

WATER ELEMENT:**Urinary Bladder Points IV** *(from: Davis, 2000)***BL-48 (yáng gāng)**

陽 yáng: yang, the complement of yin
 綱 gāng: headrope of a fishing net; a key link;
 principle, essence

陽 綱

Yang Headrope

Location: On the posterior trunk 3 cun lateral to Du Mai point DU-7 (Zhong Shu). DU-7 (Zhong Shu) is located on the midline in the depression immediately inferior to the spinous process of 10th thoracic vertebra. BL-48 (Yang Gang) is 1.5 cun lateral to BL-19 (Dan Shu).

Functions: Clears the Gall Bladder and Stomach; transforms Damp Heat.

Indications: Borborygmi; abdominal pain; hepatitis; cholecystitis; gastritis; diarrhea; jaundice; pain in the hypochondriac region.

Supplementary Indications: Difficult ingestion; abdominal fullness and distension; irregular defecation.

DEADMAN'S COMMENTARY

Yanggang BL-48 is level with Danshu BL-19, the back-shu point of the Gall Bladder. Like Danshu BL-19, it is indicated for damp-heat obstructing the Gall Bladder and giving rise to fever, jaundice, pain of the lateral costal region and dark and hesitant urination. At the same time it is able to regulate the middle jiao and clear dampness and heat, being indicated for distention and pain of the abdomen, diarrhoea, dysenteric disorder, irregular defecation and digestive disorders.

CLASSICAL COMBINATIONS

- Yellow eyes: Yanggang BL-48 and Danshu BL-19 (One Hundred Symptoms).
- Yellow eyes: Yanggang BL-48, Yishe BL-49, Naohu DU-17 and Danshu BL-19 (Supplementing Life).
- Difficult ingestion: Yanggang BL-48, Qimen LIV-14, Shaoshang LU-11 and Laogong P-8 (Thousand Ducat Formulas).
- Red and hesitant urinary flow: Yanggang BL-48, Guanyuan REN-4, Zhibian BL-54 and Qihai REN-6 (Supplementing Life).

BL-49 (yì shè)

意 yì: idea, wish, meaning
 舍 shè: a house, a shed; to reside

意 舍

Reflection Abode

Location: On the posterior trunk 3 cun lateral to Du Mai point DU-6 (Ji Zhong). DU-6 (Ji Zhong) is located on the midline in the depression immediately inferior to the spinous process of 11th thoracic vertebra. BL-49 (Yi She) is 1.5 cun lateral to BL-20 (Pi Shu).

Features & Categories: Related to the spiritual qualities of the Earth Element - Yi, ideas, memory, meaning.

Functions: Frees and discharges Damp Heat; tonifies Spleen Yang; benefits memory and concentration.

Indications: Abdominal distension; borborygmi; indigestion; diarrhea; vomiting; jaundice; hepatitis; cholecystitis; gastritis; difficult ingestion; pain in the lumbar region; obsessions.

Supplementary Indications: Back pain; aversion to wind and cold; abdominal fullness and distension; diarrhea; thirst; jaundice and yellowing of the eyes; dark-colored urine.

DEADMAN'S COMMENTARY

Yishe BL-49 is level with Pishu BL-20, the back-shu point of the Spleen. Despite its name (Abode of Thought), psychological and emotional indications are notable by their absence in major classical texts.

Yishe BL-49 is able to clear damp-heat (reddish-yellow urine, heat in the body with yellow face and eyes) and regulate disharmony of the Stomach (vomiting, difficult ingestion) and Spleen (abdominal distention and fullness, slippery diarrhoea).

In the light of its proximity to the pancreas, it is interesting to note the inclusion of this point in a number of classical combinations for wasting and thirsting disorder. According to the Essential Questions the five outer Bladder points level with the five zang back-shu points (i.e. Puhu BL-42, Shentang BL-44, Hunmen BL-47, Yishe BL-49 and Zhishi BL-52) drain heat from the five zang, an action shared by the back-shu points of the five zang.

CLASSICAL COMBINATIONS

- Wasting and thirsting disorder with great desire to drink: Yishe BL-49, Guanchong SJ-1 and Rangu KID-2 (Supplementing Life).
- Wasting and thirsting disorder with great desire to drink: Yishe BL-49, Chengjiang REN-24, Rangu KID-2 and Guanchong SJ-1 (Thousand Ducat Formulas).
- Kidney deficiency wasting and thirsting disorder, absence of sweating, difficulty in moving the lumbar spine, distension of the abdomen and pain of the lateral costal region: Yishe BL-49 and Zhonglushu BL-29 (Classic of Supplementing Life).
- Vomiting: Yishe BL-49, Zhongting REN-16 and Shufu KID-27 (Supplementing Life).
- Yellow eyes: Yishe BL-49, Yanggang BL-48, Naohu DU-17 and Danshu BL-19 (Supplementing Life).

BL-50 (*wèi cāng*)

胃 *wèi*: stomach

倉 *cāng*: granary, storehouse, warehouse.

胃 倉

Stomach Granary

Location: On the posterior trunk 3 cun lateral to Du Mai. The point is located lateral to the depression immediately inferior to the spinous process of 12th thoracic vertebra. BL-50 (Wei Cang) is 1.5 cun lateral to BL-21 (Wei Shu).

Functions: Harmonizes the Stomach and transforms Damp; rectifies Qi and frees the middle Jiao.

Indications: Abdominal distension or pain; gastritis; pain in the epigastric region and back; stomach ache; vomiting; constipation; back pain; lumbar pain.

Supplementary Indications: Edema; infantile digestate accumulation; infant indigestion.

CLASSICAL COMBINATIONS

- Difficult ingestion: Weicang BL-50, Yishe BL-49 and Geguan BL-46 (Supplementing Life).

BL-51 (*huāng mén*)

育 *huāng*: membrane just superior to the diaphragm
門 *mén*: gate, door

育門

Huang Gate

Location: On the posterior trunk in the lumbar region, 3 cun lateral to Du Mai point DU-5 (Xuan Shu). DU-5 (Xuan Shu) is located on the midline in the depression immediately inferior to the spinous process of 1st lumbar vertebra. BL-51 (Huang Men) is 1.5 cun lateral to BL-22 (San Jiao Shu).

Functions: Moves digestate and frees Stagnation; softens masses; regulates and frees the San Jiao; sends Qi to the region of the Heart.

Indications: Epigastric pain; focal distension or masses in the abdomen; mastitis; pain in the upper abdomen; low back pain; constipation; paralysis of the lower limb; disorders of the upper Jiao.

Supplementary Indications: Mammary diseases; major hardness below the heart.

BL-52 (*zhì shì*)

志 *zhì*: will, ambition
室 *shì*: room, chamber

志室

Will Chamber

Location: On the posterior trunk in the lumbar region, 3 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).

Features & Categories: Related to the spiritual qualities of the Water Element - Zhi, will, will power, ambition.

Functions: Tonifies the Kidneys and boosts Jing; frees urine and resolves Damp; strengthens the back; reinforces the Will.

Indications: Nocturnal seminal emission; impotence; urinary retention; enuresis; frequent urination; dysuria; prostatitis; irregular menstruation; scrotal eczema; edema; pain and stiffness of the back; pain in the back and knee; nephritis; (chronic) low back pain; depression; lack of will power.

Supplementary Indications: Abdominal distension; lateral costal fullness; pain and swelling of the genitals; dribbling or painful urination; incontinence; vomiting; indigestion; untransformed digestate in the stool; cholera.

DEADMAN'S COMMENTARY

Zhishi BL-52 is level with Shenshu BL-23, the back-shu point of the Kidneys. Despite its suggestive name 'Residence of the Will', there are no apparent references in any of the important classics of acupuncture to the use of this point for the treatment of emotional or psychological disorders.

Zhishi BL-52 was also known as Jinggong (Palace of Essence), reflecting its ability to fortify the Kidney qi and yang, strengthen the sexual function and control discharge of semen, as evinced by its indications for impotence, premature ejaculation and seminal emission.

