

Wood Element:

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

Gall Bladder (Dan): Summary of Fu Functions

The Gall Bladder is the Yang Organ of the Wood Element. It stores and excretes bile - a bitter yellow fluid continuously produced by the qi of the Liver. Bile is sent downward by the Gall Bladder to the intestines where it aids digestion.

It is unique amongst the Yang organs in that it does not receive or transport ingestate, neither the clear nor turbid fractions. Instead it stores and excretes bile, a 'pure' fluid, which has an important role in digestion. In normal function the qi of the Gall Bladder descends.

The Gall Bladder does not communicate directly with the Exterior.

Because of its Yin function of storing a Yin substance (bile), but also having the shape of a hollow Yang organ, the Gall Bladder is one of the 6 Extraordinary Yang organs. These organs are all Yang but have the additional Yin attribute of storing a Yin essence.

The Gall Bladder rules the capacity for decision making. It provides an individual with the courage and initiative for decision making. This function complements the Liver's capacity for planning.

The functions of the Liver and Gall Bladder are closely related, with disharmonies of one commonly affecting the other.

Su Wen, chpt. 8, p. 57. "The Gall Bladder is the impartial justice from whom judgments are derived." (Lu, 1990).

Zu Shao Yang Dan Jing Gall Bladder Channel of foot Shao Yang

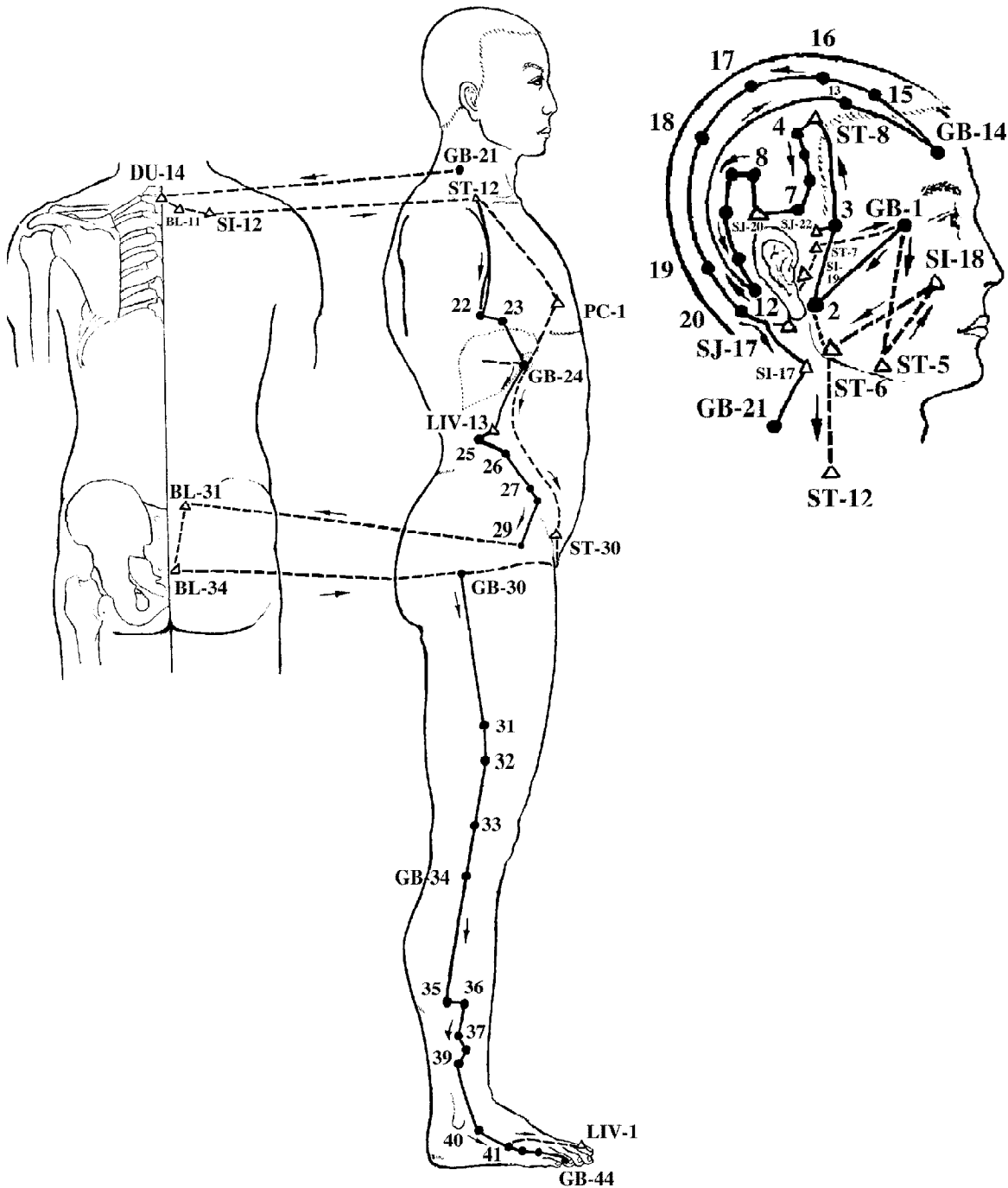
PRIMARY GALL BLADDER MERIDIAN

The primary Gall Bladder Channel of foot Shao Yang commences at the outer canthus of the eye (at GB-1, Tong Zi Liao), crosses the temple region to SJ-22 (He Liao), then ascends to the corner of the forehead where it meets the Stomach Channel of foot Yang Ming at ST-8 (Tou Wei). It descends behind the ear (GB-12, Wan Gu), then weaves forward and backward over the lateral aspect of the head, before running down the lateral neck in front of (anterior to) the San Jiao Channel of hand Shao Yang to meet the Small Intestine Channel of hand Tai Yang, at SI-17 (Tian Rong).

It continues to descend. Upon reaching the top of the shoulder it turns back (posteriorly), runs behind the San Jiao Meridian, and intersects Du Mai at DU-14 (Da Zhui). It then runs laterally along the line of the shoulder and intersects the Urinary Bladder Channel of foot Tai Yang at BL-11 (Da Zhu) and Small Intestine Channel of hand Tai Yang at SI-12 (Bing Feng), before crossing anteriorly over the shoulder to ST-12 (Que Pen) in the supraclavicular fossa.

One branch separates from the main Channel behind the ear (GB-20, Feng Chi). It intersects the San Jiao Channel of hand Shao Yang at SJ-17 (Yi Feng), then enters the ear. It emerges in front of the ear, intersects the Small Intestine Meridian at SI-19 (Ting Gong), and the Stomach Meridian at ST-7 (Xia Guan). This branch terminates behind the outer canthus of the eye (GB-1, Tong Zi Liao).

Another branch separates from the outer canthus and descends to ST-5 (Da Ying) on the jaw. It then turns upward, crosses the San Jiao Meridian, and ascends to the infraorbital region (SI-18, Quan Liao), before travelling down the cheek into the neck, via ST-6, (Jia Che). It joins its main Channel again in the supraclavicular fossa at ST-12 (Que Pen).



