

Wood Element: Liver Points II (from: Davis, 2000)

LV-4 (*zhōng fēng*)

中 *zhōng*: center, central

封 *fēng*: mound, heap; to seal, to block

中封

Mound Center

Location: On the medial aspect of the foot, approximately one cun anterior to the tip (medial prominence) of the medial malleolus. The point is located in the depression immediately medial (and posterior and inferior) to the tendon of tibialis anterior muscle.

LIV-4 (Zhong Feng) should be distinguished from SP-5 (Shang Qiu), which is in the depression midway between the tip of the medial malleolus and the medial tip of the navicular tuberosity. This places SP-5 (Shang Qiu) immediately anterior (and superior) to the tendon of tibialis posterior muscle.

Other aids to locating LIV-4 (Zhong Feng) include:

i) approximately 1.5 cun superior to KID-2 (Ran Gu), which is located in the depression immediately inferior to the navicular tuberosity.

ii) on a line drawn between SP-5 (Shang Qiu) and ST-41 (Jie Xi).

Features & Categories: Metal, River, Traversing-Jing point of the Liver Channel.

Functions: Spreads Liver Qi, especially in the Lower Jiao; frees the Connecting Vessels.

Indications: Hepatitis; cirrhosis; pain in the lower abdomen or genital region; nocturnal seminal emission; urinary retention; hernia; diseases of the ankle and surrounding soft tissues; distending pain in the lateral thoracic area and hypochondrium.

Supplementary Indications: Genital retraction into the lower abdomen and associated pain; urinary frequency, urgency, difficulty and incontinence; difficult urination; cystitis; Cold pain or swelling of the abdomen or scrotum, including hernia; lumbar pain; no pleasure in eating; genital pain; colic; jaundice with slight fever.

DEADMAN'S COMMENTARY

Zhongfeng LIV-4 is the jing-river point of the Liver channel. Like Dadun LIV-1, its main action is to regulate qi in the lower jiao portion of the Liver channel, specifically the genitals, the urinary system and the region around and below the umbilicus.

In the genital region Zhongfeng LIV-4 is indicated for hypogastric pain, pain and retraction of the genitals and shan disorder due to stagnation of Liver qi, traumatic injury or penetration of cold into the Liver channel. It is also indicated for various kinds of seminal emission. The Liver is entrusted with the ministerial fire, and the Liver channel dominates the genitals. Sexual desire, therefore, is a manifestation of the fire of both the Kidneys and the Liver. The ejaculatory function in men is dominated by the free flow of Liver qi, in the same way that it dominates the regularity of the menstrual cycle in women. Heat due to Liver fire, damp-heat in the Liver channel, or Liver and Kidney yin deficiency may agitate and disturb the 'gate of essence' leading to seminal emission. Zhongfeng LIV-4 is primarily indicated for seminal emission due to heat, but owing to its regulatory action on the genital region may be used in all patterns. Thus the Classic of Supplementing Life

recommended it for seminal emission with dreams (indicative of heat), whilst Sun Si-miao in the Thousand Ducat Formulas recommended it for seminal emission due to deficiency-taxation.

Normal excretion of urine depends mainly on the Kidneys and Bladder but is also assisted by the Liver's spreading function. Like all the more distal points of the channel, Zhongfeng LIV-4 is indicated for disorders such as difficult urination, painful urinary dysfunction and retention of urine, especially those characterised either by stagnation of qi, stagnant heat, or damp-heat in the Liver channel.

Liver qi stagnation can affect many different regions of the body. Zhongfeng LIV-4 focuses primarily on stagnation of qi in the lower abdominal region and is indicated for pain and swelling (especially in the umbilical region), discomfort after eating and difficulty in defecating. Its ability to treat Liver qi stagnation is not confined to the abdomen, however, and it has long been indicated for stagnation of qi in the chest region giving rise to excessive sighing. The Systematic Classic of Acupuncture and Moxibustion, for example, states that Zhongfeng LIV-4 is indicated for "sighing as if [the patient is] about to die".

Zhongfeng LIV-4 is also classically indicated for jaundice and malaria, especially when accompanied by low-grade fever, a clear reflection of the presence of damp-heat.

Finally Zhongfeng LIV-4 is indicated for inversion counterflow of the feet, a term identical in meaning to counterflow cold (refer Xingjian LIV-2). This kind of cold may be seen when heat is constrained on the interior, or when qi stagnation prevents the smooth flow of warming qi from reaching the extremities.

CLASSICAL COMBINATIONS

- Periumbilical pain: Zhongfeng LIV-4, Shuifen REN-9 and Shenque REN-8 (Supplementing Life).
 - Pain of the umbilical region: Zhongfeng LIV-4, Ququan LIV-8 and Shuifen REN-9 (Great Compendium).
 - Drum distention: Zhongfeng LIV-4, Fuliu KID-7, Gongsun SP-4, Taibai SP-3 and Shuifen REN-9 (Bronze Man).
 - Swelling of the throat with inability to swallow: Zhongfeng LIV-4, Qiangu SI-2 and Zhaohai KID-6 (Thousand Ducat Formulas).
 - Oesophageal constriction: Zhongfeng LIV-4 and Shentang BL-44 (Supplementing Life).
 - Jaundice with periodic low grade fever: Zhongfeng LIV-4 and Zuwuli LIV-10 (Thousand Ducat Formulas).
 - Difficulty in walking: apply moxa to Zhongfeng LIV-4 and Zusanli ST-36 (Golden Mirror).
 - Difficulty in walking: Zhongfeng LIV-4 and Taichong LIV-3 (Song More Precious Than Jade).
 - Inability to walk: Zhongfeng LIV-4, Taichong LIV-3 and Zusanli ST-36 (Ode of the Jade Dragon).
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SP-6 (*sān yīn jiāo*)三 *sān*: three陰 *yīn*: yin, the complement of yang交 *jiāo*: to intersect, join, meet, cross**三陰交*****Three Yin Intersection***

Location: On the medial aspect of the distal leg, 3 cun proximal to the tip (medial prominence) of the medial malleolus, immediately behind the posterior border of the tibia. The proportional distance between SP-9 (Yin Ling Quan) [or LIV-7 (Xi Guan)] and the tip of the medial malleolus is 13 cun. SP-6 (San Yin Jiao) is 2.5 fen distal to one quarter of the distance between these landmarks.