It is similarly able to firm the Kidney qi and regulate urination, and is indicated for difficult or dribbling urination and oedema. Zhishi BL-52 is also used clinically in the treatment of pain that spreads widely to the muscles of the lumbar region whether due to sprain, painful obstruction, or deficiency and disease of the Kidneys, for example renal colic. Unlike Shenshu BL-23, however, the application of Zhishi BL-52 is confined to these patterns of Kidney deficiency and it lacks the wider ability of Shenshu BL-23 to deeply nourish and tonify the Kidneys.

According to the Essential Questions the five outer Bladder points level with the five zang back-shu points (i.e. Pohu BL-42, Shentang BL-44, Hunmen BL-47, Yishe BL-49 and Zhishi BL-52) drain heat from the five zang, an action shared by the back-shu points of the five zang.

CLASSICAL COMBINATIONS

- Lumbar pain with tension of the spine: Zhishi BL-52 and Jingmen GB-25 (Thousand Ducat Formulas).
- Acute pain of both lateral costal regions: Zhishi BL-52, Ganshu BL-18, and Pishu BL-20 (Thousand Ducat Formulas).
- Pain and swelling of the genitals: Zhishi BL-52 and Baohuang BL-53 (Supplementing Life).
- Pain of the genitals: Zhishi BL-52, Shenshu BL-23, Jinggu BL-64 and Taichong LIV-3 (Supplementing Life).
- Dribbling urination: Zhishi BL-52, Weiyang BL-39 and Zhongliao BL-33 (Supplementing Life).
- Renal colic, blood and stone painful urinary dysfunction with vomiting: Zhishi BL-52, Shenshu BL-23, Dachangshu BL-25, Jingmen GB-25, Tianshu ST-25, Daheng SP-15, Sanyinjiao SP-6 and Neiguan P-6.

BL-53 (*bāo huāng*)

胞 *bāo*: bladder; womb; uterus; afterbirth

育 *huāng*: the membrane located above the diaphragm

胞育

Bladder Huang

Location: On the posterior aspect of the buttocks (in the superior fibres of gluteus maximus muscle) at the level of the 2nd posterior sacral foramen (BL-32, Ci Liao), 3 cun lateral to the posterior midline (Du Mai). BL-53 (Bao Huang) is 1.5 cun lateral to BL-28 (Pang Guang Shu).

Functions: Strengthens the lumbar spine; frees Bowel qi; opens Water passages in the lower Jiao; stimulates transformation and excretion of Fluids.

Indications: Borborygmi; abdominal distension or pain; back pain; low back pain; sciatica; disorders of the lumbar and sacral regions; urinary retention; difficult or burning urination; anuria; disorders of the lower Jiao.

Supplementary Indications: Urinary retention; abdominal pain.

DEADMAN'S COMMENTARY

Baohuang BL-53 is a commonly used point in the treatment of stiffness and pain of the lumbar region and sciatica. Along with Zhibian BL-54 and Huantiao GB-30, Baohuang BL-53 is one of the

points that should be palpated, and needled if tender, in all cases where pain radiates to the buttock and down the leg.

Baohuang BL-53 (Bladder's Vitals) lies lateral to Panguangshu BL-28, the back-shu point of the Bladder, and in common with many of the points of the sacral region it is able to regulate urination, and to a lesser extent defecation, being indicated for retention of urine, dribbling urination, oedema and inability to urinate or defecate.

CLASSICAL COMBINATIONS

- Pain of the lumbar region and aversion to cold: Baohuang BL-53, Ciliao BL-32 and Chengjin BL-56 (Supplementing Life).
- Retention of urine: Baohuang BL-53 and Zhibian BL-54 (Supplementing Life).
- Fullness of the hypogastrium: Baohuang BL-53 and Ganshu BL-18 (Thousand Ducat Formulas).

BL-54 (*zhì biān*)

秩 *zhì*: sequence, order

邊 *biān*: side; border, limit, edge; close by

秩邊

Sequential Limit

Location: On the posterior aspect of the buttocks (in gluteus maximus muscle) at the level of the 4th (inferior) posterior sacral foramen (BL-34, Xia Liao), 3 cun lateral to the midline - Du Mai. BL-54 (Zhi Bian) is 1.5 cun lateral to BL-30 (Bai Huan Shu).

Functions: Frees the Channels and Connecting Vessels; strengthens the knees and lumbar.

Indications: Lumbo-sacral pain; hemorrhoids; constipation; loss of locomotive ability of the lower limbs; paralysis of the lower limbs; sciatica; strained muscles of the buttocks; lower back pain radiating to the buttocks and thigh; dysuria; disorders of the reproductive organs and anus; muscular atrophy, pain, numbness or motor impairment of the lower limb.

Supplementary Indications: Urinary retention; genital pain; painful urination; difficult defecation.

DEADMAN'S COMMENTARY

Zhibian BL-54 is an indispensable point in the treatment of pain of the lumbar region, sacrum and buttocks and of sciatica. Along with Baohuang BL-53 and Huanhao GB-30, Zhibian BL-54 is one of the points that should be palpated, and needled if tender, in all cases where pain radiates to the buttock and down the leg.

According to Investigation Into Points Along the Channels by Yan Zhen-shi of the Ming dynasty, Zhibian BL-54 is indicated for "Kidney deficiency lumbar pain, seminal emission and turbid leucorrhoea". This quotation emphasises that the use of Zhibian BL-54 in the treatment of lumbar pain is not confined to cases of stagnation (such as painful obstruction), but extends also to aching of the lumbar region due to weakness of the Kidneys.

In common with many points of the sacral region which lies over the Bladder and intestines, Zhibian BL-54 is able to regulate obstructed and difficult urination and defecation. Zhibian BL-54 is also mentioned in a number of classics for the treatment of "the five types of haemorrhoids with swelling".

CLASSICAL COMBINATIONS

- Aversion to cold in the back and stiffness of the spine with difficulty in bending: Zhibian BL-54, Geguan BL-46 and Jinggu BL-64 (Thousand Ducat Formulas).
- Red and hesitant urinary flow: Zhibian BL-54, Guanyuan REN-4, Qihai REN-6 and Yanggang BL-48 (Supplementing Life).
- Retention of urine: Zhibian BL-54 and Baohuang BL-53 (Supplementing Life).

GB-30 (*huán tiào*)環 *huán*: ring, circle; to encircle; turn跳 *tiào*: to jump, to leap

環跳

Jumping Round

Location: In the gluteal region, one third of the distance from the superior border of the greater trochanter of the femur, to DU-2 (Yao Shu) in the sacral hiatus. The point is best needled with the patient laterally recumbent and the hip and knee flexed.

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang on the Gall Bladder Channel. One of the nine needles for returning Yang. A Heavenly Star point of Ma Dan-Yang.

Functions: Disperses Wind Damp in the Channels and Connecting Vessels; removes obstructions from the Channel; frees the lumbar and hip; strengthens the lumbar and lower limbs; tonifies Qi and Blood generally; resolves Damp Heat in lower Jiao.

Indications: Sciatica; lumbar, hip and lower limb pain; Bi and atony of the lower limbs; numbness and paralysis of the lower limb; diseases of the hip joint and surrounding soft tissues; rheumatism; hemiplegia.

BL-40 (*wěi zhōng*)委 *wěi*: crooked, bent; to bow under a burden中 *zhōng*: center, middle

委中

Bend Middle

Location: Posterior to the knee at the midpoint of the transverse popliteal crease. The point is located midway between the tendon of biceps femoris muscle laterally, and the tendons of semitendinosus and semimembranosus muscles medially. This is midway between BL-39 (Wei Yang) and KID-10 (Yin Gu). These points are readily located with the knee slightly flexed.

BL-55 (*hé yáng*)合 *hé*: to unite, to meet陽 *yáng*: yang, the complement of yin

合陽

Yang Union

Location: On the proximal posterior leg, 2 cun directly inferior to BL-40 (Wei Zhong), between the medial and lateral heads of gastrocnemius muscle. The proportional distance between BL-40 (Wei Zhong) and BL-57 (Cheng Shan) is 8 cun. BL-55 (He Yang) lies one quarter of this distance, inferior to BL-40 (Wei Zhong).