Primary Gall Bladder Meridian
(modified from Shandong, 1982, p.48)

From there the pathway descends into the chest. It intersects the Pericardium Channel of hand Jue Yin at PC-1 (Tian Chi), and after passing through the diaphragm, connects with the Liver Organ and homes to its pertaining Organ, the Gall Bladder.

It then follows the inside of the lower ribs and hypochondrium, and emerges in the Qi thoroughfare in the inguinal region at ST-30 (Qi Chong). From there it winds around the genitals and submerges into the hip region at GB-30 (Huan Tiao).

Another branch separates from the main Channel in the supraclavicular fossa at ST-12 (Que Pen). It descends in front of the axilla and runs down the lateral aspect of the chest to meet the Liver Channel of foot Jue Yin at LIV-13 (Zhang Men). It then turns back to the sacral region and crosses the Urinary Bladder Channel of foot Tai Yang at BL-31 (Shang Liao) and BL-34 (Xia Liao).

It then runs laterally to GB-30 (Huan Tiao) at the hip joint where it meets the branch noted above. It then descends along the lateral aspect of the thigh and knee, and passes along the anterior aspect of the fibula to its distal end. It crosses anterior to the lateral malleolus and runs over the dorsum of the foot. It travels between the 4th and 5th metatarsal bones and terminates at the lateral side of the tip of the 4th toe, at GB-44 (Zu Qiao Yin).

Yet another branch separates on the dorsum of the foot, at GB-41 (Lin Qi). It travels between the 1st and 2nd metatarsal bones to the distal end of the big toe, where it disperses into the top (hairy region) of that toe, passes under the toe nail, and joins the Liver Channel of foot Jue Yin, at LIV-1 (Da Dun).

There are 44 points on the Gall Bladder Meridian, and 20 intersecting points on other Meridians.

This Meridian pertains to the Gall Bladder Organ and connects with the Liver Organ. It also has some direct connections with the Heart Organ.

FLOW OF QI/ DISTRIBUTION OF POINTS:

Face, Head, Neck: GB-1 (Tong Zi Liao), GB-2 (Ting Hui), GB-3 (Shang Guan), [SJ-22 (He liao)], ST-8 (Tou Wei), GB-4 (Han Yan), GB-5 (Xuan Lu), GB-6 (Xuan Li), GB-7 (Qu Bin), SJ-20 (Jiao Sun), GB-8 (Shuai Gu), GB-9 (Tian Chong), GB-10 (Fu Bai), GB-11 (Tou Qiao Yin), GB-12 (Wan Gu), GB-13 (Ben Shen), GB-14 (Yang bai), GB-15 (Tou Lin Qi), GB-16 (Mu Chuang), GB-17 (Zheng Ying), GB-18 (Cheng Ling), GB-19 (Nao Kong), GB-20 (Feng Chi);

i) SJ-17 (Yi Feng), SI-19 (Ting Gong), ST-7 (Xia Guan), GB-1 (Tong Zi Liao).

ii) GB-1 (Tong Zi Liao), ST-5 (Da Ying), SI-18 (Quan Liao), ST-6 (Jia Che), ST-12 (Que Pen).

Neck, Shoulder: SI-17 (Tian Rong), GB-21 (Jian Jing), Du-14 (Da Zhui), BL-11 (Da Zhu), SI-12 (Bing Feng), ST-12 (Que Pen);

Chest, Abdomen, Buttocks:

i) PC-1 (Tian Chi), GB-24 (Ri Yue), ST-30 (Qi Chong), GB-30 (Huan Tiao).

ii) GB-22 (Yuan Ye), GB-23 (Zhe Jin), GB-24 (Ri Yue), LIV-13 (Zhang Men), GB-25 (Jing Men), GB-26 (Dai Mai), GB-27 (Wu Shu), GB-28 (Wei Dao), GB-29 (Ju Liao), BL-31 (Shang Liao), BL-34 (Xia Liao), GB-30 (Huan Tiao),

Lower Limb: GB-31 (Feng Shi), GB-32 (Zhong Du), GB-33 (Xi Yang Guan), GB-34 (Yang Ling Quan), GB-35 (Yang Jiao), GB-36 (Wai Qiu), GB-37 (Guang Ming), GB-38 (Yang Fu), GB-39 (Xuan Zhong), GB-40 (Qiu Xu), GB-41 (Zu Lin Qi), [LIV-1 (Da Dun)], GB-42 (Di Wu Hui), GB-43 (Xia Xi), GB-44 (Zu Qiao Yin).

MERIDIANS INTERSECTED BY THE GALL BLADDER CHANNEL:

Liver Channel of foot Jue Yin: LIV-1 (Da Dun), LIV-13 (Zhang Men).

Pericardium Channel of hand Jue Yin: PC-1 (Tian Chi).

San Jiao Channel of hand Shao Yang: SJ-22 (He liao), SJ-20 (Jiao Sun), SJ-17 (Yi Feng).

Small Intestine Channel of hand Tai Yang: SI-19 (Ting Gong), SI-18 (Quan Liao), SI-17 (Tian Rong), SI-12 (Bing Feng).

Stomach Channel of foot Yang Ming: ST-5 (Da Ying), ST-6 (Jia Che), ST-7 (Xia Guan), ST-8 (Tou Wei), ST-12 (Que Pen), ST-30 (Qi Chong).

Urinary Bladder Channel of foot Tai Yang: BL-11 (Da Zhu), BL-31 (Shang Liao), BL-34 (Xia Liao).

Du Mai (Governing Vessel): Du-14 (Da Zhui).

MERIDIANS INTERSECTING ON THE GALL BLADDER CHANNEL:

Small Intestine Channel of hand Tai Yang: GB-1 (Tong Zi Liao).

San Jiao Channel of hand Shao Yang: GB-1 (Tong Zi Liao), GB-3 (Shang Guan), GB-4 (Han Yan), GB-6 (Xuan Li), GB-21 (Jian Jing).

Spleen Channel of foot Tai Yin: GB-24 (Ri Yue).

Stomach Channel of foot Yang Ming: GB-3 (Shang Guan), GB-4 (Han Yan), GB-6 (Xuan Li).

Urinary Bladder Channel of foot Tai 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).

Dai Mai (Girdle Vessel): GB-26 (Dai Mai), GB-27 (Wu Shu), GB-28 (Wei Dao)

Yang Qiao Mai (Yang heel/motility Vessel): GB-20 (Feng Chi), GB-29 (Ju Liao)

Yang Wei Mai (Yang linking Vessel): GB-13 (Ben Shen), GB-14 (Yang Bai), GB-15 (Tou Lin Qi), GB-16 (Mu Chuang), GB-17 (Zheng Ying), GB-18 (Cheng Ling), GB-19 (Nao Kong), GB-20 (Feng Chi), GB-21 (Jian Jing), [GB-29 (Ju Liao)], GB-35 (Yang Jiao).

GALL BLADDER SPECIAL POINTS/ COMMAND POINTS:

GB-44 (Zu Qiao Yin): Metal, Well-Jing.

GB-43 (Xia Xi): Water, Spring, Gushing-Ying.

GB-41 (Zu Lin Qi):
i) Wood, Stream, Transporting-Shu. Horary point.
ii) Master point, Dai Mai (Girdle Vessel); Coupling point, Yang Wei Mai (Yang linking Vessel).

