

# Wood Element: Gall Bladder Points II (from: Davis, 2000)

## GB-16 (*mù chuāng*)

目 *mù*: eye

窗 *chuāng*: window

目窗

*Eye Window*

**Location:** On the superior aspect of the head, 1.5 cun directly posterior to GB-15 (Tou Lin Qi). The point is located on a curved line drawn between GB-15 (Tou Lin Qi) and GB-20 (Feng Chi), 2.25 cun lateral to the midline (Du Mai).

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

**Functions:** Frees the Channels and Connecting Vessels; clears the head and brightens the eyes.

**Indications:** Headache; visual dizziness; vertigo; red and painful eyes; conjunctivitis; facial edema; toothache; nasal obstruction; coma with stroke.

**Supplementary Indications:** Nearsightedness; aching among the upper teeth; aversion to cold and nasal congestion; fever and chills without sweating.

### DEADMAN'S COMMENTARY

According to Investigation into Points Along the Channels by the Ming dynasty author Yan Zhen-shi, Muchuang GB-16 (Window of the Eye) is indicated for all kinds of eye diseases. In modern clinical practice, however, this point is rarely used.

### CLASSICAL COMBINATIONS

- Red eyes: Muchuang GB-16 and Daling P-7 (Supplementing Life).
- Headache: Muchuang GB-16, Tianchong GB-9 and Fengchi GB-20 (Systematic Classic).
- Stiffness of the lips and pain from tooth decay of the upper jaw: Muchuang GB-16, Zhengying GB-17, Duiduan DU-27 and Ermen SJ-21 (Thousand Ducat Formulas).

## GB-17 (*zhèng yíng*)

正 *zhèng*: right, upright, true, straight

營 *yíng*: the former half of construction-blood, nourishment; to manage, to regulate

正營

*Upright Construction*

**Location:** On the superior aspect of the head, 1.5 cun directly posterior to GB-16 (Mu Chuang). The point is located on a curved line drawn between GB-15 (Tou Lin Qi) and GB-20 (Feng Chi), 2.25 cun lateral to the midline (Du Mai).

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

**Functions:** Clears Heat and drains the Gall Bladder; soothes the Sinews and quickens the Connecting Vessels.

**Indications:** Unilateral headache; migraine headache; visual dizziness; vertigo; stiff neck.

**Supplementary Indications:** Unilateral headache and stiffness of the neck; aversion to wind and cold; toothache; nausea; retching and vomiting; stiff lips.

## CLASSICAL COMBINATIONS

- Toothache of the upper jaw: Zhengying GB-17 and Yanggu SI-5 (Thousand Ducat Formulas).
- Pain from tooth decay: Zhengying GB-17, Sanjian L.I.-3 and Daying ST-5 (Supplementing Life).
- Stiffness of the lips and pain from tooth decay of the upper jaw: Zhengying GB-17, Duiduan DU-27, Muchuang GB-16 and Ermen SJ-21 (Thousand Ducat Formulas).

**GB-18** (*chéng líng*)承 *chéng*: to support; to contain; to receive靈 *líng*: spirit; ingenious

承 靈

*Spirit Support*

**Location:** On the superior aspect of the head, 1.5 cun directly posterior to GB-17 (Zheng Ying). The point is located on a curved line drawn between GB-15 (Tou Lin Qi) and GB-20 (Feng Chi), 2.25 cun lateral to the midline (Du Mai).

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

**Functions:** Clears the Gall Bladder and drains Heat; diffuses the Lung and frees the Portals; calms the Shen and clears the brain.

**Indications:** Headache; occluded nose; nasal congestion; common cold; bronchitis; nosebleed; eye diseases; emotional imbalance; obsessions; dementia.

**Supplementary Indications:** Brain Wind headache; fever and aversion to cold; clear, runny nose and nosebleed; dizziness; vertigo; eye pain.

## CLASSICAL COMBINATIONS

- Nosebleed with stifled breathing: Chengling GB-18, Fengchi GB-20, Fengmen BL-12, Yixi BL-45 and Houxi SI-3 (Thousand Ducat Formulas).

**GB-19** (*nǎo kōng*)腦 *nǎo*: brain空 *kōng*: empty, spacious

腦 空

*Brain Hollow*

**Location:** On the posterior aspect of the head, 1.5 cun directly superior to GB-20 (Feng Chi). The point is located on the same transverse level as DU-17 (Nao Hu). GB-19 (Nao Kong) is thus lateral to the superior border of the external occipital protuberance. BL-9 (Yu Zhen) is located 1.3 cun lateral to DU-17 (Nao Hu).

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

**Functions:** Clears the Gall Bladder and drains Fire; soothes the Sinews and quickens the Connecting Vessels; rouses the brain and frees the Portals.

**Indications:** Headache; pain and stiffness of the neck; common cold; painful eyes; asthma; tinnitus; epilepsy; seizures; mental illness.

**Supplementary Indications:** Wind dizziness; vertigo; palpitations; stiff neck; manic disorders.

**DEADMAN'S COMMENTARY**

The Great Compendium of Acupuncture and Moxibustion records how Hua Tuo, the famous 2nd century physician, treated General Wei Tai-cu (the posthumously consecrated emperor of the Wei dynasty) for 'head wind, confused mind and visual dizziness'. After needling Naokong GB-19, the General was cured. This story, however, also appears in an earlier source in which the point needed is Yongquan KID-1.

**CLASSICAL COMBINATIONS**

- Pain and heaviness of the head: Naokong GB-19, Naohu DU-17 and Tongtian BL-7 (Thousand Ducat Formulas).
- Head wind: Naokong GB-19, Baihui DU-20 and Tianzhu BL-10 (Supplementing Life).

**GB-20 (*fēng chí*)**風 *fēng*: wind池 *chí*: pool, pond

風池

*Wind Pool*

**Location:** On the posterior superior aspect of the neck, in the depression immediately inferior to the occipital bone. The point is located between the attachments to the occiput of trapezius (and semispinalis capitis) and sternocleidomastoideus muscles. GB-20 (Feng Chi) is on the same transverse plane as DU-16 (Feng Fu).

**Features & Categories:** Intersection point of Yang Wei Mai (Yang linking Vessel) and Yang Qiao Mai (Yang heel/motility Vessel) on the Gall Bladder Channel.

**Functions:** Eliminates Wind (Internal & External) and clears Heat; rectifies rising Liver Yang; clears the head and opens the Portals; benefits the vision and hearing; frees the Channels and quickens the Connecting Vessels; harmonizes Qi and Blood.

**Indications:** Headache (occipital); visual dizziness; dizziness; vertigo; pain and stiffness of the neck; red and painful eyes; nasal occlusion; rhinitis; sinusitis; iritis; cataract; glaucoma; optic nerve atrophy; blurred vision; pain in the shoulder and back; Heat diseases; tidal fevers; common cold; hypertension; epilepsy; seizures; infantile convulsions; hemiplegia; eye diseases generally; diseases involving the brain.