Functions: Strengthens the lumbar and tonifies the Kidneys; soothes the Sinews and quickens the Connecting Vessels.

Indications: Back pain; pain and paralysis of the lower limbs; soreness or pain from lower back to knee; low back pain and pain of the leg; metrorrhagia; abnormal uterine bleeding.

Supplementary Indications: Heat in the inner thigh; uterine bleeding and vaginal discharge; painful hernia; severe genital pain; abdominal pain.

CLASSICAL COMBINATIONS

- Diminished qi uterine bleeding: Heyang BL-55 and Jiaoxin KID-8 (One Hundred Symptoms).

BL-56 (*chéng jīn*)

承 *chéng*: to support; to receive

筋 *jīn*: sinew, muscle, tendon

承筋

Sinew Support

Location: On the posterior leg, 5 cun inferior to BL-40 (Wei Zhong) and 3 cun superior to BL-57 (Cheng Shan), between the medial and lateral heads of gastrocnemius muscle. The proportional distance between BL-40 (Wei Zhong) and BL-57 (Cheng Shan) is 8 cun. BL-56 (Cheng Jin) lies midway between BL-55 (He Yang) and BL-57 (Cheng Shan).

Functions: Soothes the Sinews and quickens the Connecting Vessels.

Indications: Headache; pain in the calf; pain in the leg; hemorrhoids; paralysis of lower limb; spasm of gastrocnemius muscle; (acute) hypertonicity or severe pain of the lumbar region and back.

Supplementary Indications: Cholera with cramps; axillary swelling; lower leg Bi; dizziness and headache.

DEADMAN'S COMMENTARY

As its name 'Support the Sinews' implies, Chengjin BL-56 is indicated for pain and contraction of the muscles and sinews, especially in the lumbar region and calf.

It is one of the attributes of the channels that as they travel distally towards the hand or foot, their points have an increasingly pronounced action on the whole length of the channel. Although not a major point, Chengjin BL-56 is characterised by its ability to treat disorders of the whole Bladder channel in the head (dizziness, headache, heat in the head, nosebleed, rhinitis), the lumbar region, the lower leg and calf, and the foot and heel.

Heel pain is often a difficult disorder to treat, and requires not only local points on the heel itself, but also proximal points. Chengjin BL-56 and Chengshan BL-57 are the two principal proximal points that affect this region of the foot.

Finally, like several distal points of the Bladder channel, Chengjin BL-56 treats both swelling of the axilla and haemorrhoids. This may be explained by the pathways of the Bladder sinew channel to the axilla and the Bladder divergent channel which winds around the anus.

CLASSICAL COMBINATIONS

- Haemorrhoids, swelling of the axilla: Chengjin BL-56, Chengfu BL-36, Weizhong BL-40 and Yanggu SI-5 (Thousand Ducat Formulas).
- Difficulty in defecation: Chengjin BL-56, Chengshan BL-57, Dazhong KID-4, Zhongliao BL-33, Guanyuan REN-4, Taichong LIV-3, Taixi KID-3 and Zhongwan REN-12 (Supplementing Life).

- Pain of the lumbar region and aversion to cold: Chengjin BL-56, Ciliao BL-32 and Baohuang BL-53 (Supplementing Life).
- Lumbar pain as if broken: Chengjin BL-56, Shugu BL-65 and Feiyang BL-58 (Thousand Ducat Formulas).
- Contraction of the legs: Chengjin BL-56, Chengshan BL-57, Jinggu BL-64 and Shangqiu SP-5 (Thousand Ducat Formulas).
- Numbness of the lower leg: Chengjin BL-56, Xiyangguan GB-33 and Huantiao GB-30 (Thousand Ducat Formulas).
- Heel pain: Chengjin BL-56, Chengshan BL-57, Kunlun BL-60 and Ahshi points.

BL-57 (*chéng shān*)

承 *chéng*: to support, to receive

山 *shān*: mountain

承山

Mountain Support

Location: On the posterior midline of the leg, midway between BL-60 (Kun Lun) and BL-40 (Wei Zhong), but directly below BL-40 (Wei Zhong). The proportional distance between BL-60 (Kun Lun) and BL-40 (Wei Zhong) is 16 cun. The point is located between the medial and lateral heads of gastrocnemius muscle, in the emerging calcaneal tendon.

Features & Categories: Intersecting point of Yang Wei Mai (Yang linking Vessel) on the Urinary Bladder Channel. A Heavenly Star point of Ma Dan-Yang.

Functions: Soothes the Sinews; cools and invigorates Blood; regulates Qi in the Yang Organs; harmonizes the Intestines and treats hemorrhoids; removes obstructions from the Channel.

Indications: Lumbar pain; pain and cramp in the legs; pain of the back and thigh; hemorrhoids; constipation; sciatica; spasm of gastrocnemius muscle; paralysis of the lower limb; anal prolapse; menstrual pain; blood in the stools.

Supplementary Indications: Pain in the heel; no pleasure in eating; sore throat; painful glomus in the chest and diaphragm; vomiting and diarrhoea; 'twisting' of the calf muscles; beriberi.

DEADMAN'S COMMENTARY

Chengshan BL-57 was included by Ma Dan-yang, the great physician of the Jin dynasty, among the 'eleven heavenly star points', his grouping of the most vital acupuncture points. Clinically, Chengshan BL-57 is used in three principal situations:

- i. haemorrhoids,
- ii. contraction and pain of the calf, and
- iii. heel pain.

The Bladder divergent channel winds around the anal region. Classically, Chengshan BL-57 has been regarded as the primary distal point in the treatment of all kinds of haemorrhoids. For example, the Song to Keep Up Your Sleeve says "for the five types of haemorrhoids due to hot blood, select Chengshan BL-57 and await disappearance of the disease without a trace", whilst Ma Dan-yang recommends it for " ... haemorrhoids and difficulty in defecation ... ".

Pain and contraction of the calf may be due to traumatic injury, painful obstruction, or the sequela of sudden turmoil disorder, but is most commonly encountered in the context of deficiency of Liver blood. The Essential Questions says "When a person sleeps the blood returns to the Liver". Pain and contraction of the calf therefore tends to occur at night when the body is at rest, the blood returns to the Liver, and the relative insufficiency of circulating blood is unable to nourish and soften the sinews and muscles of the extremities. This symptom is more commonly encountered in those who tend to suffer from blood deficiency, particularly women because of the loss of blood entailed in menstruation, and the elderly because of the inevitable decline of essence and blood inherent in ageing. Although having no action on the Liver blood itself, Chengshan BL-57 is an important local point in the treatment of this disorder.

Heel pain may be due to traumatic injury, painful obstruction or Kidney deficiency. Chengshan BL-57 is an important proximal point for this disorder and may be combined with other suitable points in the treatment of heel pain of whatever aetiology.

Finally, Ma Dan-yang and other classical sources emphasise the use of Chengshan BL-57 in the treatment of lumbar pain. Clinically it is now more commonly used for sciatic pain radiating to the calf region.