GB-40 (Qiu Xu): Yuan-Source.

GB-39 (Xuan Zhong): Meeting point of the Marrow.

GB-38 (Yang Fu): Fire, River, Traversing-Jing.

GB-37 (Guang Ming):	Luo-Connecting
GB-36 (Wai Qiu):	Xi-Cleft, Accumulation.
GB-35 (Yang Jiao):	Xi-Cleft, Accumulation point of Yang Wei Mai (Yang linking/ Vessel)
GB-34 (Yang Ling Quan):	i) Earth, Sea, Uniting-He. ii) Meeting point of the Sinews
GB-25 (Jing Men):	front Alarm-Mu, Collecting point of the Kidney Zang.
GB-24 (Ri Yue):	front Alarm-Mu, Collecting point of the Gall Bladder Fu.
BL-19 (Dan Shu):	back Associated-Shu, Transporting point.

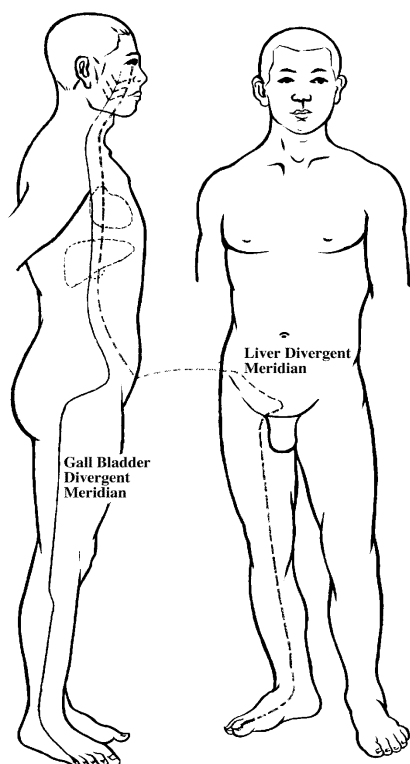
GALL BLADDER PRIMARY MERIDIAN SIGNS/SYMPTOMS:

Alternating fever and chills, headache, malaria, ashen complexion, ocular pain, pain in the jaw, subaxillary swelling or oedema, scrofula, deafness, pain in the lateral hip, thigh, knee and leg.

GALL BLADDER ORGAN SIGNS/SYMPTOMS:

Pain in the lateral costal area, vomiting, bitter or metallic taste in the mouth, pain in the chest.

GALL BLADDER DIVERGENT MERIDIAN



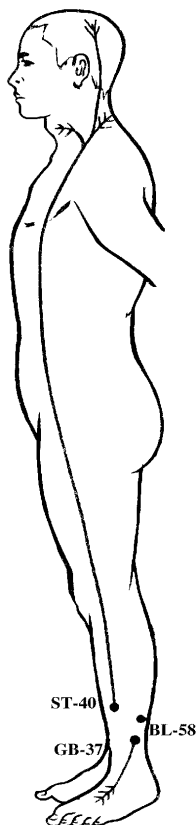
The Gall Bladder Divergent Meridian leaves the primary Gall Bladder Channel on the buttocks, near GB-30 (Huan Tiao). It crosses over the hip joint and enters the lower abdomen in the pelvic region at the border of the pubic hair, near REN-2 (Qu Gu), where it unites with the Divergent Meridian of the Liver Channel of foot Jue Yin. The Gall Bladder Divergence then passes through the lower rib area, homes to the Gall Bladder Organ, and disperses through the Liver Organ.

It travels upward and links with (runs across) the Heart Organ, follows the oesophagus and pharynx, emerges at the submandibular region, and disperses over the face. It connects to the region behind the eyes, then rejoins the Gall Bladder Channel of foot Shao Yang at the outer canthus, at GB-1 (Tong Zi Liao).

Wood Divergent Meridians

(from Cheng 1987, p.87)

GALL BLADDER LUO (CONNECTING) MERIDIAN



The Gall Bladder Luo Meridian separates from the primary Gall Bladder Channel at GB-37 (Guang Ming), 5 cun above the lateral malleolus. It passes downward, disperses over the dorsum of the foot, and connects to the Liver Channel of foot Jue Yin.

Signs/ Symptoms:

Shi: fainting, cold in the extremities
 Xu: weakness and atony of lower limb (foot) muscles (with inability to walk, and difficulty standing after sitting)

Yang Luo Meridians, Lower Limb

(from Cheng 1987, p. 93)

GALL BLADDER MUSCLE-TENDINO (SINEW) MERIDIAN

The Gall Bladder Muscle-Tendino Meridian (MTM) commences at the 4th toe. It travels proximally, binds at the lateral malleolus, then rises up the lateral aspect of the leg. It binds again at the lateral aspect of the knee.

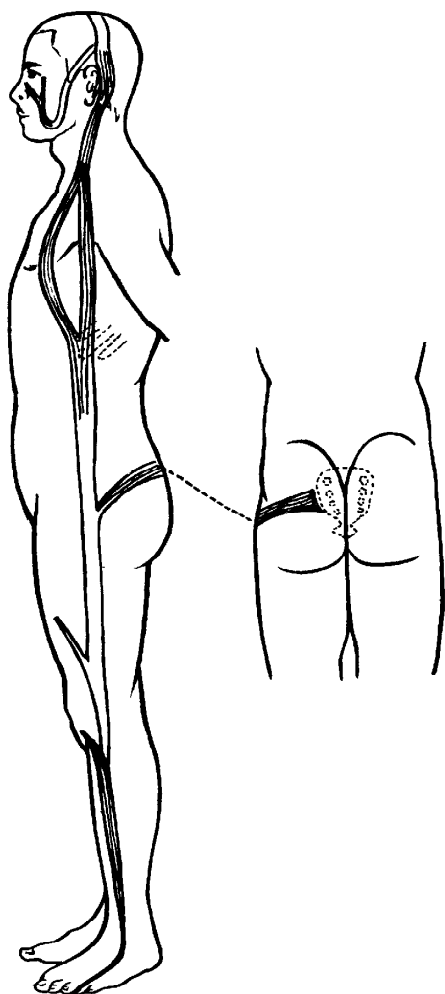
A branch separates at the proximal end of the fibula, and rises upward along the thigh.

The main MTM rises up the lateral aspect of the thigh and trunk, passes the ribs and runs to the axilla. A sub-branch binds anteriorly above point ST-32 (Fu Tu) on the thigh.

Another sub-branch binds in the sacro-coccygeal region. The main Gall Bladder Muscle-tendino Meridian connects in the breast region and binds at the supraclavicular fossa.

A branch separates at the axilla, links to the supraclavicular fossa, then emerges in front of the MTM of the Urinary Bladder Channel of foot Tai Yang, which it follows up behind the ear. It ascends to the corner of the forehead (temple), then continues to the vertex, where it intersects its counterpart from the opposite side. A branch descends to the mandibular region, then rises slightly and binds beside the bridge of the nose.

A sub-branch binds to the outer canthus of the eye.



