianding DU-21, Shenting DU-24, Shangxing DU-23, Sizhukong SJ-23, Fengchi GB-20, Hegu L.I.-4 and Touwei ST-8 (Great Compendium).
- Head wind following intoxication: Zanzhu BL-2, Yintang (M-HN-3) and Zusanli ST-36 (Great Compendium).
- Pain between the eyebrows: Zanzhu BL-2 and Touwei ST-8 (Song of the Jade Dragon).
- Twitching of the eyelids: Zanzhu BL-2 and Touwei ST-8 (Great Compendium).
- Rhinitis with clear nasal discharge: Zanzhu BL-2, Fengmen BL-12, Shenting DU-24, Hegu L.I.-4, Yingxiang L.I.-20, Zhiyin BL-67 and Futonggu KID-20 (Thousand Ducat Formulas).

GV-24 (*shén tíng*)神 *shén*: spirit庭 *tíng*: court, courtyard; hall; palace

神庭

Spirit Court

Location: On the superior midline of the head, 5 fen posterior to the natural anterior hairline. This is 4.5 cun anterior to DU-20 (Bai Hui). The proportional distance between DU-20 (Bai Hui) and the midpoint of the natural anterior hairline is 5 cun. The proportional distance between the glabella (midway between the medial ends of the eyebrows) and the natural anterior hairline is 3 cun. Five points are located lateral to DU-24 (Shen Ting) - BL-4 (Qu Cha) is 1.5 cun lateral, GB-15 (Tou Lin Qi) is 2.25 cun lateral, GB-13 (Ben Shen) is 3 cun lateral, ST-8 (Tou Wei) is 4.5 cun lateral, BL-3 (Mei Chong) is midway between DU-24 (Shen Ting) and BL-4 (Qu Cha).

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang and the Stomach Channel of foot Yang Ming on Du Mai.

Functions: Calms the Liver and extinguishes Wind; calms the Heart and Shen.

Indications: Epilepsy; seizures; fright palpitations; insomnia; headache; visual dizziness; vertigo; rhinitis; rhinal polyps; deep source nasal congestion; mucosal inflammation of the mouth.

BL-3 (*méi chōng*)眉 *méi*: eyebrow冲 *chōng*: to pour, rinse, flush; to change

眉冲

Eyebrow Ascension

Location: On the forehead, superior and posterior to BL-2 (Zan Zhu), 5 fen within the natural anterior hairline. The point is located approximately midway between Du-24 (Shen Ting) and BL-4 (Qu Cha), on a line connecting Du-24 (Shen Ting) and ST-8 (Tou Wei). BL-3 (Mei Chong) is approximately the same distance from the midline (Du Mai) as BL-2 (Zan Zhu).

Functions: Disperses Wind and clears Heat; brightens the eyes.

Indications: Headache; occluded nose; dizziness; vertigo; seizures; epilepsy.

Supplementary Indications: Nasal congestion; nasal obstruction; epilepsy.

CLASSICAL COMBINATIONS

- Headache with nasal congestion: Meichong BL-3, Shangxing DU-23, Yingxiang L.I.-20 and Hegu L.I.-4.

BL-4 (*qū chā*)曲 *qū*: bent, crooked差 *chā*: difference; chai: to send on an errand

曲差

Deviating Turn

Location: On the superior aspect of the head, 5 fen within the (natural) anterior hairline. The point is located 1.5 cun lateral to DU-24 (Shen Ting), one third of the distance between DU-24 (Shen Ting) and ST-8 (Tou Wei). This is medial to GB-15 (Tou Lin Qi), which is midway between DU-24 (Shen Ting) and ST-8 (Tou Wei).

GB-13 (Ben Shen) is two thirds of the distance, 3 cun, between DU-24 (Shen Ting) and ST-8 (Tou Wei).

Functions: Discharges Heat and opens the Portals; clears the head and brightens the eyes.

Indications: Frontal headache; visual dizziness; eye pain; blurred vision; eye diseases; nasal congestion; occluded nose; nasal obstruction; nosebleed.