**Supplementary Indications:** Clear, runny nasal discharge and nosebleed; tinnitus; deafness; loss of speech; lumbar and back pain; unilateral, midline and ambilateral headache; insomnia; poor memory; goitre; mental illness; absence of sweating in Cold damage or febrile disease; swellings or tumors of the neck.

**DEADMAN'S COMMENTARY**

Fengchi GB-20, located at the nape of the neck, occupies a pivotal position between the head and the body and is one of the pre-eminent acupuncture points to treat all diseases of the head, brain and sensory organs, especially the eyes.

Wind, a yang pathogenic factor whose nature is to harass the uppermost (and therefore most yang) part of the body, may be of two kinds:

- exterior pathogenic wind which attacks the most superficial portion of the body, and

ii. interior wind which has its origin in disharmony of the Liver. As its name (Wind Pool) implies, Fengchi GB-20 is an important local point to treat both kinds of wind disease affecting the head.

Exterior wind is known as the 'spearhead of the hundred diseases' and easily combines with other pathogenic factors and drives them into the body. When exterior pathogenic wind, wind-cold or wind-heat injure the body, the characteristic sign is chills and fever. Fengchi GB-20 is a meeting point of the Gall Bladder channel with both the Yang Motility vessel and the Yang Linking vessel. The Yang Motility vessel is indicated for aversion to wind, whilst the Yang Linking vessel links all the yang channels of the body, including the Governing vessel. Yang corresponds to the exterior while yin corresponds to the interior, and the yang channels as a whole therefore relate more to the exterior portion of the body. According to the Classic of Difficulties "when the Yang Linking vessel is diseased, there will be severe chills and fever". Fengchi GB-20 is especially indicated when injury by wind is accompanied by headache or other symptoms of the head region such as lacrimation, red and sore eyes, nasal congestion and discharge, sore throat, swelling of the face, etc.

Fengchi GB-20 is equally important to pacify pathologically ascending interior wind and to settle yang and clear fire from the head, and is therefore indicated for such disorders as headache, head wind, dizziness, deviation of the mouth and eyes, hemiplegia and lockjaw as well as for hypertension.

According to a saying of Chinese medicine, "The head is the residence of the yang". The Yang Linking vessel links all the yang channels and connects with the Governing vessel (which enters the brain) at Yamen DU-15 and Fengfu DU-16, and Fengchi GB-20 is the single most important acupuncture point in the treatment of headache, whatever the aetiology and whichever the involved channels. A more specific recommendation is found in the Ode of the Jade Dragon which proposes the use of Fengchi GB-20 for 'head wind with phlegm' and Hegu L.I.-4 for 'head wind without phlegm'. In the same way that it treats any variety of headache, Fengchi GB-20 may be used for dizziness due to any pattern of disharmony.

Fengchi GB-20 has a strong action on the eyes and nose, and to a lesser extent the ears, and is indicated for red and painful eyes, visual disorders, lacrimation, nosebleed, rhinitis, nasal congestion and discharge, tinnitus and deafness whether due to interior disharmony or exterior wind. By virtue of its connection with the Yang Linking vessel, and hence the Governing vessel, and of its action of pacifying interior wind, it is also effective in 'awakening' the brain and can be used for such symptoms as the sequelae of windstroke, loss of speech following windstroke, epilepsy and loss of memory.

Fengchi GB-20 has a strong effect on activating the channel and alleviating pain, and is an important point in the treatment of disorders of the neck, shoulders and upper back. It is interesting to note that Fengchi GB-20 is also indicated for lumbar pain and 'crooked lumbar spine leading to flaccidity and lack of strength in the sinews of the neck'.

The wide range of disorders of the head and neck that may be treated by Fengchi GB-20 is reflected in the variety of needle directions that may be employed at this point. In the treatment of neck disorders, Fengchi GB-20 is normally needled either perpendicularly or towards opposite Fengchi GB-20; in the treatment of nose disorders it is needled towards the tip of the nose; in the treatment of

eye disorders it is needled towards the opposite eye, and in the treatment of mental disorders towards Yintang (M-HN-3).

### CLASSICAL COMBINATIONS

- "In taiyang disorder, initially prescribe Gui Zhi Tang (Cinnamon Twig Decoction). If this causes agitation, needle Fengchi GB-20 and Fengfu DU-16, then re-prescribe Gui Zhi Tang. Recovery will follow" (Treatise on Injury by Cold).
- The hundred disorders due to injury by cold: Fengchi GB-20 and Fengfu DU-16 (Ode of Xi-hong).
- Headache: Fengchi GB-20, Muchuang GB-16 and Tianchong GB-9 (Systematic Classic).
- One-sided or generalised headache: Fengchi GB-20, Hegu L.I.-4 and Sizhukong SJ-23 (Great Compendium).
- One-sided or generalised head wind: Fengchi GB-20, Baihui DU-20, Qianding DU-21, Shenting DU-24, Shangxing DU-23, Sizhukong SJ-23, Hegu L.I.-4, Zanzhu BL-2 and Touwei ST-8 (Great Compendium).
- Head wind and dizziness: Fengchi GB-20, Hegu L.I.-4, Fenglong ST-40 and Jiexi ST-41 (Great Compendium).
- Dizziness: Fengchi GB-20, Shangxing DU-23 and Tianzhu BL-10 (Glorious Anthology).
- Lacrimation on exposure to wind: Fengchi GB-20, Touwei ST-8, Jingming BL-1 and Toulinqi GB-15 (Great Compendium).
- Cold lacrimation: Fengchi GB-20, Zulinqi GB-41, Jingming BL-1 and Wangu SI-4 (Great Compendium).
- Pain of the eyes with inability to see: Fengchi GB-20, Naohu DU-17, Yuzhen BL-9, Fengfu DU-16 and Shangxing DU-23 (Thousand Ducat Formulas).
- Nosebleed with stifled breathing: Fengchi GB-20, Chengling GB-18, Fengmen BL-12, Yixi BL-45 and Houxi SI-3 (Thousand Ducat Formulas).
- Impaired hearing and deafness: Fengchi GB-20, Xiaxi GB-43, Tinghui GB-2, Ermen SJ-21 and Tinggong SI-19 (Great Compendium).
- Swelling of the face: first needle Yixi BL-45, then Tianyou SJ-16 and Fengchi GB-20 (Systematic Classic).
- Redness and swelling of the face: Fengchi GB-20, Shangxing DU-23, Xinhui DU-22, Qianding DU-21 and Naohu DU-17 (Thousand Ducat Formulas).
- Curvature of the lumbar spine: reinforce Fengchi GB-20 and reduce Xuanzhong GB-39 (Ode of the Jade Dragon).