Signs/ Symptoms:

Strained muscles of the 4th toe (inability to support), strained muscles (sprained ligaments) at the lateral aspect of the knee, inability to flex or extend the knee, muscle spasms in the popliteal fossa, strained muscles of the pelvic region or sacro-coccygeal region, strained muscles of the sacrum extending upward to below the ribs, pain in the hypochondrium, strained muscles in the chest (breast), clavicle or neck regions, inability to turn eyes to left or right. Left eye cannot remain open when looking to the left, and the same for the right.

Gall Bladder Muscle-Tendino Meridian

(from Cheng 1987, p. 98)

DEADMAN'S MERIDIAN COMMENTARY

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

- the Gall Bladder primary and divergent channels connect with the Liver.
- the Gall Bladder luo-connecting channel connects with the Liver channel.
- the Gall Bladder divergent channel connects with the Liver divergent channel.

In addition it is important to note that:

- the Gall Bladder primary channel begins at the outer canthus and travels to the infraorbital region, whilst the Gall Bladder divergent channel connects with the eye.
- the Gall Bladder primary channel criss-crosses the side of head as well as meeting with points Erheliao SJ-22, Jiaosun SJ-20 and Touwei ST-8 in this region.
- the Gall Bladder primary channel both passes behind the ear and enters the ear.
- the Gall Bladder primary channel passes through the jaw and throat region.
- the Gall Bladder primary channel descends through the chest and connects with the Pericardium channel at Tianchi P-1.
- the Gall Bladder primary and divergent channels pass anterior to the axilla.

- the Gall Bladder sinew channel links with the breast.
- the Gall Bladder divergent channel connects with the Heart.
- the Gall Bladder primary channel passes through the inguinal region and encircles the genitals.
- the Gall Bladder primary and divergent channels go to the sacrum and the primary channel connects with Changqiang DU-1.

The Gall Bladder belongs to the wood phase and its two principal functions are to store and excrete bile and to rule courage, decision-making and judgement. It is by virtue of these functions as well as the channel pathways discussed above, that many of the actions and indications of the points of the Gall Bladder channel can be explained.

These can be summarised as:

- treating disorders of the eyes, especially those due to exterior wind-heat or Liver and Gall Bladder channel heat.
- treating disorders of the ear, especially those due to exterior wind-heat or Liver and Gall Bladder channel heat.
- treating headaches, especially one-sided headaches affecting the shaoyang channel at the temple and side of the head.
- treating disorders of the Liver. The Liver rules the smooth flow of qi, and when this free-flowing function of the Liver is impaired, qi will stagnate. At the same time, the Liver and Gall Bladder are entrusted with the ministerial fire and their stagnant qi readily transforms to fire. If Liver fire consumes yin, it may give rise to the pattern of uprising of Liver yang, whilst either Liver fire or Liver yang may generate interior wind. Liver qi stagnation, Liver fire, Liver yang and Liver wind may all manifest along the course of the Gall Bladder channel in the head, ears, eyes, chest, breast and lateral costal region.
- treating phlegm disorders, scrofula and nodules. The smooth flow of body fluids is in part dependent on the free-flowing of the Liver qi, whilst Liver fire may condense body fluids into phlegm. Points of the Gall Bladder channel are indicated for stagnant qi and phlegm (and the consequent) swelling and nodulation, in the throat, supra-clavicular fossa, axilla and breast, all regions traversed by various pathways of the Gall Bladder primary and secondary channels.
- clearing damp-heat from the Gall Bladder fu, manifesting as jaundice, pain of the lateral costal region, nausea and vomiting, fever etc.
- clearing pathogenic factors from shaoyang level giving rise to alternating chills and fever, bitter taste in the mouth, hypochondriac pain, dryness of the mouth and throat, and nausea and vomiting.
- treating disorders of the spirit and ethereal soul (hun):
 - i. the Gall Bladder rules judgement, decisiveness and courage,
 - ii. its divergent channel enters the Heart, and
 - iii. the Gall Bladder (wood) is the 'mother' of Heart (fire). Points of the Gall Bladder channel are therefore able to treat disorder of the spirit and ethereal soul (hun) due principally either to Gall Bladder and Liver fire or Gall Bladder qi deficiency.

- the Girdling vessel only passes through three acupuncture points, Daimai GB-26, Wushu GB-27 and Weidai GB-28, whilst its confluent point is Zulinqi GB-41. This extraordinary vessel is therefore principally influenced by selecting these Gall Bladder channel points.
- the hui-meeting points of the sinews (Yanglingquan GB-34) and the marrow (Xuanzhong GB-39) belong to the Gall Bladder channel which traverses the entire lateral portion of the leg. Many points of the lower portion of this channel, therefore, are important in the treatment of disorders such as atrophy disorder and painful obstruction.

POINTS OF THE GALL BLADDER FU

GB-1 (*tóng zǐ liáo*)

瞳 *tóng*: pupil of the eye

子 *zǐ*: noun suffix

髎 *liáo*: bone-hole

瞳子髎

Pupil Bone-Hole

Location: On the face 5 fen lateral to the outer canthus of the eye, in the slight depression on the lateral border of the orbit.

Features & Categories: Intersection point of the Small Intestine Channel of hand Tai Yang and San Jiao Channel of hand Shao Yang on the Gall Bladder Channel.

Functions: Expels Wind and dissipates Heat; clears Fire; enlivens the Channels and frees Qi; relieves pain and brightens the eyes.

Indications: Headache; conjunctivitis; iritis; keratitis; eye pain; loss of visual acuity; reddening of the eyes and excess lacrimation; dry, red and painful eyes; night blindness; migraine headache; ametropia; atrophy of the optic nerve; wryness of the eyes and mouth.

Supplementary Indications: Blindness; nearsightedness; blurred vision; glaucoma; painful reddening of the outer canthus; itching of the inner canthus; membranes on the eyes; sore throat.

DEADMAN'S COMMENTARY

The Gall Bladder, Gall Bladder divergent and Liver channels connect with the eye, and the Liver zang (interiorly-exteriorly related to the Gall Bladder) opens into the eyes. Tongziliao GB-1, the first point of the channel and located just lateral to the eye, is used to treat all kinds of eye disorders, especially when due to Liver channel wind-heat. Whilst eye disorders may be due to exterior wind-heat or interior Liver fire, in clinical practice these two patterns are commonly mixed, and a person who suffers from interior Liver fire or Liver yang is prone to attacks of exterior wind or wind-heat. This commonly seen clinical situation is often referred to as Liver channel wind-heat.

Tongziliao GB-1 is traditionally indicated for pain, swelling, redness and itching of the eyes, lacrimation and disorders of vision, and in modern times for such disorders as glaucoma, photophobia, cataract, nebula, corneal opacity, keratitis, retinal haemorrhage and atrophy of the optic nerve. It is also commonly used for temporal headache and supraorbital pain, especially due to the above aetiologies, as well as for deviation of the mouth and eye due to exterior or interior wind. Interestingly Tongziliao GB-1 is included with Shaoze SI-1 in a classical prescription for breast pain in women. This reflects the pathway of the Gall Bladder sinew channel to the breast.