Features & Categories: Intersection point of the Kidney Channel of foot Shao Yin and the Liver Channel of foot Jue Yin on the Spleen Channel; one of the nine needles for returning Yang. Group Luo-Connecting point of the three Yin Meridians of the lower limb.

Functions: Strengthens the Spleen and resolves Damp; helps movement and transformation; moves Blood and frees Qi stagnation; promotes and spreads Liver Qi; enhances the Lower Jiao; benefits the Kidneys; regulates the Uterus and the palace of Jing; nourishes Blood and Yin; dispels Wind Damp from the Channels and Connecting Vessels.

Indications: Rumbling intestines; abdominal distention or pain; thin stool with untransformed digestate; irregular menses; metrorrhagia; vaginal discharge; leukorrhea; prolapse of the uterus; amenorrhea; nonconception; difficult labor; nocturnal seminal emission; genital pain; hernia; inhibited or difficult urination; enuresis; incontinence; muscular atrophy; loss of locomotive ability of the lower extremities; insomnia; hemiplegia; neurasthenia; neurodermatitis; eczema; urticaria.

LV-5 (*lǐ gōu*)蠡 *lǐ*: a wood-boring worm; a gourd; *lí*: ladle溝 *gōu*: canal, ditch, channel**蠡溝*****Woodworm Canal***

Location: On the medial aspect of the leg, five cun superior to the tip (medial prominence) of the medial malleolus, at the medial posterior border of the tibia. The Liver Meridian lies 5 fen anterior to the Spleen Meridian at this location.

The proportional distance between LIV-7 (Xi Guan) and the tip of the medial malleolus is 13 cun. LIV-5 (Li Gou) is therefore located 1.5 cun distal to midpoint between these landmarks. LIV-7 (Xi Guan) is located 1 cun posterior to SP-9 (Yin Ling Quan), approximately level with the tibial tuberosity. LIV-5 (Li Gou) lies directly anterior to KID-9 (Zhu Bin).

Features & Categories: Connecting-Luo point of the Liver Channel, connecting with the Gall Bladder Channel of foot Shao Yang.

Functions: Promotes smooth flow of Liver Qi; benefits and regulates Qi; clears the Channels; frees and resolves Damp Heat.

Indications: Irregular menstruation; dysmenorrhea; endometritis; enuresis; retention of urination; difficult urination; hernia; orchitis; sexual dysfunction; impotence; pelvic inflammatory disease; aching and pain in the leg.

Supplementary Indications: Scant, irregular or abnormal uterine bleeding; testicular pain and swelling; frequent erection; aching and cold in the feet and lower leg; lumbar pain; frequent belching; Cold swelling and pain in the lower abdomen or genitals; white vaginal discharge; vaginal protrusion; pruritis vulvae; prolapsed uterus.

DEADMAN'S COMMENTARY

According to the Spiritual Pivot "The Liver governs the sinews", whilst the Essential Questions says "The genitals are the gathering place of the sinews". The Liver primary channel encircles the genitals, and the Liver sinew channel and the Liver luo-connecting channel from Ligou LIV-5 ascend to the genitals.

Ligou LIV-5, the luo-connecting point of the Liver channel, is a major point for treating diseases of this area and is indicated for itching, swelling and pain of the genitals and sudden pain and swelling of the testicles due to both Liver qi stagnation and damp-heat in the Liver channel. Ligou LIV-5 is also indicated for incessant erection (priapism). The Liver belongs to wood and spring, which manifest the energy of growth, spreading and ascending, and is entrusted with ministerial (ming men) fire which has its source in the Kidneys. Normal erection is dependent both on the flourishing of the Kidneys and harmony of the Liver. Incessant erection may arise either in the springtime of adolescence, when the Kidney essence becomes abundant and the Liver is exuberant, in which case it may be embarrassing but is not considered abnormal, or when pathological flaring of Liver fire agitates and inflames the penis, in which case it is a pathological and distressing condition. Ligou LIV-5 is one of the few points especially indicated for this disorder.

The ability of Ligou LIV-5 to clear Liver qi stagnation and damp-heat extends to the lower jiao as a whole, and it is indicated for red and white leucorrhoea, shan disorder, distention of the lower abdomen, qi accumulation below the umbilicus like a stone, prolapse of the uterus, difficult urination and retention of urine.

In common with many of the luo-connecting points, especially of the yin channels, Ligou LIV-5 treats a variety of psycho-emotional disorders. The Liver channel ascends to the throat and according to a number of classics, including the Great Compendium of Acupuncture and Moxibustion Ligou LIV-5 is indicated for " ... worry and oppression, stuffiness in the throat as if [obstructed by] a polyp". This refers to what is more commonly known in Chinese medicine as plumstone qi (globus hystericus), a sensation of physical obstruction that fluctuates according to a person's mood. Plumstone qi is most commonly due to stagnation of Liver qi and accumulation of phlegm. Ligou LIV-5 is further indicated for depression, fright palpitations and fear and fright, these latter indications reflecting the statement in the Spiritual Pivot "when Liver qi is deficient there is fear".

The Liver stores the blood, and the smooth flow of blood depends on the free-flowing of Liver qi. The Liver therefore has a close relationship to the menstrual cycle and Ligou LIV-5 is able to treat menstrual disorders such as dysmenorrhoea and irregular menstruation due to qi stagnation or blood stasis. Due to its ability to treat depression, it is especially indicated when this symptom accompanies menstrual disorders.

The Liver has the functions of both spreading the qi and nourishing the sinews. It is interesting to note that in common with several other points of the Liver channel, Ligou LIV-5 is indicated for

inflexibility and pain of the lumbar region, reflecting the clinical importance of Liver pathology (see Xingjian LIV-2) in some disorders of this area.

Finally the Great Compendium of Acupuncture and Moxibustion gives specific indications for excess and deficiency of the luo-connecting points. In the case of Ligou LIV-5, these are persistent erection (excess); sudden itching of the genitals (deficiency).