CLASSICAL COMBINATIONS

- The nine types of haemorrhoids (with bleeding): Chengshan BL-57 and Changqiang DU-1 (Song of the Jade Dragon).
- The five types of haemorrhoids: Chengshan BL-57, Weizhong BL-40, Feiyang BL-58, Yangfu GB-38, Fuli KID-7, Taichong LIV-3, Xiashi GB-43, Qihai REN-6, Huiyin REN-1 and Changqiang DU-1 (Great Compendium).
- Chronic haemorrhoids: Chengshan BL-57, Erbai (M-UE-29) and Changqiang DU-1 (Great Compendium).
- Blood in the stool: Chengshan BL-57, Fuli KID-7, Taichong LIV-3 and Taibai SP-3 (Great Compendium).
- Intestinal wind (blood in the stools): Chengshan BL-57 and Changqiang DU-1 (One Hundred Symptoms).
- Difficult defecation: Chengshan BL-57 and Taixi KID-3 (Supplementing Life).
- Difficult defecation: Chengshan BL-57, Dazhong KID-4, Zhongliao BL-33, Guanyuan REN-4, Chengjin BL-56, Taichong LIV-3, Taixi KID-3 and Zhongwan REN-12 (Supplementing Life).
- Feebleness of the legs: Chengshan BL-57, Weizhong BL-40 and Zusanli ST-36 (Great Compendium).
- Pain of the legs and lumbar region: Chengshan BL-57, Yinshi ST-33, Huantiao GB-30, Fengshi GB-31, Weizhong BL-40, Kunlun BL-60 and Shenmai BL-62 (Great Compendium).
- Contraction of the legs: Chengshan BL-57, Shangqiu SP-5, Chengjin BL-56 and Jinggu BL-64 (Thousand Ducat Formulas).
- Heat in the sole of the foot with inability to stand for long: Chengshan BL-57, Chengjin BL-56, Tiaokou ST-38 and Zusanli ST-36 (Thousand Ducat Formulas).

BL-58 (fēi yáng)飛 *fēi*: to fly, hover; swift揚 *yáng*: to raise (e.g., the head);

to throw upward and scatter; to spread

飛揚

Taking Flight

Location: On the postero-lateral aspect of the leg, 7 cun directly superior to BL-60 (Kun Lun). The point is located on the lateral anterior border of the lateral head of gastrocnemius muscle, at the posterior border of the fibula bone. It lies approximately 1 cun lateral and inferior to BL-57 (Cheng Shan).

Features & Categories: Luo-Connecting point of the Urinary Bladder Channel, connecting to the Kidney Channel of foot Shao Yin.

Functions: Resolves Wind Damp in the Channels and Connecting Vessels; removes obstructions from the Channel; benefits the Kidneys.

Indications: Headache; visual dizziness; blurred vision; nasal congestion; nasal obstruction; nosebleed; lumbar pain; sciatica; pain or weakness of the legs; rheumatoid arthritis; nephritis; cystitis; hemorrhoids; seizures; epilepsy.

Supplementary Indications: Hemorrhoids; vertigo; swelling and pain in the lower limbs; pain and weakness of the lower back and knees; head and back pain; pain in the calf; mental illness; progressively painful joints; beriberi.

DEADMAN'S COMMENTARY

Feiyang BL-58 is the luo-connecting point of the Bladder channel. An examination of its modern application compared with its traditional indications reveals a significant disparity. Clinically it is most commonly used nowadays for disorders of the lower limb and lumbar pain, particularly for sciatic pain which is located either along the course of both the Bladder and Gall Bladder channels, or between these two channels. This reflects the location of Feiyang BL-58 at the place where the Bladder channel, which runs down the back of the leg from Chengfu BL-36, passes laterally towards the Gall Bladder channel on the lower leg.

Its traditional indications however, show a much wider application, characterised by excess in the upper region, sometimes with accompanying deficiency below (a pattern which may explain the name of this point, 'Soaring Upwards' as well as its alternative name 'Flying Yang').

From Feiyang BL-58 the luo-connecting channel meets with the Kidney channel, strengthening the relationship between these coupled channels. According to the Guide to the Classics of Acupuncture "the luo-connecting points are located between two channels ... if they are punctured, symptoms of the interiorly-exteriorly related channels can be treated". When the Kidneys are depleted there may be deficiency below manifesting as lumbar pain, coldness of the lower part of the body, inability to stand and weakness of the legs. At the same time there may be excessive yang rising up the coupled Bladder channel to the head and manifesting as dizziness, headache, pain of the neck and occiput, heat in the head and nosebleed.

As the Bladder channel descends towards the foot, its points are increasingly indicated for disorders of the spirit such as mania, and Feiyang BL-58 is the first of these. The Bladder primary channel connects with the Governing vessel at points Taodao DU-13, Dazhui DU-14, Naohu DU-17

and Baihui DU-20, where it enters the brain, whilst the Bladder divergent channel enters the Heart. Since both the brain and the Heart have been cited as the residence of the spirit in different traditions of Chinese medicine, these two channel pathways help explain the ability of points such as Feiyang BL-58 to calm the spirit and treat disorders of the brain such as mania and epilepsy.

When pathogenic factors, principally exterior wind, attack the taiyang channel they may give rise to chills and fever or fever with absence of sweating, as well as various symptoms affecting the head such as pain of the neck and occiput, heat in the head, nasal congestion and rhinitis, nosebleed and dizziness. Feiyang BL-58, a distal point of the foot taiyang channel, is able to expel pathogens from the channel, release the exterior and clear the upper portion of the channel.

The Bladder divergent channel encircles the anal region, and like Chengjin BL-56 and Chengshan BL-57, Feiyang BL-58 is classically indicated for the treatment of haemorrhoids, swollen and painful haemorrhoids and bleeding haemorrhoids.

Finally, the Great Compendium of Acupuncture and Moxibustion gives specific indications for excess and deficiency of the luo-connecting points. In the case of Feiyang BL-58, these are rhinitis with obstruction and pain of the head and back (excess); rhinitis with nosebleed (deficiency).

CLASSICAL COMBINATIONS

- Dizziness and eye pain: Feiyang BL-58 and Yanggu SI-5 (Supplementing Life).
- Headache and dizziness: Feiyang BL-58, Kunlun BL-60, Ququan LIV-8, Qianggu SI-2, Shaoze SI-1 and Tongli HE-5 (Thousand Ducat Formulas).
- Heat in the head and rhinitis with nosebleed: Feiyang BL-58, Chengshan BL-57, Kunlun BL-60, Jinggu BL-64 and Yinbai SP-1 (Thousand Ducat Formulas).
- Neck pain, joint pain and sweating: Feiyang BL-58, Yongquan KID-1 and Hanyan GB-4 (Thousand Ducat Formulas).
- Madness and mania disorder with tongue thrusting: Feiyang BL-58, Taiyi ST-23 and Huaroumen ST-24 (Thousand Ducat Formulas).

BL-59 (*fū yáng*)

跌 *fū*: the instep, the metatarsus

陽 *yáng*: yang, the complement of yin

跌陽

Instep Yang

Location: On the lateral aspect of the distal leg, 3 cun directly superior to BL-60 (Kun Lun), on a line drawn towards BL-58 (Fei Yang). The proportional distance between BL-60 (Kun Lun) and BL-40 (Wei Zhong) is 16 cun.

Features & Categories: Xi-Cleft, Accumulation point of Yang Qiao Mai (Yang heel/motility Vessel); intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Urinary Bladder Channel.

Functions: Resolves Wind Damp in the Channels and Connecting Vessels; strengthens the back; removes obstructions from the Channel; invigorates Yang Qiao Mai.

Indications: Heavy-headedness; headache; pain of the neck; (chronic) lumbo-sacral pain; redness and swelling of the lateral malleolus; paralysis of the lower limb; inflammation of the ankle joint; weakness and disorders of the lumbo-sacral region and lower limbs.

Supplementary Indications: Dizziness; nasal discharge with clear runny mucus; pain and swelling of the lower limbs.

CLASSICAL COMBINATIONS

- Clonic spasm: Fuyang BL-59 and Tianjing SJ-10 (Supplementing Life).
- Heaviness of the head: Fuyang BL-59 Tongtian BL-7 and Yamen DU-15 (Supplementing Life).

BL-60 (*kūn lún*)

昆 *kūn*: first half of the name of a mountain range

崙 *lún*: second half of the name of a mountain range

昆 崙

Kunlun Mountains

Location: On the lateral aspect of the posterior ankle, in the depression directly posterior to the tip (lateral prominence) of the lateral malleolus. The point is located anterior to the calcaneal (Achilles) tendon.

Features & Categories: Fire, River, Traversing-Jing point of the Urinary Bladder Channel. A Heavenly Star point of Ma Dan-Yang.

Functions: Disperses Wind and clears the Channels; rectifies Uterine Blood Stagnation; clears Heat; soothes the Sinews and transforms Damp; strengthens the lumbar and Kidneys; removes obstruction from the Channel.

