

Wood Element: Gall Bladder Points III *(from: Davis, 2000)*

GB-30 (*huán tiào*)

環 *huán*: ring, circle; to encircle; turn

跳 *tiào*: to jump, to leap

環跳

Jumping Round

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

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

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

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

Supplementary Indications: Pain in the lumbar and pubic regions; peroneal pruritus; vaginal discharge; urethritis; Bi pain in the lower limbs and knees; hemiplegia from stroke; beriberi; Water swelling; skin rashes.

DEADMAN'S COMMENTARY

Huantiao GB-30 was included by Ma Dan-yang, the great physician of the Jin dynasty, among the 'eleven heavenly star points', his grouping of the most vital acupuncture points, and was indicated by him for " ... cold wind and damp painful obstruction, pain radiating from the hip to the calf, sighing with pain when turning over". Huantiao GB-30 is unrivalled in importance for the treatment of disorders of the hip joint and buttock, whether due to traumatic injury, painful obstruction, stagnation of qi or deficiency.

Huantiao GB-30 is located at the pivotal hip region, the gate of the lower limb, and as its name 'Jumping Circle' implies, is able to influence the movement of the whole lower limb. It is a vital point to promote circulation of qi and blood in the treatment of all kinds of painful obstruction, atrophy disorder, numbness, stiffness, pain and contraction of the leg. In the treatment of sciatica, it is considered by many practitioners to be the single most important point which may be used whatever the nature and distribution of the pain. Its importance in the treatment of painful obstruction of the lower extremities was emphasised in the Secrets of the Heavenly Star which asked "Cold wind damp painful obstruction, where do you needle? First choose Huantiao GB-30, then Yanglingquan GB-34".

Its ability to promote circulation throughout the leg also renders it an essential point in the treatment of hemiplegia with an action similar to points of the yangming Stomach channel.

The Bladder channel unites with the Gall Bladder channel at this point, and Huantiao GB-30 can therefore also treat disorders of the lumbar region (through which the Bladder channel courses), whether extending to the hip and buttock, or radiating upwards along the Gall Bladder channel to the lateral costal region.

Finally Huantiao GB-30 is cited in the Song of the Nine Needles for Returning the Yang for the treatment of collapse of yang characterised by loss of consciousness, aversion to cold, cold counterflow of the limbs, purple lips etc.

CLASSICAL COMBINATIONS

- One-sided wind (hemiplegia): Huantiao GB-30, Yanglingquan GB-34 and Quchi L.I.-11 (Supplementing Life).
- Cold-wind-damp painful obstruction: first needle Huantiao GB-30 then Yanglingquan GB-34 (Secrets of the Heavenly Star).
- Hip pain: Huantiao GB-30, Shugu BL-65, Jiaoxin KID-8, Sanyinjiao SP-6 and Yingu KID-10 (Thousand Ducat Formulas).
- Hip pain: Huantiao GB-30, Yanglingquan GB-34 and Qiuxu GB-40 (Great Compendium).
- Pain of the lumbar region and knee: Huantiao GB-30, Yanglingquan GB-34, Yanglao SI-6, Kunlun BL-60 and Shenmai BL-62 (Illustrated Supplement).
- Lumbar pain: Huantiao GB-30 and Weizhong BL-40; if the pain radiates up the back add Kunlun BL-60 (Song of Points).
- Lumbar pain that radiates down the leg: Huantiao GB-30, Xingjian LIV-2 and Fengshi GB-31 (Song of Points).
- Pain of the legs and lumbar region: Huantiao GB-30, Fengshi GB-31, Weizhong BL-40, Kunlun BL-60, Yinshi ST-33, Chengshan BL-57 and Shenmai BL-62 (Great Compendium).
- Wind-damp leg pain: Huantiao GB-30, Juliao GB-29 and Weizhong BL-40 (Song of the Jade Dragon).
- Cold wind painful obstruction that is difficult to cure: Huantiao GB-30 and Yaoshu DU-2 (Ode of Xi-hong).
- Pain of the leg radiating to the lateral costal region and axilla: Huantiao GB-30 and Yanglingquan GB-34 (Song of Points).
- Atrophy disorder: needle Huantiao GB-30 and Zhongdu GB-32, moxa Zusanli ST-36 and Feishu BL-13 (Glorious Anthology).
- Numbness of the lower leg: Huantiao GB-30, Xiyangguan GB-33 and Chengjin BL-56 (Thousand Ducat Formulas).
- Paralysis of the lower extremity: Huantiao GB-30, Yinlingquan SP-9, Yangfu GB-38, Taixi KID-3 and Zhiyin BL-67 (Great Compendium).
- Pain of the chest and lateral costal region that changes location: Huantiao GB-30 and Zhiyin BL-67 (Thousand Ducat Formulas).
- Disorders of the knee and the region above the knee: moxa Huantiao GB-30 and Yinshi ST-33 (Great Compendium).
- Wind rash: Huantiao GB-30 and Yongquan KID-1 (Supplementing Life).

- Pain radiating from the hip along the Stomach channel: Huantiao GB-30, Biguan ST-31, Zusanli ST-36 and Jiexi ST-41.
- Pain radiating from the hip along the Gall Bladder channel: Huantiao GB-30, Fengshi GB-31, Yanglingquan GB-34 and Xuanzhong GB-39.
- Pain radiating from the hip along the Bladder channel: Huantiao GB-30, Yinmen BL-37, Weizhong BL-40 and Kunlun BL-60.
- Pain radiating from the hip along the Bladder and Gall Bladder channels: Huantiao GB-30 and Feiyang BL-58.
- Pain radiating to the groin: Huantiao GB-30, Juliao GB-29 and Yinbao LIV-9.

GB-31 (*fēng shì*)

風 *fēng*: wind

市 *shì*: market, fair, city

風市

Wind Market

Location: On the lateral aspect of the thigh, 7 cun superior to the joint line (and transverse popliteal crease) of the knee. The point lies on a line drawn between the lateral joint line of the knee and the superior border of the greater trochanter of the femur. The proportional distance between these landmarks is 19 cun. The point may also be located by placing the patient 'at attention' in military posture - it lies on the thigh at the tip of the middle finger.

Functions: Disperses Wind and dissipates Cold; resolves Wind Heat; relaxes the Sinews and strengthens the Bones; regulates Qi and the Blood distribution in the lower limb.

Indications: Hemiplegia; atony, Bi, and numbness of the lower limb; paralysis of the lower limb; soreness and pain in the lumbar and thigh; neuritis of the lateral thigh; urticaria; herpes zoster; general itching.

Supplementary Indications: Wind Bi pain; small intestine Qi pain; rumbling noises in the abdomen; scrotal swelling; numbness and stiffness of the leg and foot; unilateral itching; headache; red and swollen eyes; beriberi.

DEADMAN'S COMMENTARY

As its name 'Wind Market' implies, Fengshi GB-31 is an important point to treat disorders of wind, with three main spheres of application. Firstly it is indicated for pathogenic wind- damp which attacks the lower limb and gives rise to painful obstruction, especially where wind is the main pathogenic factor and the pain is wandering in nature. The Complete Works of Jing-yue stated "Fengshi GB-31 is the essential point for treating wind painful obstruction". Secondly, Fengshi GB-31 is recommended for when pathogenic wind gives rise to skin diseases characterised by rapid onset and itching, for example urticaria. Thirdly Fengshi GB-31 is indicated for hemiplegia following windstroke.

CLASSICAL COMBINATIONS

- Windstroke: first needle the healthy arm and leg and then the diseased arm and leg, using Fengshi GB-31, Qiuxu GB-40 and Yanglingquan GB-34 (Great Compendium).

- Weakness of the legs: Moxa Fengshi GB-31, Taichong LIV-3 and Lidui ST-45 (Outline of Medicine).
- Lack of strength in the legs: Fengshi GB-31 and Yinshi ST-33 (Ode of the Jade Dragon).
- Lumbar pain that radiates down the leg: Fengshi GB-31, Huantiao GB-30 and Xingjian LIV-2 (Song of Points for Miscellaneous Diseases).
- Lumbar pain with difficulty in moving: Fengshi GB-31, Weizhong BL-40 and Xingjian LIV-2 (Glorious Anthology).
- Pain of the legs and lumbar region: Fengshi GB-31, Huantiao GB-30, Weizhong BL-40, Kunlun BL-60, Yinshi ST-33, Chengshan BL-57 and Shenmai BL-62 (Great Compendium).
- Painful obstruction of the calf: Fengshi GB-31 and Kunlun BL-60 (Compilation).