CLASSICAL COMBINATIONS

- Difficult urination and seminal emission: Ligou LIV-5, Lougu SP-7, Zhongji REN-3, Chengfu BL-36 and Zhiyin BL-67 (Supplementing Life).
- Irregular menstruation: Ligou LIV-5 and Yinbao LIV-9 (Supplementing Life).
- Qi [stagnation] in the throat as if [obstructed by] a polyp: Ligou LIV-5 and Shaofu HE-8 (Thousand Ducat Formulas).
- Fright palpitations with diminished qi: Ligou LIV-5, Shenmen HE-7 and Jueque REN-14 (Supplementing Life).
- Swelling of the lower abdomen: Ligou LIV-5, Jingmen GB-25 and Zhongfeng LIV-4 (Supplementing Life).

LIV-6 (*zhōng dū*)

中 *zhōng*: center, middle, central
都 *dū*: metropolis, capital, market

中都

Central Metropolis

Location: On the medial aspect of the leg, seven cun superior to the tip (medial prominence) of the medial malleolus, at the medial posterior border of the tibia. The Liver Meridian lies 5 fen anterior to the Spleen Meridian at this location. LIV-6 (Zhong Du) is located 5 fen proximal to midpoint between LIV-7 (Xi Guan) and the tip of the medial malleolus.

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

Functions: Frees the Channels and Connecting Vessels; regulates Qi and Blood; promotes smooth flow of Liver Qi; relieves pain.

Indications: Metrorrhagia; hernia; acute hepatitis; paralysis of the lower limb.

Supplementary Indications: Profuse uterine bleeding; abdominal pain; pain in the hypochondrium; prolonged discharge of lochia; cold in the lower leg; Damp Bi with an inability to walk; fulminant pain of the genitalia; diarrhea.

DEADMAN'S COMMENTARY

Zhongdu LIV-6 is the xi-cleft point of the Liver 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, whilst the xi-cleft points of the yin channels have an additional action of treating disorders of blood. Despite the status of Zhongdu LIV-6 as a xi-cleft point, however, other than treating persistent flow of lochia and uterine bleeding it has relatively few indications of this kind.

The Classic of the Jade Dragon recommends Zhongdu LIV-6 for numbness of the body and numbness of the hands and feet, the Investigation into Points Along the Channels for flaccidity and

emaciation of the legs, and the Thousand Ducat Formulas for heat in the soles, which together reflect a clinical picture of atrophy disorder due to damp-heat. In modern clinical practice, however, Zhongdu LIV-6 is rarely used, and from the paucity of classical combinations for this point it seems that this has always been the case.

CLASSICAL COMBINATIONS

- Oedema of the four limbs: Zhongdu LIV-6, Hegu L.I.-4, Quchi L.I.-11, Zhongzhu SJ-3, Yemen SJ-2, Xingjian LIV-2, Neiting ST-44, Sanyinjiao SP-6 and Yinlingquan SP-9 (Great Compendium).
- Cold-damp shan disorder: Zhongdu LIV-6, Daju ST-27 and Diji SP-8 (Systematic Classic).

LV-7 (*xī guān*)

膝 *xī*: knee

關 *guān*: joint; gate, pass, passageway

膝關

Knee Joint

Location: On the medial aspect of the proximal leg, 1 cun posterior to SP-9 (Yin Ling Quan), at the approximate level of the tibial tuberosity. SP-9 (Yin Ling Quan) is located at the posterior border of the tibia in the depression inferior to the medial condyle of the tibia, at the point where the tibial shaft begins to flare into the medial tibial condyle. It is often tender upon firm palpation.

Functions: Frees the Channels and Connecting Vessels; disinhibits the joints; dispels Wind and relieves pain, numbness and stiffness.

Indications: Medial knee pain, strong recurrent headaches, arthritis of the knee.

Supplementary Indications: Pain in the medial aspect of the knee causing an inability to flex or extend the leg; lower abdominal pain accompanied by pharyngeal pain; Wind Bi; gout; tonsillitis.

CLASSICAL COMBINATIONS

- Disorders of the knee and below the knee: moxa Xiguan LIV-7, Dubi ST-35, Zusanli ST-36 and Yanglingquan GB-34 (Supplementing Life).
- Redness, swelling and pain of the knees: Xiguan LIV-7, Weizhong BL-40, Zusanli ST-36 and Yinshi ST-33 (Great Compendium).
- Redness, swelling and pain of the knees with inability to walk: Xiguan LIV-7 and Xiyan (M-LE-16) (Song of the Jade Dragon).
- Pain of the medial aspect of the knee: Xiguan LIV-7 and Ququan LIV-8 (Supplementing Life).

LV-8 (*qū quán*)

曲 *qū*: bend, curve, curved

泉 *quán*: spring, water source

曲泉

Spring at the Bend

Location: On the medial aspect of the knee, at the level of the popliteal crease. This is at the same level as the joint line of the knee. The point is located in the depression anterior to the tendons of semimembranosus and semitendinosus muscles and is readily located with the knee slightly flexed.

Features & Categories: Water, Sea, Uniting-He point of the Liver Channel.

Functions: Clears and cools Damp Heat; benefits the Bladder; drains Liver Fire; frees the Lower Jiao; soothes the Sinews (Muscle Tendino Meridians) and quickens the Connecting Vessels; nourishes Liver Blood.

Indications: Prolapse of the uterus; dyemenorrhea; lower abdominal pain; hernia; urinary retention; genital itch; vaginitis; prostatitis; nocturnal seminal emission; genital pain; pruritis vulvae; nephritis; pain in the knee and medial aspect of the upper leg; fright mania.

Supplementary Indications: Swelling and itching of the genitalia; impotence; difficult urination; female Blood conglomeration; genital eczema; Blood block infertility; no pleasure in eating; thin stool diarrhea; dysentry.

DEADMAN'S COMMENTARY

Ququan LIV-8 is the he-sea and water point of the Liver channel. The he-sea points of the three leg yin channels, all water points, share the common property of draining dampness and damp-heat from the lower jiao. Yingu KID-10 predominantly clears damp-heat from the urogenital system (dominated by the Kidneys) whilst Yinlingquan SP-9, by virtue of the intimate relationship between the Spleen and dampness, is able to treat all dampness disorders of the lower jiao. Because of the close relationship between the Liver channel and the genitals, Ququan LIV-8 primarily drains Liver damp-heat sinking down to this region.