CLASSICAL COMBINATIONS

- Internal eye obstruction: Tongziliao GB-1, Hegu L.I.-4, Zulinqi GB-41 and Jingming BL-1 (Great Compendium).
- Superficial visual obstruction: Tongziliao GB-1 and Qiuxu GB-40 (Supplementing Life).
- Swelling of the breasts in women: Tongziliao GB-1 and Shaoze SI-1 (Illustrated Supplement).

GB-2 (tīng huì)聽 *tīng*: to hear, to listen會 *huì*: to converge, to gather; to meet, to join

聽會

Auditory Convergence

Location: On the lateral aspect of the head, immediately anterior to the intertragal notch of the ear. A depression appears when the mouth is opened. The point is located posterior to the neck of the mandible. It lies directly inferior to SI-19 (Ting Gong).

Functions: Frees the Liver and Gall Bladder; dispels Exterior Wind, moves Qi and benefits the ears.

Indications: Tinnitus; deafness; toothache; otitis media; deaf-mutism; facial paralysis; motor impairment or arthritis of the temporo-mandibular joint.

Supplementary Indications: Purulent discharge from the ear; excess lacrimation; dislocation of the jaw; swelling of the cheeks; parotitis; wryness of eyes and mouth; paralysis of the limbs due to Wind strike; mania; seizures with alternating hyper- and hypo- tonicity.

DEADMAN'S COMMENTARY

There are three points anterior to the tragus of the ear, Tinghui GB-2 inferiorly, Ermen SJ-21 superiorly and Tinggong SI-19 in the centre. All are frequently employed in the treatment of a wide variety of ear disorders, including tinnitus, deafness, pain, itching and discharge. Due to the close proximity of these points and the similar indications for each, it is difficult to distinguish between them clinically, although each practitioner may have their individual preference. If it is necessary to needle points around the ear regularly, then these three points should be alternated.

In addition to its ability to treat ear disorders, Tinghui GB-2 is able to eliminate wind and to activate the channel in the surrounding region, and is indicated for deviation of the mouth and eyes, mumps, toothache, and difficult mastication and other jaw disorders.

CLASSICAL COMBINATIONS

- Swelling, pain and redness of the ear: Tinghui GB-2, Hegu L.I.-4 and Jiache ST-6 (Great Compendium).
- Deafness due to qi obstruction: Tinghui GB-2, Tinggong SI-19 and Yifeng SJ-17; then needle Zusanli ST-36 and Hegu L.I.-4 (Great Compendium).
- Deafness and tinnitus: Tinghui GB-2, Tianrong SI-17, Tinggong SI-19 and Zhongzhu SJ-3 (Thousand Ducat Formulas).
- Deafness: Tinghui GB-2, Zhongzhu SJ-3, Waiguan SJ-5, Erheliao SJ-22, Shangyang L.I.-1, Tinggong SI-19, Hegu L.I.-4 and Zhongchong P-9 (Precious Mirror).
- Impaired hearing and deafness: Tinghui GB-2, Ermen SJ-21, Fengchi GB-20, Xiaxi GB-43 and Tinggong SI-19 (Great Compendium).
- Impaired hearing and deafness: Tinghui GB-2 and Waiguan SJ-5 (Supplementing Life).

- Bilateral deafness due to injury by cold: Tinghui GB-2 and Jinmen BL-63 (Ode of Xi-hong).
- Tinnitus: Tinghui GB-2, Tinggong SI-19, Ermen SJ-21, Baihui DU-20, Luoque BL-8, Yangxi L.I.-5, Qiangu SI-2, Houxi SI-3, Wangu SI-4, Zhongzhu SJ-3, Yemen SJ-2, Shangyang L.I.-1 and Shenshu BL-23 (Great Compendium).
- Toothache with aversion to cold: Tinghui GB-2, Daying ST-5, Quanliao SI-18 and Quchi L.I.-11 (Thousand Ducat Formulas).
- Deviation of the mouth and eye: Tinghui GB-2, Jiache ST-6, Dicang ST-4 Renzhong DU-26, Chengjiang REN-24 and Hegu L.I.-4 (Illustrated Supplement).

GB-3 (*shàng guān*)

上 *shàng*: upper, above; to rise

關 *guān*: gate, pass; joint

上 關

Upper Gate

Location: On the lateral aspect of the head, directly superior to the zygomatic arch, in temporalis muscle. The point is located directly above ST-7 (Xia Guan), which is in the depression formed in the inferior border of the zygomatic arch (anterior to the articular tubercle). GB-3 (Shang Guan) is best located with the mouth closed.

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Stomach Channel of foot Yang Ming on the Gall Bladder Channel.

Functions: Frees the Channels and quickens the Connecting Vessels; opens the Portals and benefits hearing.

Indications: Headache; deafness; tinnitus; otitis media; toothache; wryness of the eyes and mouth; lockjaw; facial paralysis.

Supplementary Indications: Visual dizziness; aversion to wind and cold; painful upper jaw tooth decay; unilateral headache; fever and chills; tetany with bone pain.

DEADMAN'S COMMENTARY

Although less important than its neighbouring point Xiaguan ST-7, Shangguan GB-3 may be used as a local point in the treatment of disorders of the surrounding region, including the ears, eyes, face, teeth, jaw, lips and head. In the treatment of trigeminal neuralgia it is sometimes needed 0.5 cun anterior to its textbook location.

CLASSICAL COMBINATIONS

- Hemiplegia with deviation of the mouth and eye: Shangguan GB-3 and Xiaguan ST-7 (Supplementing Life).
- Lockjaw: Shangguan GB-3, Jiache ST-6 and Ahshi points (Compilation).

TB-22 (*hé liáo*)

和 *hé*: harmony, peace; to come together

髎 *liáo*: bone-hole

和 髎

Harmony Bone-Hole

Location: On the lateral aspect of the head, anterior and superior to SJ-21 (Er Men), level with the root of the auricle (helix). The point is at/within the (posterior) hairline of the temple, where the

superficial temporal artery passes. This is approximately 1 cun anterior to the root of the auricle (helix), and lies approximately between SJ-21 (Er Men) and GB-7 (Qu Bin).

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

Functions: Dispels Wind and frees the Connecting Vessels; opens the Portals.

Indications: Tinnitus; headache and heavy headedness; hypertonicity of the jaws; lockjaw; facial paralysis.

ST-8 (*tóu wéi*)

頭 *tóu*: head

維 *wéi*: to bind, to tie together (originally, a net for catching birds), corner

頭維

Head Corner

Location: On the corner of the forehead, 4.5 cun lateral to DU-24 (Shen Ting), 5 fen within the (natural) anterior hairline. This is on the superior border of temporalis muscle. Du-24(Shen Ting) is located 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.

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

Functions: Dispels Wind and clears Heat; relieves pain; clears the head and brightens the eyes; relieves dizziness.

Indications: Headache; migraine headache; visual dizziness; vertigo; eye pain; lacrimation when exposed to wind; blurred vision; cloudiness or heaviness of the head; facial paralysis; psychosis.