Indications: Headache (Deficient type); stiff neck; severe neck pain; (chronic) back pain; visual dizziness; blurred vision; nosebleed; hypertonicity of the shoulder and arm; pain of the shoulder, back and arm; goitre; lumbar pain; sciatica; paralysis of the lower limb; swelling or pain in the heel; painful or burning urination; painful menstruation with dark clots; epilepsy; infantile epilepsy; difficult delivery; disorders of the ankle joint and surrounding soft tissue.

Supplementary Indications: Malarial disease; diseases of the head; headache with stiff neck; aching among the upper teeth; thoracic fullness and severe dyspnea; abdominal pain and diarrhea; tidal fevers; difficult labour; retention of afterbirth; hemilateral Wind; infantile Fright epilepsy; pain of the lower back and buttocks.

[Contraindications: This point is contraindicated for pregnant women - Deadman].

DEADMAN'S COMMENTARY

Kunlun BL-60 is the fire point of the taiyang Bladder channel and an important point to clear and descend excess wind, fire and yang from the upper part of the body. To best understand the actions of this point, three factors should be taken into account:

- as a fire point, Kunlun BL-60 is able to clear heat, fire and excess yang;
- taiyang (supreme yang) channel is the most yang of the six channels;
- Kunlun BL-60 is located on the foot, towards the inferior end of the Bladder channel which traverses the entire posterior (yang) portion of the body.

The principle "for diseases of the head select [points from] the feet" applies well to this point. Kunlun BL-60 is able to clear heat and lead down excess yang from the head in cases of headache,

heat in the head, redness, pain and swelling of the eyes, bursting eye pain, nosebleed and toothache, and to extinguish wind from the head in cases of epilepsy and lockjaw. Indeed as long ago as the third century CE the Systematic Classic of Acupuncture and Moxibustion stated that Kunlun BL-60 "drains wind from the head to the feet". Although Kunlun BL-60 is principally used clinically in the treatment of occipital headache, it is worth noting that the primary Bladder channel meets the Governing vessel and the Gall Bladder channel at Baihui DU-20 on the vertex, Shenting DU-24 and Toulunqi GB-15 towards the front of the head, and points Qubin GB-7 through to Wangu GB-12 on the side of the head. For this reason, Kunlun BL-60 may be considered for pain in any region of the head.

It is interesting that many of the indications of this point, characterised by uprising of yang, flaring up of fire and stirring of wind, suggest a clinical picture of Liver disharmony. Whilst Kunlun BL-60 has no direct action on the Liver, and is therefore unable to treat the root of such disorders, it has a profound action on subduing the manifestations. At the same time, there is a parallel between Kunlun BL-60, the fire point of the 'supreme yang' channel, and the fierce, indomitable and strong quality of Liver yang.

The ability of Kunlun BL-60 to activate the entire length of the Bladder channel as well as to relax the sinews and strengthen the lumbar spine, renders it an essential point in the treatment of pain and contraction anywhere along the channel. It is the foremost distal point in the treatment of occipital headache and is often combined with Houxi SI-3 for this purpose. It is equally vital in the treatment of disorders of the back and spine from the neck right down to the coccyx. Kunlun BL-60 is one of the few distal points which are able to treat disorders of the middle and upper back, again often combined with Houxi SI-3. It is specifically indicated for Heart pain that radiates from the chest through to the upper back, reflecting the pathway of the Bladder divergent channel to the Heart. In disorders of the lumbar region, in which Kidney deficiency is often the root, Kunlun BL-60 may be joined by through-needling to Taixi KID-3. Ma Dan-yang, the great physician of the Jin dynasty, listed Kunlun BL-60 as one of the 'eleven heavenly star points' "for cramping of the lumbar region and sacrum ... inability to walk or even take a step, as soon as he moves he groans". Kunlun BL-60 is equally valuable in treating obstruction of the Bladder channel in the lower limbs, especially in cases of sciatic pain radiating down the back of the leg, and is often combined with points such as Chengfu BL-36 and Weizhong BL-40 in the 'chain and lock' point association method. In the ankle region, Kunlun BL-60 is an important point for pain and stiffness, and like several distal points of the Bladder channel it is able to treat pain of the heel.

The ability of Kunlun BL-60 to promote labour is another reflection both of the strong descending action of this point, and of the paired relationship of the Bladder and the Kidneys, which dominate the uterus. It may be used, in combination with points such as Hegu L.I.-4, Zhiyin BL-67 and Sanyinjiao SP-6, to induce labour, hasten prolonged labour, control pain and promote the expulsion of the placenta. For this reason Kunlun BL-60 is contraindicated in pregnancy. The Great Compendium of Acupuncture & Moxibustion somewhat surprisingly however, also suggests this point for difficult conception.

Finally, it is interesting to note that Kunlun BL-60 is indicated for fullness of the chest, dyspnoea and cough. Whilst these indications have no apparent relationship to the Bladder channel, they do reflect the ability of jing-river points, according to the Classic of Difficulties, to treat dyspnoea and cough.

CLASSICAL COMBINATIONS

- Headache and dizziness: Kunlun BL-60, Ququan LIV-8, Feiyang BL-58, Qianggu SI-2, Shaoze SI-1 and Tongli HE-5 (Thousand Ducat Formulas).
- Wind dizziness and headache: Kunlun BL-60, Tianyou SJ-16, Fengmen BL-12, Guanchong SJ-1 and Guanyuan REN-4 (Thousand Ducat Formulas).
- Head wind: Kunlun BL-60, Xiaxi GB-43, Shangxing DU-23, Qianding DU-21, Baihui DU-20, Yanggu SI-5, Hegu L.I.-4 and Guanchong SJ-1 (Great Compendium).
- Heat in the head and rhinitis with nosebleed: Kunlun BL-60, Chengshan BL-57, Feiyang BL-58, Jinggu BL-64 and Yinbai SP-1 (Thousand Ducat Formulas).
- Visual dizziness, dimness of vision with bursting eye pain: Kunlun BL-60, Tianzhu BL-10 and Taodao DU-13 (Supplementing Life).
- Opisthotonos, clonic spasm, epilepsy and headache: Kunlun BL-60, Wuchu BL-5, Shenzhu DU-12, Weizhong BL-40 and Weiyang BL-39 (Thousand Ducat Formulas).
- Manic raving: Kunlun BL-60, Yangxi L.I.-5, Xialian L.I.-8 and Taiyuan LU-9 (Great Compendium).
- Mania, incessant talking without rest: Kunlun BL-60, Shugu BL-65 and Fengfu DU-16 (Thousand Ducat Formulas).
- Wind epilepsy with upward staring eyes: Kunlun BL-60, Baihui DU-20 and Sizhukong SJ-23 (Great Compendium).
- Lumbar pain: Huantiao GB-30 and Weizhong BL-40; if the pain radiates up the back add Kunlun BL-60 (Song of Points).
- Pain of the legs and lumbar region: Kunlun BL-60, Yinshi ST-33, Huantiao GB-30, Fengshi GB-31, Weizhong BL-40, Chengshan BL-57 and Shenmai BL-62 (Great Compendium).
- Pain of the lumbar region and knee: Kunlun BL-60, Shenmai BL-62, Yanglao SI-6, Huantiao GB-30 and Yanglingquan GB-34 (Illustrated Supplement).
- Straw shoe wind (redness, swelling and pain of the leg and foot): Kunlun BL-60, Shenmai BL-62 and Taixi KID-3 (Song of the Jade Dragon).
- Pain of the ankle and heel: Kunlun BL-60, Xuanzhong GB-39 and Qiuxu GB-40 (Song More Precious Than Jade).
- Painful obstruction of the calf: Kunlun BL-60 and Fengshi GB-31 (Compilation).
- Windstroke with one-sided withering and incessant pain: Kunlun BL-60, Jianyu L.I.-15, Xuanzhong GB-39, Taixi KID-3, Zusanli ST-36 and Quchi L.I.-11 (Great Compendium).