Supplementary Indications: Headache; body fever; vexation and fullness in the Heart; failing vision; absence of sweating; nose sores; clear, runny nasal mucus with nosebleed.

CLASSICAL COMBINATIONS

- Dimness of vision: Quchai BL-4, Yanglao SI-6 and Hegu LI-4 (Supplementing Life).
- Agitation and fullness of the Heart with absence of sweating: Quchai BL-4 and Xinshu BL-15 (Supplementing Life).
- Foul-smelling nasal discharge: Quchai BL-4 and Shangxing DU-23 (Great Compendium).

GB-15 (*tóu lín qì*)

頭 *tóu*: head

臨 *lín*: to overlook, to face towards; to arrive at

泣 *qì*: tear

頭臨泣

Head Overlooking Tears

Location: On the superior aspect of the head, 5 fen within the (natural) anterior hairline. The point is located lateral to DU-24 (Shen Ting), midway between DU-24 (Shen Ting) and ST-8 (Tou Wei).

GB-15 (Tou Lin Qi) is medial to GB-13 (Ben Shen), which is two thirds of the distance, 3 cun, between DU-24 (Shen Ting) and ST-8 (Tou Wei). BL-4 (Qu Cha) is medial to GB-15 (Tou Lin Qi), one third of the distance, 1.5 cun, between DU-24 (Shen Ting) and ST-8 (Tou Wei).

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang and Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Clears the Shen and brightens the eyes; frees the nose; balances the emotions.

Indications: Headache; visual dizziness; vertigo; lacrimation upon exposure to wind; pain in the outer canthus; acute and chronic conjunctivitis; nebula; nasal congestion; occluded nose; epilepsy; coma with stroke; moodiness, particularly alternating elation and depression.

BL-5 (*wǔ chù*)

五 *wǔ*: five

處 *chù*: a place

五處

Fifth Place

Location: On the superior aspect of the head, 5 fen directly posterior to BL-4 (Qu Cha). This is 1 cun posterior to the natural anterior hairline, 1.5 cun lateral to Du Mai. It is lateral to DU-23 (Shang Xing).

Functions: Clears and discharges Wind Heat; resolves Interior Wind; clears the head and brightens the eyes; restores consciousness.

Indications: Headache; visual dizziness; blurred vision; vertigo; rhinitis; seizures; epilepsy; childhood convulsions; Wind stroke.

Supplementary Indications: Heaviness of the head; clonic spasm; opisthotonos; Wind Bi.

CLASSICAL COMBINATIONS

- Opisthotonos, clonic spasm, epilepsy and headache: Wuchu BL-5, Shenzhu DU-12, Weizhong BL-40, Weiyang BL-39 and Kunlun BL-60 (Thousand Ducat Formulas).
- Constant sneezing: Wuchu BL-5 and Fengmen BL-12 (Thousand Ducat Formulas).
- Nasal congestion with inability to distinguish the fragrant from the foul: Wuchu BL-5, Yingxiang L.I.-20, Shangxing DU-23 and Kouheliao L.I.-19 (Great Compendium).

BL-6 (*chéng guāng*)

承 *chéng*: to undertake as one's responsibility;
to carry, to receive, hold
光 *guāng*: light, to shine

承光

Light Guard

Location: On the superior aspect of the head, 1.5 cun directly posterior to BL-5 (Wu Chu). The point is located 1.5 cun lateral to Du Mai, 2.5 cun posterior to the natural anterior hairline.

Functions: Clears Heat and eliminates vexation; brightens the eyes and opens the Portals.

Indications: Headache; visual dizziness; blurred vision; vertigo; pannus; rhinitis; nasal congestion; nasal obstruction; common cold.

Supplementary Indications: Absence of sweating in Heat diseases; vomiting; vexation; loss of smell; nasal congestion with copious nasal mucus; blurred vision; Wind dizziness; wryness of the mouth.