GB-4 (*hàn yàn*)

額 *hàn*: corner of the forehead; chin

厭 *yàn*: full, satiated

額厭

Forehead Fullness

Location: On the lateral aspect of the head in the temporal region. The point is located one quarter of the distance along a slightly curved line connecting ST-8 (Tou Wei) and GB-7 (Qu Bin). ST-8 (Tou Wei) is located on the corner of the forehead, 4.5 cun lateral to DU-24 (Shen Ting), 5 fen within the (natural) anterior hairline. This is on the superior border of temporalis muscle. GB-7 (Qu Bin) is located approximately 7 fen (one finger width) directly anterior to SJ-20 (Jiao Sun).

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Stomach Channel of foot Yang Ming on the Gall Bladder Channel.

Functions: Eliminates Wind and quickens the Connecting Vessels; clears Heat, settles fright and relieves pain.

Indications: Unilateral headache; migraine headache; visual dizziness; vertigo; pain in the outer canthus; tinnitus; rhinitis; epilepsy; seizures; convulsions.

Supplementary Indications: Sneezing; toothache; pain in the wrist; articular Wind with sweating; convulsions.

DEADMAN'S COMMENTARY

Yan Zheng-shi of the Ming dynasty, in Investigation of Points Along the Channels, recommended Hanyan GB-4 specifically for head wind with pain in the region of both Taiyang (M-HN-9) points. Clinically, Hanyan GB-4 should always be palpated in cases of one-sided headache, and needled if tender. Unusually for a point on the head, Hanyan GB-4 is also indicated in the Great Compendium of Acupuncture and Moxibustion for pain and stiffness of the wrist as well as 'joint wind' (i.e. painful obstruction) accompanied by sweating.

CLASSICAL COMBINATIONS

- One-sided headache: Hanyan GB-4 and Xuanlu GB-5 (One Hundred Symptoms).
- Wind dizziness and one-sided headache: Hanyan GB-4, Qianding DU-21 and Houding DU-19 (Thousand Ducat Formulas).
- Wind dizziness: Hanyan GB-4, Houding DU-19 and Yuzhen BL-9 (Supplementing Life).
- Neck pain, joint pain and sweating: Hanyan GB-4, Feiyang BL-58 and Yongquan KID-1 (Thousand Ducat Formulas).

GB-5 (*xuán lú*)

懸 *xuán*: to suspend, to hang

顱 *lú*: skull, cranium

懸顱

Suspended Skull

Location: On the lateral aspect of the head in the temporal region. The point is located half the distance along a slightly curved line connecting ST-8 (Tou Wei) and GB-7 (Qu Bin). ST-8 (Tou Wei) is located on the corner of the forehead, 4.5 cun lateral to DU-24 (Shen Ting), 5 fen within the (natural) anterior hairline. This is on the superior border of temporalis muscle. GB-7 (Qu Bin) is located approximately 7 fen (one finger breadth) directly anterior to SJ-20 (Jiao Sun).

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Stomach Channel of foot Yang Ming on the Gall Bladder Channel.

Functions: Eliminates Wind and quickens the Connecting Vessels; disperses swelling and relieves pain.

Indications: Unilateral headache; migraine headache; pain in the outer canthus; neurasthenia.

Supplementary Indications: Vexation and fullness with absence of sweating in Heat diseases; toothache; facial edema or swelling; convulsions; spasticity; disturbances of movement and speech.

CLASSICAL COMBINATIONS

- One-sided headache: Xuanlu GB-5 and Hanyan GB-4 (One Hundred Symptoms).

GB-6 (*xuán lí*)

懸 *xuán*: to suspend, to hang

釐 (厘) *lí*: a very small unit of length or weight; minute

懸釐厘

Suspended Tuft

Location: On the lateral aspect of the head in the temporal region. The point is located three quarters of the distance along a slightly curved line connecting ST-8 (Tou Wei) and GB-7 (Qu Bin). ST-8 (Tou Wei) is located on the corner of the forehead, 4.5 cun lateral to DU-24 (Shen Ting), 5 fen within

the (natural) anterior hairline. This is on the superior border of temporalis muscle. GB-7 (Qu Bin) is located approximately 7 fen (one finger width) directly anterior to SJ-20 (Jiao Sun).

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Stomach Channel of foot Yang Ming on the Gall Bladder Channel.

Functions: Eliminates Wind and quickens the Connecting Vessels; removes obstructions from the Channel; frees the Portals and promotes movement of Qi; benefits the ear.

Indications: Headache; migraine headache; pain in the outer canthus; toothache; neurasthenia; ear problems generally.

Supplementary Indications: Tinnitus; frequent sneezing; painful reddening of the outer canthus; absence of sweating in Heat diseases; flushed and swollen face; facial edema or swelling; unilateral headache; disturbances of the Will, lack of motivation; speech difficulties.

CLASSICAL COMBINATIONS

- Febrile disease with one-sided headache: Xuanli GB-6 and Jiuwei REN-15 (Thousand Ducat Formulas).

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.

Supplementary Indications: Eye diseases; retching and vomiting; stiff neck; toothache; lockjaw; infantile convulsions.

CLASSICAL COMBINATIONS

- Tooth decay: Qubin GB-7 and Chongyang ST-42 (Thousand Ducat Formulas).
- Sudden loss of voice: Qubin GB-7, Tianchuang SI-16, Zhigou SJ-6, Futu L.I.-18 and Lingdao HE-4 (Thousand Ducat Formulas).

TB-20 (*jiǎo sūn*)

角 *jiǎo*: angle, corner; horn; a constellation

孫 *sūn*: grandson; posterity, descendants; a young shoot

角孫

Angle Vertex

Location: On the lateral aspect of the head, in the posterior fibres of temporalis muscle. The point is located within the hairline immediately superior to (level with) the apex of the auricle.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the San Jiao Channel.

Functions: Clears the head and brightens the eyes; disperses Wind and quickens the Connecting Vessels.

Indications: Redness, pain and swelling in the region of the eyes; redness and swelling of the earlobe; toothache; parotitis; pannus; corneal opacity.

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.

Supplementary Indications: Stomach Cold; vexation and fullness after eating; persistent retching and vomiting; chronic infantile fright Wind (convulsions); cough; expectoration of phlegm; head Wind with pain at the corners of the forehead.

DEADMAN'S COMMENTARY

Shuaigu GB-8 is an important point for treating parietal or temporal headache and heaviness, especially when unilateral, and is frequently found to be tender in such cases. The Gall Bladder primary and sinew channels traverse the side of the head, and the Gall Bladder channel is interiorly-exteriorly related to the Liver channel. Shuaigu GB-8 is particularly indicated in cases where exterior wind attacks the head, or Liver fire, Liver yang or Liver wind ascend along the Gall Bladder channel to harass the head causing severe one-sided headache.

According to the Illustrated Classic of Acupuncture Points on the Bronze Man Shuaigu GB-8 is especially indicated for "cold and phlegm in the diaphragm and Stomach, injury by alcohol, wind giving rise to severe and stubborn pain at both corners of the brain, inability to eat and drink, agitation and fullness with ceaseless vomiting". This is a clear reference to migrainous headache. Since Shuaigu GB-8 harmonises the diaphragm and Stomach, it is the main point on the head to treat headache accompanied by vomiting due to attack on the Stomach by Liver qi, or to Gall Bladder and Stomach phlegm-heat. Alcohol may induce migraine headache and vomiting by aggravating Liver heat and disrupting the harmony between the Liver and the Stomach, or by inducing or aggravating damp-heat in the Gall Bladder and Stomach. Many classics therefore recommend this point for headache and vomiting induced by alcohol.