## TB-17 (*yì fēng*)

翳 *yì*: a screen, to screen, to shade

風 *fēng*: wind

翳 風

*Wind Screen*

**Location:** On the lateral aspect of the head, posterior to the ear lobe. The point lies between the mastoid process of the temporal bone and the ramus of the mandible.

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

**Functions:** Resolves Wind and discharges Heat; frees the Portals; benefits hearing and vision; quickens the Connecting Vessels and relieves pain.

**Indications:** Tinnitus; deafness; ear ache; wryness of the eyes and mouth; clenched jaws; facial paralysis; trigeminal neuralgia; swelling of the cheek; parotitis; temporo-mandibular arthritis; deaf-mutism; toothache; sore eyes; scrofula.

## SI-19 (*tīng gōng*)

聽 *tīng*: to hear

宮 *gōng*: palace

## 聽宮

*Auditory Palace*

**Location:** Immediately anterior to the ear, between the middle of the tragus and the temporomandibular joint (head/condylar process of the mandible). A large depression forms when the mouth is opened.

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

**Functions:** Frees the Channels and Connecting Vessels; opens the ear portals; relieves pain; boosts visual and hearing acuity; benefits the ears.

**Indications:** Deafness; tinnitus; purulent ear discharge; deaf-mutism; otitis media; inflammation of the external ear canal; motor impairment or pain of the temporo-mandibular joint.

## ST-7 (*xià guān*)

下 *xià*: below, lower

關 *guān*: joint, hinge; barrier; to shut, to close

## 下關

*Below the Joint*

**Location:** In the depression formed by the inferior border of the zygomatic arch. The point is located anterior to the articular tubercle of the zygomatic arch. It is therefore anterior to the head and neck of the mandible. GB-3 (Shang Guan) is directly above ST-7 (Xia Guan), immediately superior to the zygomatic arch.

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

**Functions:** Eliminates Wind and quickens the Connecting Vessels; opens the Portals and benefits the ear; removes obstructions from the Channel.

**Indications:** Deafness; tinnitus; ear pain with purulent discharge; otitis media; wryness of the mouth and eyes; (upper jaw) toothache; inhibited opening and closing of the jaws; temporo-mandibular arthritis; spasms of masseter muscle; facial paralysis; facial pain; trigeminal neuralgia; deaf-mutism.

**GB-1 (*tóng zǐ liáo*)**瞳 *tóng*: pupil of the eye子 *zǐ*: noun suffix髅 *liáo*: bone-hole**瞳子髅***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.

**ST-5 (*dà yíng*)**大 *dà*: great, large迎 *yíng*: to receive, to welcome**大迎***Great Reception*

**Location:** On the lateral aspect of the face, at the anterior inferior border of masseter muscle. The point is located anterior to the angle of the mandible on the lateral aspect of the mandibular body, approximately 5 fen superior to its lower border. The pulse of the facial artery is palpable at this point.

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

**Functions:** Eliminates Wind and quickens the Connecting Vessels.

**Indications:** Clenched jaws; lockjaw; wryness of the mouth; swelling of the cheek; facial paralysis; facial pain; toothache.

**SI-18 (*quán liáo*)**顴 *quán*: cheekbone髅 *liáo*: bone hole**顴髅***Cheek Bone-Hole*

**Location:** On the face directly below the outer canthus of the eye (GB-1, Tong Zi Liao), in the depression immediately below the inferior border of the zygomatic bone, and anterior to masseter muscle. The point is approximately level with LI-20 (Ying Xiang).

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

**Functions:** Relieves pain and tetany; expels Wind in the face.

**Indications:** Wryness of the mouth and eyes; twitching of the eyelids; toothache; trigeminal neuralgia; facial paralysis; facial pain; spasm of facial muscles; yellowing sclera.

**ST-6 (*jiá chē*)**頰 *jiá*: jaw車 *chē*: vehicle, chariot, car**頰車***Jawbone*

**Location:** On the lateral aspect of the lower jaw, approximately one (middle) finger breadth anterior and superior to the angle of the mandible. The point is located in the centre of the belly of masseter muscle. This is prominent when the teeth are clenched.

**Features & Categories:** Intersection point of the Gall Bladder Channel of foot Shao Yang on the Stomach Channel; seventh of the thirteen Ghost points - Gui Chuang, Ghost Bed.

**Functions:** Benefits the teeth and jaw and frees the Connecting Vessels; disperses Wind and regulates Qi.

**Indications:** Wryness of the mouth; swelling of the cheek or face; (lower jaw) toothache; clenched jaws; painful stiffness of the neck; parotitis; mumps; temporo-mandibular arthritis; spasm of masseter muscle; facial paralysis.

## ST-12 (*quē pén*)

缺 *quē*: empty, vacant; imperfect, defective

盆 *pén*: basin, bowl

缺盆

*Empty Basin*

**Location:** At the base of the neck in the middle of the supraclavicular fossa, 4 cun lateral to the anterior midline, REN-22 (Tian Tu). ST-12 (Que Pen) is the highest point of the mamillary line. This is the mid-point of the clavicle.

## GB-20 (*fēng chí*)

風 *fēng*: wind

池 *chí*: pool, pond

風池

*Wind Pool*

**Location:** On the posterior superior aspect of the neck, in the depression immediately inferior to the occipital bone. The point is located between the attachments to the occiput of trapezius (and semispinalis capitus) and sternocleidomastoideus muscles. GB-20 (Feng Chi) is on the same transverse plane as DU-16 (Feng Fu).

## SI-17 (*tiān róng*)

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

容 *róng*: contain, receive; a hood

天容

*Celestial Countenance*

**Location:** On the lateral aspect of the neck, immediately posterior to the angle of the mandible, in a slight depression on the anterior border of sternocleidomastoideus muscle. The pulse of the external carotid artery is readily palpable deep to this point.

**Features & Categories:** Intersection point of the Gall Bladder Channel of foot Shao Yang on the Small Intestine Channel. Window of the Sky point.

**Functions:** Soothes the Sinews and quickens the Connecting Vessels; clears Heat and disperses swelling; resolves Damp Heat.

**Indications:** Deafness and tinnitus; sore, swollen throat; tonsillitis; pharyngitis; sensation of throat being obstructed and difficulty with swallowing; swelling and soreness of the neck; goitre; swelling of the cheek; parotitis.

**GB-21 (jiān jǐng)**

肩 jiān: shoulder

井 jǐng: a well

肩井

**Shoulder Well**

**Location:** On the superior aspect of the shoulder, at its highest point. The point lies midway between the spinous process of the 7th cervical vertebra and the acromio-clavicular joint, in (upper) trapezius muscle. This is directly superior to the nipple (mamillary line). Another approach is: midway between the midpoint of the clavicle and the superior angle of the scapula.