CLASSICAL COMBINATIONS

- Wind headache: Chengguang BL-6, Zanzhu BL-2, Shenshu BL-23, Qimai SJ-18, Sizhukong SJ-23 and Erheliao SJ-22 (Thousand Ducat Formulas).
- Obstruction of the nose with inability to distinguish the fragrant from the foul: Chengguang BL-6, Shangxing DU-23, Baihui DU-20 and Xinhui DU-22 (Supplementing Life).
- Vomiting: Chengguang BL-6 and Dadu SP-2 (Supplementing Life).
- Agitation of the Heart: Chengguang BL-6, Baihui DU-20 and Qiangjian DU-18 (Supplementing Life).

BL-7 (*tōng tiān*)

通 *tōng*: to free, unblock; to be freed, unblocked;
to connect, communicate
天 *tiān*: celestial, of the heavens; sky; Nature; heaven

通天

Celestial Connection

Location: On the superior aspect of the head, 1.5 cun directly posterior to BL-6 (Cheng Guang). The point is located 1.5 cun lateral to Du Mai, 4 cun posterior to the natural anterior hairline. This is lateral and slightly anterior to Du-20 (Bai Hui).

Functions: Disperses Wind and resolves the Exterior; frees the nose; brightens the eyes; stops convulsions and opens the orifices.

Indications: (Severe) headache; dizziness; vertigo; nasal congestion; nosebleed; rhinitis; sinusitis; deep-source nasal congestion; nasal obstruction; eye disorders; facial paralysis; hemiplegia; convulsions.

Supplementary Indications: Nose sores; nasal polyps; hemilateral Wind; wryness of the mouth; stiff neck; dyspnea; loss of smell; congested runny nose; pain and heaviness at the vertex.

DEADMAN'S COMMENTARY

The Essential Questions says "Heavenly qi connects with the Lung" whilst the Spiritual Pivot says "Lung qi connects with the nose". In other words, the heavenly qi of air enters the Lung through its gateway the nose, which plays a part in absorbing the qi. For this reason, in qigong breathing practice, inhaling through the nose is always emphasised, whilst exhaling may be through the nose or mouth. The name Tongtian (Heavenly Connection) refers to the ability of this point to keep the nose free and unobstructed and thus assist in circulating the heavenly qi through the nose and Lung.

Tongtian BL-7 is one of the foremost points on the head to treat all disorders of the nose (including rhinitis, loss of sense of smell, nosebleed and nasal sores), and in such cases is often found to be tender on palpation. According to the Methods of Acupuncture and Moxibustion from the Golden Mirror of Medicine by Wu Qian, this point should be combined with Shangxing DU-23 for nasal congestion and discharge and nasal polyps. This text also specifies that moxa should be applied to right Tongtian BL-7 for the left nostril and to left Tongtian BL-7 for the right nostril.

Tongtian BL-7 is also indicated for phlegm obstructing the upper portion of the body and manifesting as profuse nasal discharge, heaviness of the head, swollen face, goitre and dyspnoea. Finally, Tongtian BL-7 is an important local point in the treatment of vertex headache due to any aetiology.

CLASSICAL COMBINATIONS

- Nasal congestion: Tongtian BL-7 and Toulinqi GB-15 (Supplementing Life).
- Nasal obstruction and discharge: Tongtian BL-7 and Shangxing DU-23 (Primary Points of the Fourteen Channels).
- Deviation of the mouth with profuse clear nasal discharge: Tongtian BL-7 and Chengguang BL-6 (Supplementing Life).
- Heaviness of the head: Tongtian BL-7, Yamen DU-15, and Fuyang BL-59 (Supplementing Life).
- Pain and heaviness of the head: Tongtian BL-7, Naokong GB-19 and Naohu DU-17 (Thousand Ducat Formulas).
- Collapse on sudden standing: Tongtian BL-7 and Luoque BL-8 (Thousand Ducat Formulas).