Shuaigu GB-8 is also indicated for accumulation of phlegm in the diaphragm and Stomach, giving rise to ceaseless vomiting and 'phlegm qi diaphragm pain'. In clinical practice the pattern of phlegm

or phlegm-heat in the Stomach is commonly seen in combination with Gall Bladder stagnation and heat. Shuaigu GB-8 is especially indicated when these symptoms are accompanied by one-sided headache.

CLASSICAL COMBINATIONS

- One-sided or generalised wind headache that is difficult to cure: join Sizhukong SJ-23 subcutaneously with Shuaigu GB-8 (Song of the Jade Dragon).
- Cold phlegm in the diaphragm and Stomach: Shuaigu GB-8 and Geshe BL-17 (Supplementing Life).

GB-9 (*tiān chōng*)

天 *tiān*: celestial, of the heavens, sky; Nature; heaven
 衝 *chōng*: surge, rush, flush (冲); thoroughfare;
 a place of importance (a hub)

天衝

Celestial Hub

Location: On the lateral aspect of the head, within the hairline, superior and posterior to the auricle. The point is located 5 fen directly posterior to GB-8 (Shuai Gu). GB-8 (Shuai Gu) is 1.5 cun directly superior to the apex of the auricle [SJ-20, Jiao Sun].

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

Functions: Releases and clears Heat from the Gall Bladder; removes obstructions from the Channel; dissipates rising rebellious Qi; eliminates Interior Wind and calms spasms; settles and calms the Shen.

Indications: Headache; migraine headache; gingivitis; toothache; epilepsy; seizures; goitre; convulsions; muscular spasms; ataxia; aphasia.

Supplementary Indications: Mania and withdrawal; Wind tetany; susceptibility to fright and fear; disturbances of movement and speech.

DEADMAN'S COMMENTARY

Chapter 21 of the Spiritual Pivot lists five points known as the points of the Window of Heaven (Renyang ST-9, Futu L.I.-18, Tianyou SJ-16, Tianzhu BL-10 and Tianfu LU-3). Chapter 2 of the same text gives an unnamed list of ten points which includes the five Window of Heaven points and adds the points Tiantu REN-22, Tianchuang SI-16, Tianrong SI-17, Fengfu DU-16 and Tianchi P-1. This passage first discusses Tiantu REN-22, and then the six yang channel points as a sequence of vertical lines spreading from the Conception vessel and ending with Fengfu DU-16 on the Governing vessel, with Tianfu LU-3 and Tianchi P-1 as additional points. Later commentators (particularly Ma Shi, the great physician of the Ming dynasty and expert on the Yellow Emperor's Inner Classic) pointed out that this passage discusses Tianrong SI-17 as a point of shaoyang channel whereas in fact it is a point of the hand taiyang channel. They therefore suggested that Tianrong SI-17 should in fact be Tianchong GB-9. If so, all the six yang channels would then be represented.

These ten points have certain common properties, being indicated especially for disharmony between the head and body, disorders of the head and sense organs, goitre and scrofula, rebellion of Lung or Stomach qi and emotional disorders.

Many classics indicate Tianchong GB-9 for a variety of mental and psychological diseases characterised by propensity to fear and fright, fright palpitations, epilepsy, madness etc. According to

modern acupuncture research in psychiatric hospitals, many head points are effective in treating disorders of the underlying portion of the brain, and this may help explain these traditional indications.

CLASSICAL COMBINATIONS

- Arched back with sorrowful weeping: Tianchong GB-9 and Daheng SP-15 (One Hundred Patterns).
- Headache: Tianchong GB-9, Fengchi GB-20 and Muchuang GB-16 (Systematic Classic).

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.

Supplementary Indications: Fever and chills; Wind headache; heavy headedness; throat Bi; thoracic fullness and dyspnea; painful swelling of the neck; goitre; cough with phlegm and foamy mucus; atony of the lower limbs that prevents walking.

DEADMAN'S COMMENTARY

The points Fubai GB-10, Touqiaoyin GB-11 and to a certain extent Tianchong GB-9, have certain comparable indications and these are not dissimilar to the indications for the points of the Window of Heaven. All are indicated for goitre, and Fubai GB-10 additionally for stiffness, swelling and pain of the neck. Both Fubai GB-10 (headache, toothache, deafness and tinnitus) and Touqiaoyin GB-11 (headache and eye, ear, tongue and mouth disorders) are indicated for disorders of the head and sense organs and for rebellion of Lung qi characterised by cough. Both also treat disorders of the lower body, Fubai GB-10 for flaccidity of the legs with inability to walk, and Touqiaoyin GB-11 for contraction of the sinews of the four limbs, bone consumption, and agitation and heat of the hands and feet. This latter application reflects the principle expounded in the Yellow Emperor's Inner Classic "When the disease is below select [points] from above".

CLASSICAL COMBINATIONS

- Toothache and tooth decay: Fubai GB-10 and Wangu GB-12 (Systematic Classic).

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.

Supplementary Indications: Heat diseases of the skin, including inflammation; vexatious Heat in the hands and feet; stiff tongue; throat Bi; goitre; nauseating bitter taste in the mouth.

DEADMAN'S COMMENTARY

The name of Touqiaoyin GB-11 (Yin Portals of the Head) is said to refer to its ability to treat diseases of the sense organs associated with the five zang, namely the eyes (Liver), ears (Kidneys), tongue (Heart), mouth (Spleen) and nose (Lung). In fact, classical indications appear for all of these except the nose. In this respect, Touqiaoyin GB-11 in the upper body mirrors Zuqiaoyin GB-44 (Yin Portals of the Foot) in the lower body. For further discussion of Touqiaoyin GB-11 see Fubai GB-10.

CLASSICAL COMBINATIONS

- Bleeding from the root of the tongue: Touqiaoyin GB-11, Futu L.I.-18 and Dazhong KID-4 (Thousand Ducat Formulas).
- Stabbing pain of the head with inability to move: Touqiaoyin GB-11 and Qiangjian DU-18 (Supplementing Life).
- Pain of the nape of the neck: Touqiaoyin GB-11 and Xiaoluo SJ-12 (Supplementing Life).

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; dryness of the eyes and mouth; facial paralysis; epilepsy; seizures; migraine headache.

Supplementary Indications: Atony of the lower extremities with inability to walk; pain in the neck and nape; neck disorders; head Wind with pain behind the ear; vexation; dark-colored urine; throat Bi; tooth decay; clenched jaws.

DEADMAN'S COMMENTARY

Wangu GB-12 is able to benefit the head region and eliminate both exterior and interior wind. It is indicated for

- i. headache and head wind, especially when there is pain behind the ear,
- ii. stiffness and pain of the neck, and
- iii. heat, pain and swelling affecting the teeth, cheek, ear and throat.