**Features & Categories:** Intersection point of the San Jiao Channel of hand Shao Yang and Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

**Functions:** Frees the Channels and quickens the Connecting Vessels; resolves Phlegm and opens the Portals; relaxes the Sinews; promotes delivery and lactation.

**Indications:** Stiff neck; shoulder and back pain; disorders of the shoulder and back; motor impairment of the upper limb; mastitis; scrofula; hemiplegia due to stroke; difficult delivery; functional uterine bleeding; retained placenta; post-partum hemorrhage; possible miscarriage; insufficient lactation.

**Supplementary Indications:** Dizziness; vertigo; fever and chills; Cold in the limbs; cough caused by rebellious Qi; shortness of breath; miscarriage with loss of blood; aphasia due to stroke.

**Contraindications:** Needling contraindicated in pregnancy as it may cause abortion.

**DEADMAN'S COMMENTARY**

The region of Jianjing GB-21, at the crest of the trapezius muscle, is particularly prone to symptoms of contraction, tightness and pain due to a variety of aetiologies. The Gall Bladder is interiorly-exteriorly coupled with the Liver. Stagnation of Liver qi or uprising of Liver yang due to anger, frustration, resentment etc. commonly vent upwards along the Gall Bladder channel, and readily accumulate in and below the neck, especially when tightness and restriction in the relatively narrow neck region prevent their upward flow. The close relationship between the upper body and anger was emphasised in many texts, for example the Essential Questions which stated "anger will cause the qi to surge upwards". Alternatively, the region of Jianjing GB-21 may be injured by sprain, penetration by wind-cold (especially after sleeping in a cold draught), prolonged poor posture or occupational strain. Jianjing GB-21 may be needled in all such cases of stiffness of the neck and shoulders, which may extend to the back or arm.

Jianjing GB-21 is indicated for a variety of phlegm disorders. Phlegm may involve Liver or Gall Bladder pathology in the following three ways:

- i. Liver qi stagnation leads to stagnation of fluids which condense into phlegm, summed up in the statement in the Treatise on Disorders of Blood "When qi flows, water also flows",
- ii. Liver wind ascends carrying phlegm with it (this is one of the main pathological features of windstroke), and
- iii. Liver or Gall Bladder fire steams and condenses fluids into phlegm. By virtue of its actions of regulating qi, lowering and transforming phlegm and dissipating nodules, Jianjing GB-21 is used in the treatment of such phlegm disorders as hemiplegia, loss of speech following windstroke, wind stroke, scrofula and goitre.

Jianjing GB-21 also has a strong qi descending action and is indicated in various disorders of rebellious qi such as cough and dyspnoea, rebellion of qi and leg qi ascending to attack the Heart. Leg qi is a disorder characterised by numbness, pain, weakness, spasm, swelling, redness and heat sensations of the feet and legs. In severe cases the pathogen attacks more deeply affecting the abdomen and Heart.

Difficult labour may be due to stagnation or deficiency of qi and blood. In either case, due to its strong descending action, Jianjing GB-21 has long been used to expedite delivery and promote the descent of the placenta, and for this reason is contraindicated in pregnancy. Jianjing GB-21 is also specifically indicated by the Classic of Supplementing Life with Acupuncture and Moxibustion for "Inversion counterflow coldness of the arms and legs following miscarriage".

A similar condition in post-partum women is described by the famous Qing dynasty gynaecologist Fu Qing-zhu who says "In the course of delivery, some women overexert themselves with taxation and fatigue injuring the Spleen. As a result, there occurs inversion with counterflow chilling of the limbs, qi ascends to fill up the chest, the pulse departs, and form deserts". The implied ability of Jianjing GB-21 to tonify deficiency following miscarriage, is surprisingly mirrored in its indications for a variety of deficiency patterns including wind-taxation, the five taxations and seven injuries, Kidney deficiency lumbar pain and steaming bone disorder. So strong is the action of Jianjing GB-21 in descending qi that Gao Wu, in the Ode of Xi-hong, says "When you needle Jianjing GB-21 you must needle Zusanli ST-36. If this is not done, the qi will not be regulated". In other words, the action of Zusanli ST-36 on tonifying and raising the qi will help to counter any excessive descent of the qi resulting from needling Jianjing GB-21.

Jianjing GB-21 is also indicated for breast disorders. The Gall Bladder primary channel penetrates the chest and the Gall Bladder sinew channel connects with the breast, whilst Jianjing GB-21 is a meeting point of the Gall Bladder channel with the Stomach channel which descends through the nipple. Excessive worry, anger, frustration, resentment or depression may lead to stagnation and knotting of Liver qi, or accumulated heat in the Stomach channel may gather at the breast, leading to breast pain, breast abscess, and failure of the breast milk to flow. Jianjing GB-21 may be selected in all these situations.

#### CLASSICAL COMBINATIONS

- Inability to turn the neck: Jianjing GB-21 and Pohan BL-42 (Supplementing Life).
- Pain of the shoulder and back: Jianjing GB-21, Fengmen BL-12, Zhongzhu SJ-3, Zhigou SJ-6, Houxi SI-3, Wangu SI-4 and Weizhong BL-40 (Great Compendium).
- Pain of the forearm: Jianjing GB-21 and Quchi L.I.-11 (Ode to Elucidate Mysteries).
- Pain and cold of the arm: Jianjing GB-21, Quchi L.I-11 and Xialian L.I-8 (Great Compendium).
- Scrofula: Jianjing GB-21, Shaohai HE-3, Tianchi P-1, Zhangmen LIV-13, Zulinqi GB-41, Zhigou SJ-6, Yangfu GB-38 and Shousanli L.I.-10 (Great Compendium).
- Retention of the placenta: Jianjing GB-21 and Zhongji REN-3 (Great Compendium).
- Retention of the placenta: Jianjing GB-21, Zhongji REN-3 and Sanyinjiao SP-6 (Meeting the Source).

- Pain and soreness of leg qi: first needle Jianjing GB-21, then needle Zusanli ST-36 and Yanglingquan GB-34 (Celestial Star).
- Prolapse of the rectum: Jianjing GB-21, Baihui DU-20, Changqiang DU-1, Dachangshu BL-25, Hegu L.I.-4 and Qichong ST-30 (Compilation).

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

## 大椎

*Great Hammer*

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

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

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

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

**BL-11 (dà zhù)**大 *dà*: large杼 *zhù*: a reed, a weaver's shuttle

## 大杼

*Great Shuttle*

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

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

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

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

**SI-12 (*bǐng fēng*)**秉 *bǐng*: grasp, control風 *fēng*: wind

秉風

*Grasping the Wind*

**Location:** On the superior aspect of the shoulder in the centre of the suprascapular fossa, directly superior to SI-11 (Tian Zong) and superior and anterior to the spine of the scapula. A slight depression forms when the arm is abducted. The point lies approximately midway between SI-13 (Qu Yuan) and LI-16 (Ju Gu).