BL-61 (*pú cān*)僕 *pú*: subservient; servant, slave參 *cān*: to visit a superior; shen:root, as in ginseng, 人參, *rén shēn**Subservient Visitor*

僕參

Location: On the lateral aspect of the heel, directly inferior to BL-60 (Kun Lun), at the junction of the red and white skin. The point is located in a slight depression on the lateral surface of the calcaneal bone. This is approximately 1.5 cun inferior to BL-60 (Kun Lun).

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

Functions: Frees the Channels and quickens the Connecting Vessels; disperses swelling and relieves pain.

Indications: Low back pain; pain in the ankle and foot; atony of the lower limbs; muscular atrophy and weakness of the lower limb; paralysis of the lower limb; pain in the heel.

Supplementary Indications: Lumbar pain; fainting; mania, withdrawal and epilepsy; dysuria; beriberi and swelling of the knees; cholera cramps.

CLASSICAL COMBINATIONS

- Cramps: Pucan BL-61, Zhiyin BL-67, Jiexi ST-41, Qiuxu GB-40 and Zuqiaoyin GB-44 (Supplementing Life).

BL-62 (*shēn mài*)申 *shēn*: to extend; the ninth of the 12 earthly branches脈 *mài*: vessel; pulse

申脈

Extending Vessel

Location: On the lateral aspect of the ankle in the depression directly inferior to the tip (lateral extremity) of the lateral malleolus. The point is located 5 fen inferior to the lower margin of the malleolus. This is inferior (and posterior) to the tendons of peroneus longus and brevis muscles.

Features & Categories: Master point of Yang Qiao Mai (Yang heel/motility Vessel), Coupling point of Du Mai (Governing Vessel); intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Urinary Bladder Channel; fifth of the thirteen Ghost points - Gui Lu, Ghost Path.

Functions: Resolves Exterior Patterns and removes obstructions from the Channel; eliminates Interior Wind; clears the Shen and benefits the eyes; soothes the Sinews and Connecting Vessels; opens Yang Qiao Mai (Yang heel/motility Vessel).

Indications: Epilepsy; mania and withdrawal; headache; neck pain; meningitis; Ménière's disease; dizziness; insomnia; chronic backache; pain in the lumbar and leg; seizures; epilepsy; psychosis; dementia; arthritis of the ankle; disorders of the lumbo-sacral region and lower limb.

Supplementary Indications: Fever and chills; swelling of the neck and armpit; lateral and midline headache; palpitations due to Fright; tinnitus; nosebleed; beriberi; Wind strike with hemiplegia and loss of speech; wryness of the eyes and mouth; Blood and Qi pain with menstruation; difficulty in flexing and extending the knee and foot; mental illness.

DEADMAN'S COMMENTARY

In the Ode of the Obstructed River the use of Shenmai BL-62 is referred to as one of 'the eight therapeutic methods'. In this description of the application of the eight confluent points of the extraordinary vessels to affect specific symptoms and areas of the body, Shenmai BL-62 is indicated "to expel cold and heat and [to treat] one-sided and generalised head wind ...".

Shenmai BL-62 is both a point of the taiyang Bladder channel and the confluent point of the Yang Motility vessel, reflected in its alternative name 'Yang Qiao' (Yang Motility). The taiyang (supreme yang) Bladder channel traverses the head and the entire length of the back, the most yang area of the body. It connects with the Governing vessel at points Taodao DU-13, Dazhui DU-14, Naohu DU-17 and Baihui DU-20, where it enters the brain. The Yang Motility vessel traverses the lateral side of the body and head, connects with the Gall Bladder channel at Fengchi GB-20 and enters the brain at Fengfu DU-16. Furthermore, the Bladder divergent channel enters the Heart. This network of channel pathways helps to explain the principal actions and indications of this point.

Wind is a yang pathogenic factor characterised by sudden onset, rapid changes, constant or abnormal movement and a tendency to attack the head and upper and outer portions of the body. Wind may be of exterior or interior origin. Taiyang channel is the most exterior of the six channels and is generally the first channel to be attacked by exterior pathogenic wind. Shenmai BL-62 is particularly indicated for the commonly-seen pattern of attack of exterior wind (usually in combination with either heat or cold) with chills and fever, aversion to wind, stiff neck and headache. Interior wind, by contrast, arises from interior disharmony, principally of the Liver. It rushes upwards, disturbing the brain and leading to such symptoms as lockjaw, opisthotonos, upward staring eyes, deviation of the mouth and eyes, windstroke and hemiplegia. The ability of Shenmai BL-62 to pacify interior wind and treat such manifestations reflects the extreme yang nature of this point and its channel connections to the head and brain, rather than any action on the Liver zang. In other words Shenmai BL-62 treats the manifestation of wind rather than the root.

Shenmai BL-62 (the confluent point of the Yang Motility vessel) is classically indicated for day-time epilepsy, in contrast to Zhaohai KID-6 (the confluent point of the Yin Motility vessel) which is classically indicated for night-time epilepsy. Epilepsy principally involves three factors, namely stirring of wind, disturbance of the Heart and brain, and phlegm. The fact that the Bladder primary channel enters the brain and the Bladder divergent channel links with the Heart, combined with the ability of Shenmai BL-62 to pacify wind, explains its special effect on epilepsy. Under its alternative name of Guilu (Ghost Path) Shenmai BL-62 was included in a group known as the 'thirteen ghost points' listed by Sun Si-miao for the treatment of epilepsy and mania. Shenmai BL-62 is further indicated for disorders of the Heart and spirit such as palpitations, insomnia and mania-depression.

The Spiritual Pivot states "When the taiyang [Bladder] channel enters the brain it is divided into the Yin Motility and the Yang Motility; it is here that the yin and yang meet; yang enters the yin and yin moves outwards to the yang, meeting at the inner corner of the eye. When the yang is abundant, the eyes are staring open; when the yin is abundant, the eyes will be closed shut" and "[When] defensive qi does not enter into the yin it will frequently remain at the yang. [When] it remains at the yang then yang qi will be full, [when] yang qi is full, the Yang Motility vessel [will become] abundant, [when]

it does not enter the yin, then yin qi will become deficient and therefore the eyes will not close".

These two quotations have served traditionally to further explain the ability of Shenmai BL-62 to treat insomnia.

Shenmai BL-62 shares with other distal points of the Bladder channel the ability to clear heat and excess from the head, whether due to exterior pathogens, excess fire, uprising of yang or stirring of wind. It is indicated for head wind and headache affecting both the midline (Bladder channel) and lateral (Yang Motility vessel) portions of the head, for dizziness, nosebleed, deafness and tinnitus, and especially for eye disorders, as both the Bladder channel and the Yang Motility vessel link with the inner canthus.

Shenmai BL-62 may be needled for various other disorders affecting both the Bladder channel and the Yang Motility vessel, for example pain of both the lumbar region (Bladder channel) and hip (Yang Motility vessel).

Finally, Shenmai BL-62 is indicated for swelling of the axilla and neck. These indications may be explained by the pathway of the Bladder sinew channel which ascends to the axilla and then emerges at the supraclavicular fossa to cross the neck.

CLASSICAL COMBINATIONS

- Head wind and headache: Shenmai BL-62 and Jinmen BL-63 (Ode to Elucidate Mysteries).
- Head wind, visual dizziness and stiffness of the nape of the neck: Shenmai BL-62, Shousanli L.I.-10, and Jinmen BL-63 (Miscellaneous Diseases).
- Madness: Shenmai BL-62 and Jiexi ST-41 (Thousand Ducat Formulas).
- Night-time epilepsy: moxa Shenmai BL-62 and Zhaohai KID-6 (Glorious Anthology).
- Coldness and pain of the bone marrow: Shenmai BL-62, Dazhu BL-11, Xuanzhong GB-39, Fuliu KID-7, Lidui ST-45 and Shenshu BL-23 (Compilation).
- Pain of the legs and lumbar region: Shenmai BL-62, Fengshi GB-31, Huantiao GB-30, Weizhong BL-40, Kunlun BL-60, Yinshi ST-33 and Chengshan BL-57 (Great Compendium).
- Diseases below the ankle: Shenmai BL-62 and Zhaohai KID-6 (Great Compendium).
- Swelling of the axilla: Shenmai BL-62, Diwuhui GB-42, Yangfu GB-38, Weiyang BL-39, Tianchi P-1 and Zulinqi GB-41 (Thousand Ducat Formulas).