GV-20 (*bǎi huì*)

百 *bǎi*: one hundred

會 *huì*: meeting, convergence

百會

Hundred Convergences

Location: On the vertex of the head, in the midline, 5 cun posterior to the natural anterior hairline. The proportional distance between the midpoints of the anterior and posterior hairline is 12 cun. DU-20 (Bai Hui) is located 1 cun anterior to the midpoint of this mid-sagittal line. It is also located at the midpoint of a line (coronal plane) drawn between the apex of each ear.

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang and the Liver Channel of foot Jue Yin on Du Mai. Meeting point of all Yang Channels. Point of the Sea of Marrow (DU-16, DU-20).

Functions: Extinguishes Liver Wind and subdues Liver Yang; eliminates Interior Wind; clears the mind and calms the Shen; returns consciousness; lifts fallen Yang Qi and stabilizes ascending Yang; discharges blazing Heat in the Yang Channels.

Indications: Mania and withdrawal; Wind strike; stroke; headache; dizziness; shock; hypertension; insomnia; tinnitus; visual dizziness; nasal congestion; prolapse of the rectum or anus.

GB-7 (*qū bìn*)

曲 *qū*: curve, bend

鬢 *bìn*: the hair of the temples

曲鬢

Temporal Hairline Curve

Location: On the lateral aspect of the head, anterior and superior to the auricle. The point is located approximately 7 fen (one finger breadth) directly anterior to SJ-20 (Jiao Sun). This is at the junction of a horizontal line level with the apex of the auricle, and a vertical line at the anterior border of ear.

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang on the Gall Bladder Channel.

Functions: Clears Heat and disperses swelling; extinguishes Wind and relieves pain.

Indications: Pain in the temporal region; migraine headache; trigeminal neuralgia; swelling of the cheek and submandibular region; clenched jaws; spasms of temporalis muscle.

GB-8 (*shuài gǔ*)

率 *shuài*: to lead

谷 *gǔ*: valley

率谷

Valley Lead

Location: On the lateral aspect of the head, within the hairline, 1.5 cun directly superior to the apex of the auricle (superior to SJ-20, Jiao Sun).

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang on the Gall Bladder Channel.

Functions: Eliminates Wind and quickens the Connecting Vessels; removes obstructions from the Channel; settles tetany and relieves pain; benefits the ears.

Indications: Unilateral headache; migraine headache; dizziness; vertigo; eye diseases; tinnitus; deafness.

GB-10 (*fú bái*)

浮 *fú*: to float, to drift, to rise

白 *bái*: white, pure

浮白

Floating White

Location: On the lateral posterior aspect of the head, one third of the distance along a slightly curved line drawn between GB-9 (Tian Chong) and GB-12 (Wan Gu). GB-9 (Tian Chong) is located 5 fen directly posterior to GB-8 (Shuai Gu). GB-12 (Wan Gu) is located in the depression posterior and inferior to the mastoid process.

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang on the Gall Bladder Channel.

Functions: Benefits and frees the Liver and Gall Bladder; dissipates Wind and frees the Connecting Vessels.

Indications: Headache; tinnitus; deafness; toothache; bronchitis.

GB-11 (*tóu qiào yīn*)

頭 *tóu*: head

竅 *qiào*: portal, orifice

陰 *yīn*: yin, the complement of yang

頭竅陰

Head Portal Yin

Location: On the lateral posterior aspect of the head, two thirds of the distance along a slightly curved line drawn between GB-9 (Tian Chong) and GB-12 (Wan Gu). GB-9 (Tian Chong) is located 5 fen directly posterior to GB-8 (Shuai Gu). GB-12 (Wan Gu) is located in the depression posterior and inferior to the mastoid process.

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang on the Gall Bladder Channel.

Functions: Clears Heat and releases Gall Bladder Channel Damp Heat; benefits the ears and frees the throat.

Indications: Headache and pain in the neck; stiff neck; ear pain; deafness; tinnitus; bronchitis; laryngitis; goitre; pain in the chest.

GB-12 (*wán gǔ*)

完 *wán*: completed, finished

骨 *gǔ*: bone

完骨

Completion Bone

Location: On the lateral, posterior and proximal aspect of the neck, in the depression immediately posterior and inferior to the mastoid process of the temporal bone.