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

**Functions:** Frees the Channels and quickens the Connecting Vessels.

**Indications:** Pain or soreness of the scapular region, or in the posterior aspect of the shoulder; inflammation of supraspinatus tendon; pain or numbness in the upper limb.

**ST-12 (*quē pén*)**缺 *quē*: empty, vacant; imperfect, defective盆 *pén*: basin, bowl

缺盆

*Empty Basin*

**Location:** At the base of the neck in the middle of the supraclavicular fossa, 4 cun lateral to the anterior midline, REN-22 (Tian Tu). ST-12 (Que Pen) is the highest point of the mamillary line. This is the mid-point of the clavicle.

**Features & Categories:** Intersection point of the Gall Bladder Channel of foot Shao Yang, Large Intestine Channel of hand Yang Ming, San Jiao Channel of hand Shao Yang, Small Intestine Channel of hand Tai Yang and Yin Qiao Mai (Yin heel/motility Vessel) on the Stomach Channel.

Although ST-12 (Que Pen) is nominated by some authorities (Shandong 1982; Rogers 1981) as an intersection point on the Stomach Channel for these Meridians, it is presented by others as not actually participating in their pathways, even though the Channels pass through the supraclavicular fossa (State 1991; Ellis, Wiseman & Boss 1991; O'Connor & Bensky 1981; Cheng 1987). It is probably best thought of as a 'landmark' point.

**Functions:** Diffuses and benefits Lung Qi; frees the Channels and quickens the Connecting Vessels; regulates Qi and the Blood; subdues rebellious Qi.

**Indications:** Cough; dyspnea; breathlessness; asthma; sore, swollen throat; pain in the supraclavicular fossa; intercostal neuralgia.

**PC-1 (*tiān chí*)**天 *tiān*: celestial, of the heavens; sky; Nature; heaven池 *chí*: pool, pond

天池

*Celestial Pool*

**Location:** On the chest, 1 cun lateral to the centre of the nipple in the 4th intercostal space. This point is contra-indicated on women.

**Features & Categories:** Intersection point of the Gall Bladder Channel of foot Shao Yang on the Pericardium Channel. Meeting point of Jue Yin (Pericardium & Liver). Window of the Sky point.

**Functions:** Opens the chest and rectifies flow of Qi; suppresses cough and calms dyspnea; promotes smooth flow of Lung Qi and clears Heat.

**Indications:** Thoracic fullness or oppression; angina pectoris; pain in the lateral costal region; intercostal neuralgia; pain and swelling of the axillary region.

## GB-24 (*rì yuè*)

日 *rì*: sun; day

月 *yuè*: moon; month

日 月

*Sun and Moon*

**Location:** On the anterior chest in the 7th intercostal space, approximately 4 cun lateral to the Ren Mai. The point is on the mamillary line, one intercostal space below LIV-14 (Qi Men). On males this is inferior to the nipple. Use palpation to confirm the location of this point. There is considerable variation in thoracic wall anatomy between individuals, so differences may be found in the distance this point is located from the midline.

## ST-30 (*qì chōng*)

氣 *qì*: qi

冲 *chōng*: to flush, surge; a thoroughfare; important place;  
to rush against

氣 冲

*Surging Qi*

**Location:** At the lower border of the abdomen in the depression immediately superior to the pubic bone. The point is located 2 cun lateral to Ren Mai point REN-2 (Qu Gu), 1.5 cun lateral to KID-11 (Heng Gu), and medial to the femoral nerve and vessels. This location is 5 cun inferior to the level of the umbilicus (ST-25, Tian Shu).

**Features & Categories:** Intersection point of the Gall Bladder Channel of foot Shao Yang, Ren Mai (Conception Vessel), Chong Mai (Penetrating Vessel), and Du Mai (Governing Vessel) on the Stomach Channel. Point of the Sea of Nourishment (ST-30, ST-36).

**Functions:** Soothes the Sinews; disperses counterflow Qi; regulates Stomach Qi; regulates the Urinary Bladder; harmonizes Ying and Blood; regulates Chong Mai (Penetrating Vessel); benefits Jing.

**Indications:** Pain and swelling of the external genitalia; hernia; abdominal pain or masses; borborygmus; irregular menstruation; other menstrual disorders; retained placenta; swollen prostate; impotence; diseases of the reproductive organs generally.

**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.

**ST-12** (*quē pén*)缺 *quē*: empty, vacant; imperfect, defective盆 *pén*: basin, bowl

## 缺盆

*Empty Basin*

**Location:** At the base of the neck in the middle of the supraclavicular fossa, 4 cun lateral to the anterior midline, REN-22 (Tian Tu). ST-12 (Que Pen) is the highest point of the mamillary line. This is the mid-point of the clavicle.

**GB-22** (*yuān yè*)淵 *yuān*: abyss, deep pool腋 *yè*: armpit

## 淵腋

*Armpit Abyss*

**Location:** On the lateral aspect of the chest, on the midaxillary line. The point is located 3 cun inferior to the apex of the axilla, in the 4th intercostal space. The proportional distance from the apex of the axilla to the free end of the 11th (floating) rib (LIV-13, Zhang Men) is 12 cun.

**Functions:** Opens the chest and normalizes the flow of Qi; soothes the Sinews and quickens the Connecting Vessels.

**Indications:** Lateral costal pain; swelling of the axillary region; inflamed axillary lymph nodes; intercostal neuralgia; pleurisy; motor impairment and/or pain of the shoulder and upper limb.

**Supplementary Indications:** Thoracic fullness; cough.

**CLASSICAL COMBINATIONS**

- Sabre lumps of the axilla: Yuanye GB-22, Zhigou SJ-6, Waiguan SJ-5 and Zulinqi GB-41 (Illustrated Supplement).

**GB-23** (*zhé jīn*)輓 *zhé*: the two seats of an ancient chariot;  
the sides of the chariot just above the wheels筋 *jīn*: sinew

## 輓筋

*Sinew Seat*

**Location:** On the lateral aspect of the chest, 1 cun anterior to GB-22 (Yuan Ye) in the 4th intercostal space. GB-22 (Yuan Ye) is located 3 cun inferior to the apex of the axilla in the 4th intercostal space on the midaxillary line. The proportional distance from the apex of the axilla to the free end of the 11th (floating) rib (LIV-13, Zhang Men) is 12 cun.

**Features & Categories:** possibly an alternative front Alarm-Mu point of the Gall Bladder Fu (Ellis, Wiseman & Boss, 1988).