GB-32 (*zhōng dú*)

中 *zhōng*: center, central

瀆 *dú*: river, ditch, drain

中瀆

Central River

Location: On the lateral aspect of the thigh, 5 cun superior to the joint line (and transverse popliteal crease) of the knee. The point lies on a line drawn between the lateral joint line of the knee and the superior border of the greater trochanter of the femur. The proportional distance between these landmarks is 19 cun. The point lies 2 cun distal to GB-31 (Feng Shi).

Functions: Soothes the Sinews and quickens the Connecting Vessels; expels Wind and dissipates Cold.

Indications: Atony, Bi, and numbness of the lower limbs; pain and soreness of the thigh and knee; paralysis of the lower limb; sciatica; hemiplegia; beriberi.

DEADMAN'S COMMENTARY

Both the Systematic Classic of Acupuncture and Moxibustion and the Great Compendium of Acupuncture and Moxibustion recommend Zhongdu GB-32 for cold pathogenic qi which lodges in the muscles and sinews. This indication reflects the two principal ways of understanding and classifying painful obstruction that were discussed in the Yellow Emperor's Inner Classic. The first is according to the type of pathogen that predominates, i.e. cold, wind or damp. The second is according to the depth of penetration of the pathogen. In this method of differentiation, the most superficial level of invasion is the skin, followed by the muscles, vessels, sinews and bones. Each of these levels corresponds to one of the zang (the Lung, Spleen, Heart, Liver and Kidneys respectively) and an unresolved pathogen at any level might injure its related zang.

CLASSICAL COMBINATIONS

- Atrophy disorder: needle Zhongdu GB-32 and Huantiao GB-30, moxa Zusanli ST-36 and Feishu BL-13 (Glorious Anthology).

GB-33 (*xī yáng guān*)膝 *xī*: knee陽 *yáng*: yang, the complement of yin關 *guān*: gate; passage; joint

膝陽關

Knee Yang Joint

Location: On the lateral aspect of the knee, approximately 3 cun superior to GB-34 (Yang Ling Quan). The point is located in the 'V' shaped depression between the tendon of biceps femoris muscle and the lateral epicondyle of the femur. It is readily located with the knee slightly flexed.

Functions: Disperses Wind and dissipates Cold; removes obstruction from the Channel; soothes the Sinews, quickens the Connecting Vessels, and relieves pain.

Indications: Pain and swelling of the knee (joint); hypertonicity of the popliteal Sinews; stiffness and pain on lateral aspect of knee; numbness or paralysis of the lower limb; diseases of the knee and surrounding soft tissues.

Supplementary Indications: Inability to flex or extend the knee; beriberi; progressive swelling and pain of the knee.

DEADMAN'S COMMENTARY

An alternative name for Xiyangguan GB-33 is Hanfu (Mansion of Cold). This name reflects the observation that pathogenic cold tends to concentrate at the lateral side of knee, and that it may be treated by using this point. In clinical practice, Xiyangguan GB-33 is a valuable local point for pain of the lateral side of the knee which extends upwards along the thigh.

CLASSICAL COMBINATIONS

- Numbness of the lower leg: Xiyangguan GB-33, Huantiao GB-30 and Chengjin BL-56 (Thousand Ducat Formulas).
- Contraction of the sinews and difficulty in flexing and extending the knee, with inability to walk: Xiyangguan GB-33, Liangqiu ST-34 and Ququan LIV-8 (Thousand Ducat Formulas).

GB-34 (*yáng líng quán*)陽 *yáng*: yang, the complement of yin陵 *líng*: mound, burial mound泉 *quán*: spring, fountain

陽陵泉

Yang Mound Spring

Location: On the lateral proximal aspect of the leg, in the depression immediately anterior and distal to the head of the fibula.

Features & Categories: Earth, Sea, Uniting-He point of the Gall Bladder Channel; Meeting point of the Sinews. A Heavenly Star point of Ma Dan-Yang.

Functions: Benefits the Liver and Gall Bladder; promotes smooth flow of Liver Qi; soothes the Sinews and Connecting Vessels; clears Gall Bladder Heat; expels Wind from the knee and lower limb; resolves Damp and Stagnation in the Channels and Connecting Vessels; removes obstructions from the Channel; rectifies rebellious Qi of the middle Jiao; invigorates Qi and the Blood distribution in the lower limb.

Indications: Hepatitis; cholecystitis; hypertension; hemiplegia; atony, Bi and numbness of the lower limb; paralysis of the lower limb; sciatica; pain and swelling of the knee (joint); inflammation of the shoulder; intercostal neuralgia; lateral costal pain; nausea; vomiting; jaundice; chronic constipation; discomfort in the epigastrium or lower abdomen; muscle cramps or spasms; bitter taste in the mouth.

Supplementary Indications: Fullness in the chest and lateral costal region; bitter taste in the mouth; sighing; urinary incontinence; constipation; headache; hemiplegia with stroke; swelling of the mouth, tongue, throat, head or face; disorders of the Sinews; infantile convulsions.

DEADMAN'S COMMENTARY

According to the Essential Questions "the knees are the residence of the sinews; when the knees are unable to flex and extend and walking is achieved with a hunched back and the help of a cane, then the sinews are exhausted". Yanglingquan GB-34, located just inferior to the knee joint, is the hui-meeting point of the sinews and has long been considered the main point to influence these tissues throughout the body, for example the Great Compendium of Acupuncture and Moxibustion simply stated "for diseases of the sinews select Yanglingquan GB-34".

The Gall Bladder is interiorly-exteriorly related with the Liver which dominates and nourishes the sinews, and Yanglingquan GB-34, the he-sea point of the Gall Bladder channel, is an essential point for contraction of the sinews and stiffness and tightness of the muscles and joints, and most especially for disorders of the leg such as knee pain, hip pain, sciatica, hemiplegia, atrophy disorder and painful obstruction. The importance of Yanglingquan GB-34 in disorders of the lower leg as a whole is further emphasised by its inclusion in Ma Dan-yang's 'eleven heavenly star points', his grouping of the most vital acupuncture points. According to this great physician of the Jin dynasty, Yanglingquan GB-34 was indicated for swelling and numbness of the knee, cold painful obstruction, hemiplegia and inability to raise the leg. The action of Yanglingquan GB-34 is not confined to the lower limb, however, and it may be used in the treatment of stiffness of the neck and shoulders and pain of the sinews in the elbow, for example tennis elbow. In summary, Yanglingquan GB-34 may be used for pain, cramping, contraction, stiffness and sprain of the sinews and muscles in any part of the body.

It is a characteristic of the channels, especially the yang channels, that points located at the extremities tend to influence most strongly the extreme opposite end of the channel (i.e. the head region), whilst points located towards the elbow or knee tend to have their strongest influence on the middle region of the body. Yanglingquan GB-34 clearly demonstrates this principle and is an essential point to treat all disorders of the lateral costal region whether due to stagnation of qi stasis of blood, accumulation of damp-heat, or deficiency of blood or yin. This is reflected in the unequivocal statements in the Song of Points for Miscellaneous Diseases which says "Pain of the lateral costal region, you only need Yanglingquan GB-34", and the Ode of Essentials of Understanding which says "when there is pain of the lateral costal region and of the ribs, needling Yanglingquan GB-34 will alleviate the pain promptly". The special affinity of Yanglingquan GB-34 for the lateral costal region reflects both the course of the Gall Bladder channel which traverses this area, and its actions of spreading Liver qi and clearing Liver and Gall Bladder damp-heat, and thus treating two of the main patterns in distention and pain of this region.

Yanglingquan GB-34 is the he-sea point of the Gall Bladder channel. According to the Spiritual Pivot "He-sea points treat the internal fu".