Like many points in the neck region, Wangu GB-12 is also able to regulate disharmony between the head and the body. When interior wind stirs and rushes up to the head there may be hemiplegia, deviation of the mouth and eyes, shaking of the head and clenched jaw. At the same time as pathogenic wind rushes up to the head, there may be deficiency in the lower part of the body manifesting as atrophy disorder and weakness and flaccidity of the four limbs. This latter application reflects the principle expounded in the Yellow Emperor's Inner Classic "When the disease is below select [points] from above".

Another important action of Wangu GB-12 is to regulate and calm the spirit, and it is indicated in such disorders as mania, agitation of the Heart and insomnia. This is reflected in its close proximity to the extra point Anmian (N-HN-54) 'Peaceful Sleep', located just posterior and slightly superior to Wangu GB-12, which is much used for insomnia.

CLASSICAL COMBINATIONS

- Head wind and pain behind the ear: Wangu GB-12 and Qimai SJ-18 (Supplementing Life).
- Pain of the nape of the neck: Wangu GB-12 and Yuzhen BL-9 (Supplementing Life).
- Tired throat, swelling of the neck with inability to turn the head, swelling of the cheek that radiates to the ear: Wangu GB-12, Tianyou SJ-16 and Qiangu SI-2 (Thousand Ducat Formulas).
- Toothache and tooth decay: Wangu GB-12 and Fubai GB-10 (Systematic Classic).
- Deviation of the mouth and face: Wangu GB-12 and Lieque LU-7 (Supplementing Life).
- Dark urine: Wangu GB-12, Xiaochangshu BL-27, Baihuanshu BL-30 and Yanggang BL-48 (Thousand Ducat Formulas).

GB-13 (*běn shén*)

本 *běn*: root, origin, source

神 *shén*: spirit

本神

Root Spirit

Location: On the superior aspect of the head, 5 fen within the (natural) anterior hairline. The point is located 3 cun lateral to DU-24 (Shen Ting). This is two thirds of the distance between DU-24 (Shen Ting) and ST-8 (Tou Wei). GB-15 (Tou Lin Qi) is located medial to GB-13 (Ben Shen), midway

between DU-24 (Shen Ting) and ST-8 (Tou Wei). BL-4 (Qu Cha) is located one third of the distance between DU-24 (Shen Ting) and ST-8 (Tou Wei).

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

Functions: Clears and drains Excess from the Liver and Gall Bladder; calms the Liver and eliminates Wind; draws Jing to the head; settles epilepsy and calms the Shen; strengthens the Will.

Indications: Headache; visual dizziness; stiffness and pain of the neck; vertigo; epilepsy; seizures; hemiplegia; insomnia; mental and emotional problems generally; schizophrenia; anxiety; unfounded jealousy and suspicion.

Supplementary Indications: Stiff neck and nape; lateral costal pain; infantile fright epilepsy; hemilateral Wind.

CLASSICAL COMBINATIONS

- Madness: Benshen GB-13 and Shenzhu DU-12 (One Hundred Symptoms).
- Childhood fright epilepsy: Benshen GB-13, Qianding DU-21, Xinhui DU-22 and Tianzhu BL-10 (Thousand Ducat Formulas).
- Vomiting of foam: Benshen GB-13, Shaohai HE-3 and Duiduan DU-27 (Supplementing Life).
- Epilepsy with vomiting of foam: Benshen GB-13 and Duiduan DU-27 (Supplementing Life).
- Pain of the lateral costal region with inability to turn the body: Benshen GB-13 and Luxi SJ-19 (Thousand Ducat Formulas).

GB-14 (*yáng bái*)

陽 *yáng*: yang, the complement of yin

白 *bái*: white, pure, clear

陽 白

Yang White

Location: On the forehead, superior to the pupil. The point is located 1 cun superior to the midpoint of the eyebrow. This is approximately one third of the distance between the eyebrow and the anterior hairline.

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

Functions: Dispels Wind and clears Heat; eliminates Exterior Wind; dissipates rising rebellious Qi; enhances Qi and clears the vision.

Indications: Frontal headache (unilateral); visual dizziness; vertigo; lacrimation on exposure to wind; pain in the outer canthus; twitching of the eyelids; facial paralysis; trigeminal neuralgia; supraorbital neuralgia; ptosis; eye diseases generally.

Supplementary Indications: Headache; itching and painful eyes; itchy eyelids; upwardlooking eyes; nearsightedness; inability to see at dusk or night; eye discharge; aversion to cold in the back; vomiting; chills; stiff neck.

DEADMAN'S COMMENTARY

In theory, the forehead is most closely associated with the yangming channel. In clinical practice pain of the forehead region may be due to involvement either of yangming channel, in which case it is often accompanied by pain of the infraorbital region (often seen in sinusitis), or of shaoyang channel,

in which case it is frequently accompanied by pain of the temporal or parietal regions and eye (often seen in migrainous headaches). Yangbai GB-14 is a meeting point of the Gall Bladder shaoyang channel with the Stomach and Large Intestine yangming channels, and is therefore the pre-eminent local point in the treatment of pain of the forehead, whether due to interior disharmony or invasion of exterior pathogenic factors. Some classical sources, for example the Great Compendium of Acupuncture and Moxibustion, also imply that Yangbai GB-14 can dispel wind-cold from the body as a whole and recommend it for inability to get warm despite wearing much clothing, and shivering and aversion to cold on the back.

Yangbai GB-14 is also an important local point for the treatment of various diseases of the eyes and eyelids due to a wide range of aetiologies, especially exterior or interior wind, manifesting as lacrimation, deviation of the eye, drooping, twitching or itching of the eyelids, pain and itching of the pupils and night-blindness.

CLASSICAL COMBINATIONS

- Head wind with splitting sensation, pain between the eyebrow and the eye: Yangbai GB-14, Jiexi ST-41 and Hegu L.I.-4 (Classic of the Jade Dragon).

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.

Supplementary Indications: Blurred vision; pannus; Wind strike loss of consciousness; seizures; thoracic Bi; malaria.

DEADMAN'S COMMENTARY

As its name (Head Governor of Tears) implies, Toulinqi GB-15 is indicated for lacrimation as well as for redness and pain of the eyes and superficial visual obstruction. In this respect it mirrors Zulinqi (Foot Governor of Tears) towards the distal end of the channel. Like several other points on the crown of the head (e.g. Tongtian BL-7 and Shangxing DU-23) it also has a pronounced action on the nose and is indicated for nasal congestion.

CLASSICAL COMBINATIONS

- Lacrimation on exposure to wind: Toulinqi GB-15, Touwei ST-8, Jingming BL-1 and Fengchi GB-20 (Great Compendium).
- Lacrimation: Toulinqi GB-15 and Touwei ST-8 (One Hundred Patterns).
- Visual dizziness: Toulinqi GB-15 and Zhongzhu SJ-3 (Supplementing Life).
- Superficial visual obstruction: Toulinqi GB-15 and Ganshu BL-18 (Great Compendium).
- Red eyes and bleeding from Yingxiang L.I.-20 (i.e. nosebleed): Toulinqi GB-15, Taichong LIV-3 and Hegu L.I.-4 (Song of Points).
- Nasal congestion: Toulinqi GB-15 and Tongtian BL-7 (Supplementing Life).