**Functions:** Frees the Liver and rectifies movement of Qi; calms dyspnea and disperses counterflow of Qi.

**Indications:** Pain in the hypochondrium; vomiting; acid regurgitation; hiccough; jaundice; asthma; pleurisy.

**Supplementary Indications:** Fullness in the chest; insomnia.

#### DEADMAN'S COMMENTARY

According to the Great Compendium of Acupuncture and Moxibustion this point, Zhejin GB-23, rather than Riyue GB-24 is the front-mu point of the Gall Bladder, and an alternative name for Zhejin GB-23 given in this classic was Danmu, i.e. 'Gall Bladder Mu'. In fact the classical indications for Zhejin GB-23 and Riyue GB-24 are very similar, with a greater emphasis on disorders of the chest in the case of Zhejin GB-23 reflecting its higher location.

Excessive anger, frustration and resentment, especially when not spontaneously expressed, will impair the free-flowing function of the Liver. Qi stagnates along the course of the Gall Bladder channel in the lateral costal region, and binds the chest, restricting its smooth expansion and contraction. Breathing is impaired leading to fullness and pain, sighing and sadness. Zhejin GB-23 is an important local point used in the treatment of these conditions. If stagnation of qi transforms to fire it may affect the upper jiao (Heart) giving rise to sleep disturbance, the middle jiao leading to vomiting and acid regurgitation, or the lower jiao giving rise to heat of the lower abdomen.

## GB-24 (*rì yuè*)

日 *rì*: sun; day

月 *yuè*: moon; month

日 月

*Sun and Moon*

**Location:** On the anterior chest in the 7th intercostal space, approximately 4 cun lateral to the Ren Mai. The point is on the mamillary line, one intercostal space below LIV-14 (Qi Men). On males this is inferior to the nipple. Use palpation to confirm the location of this point. There is considerable variation in thoracic wall anatomy between individuals, so differences may be found in the distance this point is located from the midline.

**Features & Categories:** front Alarm-Mu, Collecting point of the Gall Bladder Fu; intersection point of the Spleen Channel of foot Tai Yin on the Gall Bladder Channel.

**Functions:** Frees Gall Bladder and Liver Qi and promotes their function; resolves Damp Heat; harmonizes the middle Jiao.

**Indications:** Borborygmi; diarrhea; abdominal distension; vomiting; jaundice; acute and chronic hepatitis; cholecystitis; cholelithiasis; stomach pain; peptic ulcer; lumbar and lateral costal pain; lateral costal pain and distension; intercostal neuralgia; hiccoughs; nausea with thick yellow tongue coat.

**Supplementary Indications:** Pain in the ribs; pain in the stomach region; retching and vomiting; acid regurgitation; jaundice; belching; sleepiness; sensation of bodily heaviness; sighing and sorrowful demeanour; Heat in the lower abdomen; disorders of the shoulder.

#### DEADMAN'S COMMENTARY

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According to the Essential Questions "The Gall Bladder is the upright official from where judgement emanates". When the characters for sun and moon (the name of this point) are combined, they form a new character 'ming' which means 'clear', intelligent' or 'to understand'. 'Ming' describes the quality of judgement emanating from a healthy Gall Bladder. Riyue GB-24 has traditionally been ascribed the ability to rectify deficiency patterns of the Gall Bladder and was indicated as early as the Essential Questions (with Danshu BL-19) for the treatment of Gall Bladder deficiency giving rise to indecisiveness, and elsewhere for sighing with a tendency to sadness.

Riyue GB-24 was established as the front-mu point of the Gall Bladder by the time of the Yellow Emperor's Inner Classic. Although many centuries later the Great Compendium of Acupuncture and Moxibustion designated Zhejin GB-23 as the Gall Bladder front-mu point, it is Riyue GB-24 which has retained this status to the present day. The term 'mu' means to gather or to collect, and the front-mu points are where the qi of the zangfu gathers and concentrates on the anterior surface of the body.

Riyue GB-24 is an important point to treat diseases of the Gall Bladder fu which may derive from the following three aetologies:

- i. emotional disharmony results in stagnation of Liver qi which impairs the circulation of qi in its interiorly-exteriorly related Gall Bladder channel, and gives rise to distention, fullness and pain of the lateral costal region, sighing and a sensation of heat in the lower abdomen;
- ii. disharmony of the Stomach and Spleen transportation and transformation function leads to accumulation of dampness which transforms to damp-heat and ferments in the Liver and Gall Bladder; bile does not flow and seeps into the muscles and skin giving rise to jaundice;
- iii. Gall Bladder qi invades the Stomach and interferes with its descending function resulting in vomiting, acid regurgitation, hiccup and epigastric pain. All these three patterns may be encountered in diseases such as cholecystitis, cholelithiasis and hepatitis.

#### CLASSICAL COMBINATIONS

- "When a person is frequently indecisive, the Gall Bladder is deficient. The qi will flow upwards giving rise to a bitter taste in the mouth. To treat this use the Mu and the Shu of the Gall Bladder" [Riyue GB-24 and Danshu BL-19] (Essential Questions).
- Sighing with propensity to sadness: Riyue GB-24 and Shangqiu SP-5 (Supplementing Life).
- Loss of use of the four limbs: Riyue GB-24, Jiquan HE-1 and Pishu BL-20 (Supplementing Life).
- Cholecystitis: Riyue GB-24, Burong ST-19, Dannangxue (M-LE-23), Zhigou SJ-6 and Qiuxu GB-40.

### LV-13 (*zhāng mén*)

章 *zhāng*: complete (an essay); a chapter; a strain of music; the flat area on top of a hill

門 *mén*: gate, door

章門

*Camphorwood Gate*

**Location:** On the lateral aspect of the abdomen (hypogastric region) immediately inferior to (lower border of) the free end of the 11th (floating) rib. On obese individuals the point may be located by flexing the elbow of the adducted arm - the point is level with the tip of the olecranon process of the ulna.

**Features & Categories:** front Alarm-Mu, Collecting point of the Spleen, intersection point of the Gall Bladder Channel of foot Shao Yang and Dai Mai (Girdle Vessel) on the Liver Channel; Meeting point of the Zang Organs.

**Functions:** Enhances and frees Liver Qi, and regulates Qi; quickens the Blood and transforms Stasis; relieves food retention; harmonises Liver and Spleen; benefits the Spleen and Stomach.

**Indications:** Vomiting; abdominal distension or swelling; enlargement of liver or spleen; hepatitis; cirrhosis; enteritis; diarrhea; jaundice; untransformed digestate; borborygmus; lumbar pain; pain in the costal region or hypochondrium.