The primary disharmony of the Gall Bladder is accumulation of damp-heat which may arise from:

- i. failure of the Spleen transportation and transformation function leading to accumulation of either dampness or damp-heat which obstruct the function of the Liver and Gall Bladder,
- ii. over-consumption of rich greasy food or alcohol,
- iii. attack of external pathogenic damp-heat, or
- iv. stagnation of Liver qi which both obstructs the movement of fluids and transforms into heat, giving rise to damp-heat.

Whatever the aetiology, Yanglingquan GB-34 can be used to clear damp-heat from the Gall Bladder, manifesting with symptoms such as bitter taste in the mouth, nausea and vomiting, jaundice, cholecystitis etc. Another reflection of the influence of Yanglingquan GB-34 on the fu is its application in the treatment of constipation, particularly when due to qi stagnation or heat.

According to both the Spiritual Pivot and the Essential Questions, "Taiyang is the opening, yangming is the closing and shaoyang is the pivot". In the differentiation of fevers expounded in the Treatise on Injury by Cold, the shaoyang level is the pivot between the interior and the exterior, and shaoyang pattern occurs when the pathogenic factor is trapped between these two levels. The characteristic symptoms of this 'half-interior, half-exterior' pattern are distinct phases of fever alternating with chills, bitter taste in the mouth, pain of the lateral costal region, dryness of the mouth and throat, and nausea and vomiting. Yanglingquan GB-34, the he-sea point of the foot shaoyang channel, is one of the main points to treat this pattern and is therefore indicated for any disorder with this presentation including malaria.

According to Achieving Longevity by Guarding the Source, the 17th Century classic by Gong Ting-xin, "Susceptibility to fright ... timidity in which the patient fears being apprehended, all result from deficiency of the qi of Heart and Gall Bladder". Yanglingquan GB-34 is indicated for "fear of people as if about to be apprehended" and frequent sighing, reflecting a pattern of Gall Bladder qi deficiency.

Finally, the Spiritual Pivot says "in disorders of the Stomach and in disorders resulting from irregular eating and drinking, select the he-sea point". Yanglingquan GB-34 is indicated in cases where qi stagnation generates phlegm and heat which obstruct the Stomach and impair its descending function. This combined pattern of Gall Bladder and Stomach disharmony manifests with such symptoms as bitter taste in the mouth, nausea and vomiting.

CLASSICAL COMBINATIONS

- One-sided wind (hemiplegia): Yanglingquan GB-34, Huanhao GB-30 and Quchi L.I.-11 (Supplementing Life).
- Hemiplegia: Yanglingquan GB-34 and Quchi L.I.-11 (One Hundred Symptoms).
- Disorders of the knee and below the knee: moxa Yanglingquan GB-34, Dubi ST-35, Xiguan LIV-7 and Zusanli ST-36 (Supplementing Life).
- Numbness of the knee: Yanglingquan GB-34, Dubi ST-35 and Biguan ST-31 (Supplementing Life).

- Swelling of the knee that is difficult to endure: Yanglingquan GB-34 and Yinlingquan SP-9 (Ode of the Jade Dragon).
- Pain of the lateral aspect of the knee: Yanglingquan GB-34 and Xiaxi GB-43 (Thousand Ducat Formulas).
- Bone painful obstruction and numbness of the hip joint and knee: Yanglingquan GB-34, Yangjiao GB-35 and Yangfu GB-38 (Thousand Ducat Formulas).
- Flaccidity of the legs: Yanglingquan GB-34, Chongyang ST-42, Taichong LIV-3 and Qiuxu GB-40 (Great Compendium).
- Pain and soreness of leg qi: first needle Jianjing GB-21, then needle Zusanli ST-36 and Yanglingquan GB-34 (Celestial Star).
- Pain of the lumbar region and knee: Yanglingquan GB-34, Huantiao GB-30, Kunlun BL-60, Shenmai BL-62 and Yanglao SI-6 (Illustrated Supplement).
- Cold-wind-damp painful obstruction: first needle Huantiao GB-30 then Yanglingquan GB-34 (Secrets of the Heavenly Star).
- Hip pain: Yanglingquan GB-34, Huantiao GB-30 and Qiuxu GB-40 (Great Compendium).
- Pain of the leg radiating to the lateral costal region and axilla: Yanglingquan GB-34 and Huantiao GB-30 (Song of Points).
- Pain of the lateral costal region: Yanglingquan GB-34, Gongsun SP-4, Zhigou SJ-6 and Zhangmen LIV-13 (Complete Collection).
- Pain of the lateral costal region due to injury by cold: Yanglingquan GB-34 and Zhigou SJ-6 (Outline of Medicine).
- Fullness of the abdomen and lateral costal region: Yanglingquan GB-34, Zulinqi GB-41 and Shanglian L.I.-9 (Great Compendium).
- Swelling of the face and head: Yanglingquan GB-34 and Gongsun SP-4 (Supplementing Life).
- Hot constipation, qi constipation: First needle Changqiang DU-1 then Dadun LIV-1 and Yanglingquan GB-34 (Song of Points).
- Fear and fright with Heart pain: Yanglingquan GB-34, Shenmen HE-7, Shaochong HE-9 and Neiguan P-6 (Compilation).
- Apprehension and fear as if about to be apprehended: Yanglingquan GB-34 and Rangu KID-2 (Thousand Ducat Formulas).

GB-35 (*yáng jiāo*)

陽 *yáng*: yang, the complement of yin

交 *jiāo*: to intersect, to meet; to hand over

陽交

Yang Intersection

Location: On the lateral aspect of the leg, 7 cun superior to the tip (lateral prominence) of the lateral malleolus. The point is located at the posterior border of the fibula, on the same level as GB-36 (Wai Qiu) and BL-58 (Fei Yang). The proportional distance between the joint line of the knee and the tip of the lateral malleolus is 16 cun. Some references transpose the location of GB-35 (Yang Jiao) and GB-36 (Wai Qiu).

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

Functions: Frees the Gall Bladder and calms the Shen; removes obstructions from the Channel; soothes the Sinews; quickens the Blood; relieves pain.

Indications: Distension and fullness in the chest and lateral costal region; asthma; knee pain; pain on the lateral aspect of the leg; weakness and atony of the lower limb; stiffness and cramp of lower limb muscles; sciatica.

Supplementary Indications: Fever and chills; dyspnea; throat Bi; Cold in the lower limbs; fright mania; beriberi; edema or swelling of the face.

CLASSICAL COMBINATIONS

- Fullness of the chest: Yangjiao GB-35 and Zulinqi GB-41 (Supplementing Life).
- Fright palpitations and pounding of the Heart: Yangjiao GB-35 and Jiexi ST-41 (One Hundred Patterns).
- Loss of voice: Yangjiao GB-35, Hegu L.I.-4 and Yongquan KID-1 (Systematic Classic).
- Bone painful obstruction and numbness of the hip joint and knee: Yangjiao GB-35, Yangfu GB-38, and Yanglingquan GB-34 (Thousand Ducat Formulas).

GB-36 (*wài qiū*)

外 *wài*: outer, outside

丘 *qiū*: hill, mound

外丘

Outer Hill

Location: On the lateral aspect of the leg, 7 cun superior to the tip (lateral prominence) of the lateral malleolus. The point is located at the anterior border of the fibula, on the same level as GB-35 (Yang Jiao) and ST-39 (Xia Ju Xu). The proportional distance between the joint line of the knee and the tip of the lateral malleolus is 16 cun. Some references transpose the location of GB-36 (Wai Qiu) and GB-35 (Yang Jiao).

Features & Categories: Xi-Cleft, Accumulation point of the Gall Bladder Channel.

Functions: Frees the Liver and Gall Bladder; dispels Wind; removes obstructions from the Channel; resolves toxins and clears Heat; resolves pain.

Indications: Headache; neck pain; pain in the chest and lateral costal region; hepatitis; paralysis of the lower limb; painful conditions of the Channel or Organ.

Supplementary Indications: Fever and aversion to cold; bitter fullness in the chest and lateral costal region; rabies; mania; pigeon chest in infants.