BL-63 (*jīn mén*)

金 *jīn*: metal, gold

門 *mén*: gate, door

金門

Metal Gate

Location: On the lateral aspect of the foot anterior and inferior to BL-62 (Shen Mai), at the junction of the red and white skin. The point is located in the depression immediately inferior to the lower border of the cuboid bone. This is just anterior to its articulation with the calcaneal bone, and directly inferior to the anterior margin of the lateral malleolus.

Features & Categories: Xi-Cleft, Accumulation point of the Urinary Bladder Channel; intersection point of Yang Wei Mai (Yang linking Vessel) on the Urinary Bladder Channel.

Functions: Soothes the Sinews and quickens the Connecting Vessels; clears Heat and stops pain; opens the orifices and calms the Shen.

Indications: Epilepsy; infantile Fright Wind (convulsions); dementia; mania; lumbar pain; pain in lower back and lower limbs; frequent, painful or burning urination; pain in the lateral malleolus; Bi pain in the lower limbs; pain in the plantar surface of the foot; disorders of the lumbo-sacral region and lower limb.

Supplementary Indications: Cholera cramps; fainting; lower abdominal pain; severely painful hernia; seizures.

DEADMAN'S COMMENTARY

Jinmen BL-63 is the xi-cleft point of the Bladder channel. The xi-cleft points, where the qi and blood which flow relatively superficially along the channels from the jing-well points gather and plunge more deeply, are applicable in the treatment of acute conditions and pain. Jinmen BL-63 is indicated for sudden onset of severe shan disorder, sudden turmoil disorder with cramps, epilepsy and white tiger joint pain, a manifestation of painful obstruction characterised by the great severity of the pain which is likened to the bite of a tiger.

Despite its status as the xi-cleft point of the Bladder channel, Jinmen BL-63 (like most of the distal points of the channel) was traditionally ascribed no action on disorders of urination. In this respect, the Bladder channel points are similar to those of the Small and Large Intestine and Sanjiao channels whose points also have little action on their related fu.

CLASSICAL COMBINATIONS

- Cramping of the sinews: Jinmen BL-63 and Qiuxu GB-40 (One Hundred Symptoms).
- Contraction and cold of the shoulder and back with pain of the inner aspect of the scapula: Jinmen BL-63, Geshu BL-17, Yixi BL-45 and Chize LU-5 (Thousand Ducat Formulas).
- Bilateral deafness due to injury by cold: Jinmen BL-63 and Tinghui GB-2 (Ode of Xi- hong).
- Deafness: Jinmen BL-63, Zulinqi GB-41 and Hegu L.I.-4 (Song of Points).

BL-64 (*jīng gǔ*)

京 *jīng*: capital; large, big; source, origin
骨 *gǔ*: bone

京骨

Capital Bone

Location: On the lateral aspect of the foot in the depression immediately posterior (and inferior) to tuberosity of the 5th metatarsal bone. The point is located at the junction of the red and white skin. [This point is sometimes located in an homologous position anterior to the tuberosity, or alternatively, inferior to the tuberosity].

Features & Categories: Yuan-Source point of the Urinary Bladder Channel.

Functions: Frees the Channels and quickens the Connecting Vessels; calms the Heart and Shen; eliminates Wind and clears Heat; clears the brain; strengthens the back.

Indications: Epilepsy; headache; stiff neck; neck pain; myocarditis; meningitis; seizures; burning or pain with urination; pain in the lumbar and thigh; chronic lower back pain.

Supplementary Indications: Clear, runny, nasal mucus and nosebleed; membrane on the eyes; diarrhea; abdominal fullness; mania and withdrawal; fever and chills; malarial disease; tidal fevers; palpitations; splitting headache; heavy head and Cold in the lower limbs; mental illness.

DEADMAN'S COMMENTARY

Jinggu BL-64 is the yuan-source point of the Bladder channel, and like most of the distal Bladder channel points treats fullness of the head. This fullness may be due to attack of exterior pathogenic wind or wind-heat, to stirring of interior wind, to upsurging of yang due to Kidney deficiency, or simply to disharmony of the upper and lower parts of the body. Excess above manifests as heat, pain and heaviness of the head, splitting headache, shaking of the head, rhinitis with ceaseless nosebleed, etc., whilst deficiency below gives rise to cold feet.

The Bladder channel ascends to the inner canthus and Jinggu BL-64 is indicated for various eye disorders such as visual dizziness, redness of the inner canthus and superficial visual obstruction.

The Bladder primary channel enters the brain whilst the Bladder divergent channel enters the Heart, and like several distal Bladder channel points, Jinggu BL-64 is indicated for disorders such as palpitations, Heart pain, epilepsy and mania-depression.

Finally, Jinggu BL-64 is indicated for stiffness, pain and contraction along the course of the Bladder channel from the neck to the feet.

CLASSICAL COMBINATIONS

- Heat in the head and rhinitis with nosebleed: Jinggu BL-64, Kunlun BL-60, Feiyang BL-58, Chengshan BL-57 and Yinbai SP-1 (Thousand Ducat Formulas).
- Redness and erosion of the inner canthus: Jinggu BL-64 and Shugu BL-65 (Supplementing Life).
- Superficial visual obstruction: Jinggu BL-64 and Qiangu SI-2 (Thousand Ducat Formulas).
- Cold of the lower extremities: Jinggu BL-64, Rangu KID-2 and Shenshu BL-23 (Thousand Ducat Formulas).
- Contraction of the legs: Jinggu BL- 64, Chengjin BL-56, Chengshan BL-57 and Shangqiu SP-5 (Thousand Ducat Formulas).
- Pain of the genitals: Jinggu BL-64, Shenshu BL-23, Zhishi BL-52 and Taichong LIV-3 (Supplementing Life).

BL-65 (*shù gǔ*)

束 *shù*: a bundle; to bind, tie, restrain

骨 *gǔ*: bone

束骨

Bundle Bone

Location: On the lateral aspect of the foot in the depression immediately proximal to head of the 5th metatarsal bone. The point is located at the junction of the red and white skin. This is posterior to the 5th metatarso-phalangeal joint.

Features & Categories: Wood, Stream, Transporting-Shu point of the Urinary Bladder Channel.

Functions: Eliminates Wind and dispels Pathogens; clears Heat and resolves toxin; soothes the Sinews and quickens the Connecting Vessels; removes obstructions from the Channel.

Indications: Mania and withdrawal; headache with stiff neck; neck pain; visual dizziness; blurred vision; pain in the back, lumbar and posterior aspect of the lower limbs; acute cystitis; malaria; pannus; seizures; epilepsy; dementia; mental illness.

Supplementary Indications: Fever and chills; tinnitus; painful reddening of the eyes; skin inflammation of the dorsal body; pyogenic skin lesions; diarrhea; hemorrhoids; aversion to wind and cold in Heat diseases; stiffness of the neck preventing movement.

DEADMAN'S COMMENTARY

The Classic of Difficulties states "in cases of deficiency reinforce the mother, in cases of excess reduce the child".

Shugu BL-65 is the wood point of the Bladder channel, and according to the 'mother-child' theory is able to reduce excess in the Bladder channel (wood is the 'child' of Bladder water), especially fullness and heat in the head region. The Bladder channel ascends from the inner canthus over the vertex, connects with points of the Governing vessel and Gall Bladder channel on the head, and descends through the occipital region and neck. Shugu BL-65, consequently, is indicated for redness and pain of the eyes and inner canthus, headache (especially in the occipital region) and stiff neck.