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang on the Gall Bladder Channel.

Functions: Rouses the brain and opens the Portals; eliminates Wind and clears Heat; dissipates rising rebellious Qi and settles spasms; calms the Shen.

Indications: Headache; insomnia; pain and stiffness in the neck; swelling of the cheek or face; otitis media; parotitis; toothache; wryness of the eyes and mouth; facial paralysis; epilepsy; seizures; migraine headache.

BL-8 (luò què)絡 *luò*: mesh, connect; connecting vessel卻 *què*: to retreat; refuse

絡卻

Declining Connection

Location: On the superior aspect of the head, 1.5 cun directly posterior to BL-7 (Tong Tian). The point is located 1.5 cun lateral to Du Mai, 5.5 cun posterior to the natural anterior hairline. This is lateral and posterior to Du-20 (Bai Hui).

Functions: Dissipates Wind and clears Heat; clears the head and brightens the eyes.

Indications: Dizziness; vertigo; facial paralysis; blurred vision; tinnitus; rhinitis; goitre; mania and withdrawal; vomiting.

Supplementary Indications: Nasal congestion; clonic spasm; manic movement; retching and vomiting.

CLASSICAL COMBINATIONS

- Madness with vomiting: Luoque BL-8, Zhubin KID-9, Yanggu SI-5, Houding DU-19, Qiangjian DU-18, Naohu DU-17 and Yuzhen BL-9 (Thousand Ducat Formulas).
- Collapse on sudden standing: Luoque BL-8 and Tongtian BL-7 (Thousand Ducat Formulas).
- Tinnitus: Luoque BL-8, Tinggong SI-19, Tinghui GB-2, Ermen SJ-21, Baihui DU-20, Yangxi L.I.-5, Qiangsi SI-2, Houxi SI-3, Wangu SI-4, Zhongzhu SJ-3, Yemen SJ-2, Shangyang L.I.-1 and Shenshu BL-23 (Great Compendium).

BL-9 (yù zhěn)玉 *yù*: jade枕 *zhěn*: pillow

玉枕

Jade Pillow

Location: On the posterior aspect of the head, 1.3 cun lateral to the superior border of the external occipital protuberance. The point is lateral to DU-17 (Nao Hu), which is 2.5 cun superior to the posterior hairline. GB-19 (Nao Kong) is located on the same level (same transverse plane), 1.5 cun directly superior to GB-20 (Feng Chi).

Functions: Dispels Wind and quickens the Connecting Vessels; frees the Portals and brightens the eyes.

Indications: Headache; neck pain; eye pain; dizziness; vertigo; myopia; nasal congestion; nasal obstruction.

Supplementary Indications: Insufferable Wind headache; dizzy or heavy head; upturned eyes; blurred vision; pain and reddening of the eyes; nasal congestion and sore pharynx; stiff neck; aversion to cold; absence of sweating in Heat diseases.

DEADMAN'S COMMENTARY

The name Yuzhen (Jade Pillow) refers both to the point Yuzhen BL-9 and to the general region around the occipital protuberance. In this latter context, Yuzhen is one of what is known as the three gates (sanguan) through which it may be difficult to circulate the qi in the qigong 'small heavenly circuit' practice; that is the practice of circulating the qi through the Governing and Conception vessels

in one continuous circuit using the mind and the breath. The three gates are Yuzhenguan, Jiajiguan (in the region of Mingmen DU-4) and Weiluguan (in the region of Changqiang DU-1).

Yuzhen BL-9 itself is indicated for the treatment of

- i. Occipital headache and severe head wind, stiffness and pain of the neck and coldness and sensitivity to wind in the head and neck region,
- ii. disorders of the nose and eyes (eye pain, short sightedness, nasal congestion and loss of sense of smell), and
- iii. madness, mad walking, epilepsy and sudden collapse on standing.