DEADMAN'S COMMENTARY

Waiqiu GB-36 is the xi-cleft point of the Gall Bladder channel. The xi-cleft points are where the qi and blood, which flow relatively superficially along the channels from the jing-well points, gather and plunge more deeply. The xi-cleft points in general are indicated in the treatment of acute conditions and pain, and Waiqiu GB-36 is indicated for pain of the skin. Thus the Systematic Classic of Acupuncture and Moxibustion said "Painful skin with atrophy disorder and painful obstruction, principally select Waiqiu GB-36".

Unusually, this point is also indicated for rabies. The Illustrated Classic of Acupuncture Points on the Bronze Man said "Rabies with chills and fever, quickly moxa Waiqiu GB-36 three fumes and then moxa the bitten area".

CLASSICAL COMBINATIONS

- Pain of the neck with aversion to wind-cold: Waiqiu GB-36 and Houding DU-19 (Supplementing Life).

GB-37 (*guāng míng*)

光 *guāng*: light, brightness

明 *míng*: clear, bright; acute (of eyesight)

光明

Bright Light

Location: On the lateral distal aspect of the leg, 5 cun superior to the tip (lateral prominence) of the lateral malleolus. The point is located at the anterior border of the fibula. The proportional distance between the joint line of the knee and the tip of the lateral malleolus is 16 cun.

Features & Categories: Luo-Connecting point of the Gall Bladder Channel, connecting to the Liver Channel of foot Jue Yin.

Functions: Regulates the Liver and benefits the eyes; expels Wind and resolves Damp; clears Heat; directs Liver Fire downwards.

Indications: Knee pain; loss of locomotive ability of the lower limb; eye pain; dry, red and painful eyes; blurred vision; night blindness; optic nerve atrophy; cataract; migraine headache; pain and distension of the breast; pain along the lateral aspect of the calf; muscular atrophy.

Supplementary Indications: Fever and chills without sweating; mania; seizures; painful or itchy eyes; atrophy, Bi and numbness of the leg; pigeon chest in infants; grinding of the teeth.

DEADMAN'S COMMENTARY

The Guide to the Classics of Acupuncture states "the luo-connecting points are located between two channels ... if they are punctured, symptoms of the interiorly-exteriorly related channels can be treated". The Liver 'opens' into the eyes, and the Liver, Gall Bladder, and Gall Bladder divergent channels connect with the eye. Many eye diseases derive from Liver pathology, and as its name 'Bright Light' suggests, Guangming GB-37, the luo-connecting point of the Gall Bladder channel, is the principal distal point on the channel for the treatment of a wide range of eye disorders, including pain, redness, itching, long and short sightedness and night blindness.

Its second function of activating the channel and alleviating pain is important in two ways. Firstly, by dispelling wind-damp and regulating the circulation of qi in the lower limb, it is effective in treating a wide range of disorders of the lower leg including knee pain, pain of the lower legs with inability to stand for long, atrophy disorder and painful obstruction of lower limb with numbness and heat, and pain of the lower leg. Secondly, the Gall Bladder primary channel passes through the chest whilst its sinew channel links with the breast, and Guangming GB-37 is indicated for distention and pain of the breast due to stagnation of Liver qi.

Finally the Great Compendium of Acupuncture and Moxibustion gives specific indications for excess and deficiency of the luo-connecting points. In the case of Guangming GB-37, these are heat

sensation of the lower leg, knee pain, numbness of the body and propensity to grind the teeth (excess); atrophy disorder of the legs with difficulty in standing after sitting (deficiency).

CLASSICAL COMBINATIONS

- Pain and itching of the eyes: reduce Guangming GB-37 and Diwuhui GB-42 (Ode to Elucidate Mysteries).
- When Jingming BL-1 is ineffective in treating diseases of the eye, combine it with Hegu L.I.-4 and Guangming GB-37 (Ode of Xi-hong).
- Grinding of the teeth: Guangming GB-37 and Zulinqi GB-41 (Thousand Ducat Formulas).
- Headache, swollen cheeks, difficult defecation, painful urinary dysfunction, susceptibility to anger with a blue-green (qing) colour, painful shan disorder and pain of the lateral costal region, hypogastrum and uterus: Guangming GB-37 and Taichong LIV-3 (Golden Mirror).
- Short-sightedness: Guangming GB-37, Taichong LIV-3, Chengqi ST-1, Jingming BL-1, Fengchi GB-20 and Hegu L.I.-4.

GB-38 (*yáng fǔ*)

陽 *yáng*: yang, the complement of yin

輔 *fǔ*: to assist, to support;

pole attached to a cart to keep it from upsetting

陽 輔

Yang Assistance

Location: On the lateral distal aspect of the leg, 4 cun superior to the tip (lateral prominence) of the lateral malleolus. The point is located at the anterior border of the fibula. The proportional distance between the joint line of the knee and the tip of the lateral malleolus is 16 cun.

Features & Categories: Fire, River, Traversing-Jing point of the Gall Bladder Channel.

Functions: Harmonizes Shao Yang; subdues Liver Yang Excess; dissipates Cold and clears Heat; resolves Damp Heat; soothes the Liver and resolves Stagnation; quickens the Connecting Vessels and relieves pain.

Indications: Unilateral headache; migraine headache; pain in the outer canthus; inflammation of cervical lymph nodes; pain in the supraclavicular fossa; axillary pain; scrofulous lumps; pain in the chest, lateral costal region, and lateral aspect of the lower limbs; paralysis or numbness of the lower limb; arthritis of the knee; malarial disease.

Supplementary Indications: Beriberi; Sinew hypertonicity; throat Bi; hemiplegia; chronic migraine headache.

DEADMAN'S COMMENTARY

Yangfu GB-38 is the fire and jing-river point of the Gall Bladder channel. According to the Great Compendium of Acupuncture and Moxibustion "when the Gall Bladder is excess reduce Yangfu GB-38". The main actions of Yangfu GB-38 are to clear stagnation and heat from the entire course of the Gall Bladder channel, clear shaoyang heat, and benefit the sinews and bones of the whole body.

In the head, Yangfu GB-38 is an important point for one-sided headache, principally due to Liver qi stagnation or uprising of Liver fire or Liver yang which transmit along the Gall Bladder channel. In the upper part of the chest, the Gall Bladder channel passes anterior to the axilla. When qi and phlegm stagnate (and in some cases transform into heat), usually due to emotional causes, there may be

swelling and pain of the axilla or scrofula. In the chest and lateral costal region, Yangfu GB-38 is indicated when qi stagnates and gives rise to pain accompanied by sighing. In the lower body, Yangfu GB-38 is indicated for pain extending along the Gall Bladder channel on the lateral side of the lower limb and the lateral malleolus. If pain in any of these regions is severe, a blue-green (qing) colour may be seen on the complexion. This colour, frequently observed around the mouth, eyes, nose or temples, has traditionally been linked with Liver disorders, severe pain or cold in the body.

According to both the Spiritual Pivot and the Essential Questions "Taiyang is the opening, yangming is the closing and shaoyang is the pivot". The shaoyang is the pivot between the interior and the exterior and Yangfu GB-38 is indicated for the classic symptoms seen when a pathogenic factor lodges in this 'half-interior, half-exterior' portion. These include distinct alternating phases of chills and fever, bitter taste in the mouth, pain of the chest and lateral costal region and sighing. Malaria, for which this point is indicated, is a classic example of shaoyang pattern.

According to the Spiritual Pivot "When the disease is at the yin within yang (sinews and bones), needle the jing-river points of the yin channels". Although this passage emphasises the yin channels only, it is clear from an examination of the indications of Yangfu GB-38, the jing-river point of the yang Gall Bladder channel, that it is nevertheless an important point for wandering painful obstruction, contraction and pain of the sinews, and pain of the hundred joints (i.e. all the joints of the body). The Gall Bladder primary channel descends from Zhangmen LIV-13 to the sacral region, and Yangfu GB-38 is indicated for a sensation in the lumbar region as if one was sitting in water, severe lumbar pain, and lumbar pain like a small hammer in the middle of the back.