Liver damp-heat may be due to

- i. the combination of Liver stagnant heat and Spleen dampness,
- ii. invasion of exterior damp-heat, or
- iii. excessive consumption of greasy food and alcohol.

When damp-heat pours into the Liver channel it may give rise to genital itching, swelling and pain. If damp-heat agitates the 'gate of essence' there may be seminal emission. The Liver dominates the sinews, and according to the Essential Questions "The genitals are the gathering place of the sinews". If damp-heat sinks to the genital region it can cause impotence due to flaccidity, in much the same way that damp-heat may cause atrophy disorder. Ququan LIV-8 is primarily indicated for these excess kinds of seminal emission and impotence, but in view of its secondary action of nourishing the Liver (see below), may be used in cases of deficiency, for example the Great Compendium of Acupuncture and Moxibustion recommends Ququan LIV-8 for seminal emission associated with sexual taxation.

The damp-heat draining action of Ququan LIV-8 extends to the Bladder (difficult urination or retention of urine), and the intestines (diarrhoea containing undigested food as well as diarrhoea containing blood and pus).

The Liver stores the blood which flows into the Conception and Penetrating vessels and thence the uterus to become menstrual blood, and its qi is responsible for the smooth flow of menstruation. When Liver qi stagnates, therefore, menstrual blood may also stagnate. Ququan LIV-8 is indicated in various classical sources for blood stasis in the uterus giving rise to infertility, abdominal masses and amenorrhoea. Clinically the combination of damp-heat and blood stasis is frequently encountered in gynaecological disorders, since stagnant blood may generate heat whilst the presence of damp-heat may obstruct blood. The action of Ququan LIV-8 on both these pathogenic factors renders it

particularly suited to treating such dual disharmony. Uterine prolapse predominantly results from qi deficiency or damp-heat, and Ququan LIV-8 is particularly indicated for the latter.

As the water point of the Liver channel, Ququan LIV-8 links the Liver with its 'mother' the Kidneys. It therefore has a secondary function of both 'generating water to submerge wood' and nourishing the Liver yin and blood. It can be used to help subdue Liver yang in cases of headache and visual dizziness, and to nourish yin and blood in menstrual disorders. It should be said that the degree to which Ququan LIV-8 is considered an important point for nourishing the Liver varies considerably among different practitioners. An examination of its traditional indications and combinations, however, reveals that historically it has primarily been used for excess patterns. Finally Ququan LIV-8 is used for local disorders and is indicated for swelling, pain and coldness of the knee joint and surrounding area.

CLASSICAL COMBINATIONS

- Itching of the genitals: Ququan LIV-8 and Yinjiao REN-7 (Supplementing Life).
- Retention of urine and pain of the penis: Ququan LIV-8 and Xingjian LIV-2 (Supplementing Life).
- Seminal emission: Ququan LIV-8, Zhiyin BL-67 and Zhongji REN-3 (Supplementing Life).
- Seminal emission with dreams: Ququan LIV-8 [one hundred cones of moxa], Zhongfeng LIV-4, Taichong LIV-3, Zhiyin BL-67, Geshu BL-17, Pishu BL-20, Sanyinjiao SP-6, Shenshu BL-23, Guanyuan REN-4 and Sanjiaoshu BL-22 (Great Compendium).
- Uterine prolapse: Ququan LIV-8, Shuiquan KID-5, Zhaohai KID-6 and Shenmai BL-62 (Supplementing Life).
- Uterine prolapse: Ququan LIV-8, Zhaohai KID-6 and Dadun LIV-1 (Great Compendium).
- Uterine prolapse: Ququan LIV-8, Taichong LIV-3, Zhaohai KID-6 and Shaofu HE-8 (Great Compendium).
- Lower abdominal pain from the seven kinds of shan disorder: Ququan LIV-8, Zhaohai KID-6 and Sanyinjiao SP-6 (Ode of Xi-hong).
- Pain of the umbilical region: Ququan LIV-8, Zhongfeng LIV-4 and Shuifen REN-9 (Great Compendium).
- Diarrhoea with thin stools, dysenteric disorder with blood in the stools: Ququan LIV-8 and Taichong LIV-3 (Thousand Ducat Formulas).
- Headache and dizziness: Ququan LIV-8, Kunlun BL-60, Feiyang BL-58, Qianggu SI-2, Shaoze SI-1 and Tongli HE-5 (Thousand Ducat Formulas).
- All wind, painful obstruction, atrophy and inversion diseases: Ququan LIV-8 and Dazhu BL-11 (Song to Keep Up Your Sleeve).
- Pain of the medial aspect of the knee: Ququan LIV-8 and Xiguan LIV-7 (Supplementing Life).
- Contraction of the sinews and difficulty in flexing and extending the knee, with inability to walk: Ququan LIV-8, Liangqiu ST-34 and Xiyangguan GB-33 (Thousand Ducat Formulas).

LV-9 (yīn bāo)

陰 yīn: yin, the complement of yang
包 bāo: to wrap, to envelope; bag, sack

陰包

Yin Bladder

Location: On the medial aspect of the thigh, four cun proximal to the upper border of the medial epicondyle of the femur, between the muscles sartorius and vastus medialis. [An alternative location is between muscles sartorius and gracilis]. The appropriate landmark to use is the adductor tubercle of the femur (this is the attachment of adductor magnus muscle). The proportional distance between the superior border of the pubic symphysis and the adductor tubercle is 18 cun. The point is located 5 fen distal to one quarter of the distance between these landmarks, with the patient supine.

Functions: Promotes smooth flow of Liver Qi; regulates Qi; adjusts Chong and Ren Mai; clears and frees the Lower Jiao.

Indications: Irregular menstruation; retention of urine; enuresis; lumbosacral pain, possibly referring to the lower abdomen.

Supplementary Indications: Urinary incontinence; lumbar pain accompanied by lower abdominal swelling.

CLASSICAL COMBINATIONS

- Irregular menstruation: Yinbao LIV-9 and Ligou LIV-5 (Supplementing Life).