CLASSICAL COMBINATIONS

- Pain of the nape of the neck: Yuzhen BL-9 and Wangu GB-12 (Supplementing Life).
- Wind dizziness: Yuzhen BL-9, Houding DU-19 and Hanyan GB-4 (Supplementing Life).
- Head wind: Yuzhen BL-9 and Xinhui DU-22 (One Hundred Symptoms).
- Nasal congestion: Yuzhen BL-9, Baihui DU-20, Toulinqi GB-15, Shangxing DU-23 and Danyang (Extra) (Supplementing Life).

GV-17 (*nǎo hù*)

腦 *nǎo*: brain

戶 *hù*: door, household

腦戶

Brain's Door

Location: On the midline of the posterior head, 2.5 cun superior to the hairline, at the superior border of the external occipital protuberance. This is 1.5 cun superior to DU-16 (Feng Fu). The point is located approximately 2 fen superior to one third of the distance between the midpoint of the posterior hairline and DU-20 (Bai Hui). The proportional distance between these landmarks is 7 cun. The proportional distance between the midpoints of the anterior and posterior hairline is 12 cun. BL-9 (Yu Zhen) is located 1.3 cun lateral to DU-17 (Nao Hu).

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang on Du Mai.

Functions: Dispels Wind and clears Heat; disperses swelling and settles tetany; benefits the brain and opens the Portals.

Indications: Epilepsy; seizures; dizziness; headache; insomnia; pain and stiffness of the neck.

BL-10 (*tiān zhù*)

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

柱 *zhù*: pillar

天柱

Celestial Pillar

Location: On the posterior superior aspect of the neck, 1.3 cun lateral to DU-15 (Ya Men). The point is located in the lateral fibres of trapezius muscle, or deeper, semispinalis capitus muscle. DU-15 (Ya Men) is in the midline, 5 fen superior to the posterior hairline, in the depression immediately superior to the spinous process of the 2nd cervical vertebra (axis).

Features & Categories: Point of the Sea of Qi (BL-10, ST-9, DU-15, DU-14, REN-17).
Window of the Sky point.

Functions: Eliminates Wind and disperses Cold; soothes the Sinews and quickens the Connecting Vessels; clears the brain and brightens the eyes; relieves pain; opens the orifices; removes obstructions from the Channel; benefits the lower back.

Indications: (Occipital) headache; stiff neck; nasal congestion; nasal obstruction; sore throat; shoulder and back pain; eye diseases generally; stiffness or soreness in the back of the neck; acute lower back pain; pharyngitis; hysteria; neurasthenia; poor memory and concentration.

Supplementary Indications: Dizzy, painful or heavy head; nearsightedness; blurred vision with red or painful eyes; excess lacrimation; eyes fit to burst from their sockets; pain in the vertex as if the top of the head were being prised off; nasal congestion and pharyngeal swelling; stiff neck; aversion to cold; absence of sweating in Heat diseases; seizures; child epilepsy; other forms of epilepsy.

DEADMAN'S COMMENTARY

Tianzhu BL-10 is one of five points referred to in Chapter 21 of the Spiritual Pivot as points of the 'Window of Heaven', and in this passage it is said "Sudden contraction, epilepsy and dizziness, with inability of the legs to support the body, select Tianzhu BL-10". Chapter 24 of the Spiritual Pivot says "inversion headache with neck pain followed by lumbar pain select Tianzhu BL-10"

In common with the other Window of Heaven points, Tianzhu BL-10 is indicated when inversion qi (chaotic and rebellious qi) rises to the head. This may give rise to dizziness, headache, heaviness of the head, stiff neck and epilepsy, as well as congestion, pain and swelling of the throat, eyes and nose, whilst at the same time in the lower part the legs are unable to support the body due to unbalanced distribution of qi.

The use of Tianzhu BL-10 for disorders such as inability of the legs to support the body, pain of the body, and headache accompanied by lumbar pain is a reflection of the principle of selecting points above to treat disorders below.