CLASSICAL COMBINATIONS

- Swelling of the axilla: Yangfu GB-38, Zulinqi GB-41, Diwuhui GB-42, Weiyang BL-39, Shenmai BL-62 and Tianchi P-1 (Thousand Ducat Formulas).
- Swelling of the axilla: Yangfu GB-38, Qiuxu GB-40 and Zulinqi GB-41 (Great Compendium).
- Swelling and sabre lumps of the axilla: Yangfu GB-38, Xiaxi GB-43 and Taichong LIV-3 (Thousand Ducat Formulas).
- Scrofula: Yangfu GB-38, Shaohai HE-3, Tianchi P-1, Zhangmen LIV-13, Zulinqi GB-41, Zhigou SJ-6, Jianjing GB-21 and Shousanli L.I.-10 (Great Compendium).
- Wind painful obstruction: Yangfu GB-38 and Chize LU-5 (Great Compendium).
- Wind painful obstruction: Yangfu GB-38, Tianjing SJ-10, Chize LU-5, Shaohai HE-3 and Weizhong BL-40 (Great Compendium).
- Bone painful obstruction and numbness of the hip joint and knee: Yangfu GB-38, Yangjiao GB-35 and Yanglingquan GB-34 (Thousand Ducat Formulas).
- Paralysis of the lower extremity: Yangfu GB-38, Huantiao GB-30, Yinlingquan SP-9, Taixi KID-3 and Zhiyin BL-67 (Great Compendium).

GB-39 (*xuán zhōng*)懸 *xuán*: to suspend, to hang鐘 *zhōng*: bell; clock; handleless cup

懸鐘

Suspended Bell

Location: On the lateral distal aspect of the leg, 3 cun superior to the tip (lateral prominence) of the lateral malleolus. The point is located between the posterior border of the fibula and the tendons of peroneus longus and brevis muscles. The proportional distance between the joint line of the knee and the tip of the lateral malleolus is 16 cun.

Alternatively, this point may be located in an homologous position, but at the anterior border of the fibula.

Features & Categories: Meeting point of the Marrow. Group Luo-Connecting point of the three Yang Meridians of the lower limb.

Functions: Nourishes Jing; discharges Gall Bladder Fire; clears Marrow Heat; expels Wind Damp from the Channels and Connecting Vessels; harmonizes Shao Yang.

Indications: Hemiplegia; stiff neck; migraine headache; inability to turn head to side; abdomino-thoracic distension and fullness; lateral costal pain; scrofula; sciatica; pain in the knee and thigh; diseases of the knee and ankle joints and surrounding soft tissues; beriberi.

Supplementary Indications: Heat in the stomach region; dry nose; nosebleed; throat Bi; stiff neck; cough due to rebellious Qi; hypertonicity of the Sinews; urinary frequency, difficulty, urgency and incontinence; scrofulous lumps; axillary swelling; generalized heaviness due to Wind Damp; inability to lift the limbs; anxiety and anger.

DEADMAN'S COMMENTARY

Xuanzhong GB-39 is the hui-meeting point for the 'marrow' which is the source of both the 'sea of marrow' (the brain) and the bone marrow. There is little evidence in classical texts of the ability of Xuanzhong GB-39 to nourish the sea of marrow, in other words to treat diseases of the head and brain, and even headache and dizziness are modern rather than traditional indications.

Xuanzhong GB-39, however, has a strong action on benefiting the bone marrow, sinews and bones and is indicated for a wide range of disorders characterised by weakness, flaccidity, contraction and pain of the limbs. This latter action is complemented by its ability to dispel wind-damp. According to the Essential Questions' "In bone painful obstruction the pathogenic factor reaches the Kidneys; in sinew painful obstruction it reaches the Liver".

In chronic painful obstruction, therefore, prolonged retention of wind-damp which injures the sinews and bones will eventually deplete the Liver and Kidneys and hence the marrow. Prolonged deficiency of the Liver and Kidneys and insufficiency of essence, resulting in malnourishment of the sinews, may also give rise to atrophy disorder. By its action of nourishing the marrow and benefiting the sinews and bones Xuanzhong GB-39 is therefore indicated for both chronic painful obstruction and atrophy disorder, hence the references to the use of Xuanzhong GB-39 in wind-taxation with heaviness of the body, injury by cold pathogen leading to taxation and deficiency-taxation. The term taxation here denotes the extreme deficiency that arises due to chronic retention of pathogenic factors. According to the Ode to Elucidate Mysteries, the great Han dynasty physician Hua Tuo needed

Xuanzhong GB-39 and Huanhao GB-30 for lameness of the legs, and "immediately the patient was able to walk".

The Gall Bladder primary and sinew channels pass through different portions of the neck. By virtue of its actions of benefiting the sinews and bones and activating the channel and alleviating pain, Xuanzhong GB-39 is the main distal point on the Gall Bladder channel for disorders of the neck, both acute and chronic.

Xuanzhong GB-39 has a further action of promoting the smooth flow of Liver and Gall Bladder qi and clearing Gall Bladder fire primarily arising from the transformation of stagnant qi. It is indicated for distention of the chest and abdomen, fullness and distention of the Heart and abdomen, soreness and pain of the lateral costal region, anxiety, indignation, anger and mania. Gall Bladder fire may easily transmit to the Stomach, resulting in Stomach heat, or obstruct the Stomach descending function leading to lack of appetite. The Gall Bladder sinew channel binds at the side of the nose and the primary channel connects with the Governing vessel at Changqiang DU-1. By clearing Gall Bladder fire, Xuanzhong GB-39 is also indicated for dryness of the nose, nosebleed and haemorrhoids.

CLASSICAL COMBINATIONS

- Coldness and pain of the bone marrow: Xuanzhong GB-39, Dazhu BL-11, Fuliu KID-7, Shenmai BL-62, Lidui ST-45 and Shenshu BL-23 (Compilation).
- Curvature of the lumbar spine: reinforce Fengchi GB-20 and reduce Xuanzhong GB-39 (Song of the Jade Dragon).
- Windstroke with one-sided withering and incessant pain: Xuanzhong GB-39, Jianyu L.I.-15, Taixi KID-3, Quchi L.I.-11, Zusanli ST-36 and Kunlun BL-60 (Great Compendium).
- Flaccidity of the legs with difficulty in walking: first needle Xuanzhong GB-39 then needle Tiaokou ST-38 and Chongyang ST-42 (Secrets of the Heavenly Star).
- Leg qi: Xuanzhong GB-39, Zusanli ST-36 and Sanyinjiao SP-6 (Ode of the Jade Dragon).
- Pain of the ankle and heel: Xuanzhong GB-39, Kunlun BL-60 and Qiuxu GB-40 (Song More Precious Than Jade).
- Fullness and distention of the Heart and abdomen: Xuanzhong GB-39 and Neiting ST-44 (Great Compendium).
- Hot Stomach with no pleasure in eating: Xuanzhong GB-39 and Xialian L.I.-8 (Supplementing Life).
- Stiff neck: Xuanzhong GB-39, Tianzhu BL-10 and Houxi SI-3.

GB-40 (*qiū xū*)

丘 *qiū*: hill, hillock, mound

墟 *xū*: old burial grounds; ruins; wasteland

丘墟

Hill Ruins

Location: On the dorsum of the foot, at the anterior aspect of the ankle. The point is located in the depression anterior and inferior to the lateral malleolus, on the lateral side of the tendon sheath of

extensor digitorum longus muscle. The point is superficial to the entrance to the tarsal tunnel (between the talus and calcaneal bones).

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

Functions: Clears the Channels and dispels Pathogens; promotes smooth flow of Liver Qi; spreads Liver Qi and benefits the Gall Bladder; transforms Damp Heat; rectifies counterflow of Qi.

Indications: Cholecystitis; neck pain; axillary pain; thoracic and lateral costal pain; hypochondriac pain, distension and sighing; inflammation of axillary lymph nodes; vomiting and acid belching; muscular atrophy and loss of locomotive ability of the lower limbs; sciatica; pain and swelling of the lateral malleolus; diseases of the ankle and surrounding soft tissue; malarial disease; inability to make decisions.

Supplementary Indications: Fever and chills; swelling of the neck; throat Bi; cough and rapid breathing; inflammation of cervical lymph nodes; poor eyesight; intestinal Qi pain; lower abdominal pain or distension; tidal fevers; sighing; axillary swelling; atony; inability to move the wrist; twisted ankle; beriberi.