LV-10 (zú wǔ lǐ)

足 zú: foot, (lower) leg
五 wǔ: five, fifth
里 lǐ: a measure of distance (360 paces); village

足五里

Foot Five Li

Location: On the anterior proximal thigh three cun distal to ST-30 (Qi Chong). The point is on the lateral border of adductor longus muscle, which places it on the medial boundary of the femoral triangle in the inguinal region. ST-30 (Qi Chong) is located 2 cun lateral to REN-2 (Qu Gu), superior to the pubic bone. This is medial to the femoral nerve and vessels. Proportional measurements are appropriate for locating LIV-10 (Zu Wu Li). The patient should be supine.

Functions: Soothes the Sinews and quickens the Connecting Vessels; clears and frees Lower Jiao Damp Heat; benefits the Bladder.

Indications: Lower abdominal distention and fullness; retention of urine; lassitude; incontinence; scrotal eczema; urinary tract infection; pain of the medial thigh.

Supplementary Indications: Enduring Wind patterns causing stress; cough; respiratory difficulty.

CLASSICAL COMBINATIONS

- Somnolence with no desire to move the four limbs: Zuwuli LIV-10, Sanyangluo SJ-8, Tianjing SJ-10, Lidui ST-45 and Sanjian L.I.-3 (Thousand Ducat Formulas).
- Jaundice with periodic low grade fever: Zuwuli LIV-10 and Zhongfeng LIV-4 (Thousand Ducat Formulas).

LV-11 (*yīn lián*)陰 *yīn*: yin, the complement of yang廉 *lián*: angle, corner, side, ridge

陰廉

Yin Corner

Location: On the anterior proximal thigh two cun distal to ST-30 (Qi Chong). The point is on the lateral border of adductor longus muscle, which places it on the medial boundary of the femoral triangle in the inguinal region. ST-30 (Qi Chong) is located 2 cun lateral to REN-2 (Qu Gu), superior to the pubic bone. This is medial to the femoral nerve and vessels.

Functions: Soothes the Sinews and quickens the Connecting Vessels; regulates Chong and Ren Mai.

Indications: Irregular menstruation; leukorrhea; pain or cramp in the thigh or leg; lower abdominal pain; pelvic itching; hernia.

DEADMAN'S COMMENTARY

Many classical texts recommend moxibustion at this point for the treatment of infertility. For example: burn 3 moxa cones at this point for infertility in women who have never had children (Great Compendium).

SP-12 (*chōng mén*)沖 (衝) *chōng*: surge, dash, flush, rinse; thoroughfare, hub門 *mén*: gate, door

沖門

Surging Gate

Location: At the lateral end of the inguinal groove, 3.5 cun lateral to Ren Mai point REN-2 (Qu Gu). The point is lateral to the femoral nerve and vessels.

Features & Categories: Intersection point of the Liver Channel of foot Jue Yin and Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Rectifies flow of Qi; clears Heat and resolves Damp; tonifies Yin.

Indications: Abdominal pain; painful hernia; urinary retention; endometritis; orchitis.

SP-13 (*fǔ shè*)府 *fǔ*: mansion, residence; (ancient: 腑 *fǔ*, bowel)舍 *shè*: house, abode

府舍

Bowel Abode

Location: At the lateral end of the inguinal groove, 7 fen superio-lateral to SP-12 (Chong Men), 4 cun lateral to the anterior midline.

Features & Categories: Intersection point of the Liver Channel of foot Jue Yin and Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Regulates flow of Qi; soothes the Liver and relieves pain.

Indications: Abdominal pain; painful hernia; glomus; appendicitis; inguinal lymphadenitis; adnexitis.

LV-12 (jí mài)

急 jí: urgent, hasty; anxious; acute
脈 mài (mò): vessel; pulse

急脈

Urgent Pulse

Location: In the inguinal groove, 2.5 cun lateral to the anterior midline and approximately one cun distal to the level of ST-30 (Qi Chong). The femoral nerve and vessels lie deep to this point.

Functions: Frees the Channels and dissipates Cold.

Indications: Pain in the external genitalia; hernia; lower abdominal pain, orchitis; eczema of genital region.

Supplementary Indications: Pain in the penis; pain or swelling of the abdomen or scrotum; prolapse of the uterus; pain in the lower abdomen.

DEADMAN'S COMMENTARY

Jimai (Yin Corner) LIV-12 was first mentioned in the Essential Questions. It was not discussed however in either the Systematic Classic of Acupuncture and Moxibustion nor the Great Compendium of Acupuncture and Moxibustion which refer to the "thirteen points of the Liver channel".

CV-2 (qū gǔ)

曲 qū: curved, bent
骨 gǔ: bone

曲骨

Curved Bone

Location: On the anterior midline of the lower abdomen, in the depression immediately superior to the pubic symphysis. Deep needling at this point should be avoided due to the proximity of the urinary bladder. KID-11 (Heng Gu) is located 5 fen lateral to REN-2 (Qu Gu), ST-30 (Qi Chong) is 2 cun lateral.

Features & Categories: Intersection point of the Liver Channel of foot Jue Yin on Ren Mai.

Functions: Warms Yang and tonifies the Kidneys; regulates menstruation and stops vaginal discharge.

Indications: Seminal emission; impotence; orchitis; irregular menstruation; vaginal discharge; leukorrhoea; dysmenorrhoea; uterine prolapse; cystitis; urinary retention; enuresis; hernia.

CV-3 (zhōng jí)

中 zhōng: center, central
極 jí: pole (as in polar opposites), extreme

中極

Central Pole

Location: On the anterior midline of the lower abdomen, one cun superior to REN-2 (Qu Gu). The proportional distance between the middle of the umbilicus (REN-8, Shen Que) and the superior border of the pubic symphysis (REN-2, Qu Gu) is 5 cun. REN-3 (Zhong Ji) is located one fifth of the distance between these landmarks. KID-12 (Da He) is located 5 fen lateral to REN-3 (Zhong Ji), ST-29 (Gui Lai) is 2 cun lateral.

Features & Categories: Front Alarm-Mu, Collecting point of the Urinary Bladder Fu.

Intersection point of the Kidney Channel of foot Shao Yin, Spleen Channel of foot Tai Yin and Liver Channel of foot Jue Yin on Ren Mai.