## GB-25 (*jīng mén*)

京 *jīng*: capital city; hill

門 *mén*: gate, door

京門

*Capital Gate*

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

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

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

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

**Supplementary Indications:** Fever and chills; opisthotonos; pain in the hip joint; diarrhea; facial swelling and reduced urine; vomiting; lower abdominal pain or discomfort; urinary retention.

### DEADMAN'S COMMENTARY

Jingmen GB-25 is the front-mu point of the Kidneys. The term 'mu' means to gather or to collect, and the front-mu points are where the qi of the zangfu gathers and concentrates on the anterior surface of the body.

The main action of Jingmen GB-25 is to assist the mutual relationship between the Kidneys and the Spleen. According to the Complete Works of Jing-yue "Ming men is the sea of essence [and] blood, the Spleen is the sea of water and grain, together they are the root of the five zang and six fu". The Kidneys are the source of pre-heaven qi and rule the fluids, whilst the Spleen is the source of post-heaven qi and rules the transportation and transformation of food and water. The Kidney yang is the root of all the yang of the body, and its fire is the source for the vigour of the Spleen's transportation and transformation function. At the same time, it is the Spleen which extracts the essence from food to supplement the Kidney essence. When this mutual support between the Kidneys and Spleen breaks down, there will be impairment of both the Spleen's digestive function, and the Kidneys' function of ruling the fluids. Jingmen GB-25 is indicated for cases of cold or damp (dong) diarrhoea, borborygmus and abdominal distention resulting from Spleen yang deficiency which either derives from Kidney yang deficiency, or due to its prolonged nature has injured the Kidney yang. It is also used to tonify Kidney yang to facilitate the flow of water in urinary diseases and is indicated

for difficult urination, concentrated urine, swelling of the face and 'failure of the water passages to flow'.

The Kidneys rule the lumbar region and the bones. The other principal application of Jingmen GB-25 is in the treatment of disorders of the lumbar region and spine, particularly when due to deficiency of the Kidneys. It is therefore indicated for weakness of the spine and for lumbar pain with inability to stand for long. Due to its location on the Gall Bladder channel it is also indicated for combined pain of the back and lateral costal region, for example in renal colic, as well as for pain of the hip.

#### CLASSICAL COMBINATIONS

- Cold or damp (dong) diarrhoea with undigested food: Jingmen GB-25, Rangu KID-2 and Yinlingquan SP-9 (Thousand Ducat Formulas).
- Cold or damp (dong) diarrhoea with body pain: Jingmen GB-25 and Kunlun BL-60 (Thousand Ducat Formulas).
- Dark urine and obstruction of the water pathway: Jingmen GB-25 and Zhaohai KID-6 (Thousand Ducat Formulas).
- Swelling of the lower abdomen: Jingmen GB-25, Ligou LIV-5 and Zhongfeng LIV-4 (Supplementing Life).
- Lumbar pain with inability to stand for long or move: Jingmen GB-25 and Xingjian LIV-2 (Systematic Classic).
- Lumbar pain with tension of the spine: Jingmen GB-25 and Zhishi BL-52 (Thousand Ducat Formulas).

## GB-26 (*dài mài*)

帶 *dài*: girdle, belt; to lead, take in one's charge; to carry  
脈 *mài* (*mo*): vessel (of blood and qi); pulse

帶脈

*Girdling Vessel*

**Location:** On the lateral margin of the abdomen, level with the umbilicus (REN-8, Shen Que; KID-16, Huang Shu; ST-25, Tian Shu; SP-15, Da Heng). The point is located inferior to LIV-13 (Zhang Men).

**Features & Categories:** Intersection point of Dai Mai (Girdle Vessel) on the Gall Bladder Channel.

**Functions:** Frees the Channels and quickens the Connecting Vessels; clears and disperses Damp Heat; regulates the Uterus; regulates Dai Mai (Girdle Vessel).

**Indications:** Irregular menstruation; dysmenorrhoea; amenorrhoea; vaginal discharge; endometritis; profuse leukorrhoea and bleeding; cystitis; hernia; lumbar and lateral costal pain; paraplegia due to trauma.

**Supplementary Indications:** Lower abdominal pain in women; chronic vaginal discharge; uterine prolapse; colic; abdominal discomfort; clonic spasm; diarrhoea; convulsions.

#### DEADMAN'S COMMENTARY

The Girdling vessel, encircling the waist like a belt, is the only major channel that runs horizontally. It passes through the points Daimai GB-26, Wushu GB-27 and Weidai GB-28, and

encircles and binds the Penetrating, Conception and Governing vessels and the Kidney, Liver and Spleen channels. The Girdling vessel plays an important role in controlling leucorrhoea and may be damaged by turbid dampness which sinks downwards, deficiency of Kidney yin or Kidney yang, invasion of exterior dampness which transforms into heat, or pouring down of Liver and Gall Bladder channel damp-heat, all of which may result in leucorrhoea. In fact, the term 'dai xia' (leucorrhoea) is made up of the characters 'dai', meaning belt or girdle, and 'xia' meaning downward. As the most important point to regulate the qi of the Girdling vessel, Daimai GB-26 is indispensable in the treatment of leucorrhoea resulting from any of the above patterns.

According to the Spiritual Pivot "The Penetrating and Conception vessels both start in the uterus", whilst Confucians' Duties to Their Parents, the 13th century classic by Zhang Cong-zheng, states "The Penetrating, Conception and Governing vessels have the same starting point but different circulation, the same source but different branches, each of them connects with the Girdling vessel". The Conception vessel, Penetrating vessel and Governing vessel therefore all originate in the uterus in females and are all bound by the Girdling vessel. Daimai GB-26 is not just an important point to activate the Girdling vessel itself, but has a significant influence on the Conception and Penetrating vessels, and is able to treat disorders of the uterus and menstruation such as infertility, irregular menstruation and amenorrhoea, and sinking of qi giving rise to uterine prolapse.

As well as regulating the qi of the Girdling vessel, Daimai GB-26 is effective as a local point to resolve stagnation of qi deriving from disharmony of the Liver. Disorder of the Girdling vessel and qi stagnation in the lower jiao may lead to pain, distention and hardness of the lower abdomen in women, pain of the lateral costal region, shan disorder and lumbar pain.

#### CLASSICAL COMBINATIONS

- Red and white leucorrhoea: Daimai GB-26, Guanyuan REN-4, Qihai REN-6, Sanyinjiao SP-6, Baihuanshu BL-30 and Jianshi P-5 (Great Compendium).
- Amenorrhoea: Daimai GB-26 and Xuehai SP-10 (Supplementing Life).
- Irregular menstruation: Daimai GB-26, Qihai REN-6, Zhongji REN-3, Shenshu BL-23 and Sanyinjiao SP-6 (Great Compendium).
- Pain and hardness of the hypogastrium: Daimai GB-26 and Xiaxi GB-43 (Supplementing Life).