DEADMAN'S COMMENTARY

According to Chen Shi-dou "Only when the Liver acquires ming men is it able to plan strategies, only when the Gall Bladder acquires ming men are decisions made". The Liver and Gall Bladder are entrusted with the ministerial fire which corresponds to the energy of spring, growth, forcefulness and decision making. In disharmony, this indispensable fire is prone to flare up, principally when the Liver and Gall Bladder lose their free-flowing function and qi stagnates and transforms to fire. The fire is drawn into the Gall Bladder channel as a whole, and especially rises upwards to the head. Qiuxu GB-40, the yuan-source point of the Gall Bladder channel, is indicated when there is heat and stagnant qi in various portions of the Gall Bladder channel giving rise to distention, pain, redness or swelling of the head, eyes, neck, throat, axilla and abdomen, distention and pain of the chest and lateral costal region with sighing and inability to catch the breath, and shan disorder.

Qiuxu GB-40 is also indicated when heat and dampness combine, giving rise to such symptoms of damp-heat distressing the Gall Bladder fu or channel as cholecystitis and herpes zoster. If Liver and Gall Bladder heat or damp-heat transversely invade the Stomach, impairing its descending function, there may be vomiting and acid regurgitation.

Qiuxu GB-40 is able to treat disorders of the lower limb as a whole and is frequently employed in combination with points such as Juliao GB-29, Huantiao GB-30 and Yanglingquan GB-34 in the 'chain and lock' point association method. It is specifically indicated for hip pain, sciatica, cramping and pain of the legs, atrophy disorder, painful obstruction (especially of the ankle joint), drop foot and flaccidity or swelling of the ankle. In the cross-needling method of point selection, the wrist joint in the upper body corresponds to the ankle joint in the lower body, and Qiuxu GB-40 is indicated by a number of classical texts for contralateral wrist pain.

According to both the Spiritual Pivot and the Essential Questions "Taiyang is the opening, yangming is the closing and shaoyang is the pivot". In the differentiation of fevers expounded in the Treatise on Injury by Cold by Zhang Zhongjing, shaoyang syndrome represents the 'half-exterior half-interior' stage. The pathogenic factor resides between the taiyang and yangming levels and in this

sense shaoyang is the pivot or hinge between the exterior and interior. Qiuxu GB-40 has long been used for chronic malaria, a classic example of a disease where the pathogenic factor enters the body and lodges at the half-exterior half-interior level. The alternating fever and chills reflect the battle between the correct qi and the pathogenic qi. When the correct qi predominates and is able to struggle with the pathogen, there is fever, and when the pathogenic qi predominates there are chills. Qiuxu GB-40, the yuan-source point of the foot shaoyang channel, is chosen to regulate the shaoyang channel and expel the pathogen, especially when chills predominate.

CLASSICAL COMBINATIONS

- Superficial visual obstruction: Qiuxu GB-40 and Tongziliao GB-1 (Supplementing Life).
- Pain of the lateral costal region: Qiuxu GB-40 and Zhongdu GB-32 (Great Compendium).
- Fullness of the chest and lateral costal region radiating to the abdomen: Qiuxu GB-40, Xiaxi GB-43, Xiajuxu ST-39 and Shenshu BL-23 (Great Compendium).
- Stabbing pain of the chest: Qiuxu GB-40 and Fenglong ST-40 (Thousand Ducat Formulas).
- Tension of the chest and back with a swollen sensation of the chest: Qiuxu GB-40 and Jingqu LU-8 (Thousand Ducat Formulas).
- Swelling of the axilla, chills and fever, swelling of the neck: Qiuxu GB-40 and Shenmai BL-62 (Thousand Ducat Formulas).
- Swelling of the axilla: Qiuxu GB-40, Yangfu GB-38 and Zulinqi GB-41 (Great Compendium).
- Manic raving: Qiuxu GB-40 and Xiajuxu ST-39 (Thousand Ducat Formulas).
- Cramping of the sinews: Qiuxu GB-40 and Jinmen BL-63 (One Hundred Symptoms).
- Hip pain: Qiuxu GB-40, Huantiao GB-30 and Yanglingquan GB-34 (Great Compendium).
- Flaccidity of the legs: Qiuxu GB-40, Yanglingquan GB-34, Chongyang ST-42 and Taichong LIV-3 (Great Compendium).
- Pain of the ankle and heel: Qiuxu GB-40, Xuanzhong GB-39 and Kunlun BL-60 (Song More Precious Than Jade).
- Chronic malaria: Qiuxu GB-40, Zhongzhu SJ-3 and Shangyang L.I.-1 (Great Compendium).

GB-41 (*zú lín qì*)

足 *zú*: foot

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

泣 *qì*: tears; to weep (silent tears)

足臨泣

Foot Overlooking Tears

Location: On the dorsum of the foot in the depression immediately distal to the 'V' formed by the bases of the 4th and 5th metatarsal bones. The point is located lateral to tendon to the small toe of extensor digitorum longus muscle.

Features & Categories: Wood, Stream, Transporting-Shu point of the Gall Bladder Channel. Horary point. Master point of Dai Mai (Girdle Vessel), Coupling point of Yang Wei Mai (Yang linking Vessel).

Functions: Clears Fire and extinguishes Wind; brightens the vision and benefits hearing; frees Liver and Gall Bladder Qi Stagnation; transforms obstructing Phlegm Heat; resolves Damp Heat; regulates Dai Mai (Girdle Vessel).

Indications: Headache; conjunctivitis; pain in the outer canthus; visual dizziness; vertigo; pain in the lateral costal region; scrofula; painful swelling of the dorsum of the foot; mastitis; pain and distension of the breasts; breast abscess; irregular menstruation; chronic vaginal discharge; cystitis; urethritis; malarial disease; disorders along the Channel in the lower limb.

Supplementary Indications: Axillary swelling; dyspnea; dry eyes; fever and chills; thoracic Bi; pain in the supraclavicular fossa; mastitis; menstrual disorders; scrofulus lumps; migratory Wind pain; Damp swelling of the dorsum of the foot; pain at the vertex; migraine headache; fullness and pain in the region of the hypochondrium; arthritis of the knee or hip.

DEADMAN'S COMMENTARY

Zulinqi GB-41 is an indispensable point to spread the Liver qi, especially when qi stagnation manifests along the course of the Gall Bladder channel, and this action underpins all the indications of this point. Although the primary cause of Liver qi stagnation is emotional, it may manifest both with physical symptoms and emotional changes. Zulinqi GB-41 predominantly treats the physical symptoms of Liver qi stagnation, namely distention, pressure and pain along the Gall Bladder channel in the chest, head, eyes, breast, lateral costal region and axilla.

The smooth flow of Liver qi assists the ascending and descending of the qi of all the zangfu. If Liver qi stagnates in the chest region, therefore, it may hinder the descent of Lung qi and prevent smooth respiration. As well as fullness of the chest, chest painful obstruction and dyspnoea, there may be inability to catch the breath. This symptom, which may be described by the patient as a kind of breathlessness, is more an abnormal awareness of breathing accompanied by a feeling that the Lungs cannot be filled adequately.

If Liver qi stagnation transforms to Liver fire, or if Liver fire subsequently consumes yin and leads to uprising of Liver yang, the fire or yang may ascend to the head along the Gall Bladder channel (occiput, temporal region and ears) or the Liver channel (vertex) and cause pain, dizziness, tinnitus or even deafness. Although Zulinqi GB-41 is much used in modern clinical practice for one-sided headache, particularly with Waiguan SJ-5 and especially for headaches associated with the menstrual cycle, it is interesting to note that all major classical references are to occipital pain and pain of the vertex.

In the Ode of the Obstructed River the use of Zulinqi GB-41 is referred to as one of 'the eight therapeutic methods'. In this description of the application of the eight confluent points of the extraordinary vessels to affect specific symptoms and areas of the body, Zulinqi GB-41 is indicated for disorders of the eyes. The Liver 'opens' into the eyes, and the Liver, Gall Bladder and Gall Bladder divergent channels all connect with the eye. When Liver fire or Liver yang rise to disturb the eyes, or exterior wind-heat enters the Liver channel, there may be lacrimation or dry eyes, redness, swelling and pain of the eyes, especially at the outer canthus, or visual dizziness. Zulinqi GB-41, as the name (Foot Governor of Tears) implies, is an important point to adjust the fluid in the eye and treat these conditions.