Functions: Regulates the Uterus; warms the palace of Jing; frees the Urinary Bladder; rectifies the lower Jiao; resolves Damp Heat; clears Heat; supports the transforming functions of Qi in the lower Jiao.

Indications: Nocturnal seminal emission; impotence; premature ejaculation; enuresis; urinary retention; urinary frequency; urethritis; interrupted urinary flow; all urinary problems (especially acute); lower abdominal pain; irregular menstruation; metrorrhagia; dysmenorrhoea; vaginal discharge; leukorrhoea; prolapse of the uterus; infertility; genital pain; genital itch; vaginitis; gonorrhoea; nephritis; peritonitis; sciatica.

CV-4 (*guān yuán*)

關 *guān*: pass, passageway, gate; critical juncture;
to lock in

原 *yuán*: origin, original, source

關原

Origin Pass

Location: On the anterior midline of the lower abdomen, 3 cun below the umbilicus. The proportional distance between the middle of the umbilicus and the superior border of the pubic symphysis is 5 cun. The point lies 3 cun inferior to REN-8 (Shen Que), and 2 cun superior to REN-2 (Qu Gu). KID-13 (Xi Xue) is located 5 fen lateral to REN-4 (Guan Yuan), ST-28 (Shui Dao) is 2 cun lateral.

Features & Categories: Front Alarm-Mu, Collecting point of the Small Intestine Fu. Intersection point of the Kidney Channel of foot Shao Yin, Spleen Channel of foot Tai Yin and Liver Channel of foot Jue Yin on Ren Mai.

Functions: Nourishes and tonifies the Kidneys; supplements Qi and strengthens Yang; warms and regulates the Uterus and the palace of Jing; nourishes Blood and Yin; dispels Cold Damp and eliminates Cold in the genitals; separates the Clear and the Turbid; benefits Yuan Qi and dispels Pathogens; strengthens the lower Jiao; safeguards health and prevents disease; calms the Shen.

Indications: Nocturnal seminal emission; enuresis; urinary frequency; urinary retention; urinary tract infections; irregular or painful menstruation, amenorrhoea and other menstrual disorders; vaginal discharge; leukorrhoea; scant metrorrhagia; functional uterine bleeding; prolapse of the uterus; postpartum hemorrhage; hernia; lower abdominal pain; indigestion; diarrhea; dysentery; prolapse of the rectum; Wind Deficiency patterns; impotence; peritonitis; nephritis; anxiety; vague fearfulness.

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.

Supplementary Indications: Cold strike diarrhea; diarrhea due to Cold in the Middle Jiao; copious urine and white turbid urethral discharge; cold and pain in the back and lumbar region; pain in the lateral costal region; fullness in the chest and lateral costal region; all types of accumulations, gatherings, and lumps of the abdomen or chest; oedema; yellowing of the body and marked emaciation; Heat vexation with no pleasure in eating; dyspnea; cardiac pain and retching; irascibility; diminished Qi inversion patterns; inability to raise the arms and shoulders; scrofula; twitching of the body; foetal pressure causing an inability to urinate; enduring jaundice developing into black jaundice; yellowing of the body with darkening of the forehead.

DEADMAN'S COMMENTARY

Zhangmen LIV-13, located midway between the middle and lower jiao, is both a point of the Liver channel and the front-mu point of the Spleen. 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. Zhangmen LIV-13 is therefore an important point to harmonise the relationship both between the Liver and Spleen, and between the middle and lower jiao, with the emphasis on disorders of the abdomen and intestines.

According to Standards of Patterns and Treatments "The essence of the five zang is all transported from the Spleen". As the origin of the post-natal qi, the Spleen and Stomach are considered to play a central role among the zangfu, transforming and distributing the essence of food and drink throughout the body. For this reason, the Spleen may be said to dominate the zang and the Stomach the fu. The close relationship of Zhangmen LIV-13 to the Spleen, therefore, is further reflected in its status as the hui-meeting point of the zang, in the same way that Zhongwan REN-12, the front-mu point of the Stomach, is also the hut-meeting point of the fu.

The Liver tends to excess patterns and the Spleen to deficiency. Liver-Spleen disharmony may originate either from the Liver, when qi stagnation aggressively invades, obstructs and suppresses the transportation and transformation function of the Spleen, or from the Spleen, when Spleen qi deficiency is unable to resist the encroachment of exuberant Liver qi. This process is reflected in the saying "Anger is hard and the zangfu are soft; what is hard easily injures what is soft" and by Zhang Jing-yue's observation "If anger occurs during or after eating it injures the Stomach and Spleen". The origin of Liver-Spleen disharmony, therefore, may be either an excess condition of the Liver or a deficient condition of the Spleen, or a combination of the two. One characteristic of this disharmony

is the fluctuation in severity of symptoms with changes in the emotional state, and the tendency for either Liver qi stagnation or Spleen deficiency to predominate at different times. Zhangmen LIV-13, which is able both to regulate the Liver qi and to tonify the Spleen, is the main point on the abdomen to treat all gradations of Liver-Spleen disharmony giving rise to symptoms such as propensity to anger, distention and pain of the abdomen, borborygmus, diarrhoea and loss of appetite.

Diarrhoea due to Liver-Spleen disharmony is distinguished by two main characteristics. The first is that the diarrhoea is often preceded by distention and pain, both of which are relieved after passing stools. The second is that the diarrhoea frequently alternates with constipation, for which this point is also indicated. This pattern is frequently encountered in irritable bowel syndrome and premenstrual bowel disorders.

Zhangmen LIV-13 may also be used for Spleen disharmony without Liver complications, or Liver disharmony without Spleen complications. Through its action of fortifying the Spleen, it is indicated for weariness of the limbs, emaciation, injury to the Stomach and Spleen from over-indulgence in eating, and diarrhoea containing undigested food. By resolving Liver qi stagnation it is able to treat oesophageal constriction, fullness of the chest, focal distention, pain of the lateral costal region and constipation.

If Liver qi stagnation leads to stasis of blood, there may be abdominal masses and (in terms of western medicine) enlargement of the liver and/or spleen. If Liver qi stagnation transforms to fire, there may be agitation and heat with a dry mouth, mad walking and propensity to anger. If the Liver is deficient, there will be propensity to fear. If Liver qi invades the Stomach or Lung, and impairs their descending function, there will be vomiting, cough or dyspnoea. Through its dual action on the Liver and Spleen, Zhangmen LIV-13 is also able to drain dampness or damp-heat from the middle and lower jiao with such symptoms as jaundice and frequent urination with turbid white discharge.