### GB-27 (*wǔ shū*)

五 *wǔ*: five, fifth

樞 *shū*: pivot, axis, central point; indispensable, cardinal

五 樞

*Fifth Pivot*

**Location:** On the lateral aspect of the lower abdomen, medial to the anterior superior iliac spine. The point is located 3 cun inferior to the level of the umbilicus, approximately level with REN-4 (Guan Yuan).

**Features & Categories:** Intersection point of Dai Mai (Girdle Vessel) on the Gall Bladder Channel.

**Functions:** Strengthens the lumbar and tonifies the Kidneys; frees the Liver and rectifies Qi; treats vaginal discharge; benefits Dai Mai (Girdle Vessel).

**Indications:** Vaginal discharge; endometritis; leukorrhoea; orchitis; lumbar and hip pain; painful hernia; lower abdominal pain.

**Supplementary Indications:** Cold hernia in males; lumbar and back pain; abdominal pain; colic; constipation; abdominal discomfort; clonic spasm; vaginal discharge containing blood; infantile convulsions.

#### DEADMAN'S COMMENTARY

Like Daimai GB-26, Wushu GB-27 (a coalescent point of the Girdling vessel) regulates the Girdling vessel, treats menstrual disorders and leucorrhoea, and spreads the Liver qi in the lower abdomen (lower abdominal pain and constipation).

In comparing the two points, however, it is interesting to note that the traditional qi moving and pain relieving indications of this point, Wushu GB-27, lean more towards male disorders such as cold shan disorder in men and abdominal pain due to retraction of the testicles, whilst those of Daimai GB-26 lean more towards female disorders such as hardness of the hypogastrium in women and lower abdominal pain in women. This is reflected in Zhu Danxi's statement "Serious shan qi is acute pain in the testicles extending to the lower abdomen. The pain may be in the testicles or in the neighbourhood of the point Five Pivots (Wushu GB-27). In either case it involves the foot jueyin channel".

#### CLASSICAL COMBINATIONS

- Retracted testicle: Wushu GB-27 and Guilai ST-29 (Supplementing Life).

## GB-28 (*wéi dào*)

維 *wéi*: to link, to hold together; to protect  
道 *dào*: road, path, way; to lead, to guide

維道

*Linking Path*

**Location:** On the lateral aspect of the lower abdomen, medial and inferior to the anterior superior iliac spine. The point is located 5 fen inferior and slightly medial to GB-27 (Wu Shu).

**Features & Categories:** Intersection point of Dai Mai (Girdle Vessel) on the Gall Bladder Channel.

**Functions:** Moves stagnant Qi; rectifies the Small and Large Intestines; benefits Dai Mai (Girdle Vessel).

**Indications:** Lumbar and hip pain; vaginal discharge; leukorrhoea; endometritis; inflammation of the adnexa; prolapse of the uterus; lower abdominal pain; painful intestinal hernia; chronic constipation.

**Supplementary Indications:** Water swelling; intestinal inflammation and stagnation; Cold pain and swelling of the lower abdomen, possibly extending to the genitals; vomiting; no thought of food; lower abdominal pain.

**GB-29 (*jū liáo*)**居 *jū*: to sit, to squat; to reside, to dwell髎 *liáo*: bone-hole

居髎

***Squatting Bone-Hole***

**Location:** On the lateral aspect of the hip, midway between the anterior superior iliac spine and the superior border of the greater trochanter of the femur. The point is best needled with the patient laterally recumbent.

**Features & Categories:** Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) and Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

**Functions:** Soothes the Sinews and quickens the Connecting Vessels; removes obstructions from the Channel; strengthens the lumbar and lower limbs.

**Indications:** Bi pain and numbness in the lumbar and thigh; paralysis or atrophy of the lower limb; stomach ache; lower abdominal pain; orchitis; endometritis; cystitis; disorders of the hip joint and surrounding soft tissue.

**Supplementary Indications:** Diarrhea; Cold hernia; lumbar and associated lower abdominal pain.

**DEADMAN'S COMMENTARY**

Juliao GB-29 is very commonly used in clinical practice in the treatment of hip disorders, and is especially indicated when pain radiates from the hip to the groin and lower abdomen. Correct needling will ensure radiation of sensation to these areas.

In the cross-needling method of point selection, the shoulder joint in the upper body corresponds to the hip joint in the lower body, and Juliao GB-29 is not only indicated for hip pain radiating forward to the groin, but also for shoulder pain radiating forward to the chest.

**CLASSICAL COMBINATIONS**

- Wind-damp leg pain: Juliao GB-29, Huantiao GB-30 and Weizhong BL-40 (Song of the Jade Dragon).
- Sciatica: Juliao GB-29, Huantiao GB-30, Ciliao BL-32 and Weizhong BL-40.

**BL-31 (*shàng liáo*)**上 *shàng*: up, upper, upward; to rise髎 *liáo*: bone-hole

上髎

***Upper Bone-Hole***

**Location:** On the posterior sacrum, approximately midway between the upper border of the posterior superior iliac spine and Du Mai (the posterior midline). The point is located in the 1st (superior) posterior sacral foramen. BL-27 (Xiao Chang Shu) is lateral to this point, 1.5 cun lateral to the posterior midline.

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

**Functions:** Frees the Channels and quickens the Connecting Vessels; regulates the lower Jiao; strengthens the lumbar and lower limbs; nourishes the Kidneys.

**Indications:** Diseases of the lumbo-sacral joint; lumbar pain or weakness; sciatica; lower abdominal pain; irregular or painful menstruation; vaginal protrusion; uterine prolapse; vaginal discharge;

leukorrhoea; infertility; orchitis; impotence; nocturnal seminal emission; prostatitis; peritonitis; difficult or painful defecation or urination; constipation; dysuria; prolapse of anus; induction of labour; paralysis of lower limb; sequelae of infantile paralysis.

## BL-34 (*xià liáo*)

下 *xià*: lower, below

髖 *liáo*: bone-hole

下髖

*Lower Bone-Hole*

**Location:** On the posterior sacrum, in the 4th (inferior) posterior sacral foramen. BL-30 (Bai Huan Shu) is on the same level as BL-34 (Xia Liao), 1.5 cun lateral to the posterior midline (Du Mai). BL-54 (Zhi Bian) is also on the same level, 3 cun lateral to Du Mai.

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

**Functions:** Frees the stools and urine; frees the Channels and relieves pain; regulates the lower Jiao; strengthens the lumbar and lower limbs.

**Indications:** Lower abdominal pain; irregular or painful menstruation; leukorrhoea; constipation; urinary retention; lumbar pain; peritonitis; orchitis; dysuria; impotence; nocturnal seminal emission; prolapse of anus; sequelae of infantile paralysis; disorders of the Urinary Bladder.

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