Zulinqi GB-41 is the confluent point of the Girdling vessel which encircles the waist and binds the Penetrating and Conception vessels and the Kidney, Liver and Spleen channels, all of which channels influence the menstrual cycle. Furthermore, the Gall Bladder primary channel descends through the

chest region, the Gall Bladder sinew channel links with the breast, and the nipples are ascribed to the jueyin Liver channel. Zulinqi GB-41 is particularly used therefore in situations where Liver qi stagnation impairs the regularity of the menstrual cycle, and more especially for symptoms of stagnant qi such as distention and pain of the breast and headache which precede the menstrual period. Zulinqi GB-41 is also indicated for breast abscess and is combined in a modern prescription with Guangming GB-37 to stop lactation. After needling, moxibustion is applied to the points for ten minutes.

Liver qi stagnation may impair the smooth circulation of fluids resulting in their condensation into phlegm, or may transform into fire which scorches and condenses the body fluids leading to the formation of phlegm. Zulinqi GB-41 is indicated when phlegm and stagnant qi combine to form swelling and nodules in the neck, breast and axilla.

Finally, Zulinqi GB-41 is used for swelling and pain of the feet (especially the dorsum) and pain and contraction of the toes. According to Investigation into Points Along the Channels Zulinqi GB-41 is suitable for "all disorders of the feet".

CLASSICAL COMBINATIONS

- Internal eye obstruction: Zulinqi GB-41, Jingming BL-1, Tongziliao GB-1 and Hegu L.I.-4 (Great Compendium).
- Cold lacrimation: Zulinqi GB-41, Jingming BL-1, Fengchi GB-20 and Wangu SI-4 (Great Compendium).
- Lacrimation: Zulinqi GB-41, Baihui DU-20, Yemen SJ-2, Houxi SI-3, Qiangdu SI-2 and Ganshu BL-18 (Great Compendium).
- Deafness: Zulinqi GB-41, Jinmen BL-63 and Hegu L.I.-4 (Song of Points).
- Grinding of the teeth: Zulinqi GB-41 and Guangming GB-37 (Thousand Ducat Formulas).
- Swelling of the axilla: Zulinqi GB-41, Yangfu GB-38, Diwuhui GB-42, Weiyang BL-39, Shenmai BL-62 and Tianchi P-1 (Thousand Ducat Formulas).
- Swelling of the axilla: Zulinqi GB-41, Qiuxu GB-40 and Yangfu GB-38 (Great Compendium).
- Sabre lumps of the axilla: Zulinqi GB-41, Yuanye GB-22, Zhigou SJ-6 and Waiguan SJ-5 (Illustrated Supplement).
- Scrofula: Zulinqi GB-41, Shaohai HE-3, Tianchi P-1, Zhangmen LIV-13, Zhigou SJ-6, Yangfu GB-38, Jianjing GB-21 and Shousanli L.I.-10 (Great Compendium).
- Swelling of the supraclavicular fossa [Quepen ST-12]: Zulinqi GB-41, Shangyang L.I.-1 and Taixi KID-3 (Great Compendium).
- Heart pain: Zulinqi GB-41, Jueyinshu BL-14 and Shenmen HE-7 (Supplementing Life).
- Chest painful obstruction and Heart pain: Zulinqi GB-41 and Tianjing SJ-10 (Supplementing Life).
- Fullness of the chest: Zulinqi GB-41 and Yangjiao GB-35 (Supplementing Life).
- Fullness of the abdomen and lateral costal region: Zulinqi GB-41, Yanglingquan GB-34 and Shanglian L.I.-9 (Great Compendium).
- Swelling of the breasts in women: Zulinqi GB-41 and Shaoze SI-1 (Divine Moxibustion).
- Breast abscess: Zulinqi GB-41, Xiajuxu ST-39, Zusanli ST-36, Xiashi GB-43, Yuji LU-10, Weizhong BL-40 and Shaoze SI-1 (Great Compendium).
- Inhibited menstruation: Zulinqi GB-41, Sanyinjiao SP-6 and Zhongji REN-3 (Great Compendium).

- Pain of the hip with difficulty in walking and pain of the skin of the lateral aspect of the leg: Zulinqi GB-41 and Sanyinjiao SP-6 (Thousand Ducat Formulas).
- To stop lactation: Zulinqi GB-41 and Guangming GB-37.

LV-1 (*dà dūn*)大 *dà*: large, great, major敦 *dūn*: to pile up; a hill; thick

大敦

Large Pile

Location: On the dorsal lateral aspect of the distal phalanx of the great toe, one fen proximal to the lateral proximal corner of the toenail.

Features & Categories: Wood, Well-Jing point of the Liver Channel. Intersecting point of the Gall Bladder Channel of foot Shao Yang on the Liver Channel. Horary point.

Functions: Promotes smooth flow of Liver Qi; regulates menstruation; harmonizes Ying Qi (Nutritive Qi); regulates the Lower Jiao; resolves Damp Heat; returns Yang and restores consciousness; clears the Shen; frees the Channels; opens the Spirit portals.

Indications: Prolapsed uterus; painful hernia; metrorrhagia; irregular menstruation; enuresis; orchitis; hematuria, syncope.

GB-42 (*dì wǔ huì*)地 *dì*: earth, ground五 *wǔ*: five, fifth會 *huì*: to converge, to meet

地五會

Earth Fivefold Convergence

Location: On the dorsum of the foot between the fourth and fifth metatarsal bones, immediately proximal to the metatarso-phalangeal joints. The point is located in the depression just proximal to the heads of these bones, medial to tendon to the small toe of extensor digitorum longus muscle.

Functions: Clears the Liver and drains the Gall Bladder; brightens the eyes and benefits hearing.

Indications: Red and painful eyes; pain in the outer canthus; axillary swelling; inflammation of the dorsum of the foot; mastitis; pain and distension of the breast.

Supplementary Indications: Tinnitus; itching eye; spitting blood due to internal injury; lumbar pain.

CLASSICAL COMBINATIONS

- Pain and itching of the eyes: reduce Diwuhui GB-42 and Guangming GB-37 (Ode to Elucidate Mysteries).
- Swelling of the axilla: Diwuhui GB-42, Yangfu GB-38, Shenmai BL-62, Weiyang BL-39, Tianchi P-1 and Zulinqi GB-41 (Thousand Ducat Formulas).
- Breast abscess: Diwuhui GB-42 and Liangqiu ST-34 (Supplementing Life).

GB-43 (xiá xī)

俠 xiá: bold, generous

谿 (溪) xī: ravine, mountain stream gully

俠谿

Pinched Ravine

Location: On the dorsum of the foot between the fourth and fifth toes, distal to the metatarsophalangeal joints. The point is located approximately 5 fen posterior to the distal border of the webbing, between the bases of the proximal phalanges.

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

Functions: Clears Heat; resolves Damp Heat; extinguishes Wind; resolves Liver Yang Excess; relieves pain; benefits the ears.

Indications: Pain in the outer canthus; visual dizziness; vertigo; migraine headache; temporal headache; tinnitus; otitis media; pain in the cheek and submandibular region; swelling of the cheek; intercostal neuralgia; hypertension; pain in the lateral costal region; pain and distension in the breast; Heat diseases.

Supplementary Indications: Absence of sweating in Heat diseases; excess lacrimation; deafness; expectoration of blood; pain in the chest that prevents turning; mania; amenorrhoea; mastitis.

DEADMAN'S COMMENTARY

According to the Classic of Difficulties ying-spring points are indicated for 'heat in the body'. The Gall Bladder channel traverses the sides of the head, enters the ear and connects with the eye. Xiaxi GB-43, the ying-spring point of the Gall Bladder channel, is indicated for Liver and Gall Bladder heat which ascends along the channel to the head and gives rise to such symptoms as headache, dizziness, deafness, tinnitus, ear pain, redness and pain of the outer canthus and itching of the eyes. It is interesting to note, however, that although much used for one-sided headache in modern-day clinical practice, headache is not mentioned as an indication for this point in any of the major classical texts, although Xiaxi GB-43 does appear in point combinations for head wind.