The Liver channel is interiorly-exteriorly coupled with the Gall Bladder channel which controls the sides of the body and facilitates turning and bending. Zhangmen LIV-13, a meeting point of the Liver and Gall Bladder channels, is located close to the waist and lumbar region and is indicated for rigidity of the spine, lumbar pain and inability to turn and bend the waist. The Great Compendium of Acupuncture and Moxibustion recommends Zhangmen LIV-13 for cold and pain of the lumbar spine, whilst Sun Si-miao in the Thousand Ducat Formulas is more specific and recommends it for cold and painful lumbar spine in men.

Finally, Zhangmen LIV-13 is indicated for the pattern of running piglet qi arising from severe stagnation of qi. According to the Essentials From the Golden Cabinet "Running piglet disorder arises from the lower abdomen; it rushes up to the throat with such ferocity that the patient feels he is close to death. It attacks and then remits. It is brought about by fear and fright". Running piglet qi primarily arises when stagnant Liver qi transforms to heat, or when Kidney yang deficiency leads to accumulation of cold in the lower jiao. In both cases, qi is violently discharged and rushes upwards along the Penetrating vessel. In clinical practice, running piglet qi may be encountered in a number of variants, all involving a rushing sensation, usually upwards, along the trunk, back or limbs. It is usually accompanied by feelings of intense anxiety.

CLASSICAL COMBINATIONS

- Invasion by cold or damp (dong) diarrhoea containing undigested food: Zhangmen LIV-13 and Shenshu BL-23 (Thousand Ducat Formulas).
- Borborygmus, abdominal distention and watery diarrhoea: Zhangmen LIV-13, Sanjiaoshu BL-22, Xiaochangshu BL-27, Xialiao BL-34 and Yishe BL-49 (Thousand Ducat Formulas).
- Vomiting: Zhangmen LIV-13, Zhongwan REN-12 and Gesu BL-17 (Thousand Ducat Formulas).
- Constipation: Zhangmen LIV-13, Taibai SP-3 and Zhaohai KID-6 (Great Compendium).
- Constipation: Zhangmen LIV-13, Taibai SP-3, Zhaohai KID-6 and Zhigou SJ-6 (Great Compendium).
- Pain of the lateral costal region: Zhangmen LIV-13 and Danshu BL-19 (Thousand Ducat Formulas).
- Pain of the lateral costal region: Zhangmen LIV-13, Gongsun SP-4, Zhigou SJ-6 and Yanglingquan GB-34 (Complete Collection).
- Pain of the lateral costal region: Zhangmen LIV-13, Zhigou SJ-6 and Waiguan SJ-5 (Great Compendium).
- Stone oedema of the upper abdomen: moxa Zhangmen LIV-13, Qichong ST-30, Rangu KID-2 and Siman KID-14 (Thousand Ducat Formulas).
- Running piglet qi: Zhangmen LIV-13, Shimen REN-5 and Sanyinjiao SP-6 (Thousand Ducat Formulas).
- Insomnia: Zhangmen LIV-13 and Qichong ST-30 (Supplementing Life).
- Rigidity of the lumbar spine with inability to turn: Zhangmen LIV-13 and Ciliao BL-32 (Supplementing Life).

LV-14 (qí mén)

期 qí: period, cycle; one hundred years; expect; one year
門 mén: gate, door

期門

Cycle Gate

Location: On the anterior chest in the 6th intercostal space, approximately 4 cun lateral to the Ren Mai. The point is on the mamillary line, one intercostal space above GB-24 (Ri Yue). On males this is usually directly inferior to the nipple. There is considerable variation in thoracic wall anatomy between individuals, which means that differences may be found in the distance this point is located from the midline.

Features & Categories: front Alarm-Mu, Collecting point of the Liver, intersection point of the Spleen Channel of foot Tai Yin and Yin Wei Mai (Yin linking Vessel) on the Liver Channel.

Functions: Transforms and resolves Stagnant Blood; dispels pathogens and Heat from the Blood and Uterus; transforms Phlegm and disperses stasis; calms the Liver and spreads Qi; benefits the Stomach.

Indications: Pain in the chest and lateral costal region; intercostal neuralgia; hepatitis; enlarged liver; cirrhosis; cholecystitis; abdominal distention; thoracic fullness; pleurisy; mastitis; myocarditis; vomiting; hiccough; nervous dysfunction of the stomach; acid regurgitation.

Supplementary Indications: Heat in the chest; swelling of the lateral costal region; cardiac pain; running piglet pattern and abdominal hardness; malarial disease; febrile diseases; tidal fevers; spleen

enlargement resulting from prolonged tidal fevers; Cold damage with Heat entering the Blood chamber (uterus) and excessive menstrual flow; abdominal tightness with respiratory difficulty; postpartum illness; retained placenta; desire to eat despite difficult ingestion; visual dizziness; depression.

DEADMAN'S COMMENTARY

Qimen LIV-14 is the last point on the Liver channel and indeed the last point in the great circulation of qi which begins at Zhongfu LU-1 and passes through all the twelve channels, ending one complete cycle at this point. This is reflected in its name 'Cycle Gate'.

Qimen LIV-14 is the front-mu point of the Liver. 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. It is in the region of this point that the Liver channel spreads through the lateral costal region, diaphragm and chest. Its main sphere of action therefore is on regulating the free flow of qi in these areas, and in contrast to Zhangmen LIV-13 which focuses on the middle and lower jiao, Qimen LIV-14 acts primarily on the middle and upper jiao.

The Spiritual Pivot states "With anger the qi rebels upwards and accumulates in the chest". If Liver qi is obstructed in the chest or lateral costal region, there will be pain, distention or fullness, whilst if Liver qi invades the Lung and obstructs its descending function, it will give rise to cough, sighing and dyspnoea. The Liver sinew channel links with the breast, and the entire breast region is strongly influenced by the Liver. If Liver qi is obstructed in the breast region, therefore, there will be pain, distention and even masses, all of which may fluctuate with the menstrual cycle, being most pronounced in the days immediately prior to menstruation. Qimen LIV-14 is an important adjacent point in the treatment of this common condition.