Like Tianfu LU-3 and Tianchuang SI-16 (also points of the Window of Heaven), Tianzhu BL-10 is further indicated for mental disorders characterised by mania and incessant talking, as well as for disorders characterised in the classical texts as seeing or 'communicating with ghosts' and therefore attributed to some form of demonic possession. In terms of modern medicine these indications refer to various forms of severe mental disorder including schizophrenia.

Finally there is some similarity between the indications of Tianzhu BL-10 and Fengchi GB-20, both points being located close to each other. Fengchi GB-20 however is much used clinically both to expel exterior pathogenic wind and to pacify interior wind, whilst the clinical use of Tianzhu BL-10 is primarily confined to pacifying interior wind.

CLASSICAL COMBINATIONS

- Headache: Tianzhu BL-10, Taodao DU-13, Dazhu BL-11, Kongzui LU-6 and Houxi SI-3 (Thousand Ducat Formulas).
- Head wind: Tianzhu BL-10, Naokong GB-19 and Baihui DU-20 (Supplementing Life).
- Dizziness: Tianzhu BL-10, Shangxing DU-23 and Fengchi GB-20 (Glorious Anthology).
- Visual dizziness, dimness of vision with bursting eye pain: Tianzhu BL-10, Taodao DU-13 and Kunlun BL-60 (Supplementing Life).
- Blurring of vision: Tianzhu BL-10 and Yanglao SI-6 (One Hundred Symptoms).

- Stiff neck with great aversion to wind: Tianzhu BL-10 and Shugu BL-65 (One Hundred Symptoms).
- Inability of the legs to support the body: Tianzhu BL-10 and Xingjian LIV-2 (Thousand Ducat Formulas).
- Childhood fright epilepsy: Tianzhu BL-10, Benshen GB-13, Qianding DU-21 and Xinhui DU-22 (Thousand Ducat Formulas).
- Pain of the shoulder as if it were broken: Tianzhu BL-10 and Yanglao SI-6 (Thousand Ducat Formulas).

GV-14 (dà zhuī)大 *dà*: great, big, large椎 *zhuī*: hammer, mallet; vertebra

大椎

Great Hammer

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

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

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

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

GV-13 (táo dào)陶 *táo*: kiln; pleased or happy道 *dào*: path, road, way

陶道

Kiln Path

Location: On the posterior midline of the trunk in the upper thoracic region. The point is located in the depression immediately inferior to the spinous process of the 1st thoracic vertebra. BL-11 (Da Zhu) is located 1.5 cun lateral to DU-13 (Tao Dao), SI-14 (Jian Wai Shu) is 3 cun lateral.

Features & Categories: Intersection point of the Urinary bladder Channel of foot Tai Yang on Du Mai.

Functions: relieves Exterior conditions; clears Lung Heat; calms the Shen; strengthens Deficiency; regulates Shao Yang.

Indications: Fever; stiffness of the spinal column; headache; malaria; seizures; psychosis; tuberculosis; Heat diseases; head and neck muscle spasm.

BL-11 (dà zhù)

大 dà: large

杼 zhù: a reed, a weaver's shuttle

大杼

Great Shuttle

Location: On the superior dorsal aspect of the trunk, 1.5 cun lateral to the depression immediately inferior to the spinous process of the 1st thoracic vertebra (DU-13, Tao Dao). This is approximately 2 (middle) finger widths from DU-13 (Tao Dao). SI-14 (Jian Wai Shu) is 1.5 cun lateral to BL-11 (Da Zhu), 3 cun from the posterior midline.

Features & Categories: Meeting point of the Bones; intersection point of the Small Intestine Channel of hand Tai Yang and the Gall Bladder Channel of foot Shao Yang on the Urinary Bladder Channel. Point of the Sea of Blood (BL-11, ST-37, ST-39).

Functions: Disperses Wind; resolves Exterior Heat; soothes the Sinews and Connecting Vessels; regulates and strengthens the Bones and joints; nourishes Blood.

Indications: Cough; fever; headache; common cold; bronchitis; pneumonia; pleurisy; pain or soreness in the scapula or shoulder; rigidity or stiffness of the neck; pain in the neck and back; arthritis; numbness in the limbs; Deficient Blood or Ying Qi.