The heat clearing action of Shugu BL-65 extends to resolving fever, especially due to injury by wind, and to draining heat from the anal region in the treatment of haemorrhoids. Like Weizhong BL-40, Shugu BL-65 is also indicated for carbuncular swellings on the back and for clove sores (small, hard, clove-shaped purulent lesions).

CLASSICAL COMBINATIONS

- Stiff neck with great aversion to wind: Shugu BL-65 and Tianzhu BL-10 (One Hundred Symptoms).
- Redness and erosion of the inner canthus: Shugu BL-65 and Jinggu BL-64 (Supplementing Life).
- Mania, incessant talking without rest: Shugu BL-65, Kunlun BL-60 and Fengfu DU-16 (Thousand Ducat Formulas).
- Lumbar pain as if broken: Shugu BL-65, Feiyang BL-58 and Chengjin BL-56 (Thousand Ducat Formulas).
- Hip pain: Shugu BL-65, Huantiao GB-30, Jiaoxin KID-8, Sanyinjiao SP-6 and Yingu KID-10 (Thousand Ducat Formulas).

BL-66 (*tōng gǔ*)

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

to conduct i.e., a substance

谷 *gǔ*: valley

通谷

Valley Passage

Location: On the lateral aspect of the proximal phalanx the 5th (little) toe, in the depression immediately distal to the base of the proximal phalanx. The point is located at the junction of the red and white skin. This is anterior and slightly inferior to the 5th metatarso-phalangeal joint.

Features & Categories: Water, Spring, Gushing-Ying point of the Urinary Bladder Channel. Horary point.

Functions: Disperses Wind and clears Heat; settles Fright and calms the Shen; removes obstruction from the Channel.

Indications: Headache; stiff neck; fever; visual dizziness; blurred vision; vertigo; nosebleed; acute cystitis; burning urination; asthma; mental illness; mania; dementia.

Supplementary Indications: Thoracic fullness; cough and dyspnea; untransformed digestate; susceptibility to fright; mania and withdrawal.

DEADMAN'S COMMENTARY

Zutonggu BL-66 is the water point of the Bladder water channel. Like all the distal points of the Bladder channel, its principal action is to clear pathologically ascending qi and yang from the head. This was emphasised in the Spiritual Pivot which stated "When [chaotic] qi is in the head, select Tianzhu BL-10 and Dazhu BL-11. If needling these fails to work, select the spring and stream points of the foot taiyang", (i.e. Shugu BL-65 and Zutonggu BL-66).

If chaotic qi affects not only the head, but also impairs the descending function of the Lungs and Stomach, the consequent rebellion of qi will give rise to coughing, dyspnoea, fullness of the chest and vomiting.

CLASSICAL COMBINATIONS

- Rhinitis with nose bleed: Zutonggu BL-66, Pianli L.I-6, Hegu L.I-4, Sanjian L.I.-3 and Kunlun BL-60 (Supplementing Life).
- Sudden loss of voice: Zutonggu BL-66, Zhigou SJ-6 and Sanyangluo SJ-8 (Supplementing Life).
- Vomiting: Zutonggu BL-66, Shangqiu SP-5 and Youmen KID-21 (Thousand Ducat Formulas).

BL-67 (*zhì yīn*)

至 *zhì*: to arrive at, to reach; extremely, most

陰 *yīn*: yin, the complement of yang

至陰

Reaching Yin

Location: On the lateral superior aspect of the distal phalanx the 5th (little) toe, approximately 1 fen proximal to the lateral proximal corner of the toenail.

Features & Categories: Metal, Well-Jing point of the Urinary Bladder Channel.

Functions: Eliminates Wind; clears the brain and brightens the eyes; rectifies Qi and quickens the Blood; regulates pregnancy and childbirth; removes obstructions from the Channel.

Indications: Headache, especially in the vertex; neck pain; nasal congestion; nasal obstruction; nosebleed; blurred vision; eye pain; stroke; Heat in the soles of the feet; difficult delivery; malposition of the fetus (breech); retention of afterbirth.

Supplementary Indications: Nosebleed with clear runny mucus; membranes on the eyes; eye pain; occipital headache; seminal emission; urinary retention; generalized itching all over the body; pain and weakness of the limbs; retention of afterbirth; difficult labour; paralysis; vexation; infantile convulsions.

DEADMAN'S COMMENTARY

Zhiyin BL-67 is the jing-well and metal point of the Bladder channel. Unlike most of the other eleven jing-well points, however, it has no apparent classically recorded action of restoring consciousness in case of coma or collapse and its similarity to the other jing-well points is limited to its ability to clear fullness and heat from the opposite end of the channel in the head.

The Spiritual Pivot states "for diseases of the head select [points from] the feet", whilst Song to Keep Up Your Sleeve says that Zhiyin BL-67 is indicated for "disorders of the face and head". Zhiyin

BL-67 is particularly applicable for vertex and occipital headache, whether due to exterior pathogenic wind or to internal disharmony, as well as for disorders of the neck, eyes, nose and ears. As the terminal point of the Bladder channel, Zhiyin BL-67 is especially dynamic in its action, and in clinical practice would be considered when these disorders are acute rather than chronic in nature.

The principal application of Zhiyin BL-67, however, is in the treatment of malposition of the foetus, for which it is renowned. For this purpose it is treated by stick moxibustion for fifteen to twenty minutes bilaterally, or by moxa cones (five to ten cones at each point) once or twice a day. The woman should loosen her clothes and sit in a comfortable semi-reclining position. It is common practice in China to demonstrate this method to the pregnant woman who is then supplied with moxa sticks for self treatment at home. Best results are achieved if this treatment is started in the 34th week. It is important to note that once the foetus has turned, moxibustion should be discontinued, otherwise further malposition may be induced. The effect of Zhiyin BL-67 on the uterus extends further to inducing delayed labour, hastening delivery once labour has commenced and promoting the expulsion of the placenta after childbirth.

It is interesting to note that despite the intimate relationship between the Kidneys and the uterus, it is points of its coupled Bladder channel, especially Zhiyin BL-67 and Kunlun BL-60, rather than points of the Kidney channel, which have the action of promoting labour. According to yin yang theory "yang is activity, yin is quiescence; yang brings forth and yin develops" and "When yin reaches its maximum it will necessarily transform into yang". The yin of the Kidney nourishes and dominates the development and growth of the foetus through the long months of pregnancy. As the birth date approaches and yin reaches its zenith, yang must begin to grow in order to turn the foetus and prepare for the intense activity of birth. If, towards the time of delivery, there is insufficient yang activity of the uterus, due either to deficiency or stagnation, then yang must be stimulated. Zhiyin BL-67 is the terminal point of the yang Bladder channel, where the qi changes polarity and enters its coupled yin Kidney channel, reflected in its name 'Reaching Yin'. It is the most dynamic point to activate the uterus and hence turn the foetus and promote labour' especially when stimulated by the yang heat of moxibustion.

Finally Zhiyin BL-67 is one of the few distal points on the Bladder channel indicated for disorders of urination, in this case painful urinary dysfunction and difficult urination. Clinically however, distal points of the Bladder channel are rarely used for this purpose.

CLASSICAL COMBINATIONS

- To hasten delivery: Zhiyin BL-67 and Zusanli ST-36 (Song of Points).
- Seminal emission: Zhiyin BL-67, Ququan LIV-8 and Zhongji REN-3 (Supplementing Life).
- Difficult urination and seminal emission: Zhiyin BL-67, Zhongji REN-3, Ligou LIV-5, Chengfu BL-36 and Lougu SP-7 (Supplementing Life).
- Itching with much pain: Zhiyin BL-67 and Wuyi ST-15 (One Hundred Symptoms).
- Paralysis of the lower extremity: Zhiyin BL-67, Yinlingquan SP-9, Huantiao GB-30, Yangfu GB-38 and Taixi KID-3 (Great Compendium).
- Pain of the chest and lateral costal region that changes location: Zhiyin BL-67 and Huantiao GB-30 (Thousand Ducat Formulas).

- Vertex headache: Zhiyin BL-67, Baihui DU-20 and Houxi SI-3.

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; gonorrhoea; nephritis; peritonitis; sciatica.