The intimate relationship between qi and blood is clearly expressed in the saying "Qi is the commander of blood ... when qi moves, blood moves". Severe or prolonged qi stagnation, therefore, will lead to blood stasis manifesting as hardness or masses with cutting pain in the chest, lateral costal region, abdomen or hypogastrium. Qimen LIV-14, by virtue of its ability to circulate both qi and blood, is indicated in all these situations. Qimen LIV-14 is also specifically indicated for cutting or stabbing pain of the Heart, reflecting its status as a meeting point of the Liver channel with the Yin Linking vessel. According to the Classic of Difficulties "When the Yin Linking vessel is diseased, Heart pain will result".

According to ZhangJing-yue "If anger occurs during or after eating it injures the Stomach and Spleen". This vital observation emphasises the great importance ascribed to a peaceful and harmonious state of mind during mealtimes. If instead there is disturbance, conflict, frustration, resentment or outright anger they may wreak turmoil in the digestive system. If Liver qi transversely invades the Stomach in this way and impairs its descending function, the Stomach qi will stagnate or rebel upwards leading to epigastric distention and pain, acid regurgitation, vomiting and hiccup. Qimen LIV-14 is an essential local point in the treatment of this pattern of Liver-Stomach disharmony. If Liver qi transversely invades the Spleen and impairs the Spleen transportation and transformation function, there will be abdominal distention and diarrhoea, although Qimen LIV-14 is less used clinically in this situation than Zhangmen LIV-13.

A specific indication for Qimen LIV-14 is 'injury by cold leading to heat which enters the blood chamber'. This refers to attack and penetration of cold during menstruation or after childbirth. The cold transforms to heat and gives rise to alternating fever and chills, hardness and fullness in the lower abdomen, chest and lateral costal region, and clear consciousness during the day with disordered speech at night. This pattern was first described in the Treatise on Injury by Cold by Zhang Zhongjing who recommended the administration of Xiao Chai Hu Tang (Minor Bupleurum Decoction) and needling Qimen LIV-14, especially in the case of manic raving. The Tang dynasty author Xu Xue-shi, a scholar of the works of Zhang Zhongjing, in his discussion of the Treatise on Injury by Cold said "Concerning heat entering the blood chamber in women, when Xiao Chai Hu Tang is too slow, needle Qimen LIV-14". Qimen LIV-14 is also indicated for uterine bleeding.

Finally, like Zhangmen LIV-13, Qimen LIV-14 is an important point in the treatment of running piglet qi (see Zhangmen LIV-13 for a fuller discussion).

CLASSICAL COMBINATIONS

- Pain of the Heart with shortness of breath: Qimen LIV-14, Changqiang DU-1, Tiantu REN-22, Xiabai LU-4 and Zhongchong P-9 (Thousand Ducat Formulas).
- Stabbing pain of the Heart: Qimen LIV-14 and Burong ST-19 (Thousand Ducat Formulas).
- Chest pain: Qimen LIV-14, Feishu BL-13, Yunmen LU-2, Zhongfu LU-1, Yinbai SP-1, Hunmen BL-47 and Daling P-7 (Thousand Ducat Formulas).
- Heat in the chest: Qimen LIV-14 and Quepen ST-12 (Thousand Ducat Formulas).
- Chest pain due to injury by cold: Qimen LIV-14 and Daling P-7 (Great Compendium).
- Dyspnoea with inability to walk: Qimen LIV-14, Zhongwan REN-12 and Shanglian L.I.-9 (Great Compendium).
- Rebellion of qi with cough, fullness of the chest, shortness of breath with pain that radiates to the back: 50 moxa cones each on Qimen LIV-14 and Jueque REN-14 (Thousand Ducat Formulas).
- Distention of the lateral costal region: Qimen LIV-14, Guanyuan REN-4 and Shaoshang LU-11 (Thousand Ducat Formulas).
- Difficult ingestion: Qimen LIV-14, Yanggang BL-48, Shaoshang LU-11 and Laogong P-8 (Thousand Ducat Formulas).
- Post-partum belching: Qimen LIV-14 and Xiangu ST-43 (Supplementing Life).
- Running piglet qi in women: Qimen LIV-14, Guanyuan REN-4, Zhongji REN-3, Sanyinjiao SP-6, Shimen REN-5 and Xuehai SP-10 (Supplementing Life).
- Stiffness of the nape of the neck due to injury by cold: Qimen LIV-14 and Wenliu L.I.-7 (One Hundred Symptoms).
- Involuntary erection with difficult urination: Dadun LIV-1, Qimen LIV-14, Yingu KID-10, Weizhong BL-40 and Weiyang BL-39 (Supplementing Life).

GV-20 (bǎi huì)

百 bǎi: one hundred

會 huì: meeting, convergence

百會

Hundred Convergences

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

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

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

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

BL-18 (gān shū)

肝 gān: liver

俞 shū: acupuncture point

肝俞

Liver Shu

Location: On the posterior trunk 1.5 cun lateral to Du Mai point DU-8 (Jin Suo). DU-8 (Jin Suo) is located on the midline in the depression immediately inferior to the spinous process of 9th thoracic vertebra. BL-47 (Hun Men) is 1.5 cun lateral to BL-18 (Gan Shu), 3 cun lateral to the posterior midline.

Features & Categories: back Associated-Shu, Transporting point of the Liver Zang.

Functions: Benefits the Liver and Gall Bladder; supplements Ying Qi and Blood; disperses Stagnation and eliminates Wind; dispels Damp Heat; stabilizes the Shen and brightens the eyes.

Indications: Jaundice; chronic and acute hepatitis; cholecystitis; diseases of the liver and gall bladder; pain or distension in the lateral costal and hypochondriac region; nausea; regurgitation; coughing or spitting blood; nosebleed; red, painful or swollen eyes; visual dizziness; blurred vision; night blindness; glaucoma; 'sandy' eyes; eye diseases generally; Stomach diseases; pain in the spine or back; intercostal neuralgia; neurasthenia; irregular menstruation; mania and withdrawal; mental disorders; epilepsy.