Both the Gall Bladder fu and the Gall Bladder channel are prone to suffer from damp-heat. It is a general principle of the channels, most clearly seen on the leg yang channels, that the points close to the knee (especially the he-sea points) treat the internal fu, and the more distal points (especially the jing-well and ying-spring points) treat disorders of the channel. Whilst not applicable for damp-heat distressing the Gall Bladder fu, therefore, Xiaxi GB-43 as befits its distal location is an important point for damp-heat (usually in combination with qi stagnation) which congests the channel giving rise to swelling in various regions of the body. In the upper body it is indicated for swelling of the cheek or submandibular region. In the chest it is able to treat pain of the chest and lateral costal region, breast abscess and discharging breast abscess (reflecting both the pathway of the Gall Bladder sinew channel to the breasts and the close relationship between the Gall Bladder's coupled Liver channel and the breasts). In the lower body it may be used for dampness and heat which sink downwards and give rise to swelling of the knee, toes or dorsum of the foot, and damp erosion and cracking between the toes.

CLASSICAL COMBINATIONS

- Head wind: Xiaxi GB-43, Shangxing DU-23, Qianding DU-21, Baihui DU-20, Yanggu SI-5, Hegu L.I.-4, Guanchong SJ-1 and Kunlun BL-60 (Great Compendium).
- Impaired hearing and deafness: Xiaxi GB-43, Ermen SJ-21, Fengchi GB-20, Tinghui GB-2 and Tinggong SI-19 (Great Compendium).
- Pain of the submandibular region giving rise to tinnitus and difficult hearing: Xiaxi GB-43, Wangu SI-4, Yanggu SI-5, Jianzhen SI-9 and Zuqiaoyin GB-44 (Thousand Ducat Formulas).
- Swelling of the submandibular region with lockjaw: Xiaxi GB-43 and Yanggu SI-5 (One Hundred Symptoms).
- Swelling and sabre lumps of the axilla: Xiaxi GB-43, Yangfu GB-38 and Taichong LIV-3 (Thousand Ducat Formulas).
- Abscess, ulceration and swelling of the breast: Xiaxi GB-43 and Tianxi SP-18 (Thousand Ducat Formulas).
- Pain and hardness of the hypogastrium: Xiaxi GB-43 and Daimai GB-26 (Supplementing Life).
- Pain of the lateral aspect of the knee: Xiaxi GB-43 and Yanglingquan GB-34 (Thousand Ducat Formulas).
- The five types of haemorrhoids: Xiaxi GB-43, Weizhong BL-40, Chengshan BL-57, Feiyang BL-58, Yangfu GB-38, Fuliu KID-7, Taichong LIV-3, Qihai REN-6, Huiyin REN-1 and Changqiang DU-1 (Great Compendium).

GB-44 (*zú qiào yīn*)足 *zú*: foot, (lower) leg竅 *qiào*: portal, orifice陰 *yīn*: yin, the complement of yang

足竅陰

Foot Portal Yin

Location: On the dorsal lateral aspect of the distal phalanx of the 4th toe, 1 fen proximal to the lateral proximal corner of the toenail.

Features & Categories: Metal, Well-Jing point of the Gall Bladder channel.

Functions: Extinguishes Wind and frees the Liver and Gall Bladder; resolves Liver Yang Excess; clears Heat and drains Fire; calms the Shen; benefits the eyes; restores consciousness.

Indications: Unilateral headache; migraine headache; visual dizziness; conjunctivitis; dry, red and painful eyes; hypertension; tinnitus; lateral costal pain; intercostal neuralgia; excessive dreaming; insomnia; dream-disturbed sleep; agitation; stiffness of the tongue; Heat diseases; fainting; asthma; pleuritis; pleurisy.

Supplementary Indications: Cough; cramp in the limbs; eye pain; throat Bi; headache; vexation; dry curled tongue; deafness; menstrual disorders; pain and swelling of the dorsum of the foot; pain in the outer canthus.

DEADMAN'S COMMENTARY

The name of Zuqiaoyin GB-44 (Yin Portals of the Foot) 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, Zuqiaoyin GB-44 on the lower body mirrors Touqiaoyin GB-11 (Yin Portals of the Head) in the upper body.

Zuqiaoyin GB-44 is the jing-well, and therefore most distal, point of the Gall Bladder channel. According to the Spiritual Pivot "for diseases of the head select [points from] the feet". Zuqiaoyin GB-44 has long been cited by numerous classical sources for disorders due to Gall Bladder fire rising to disturb the head, or exterior wind-heat attacking the head, giving rise to symptoms such as headache, headache with agitation, sudden deafness, tinnitus, dizziness, swollen red and painful eyes and throat painful obstruction. As the terminal, and therefore most dynamic point of the channel, Zuqiaoyin GB-44 is especially indicated when these conditions are severe and acute.

The Classic of Difficulties states that jing-well points treat "fullness below the Heart". Whilst the region 'below the Heart' specifically refers to the apex of the epigastrium, like many of the jing-well points Zuqiaoyin GB-44 treats stagnation and fullness throughout the chest region. When Liver qi stagnates in the chest and lateral costal region there can be distention and pain. Zuqiaoyin GB-44 is the metal point of the Gall Bladder channel and its use was emphasised in classics such as the Systematic Classic of Acupuncture and Moxibustion and the Great Compendium of Acupuncture and Moxibustion for pain of the lateral costal region with cough and inability to catch the breath. These symptoms occur when Liver qi or Liver fire invade the Lung (wood insults metal).

The Gall Bladder divergent channel links with the Heart, and wood is the 'mother' of fire. Gall Bladder fire, therefore, may easily transmit to the Heart and disrupt the spirit (disease of the mother affecting the child). In common with many of the jing-well points, Zuqiaoyin GB-44 is effective to calm the spirit and like other jing-well points of the feet (e.g. Lidui ST-45 and Yinbai SP-1) to treat disorders of sleep such as insomnia and nightmares. In discussing Zuqiaoyin GB-44, the Investigation into Points Along the Channels said "[for] Gall Bladder heat somnolence reduce it, [for] Gall Bladder cold insomnia reinforce it".

Finally, unlike the majority of the jing-well points of the twelve channels, Zuqiaoyin GB-44 does not appear to be indicated in the major classics for restoring consciousness.

CLASSICAL COMBINATIONS

- Stabbing pain of the head with inability to move: Zuqiaoyin GB-44 and Qiangjian DU-18 (Thousand Ducat Formulas).
- Deafness: Zuqiaoyin GB-44 and Guanchong SJ-1 (Spiritual Pivot).
- Throat painful obstruction, curled tongue and dry mouth: Zuqiaoyin GB-44, Guanchong SJ-1 and Shaoze SI-1 (Thousand Ducat Formulas).
- Absence of sweating: Zuqiaoyin GB-44, Fuliu KID-7, Quze P-3, Yuji LU-10, Shaoze SI-1, Shangxing DU-23, Ququan LIV-8, Kunlun BL-60 and Xiaxi GB-43 (Great Compendium).
- Contraction and inability to extend the arm and elbow: Zuqiaoyin GB-44 and Shousanli L.I.-10 (Supplementing Life).

BL-19 (dǎn shū)膽 *dǎn*: gallbladder俞 *shū*: acupuncture point

膽俞

Gallbladder Shu

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

Features & Categories: back Associated-Shu, Transporting point of the Gall Bladder Fu.

Functions: Clears and drains Heat from the Liver and Gall Bladder; clears Gall Bladder Fire; resolves Damp Heat; harmonizes the Stomach; relaxes the diaphragm and regulates Qi; brightens the eyes.

Indications: Jaundice; hepatitis; cholecystitis; gastritis; bitter taste in the mouth; pain or soreness in the chest and lateral costal (hypochondriac) region; abdominal distension; hiccough; belching; nausea; vomiting; tidal fever; afternoon malar flush; pulmonary tuberculosis; tuberculosis of the lymph glands; fever and sweating due to tuberculosis; sciatica; disorders of the back.