Supplementary Indications: Headache, chills and quivering from Cold; lumbar and back pain; throat Bi; thoracic fullness and dyspnea; malaria; tidal fevers; absence of sweating in Cold damage; body fever; painful knee that cannot flex or extend; vexation and fullness with abdominal urgency; tuberculosis in the bones; stiffness along the spine; infantile convulsions.

DEADMAN'S COMMENTARY

Dazhu BL-11 is the hui-meeting point of bones and is indicated for various bone diseases and rigidity and pain of the neck, spine and lumbar region. In modern clinical practice it is used when painful obstruction due to pathogenic wind, cold, damp and heat penetrates deeply into the bones and joints causing deformity (known as bony painful obstruction). Dazhu BL-11 is also indicated for contraction of the sinews, and the Spiritual Pivot especially recommends Dazhu BL-11 for treating contraction of the sinews that may accompany madness.

The Ming dynasty classic Investigation into Points Along the Channels says that Dazhu BL-11 is indicated "for injury by wind which does not disperse, with bursting headache, soreness and pain of the back and scapula, interstices that are not closed, susceptibility to catching wind-cold". Taiyang channel is the most exterior of the six channels, and therefore most commonly the first to be injured by exterior pathogenic wind-cold. It is for this reason that exterior wind-cold pattern often gives rise to headache and pain of the neck which may extend down the upper back (taiyang channel). At the same time, exterior pathogenic wind-cold which first attacks the surface portion of the body easily penetrates to the Lung, since the Lung controls the skin and body hair. Dazhu BL-11 is a point of taiyang channel and a meeting point of the taiyang Bladder channel with the taiyang Small Intestine channel. Furthermore it is located on the upper back, close to both the neck and the Lung. It therefore has a strong action both on the exterior portion of the body (demonstrated by its ability to expel wind-cold manifesting as stiffness and pain of the neck and scapula, fever, cold shivering and absence of sweating), as well as on the Lung (demonstrated by its ability to relieve coughing, dyspnoea and fullness of the chest). In this respect it is very similar to Fengmen BL-12, especially in

its ability both to expel excess pathogenic wind-cold and to firm the exterior in cases of deficiency (e.g. interstices and pores that do not close, susceptibility to catching wind-cold).

According to the Spiritual Pivots Dazhu BL-11 is a point of the 'sea of blood'. This passage says "The Penetrating vessel is the sea of the twelve channels (i.e. the sea of blood). In the upper it is conveyed to Dazhu BL-11, and in the lower it emerges at both Shangjuxu ST-37 and Xiajuxu ST-39 ... When the sea of blood is in excess, there is a sensation as if the body were big; one feels disquiet, but does not know what disease there is; when the sea of blood is insufficient, one has the sensation of one's body being small; one feels reduced but does not know what could be the illness". Despite this passage it is worth noting that such indications are not found in later texts. Some commentators however interpret various indications of Dazhu BL-11 as relating to disorder of the Penetrating vessel, especially the signs of qi rebellion in the chest (cough, fullness of the chest, dyspnoea) and head (dizziness). Finally, the Essential Questions includes Dazhu BL-11 among the eight points (bilateral Quepen ST-12, Dazhu BL-11, Zhongfu LU-1 and Fengmen BL-12) to clear heat from the chest.

CLASSICAL COMBINATIONS

- Coldness and pain of the bone marrow: Dazhu BL-11, Xuanzhong GB-39, Fuliu KID-7, Shenmai BL-62, Lidui ST-45 and Shenshu BL-23 (Compilation).
- All wind, painful obstruction, atrophy disorder and inversion diseases: Dazhu BL-11 and Ququan LIV-8 (Song to Keep Up Your Sleeve).
- Headache and visual dizziness: Dazhu BL-11, Sibai ST-2 and Yongquan KID-1 (Supplementing Life).
- Depression in the chest: Dazhu BL-11 and Xinshu BL-15 (Thousand Ducat Formulas).