

Gall Bladder (Dan)

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

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

The Gall Bladder does not communicate directly with the Exterior.

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

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

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

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

'The Gall Bladder is responsible for what is just and exact. Determination and decision stem from it.' (Su Wen, chpt 8. Larre & Rochat, 1992b, 1994).

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

PRIMARY GALL BLADDER MERIDIAN

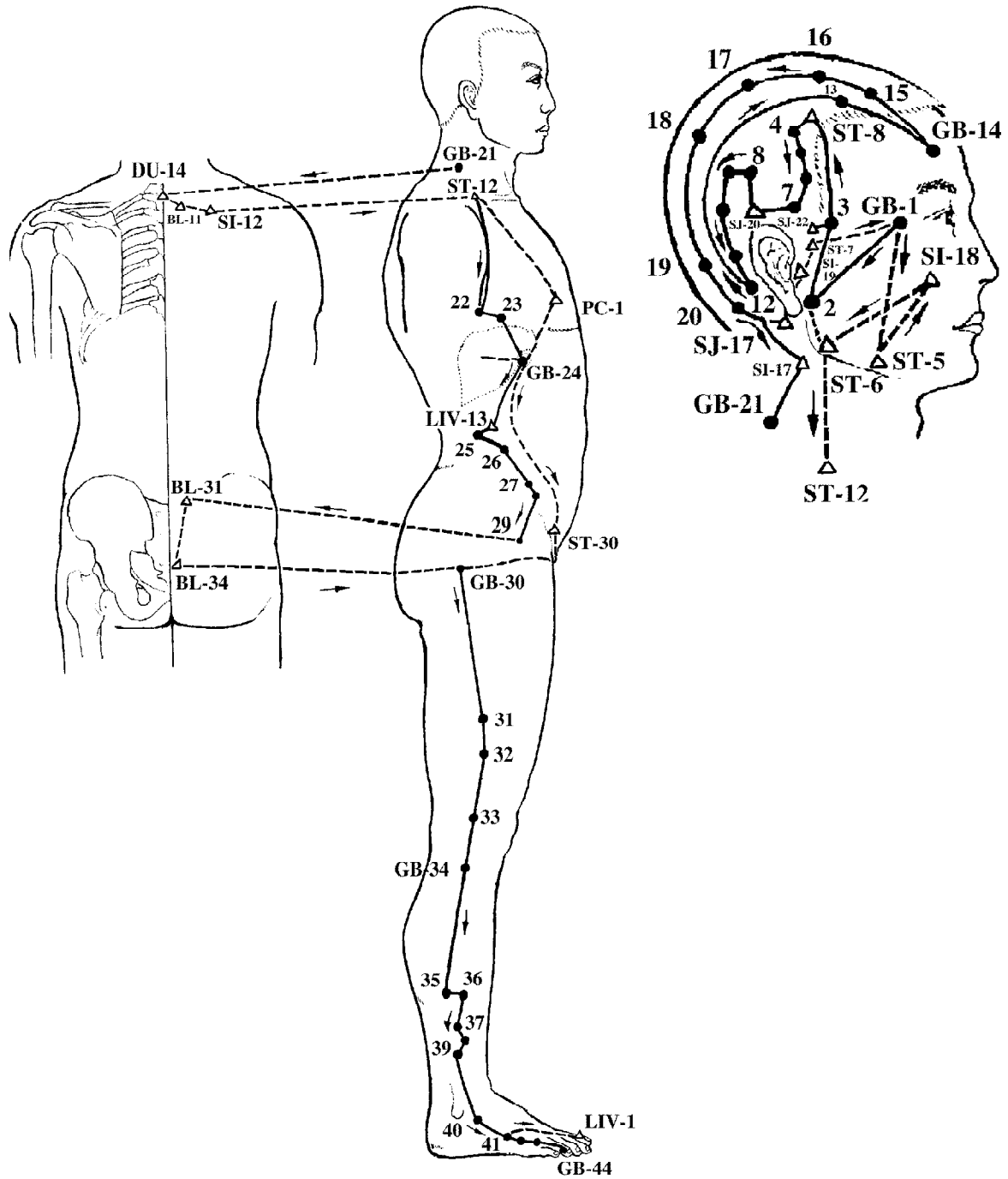
The primary Gall Bladder Channel of foot Shao Yang commences at the outer canthus of the eye (at GB-1, Tong Zi Liao), crosses the temple region to SJ-22 (He Liao), then ascends to the corner of the forehead where it meets the Stomach Channel of foot Yang Ming at ST-8 (Tou Wei). It descends behind the ear (GB-12, Wan Gu), then weaves forward (GB-14, Yang Bai) and backward over the lateral aspect of the head (GB-20, Feng Chi), before running down the lateral neck in front of (anterior to) the San Jiao Channel of hand Shao Yang to meet the Small Intestine Channel of hand Tai Yang, at SI-17 (Tian Rong).

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

One branch separates from the main Channel behind the ear (GB-20, Feng Chi). It intersects the San Jiao Channel of hand Shao Yang at SJ-17 (Yi Feng), then enters the ear. It emerges in

front of the ear, intersects the Small Intestine Meridian at SI-19 (Ting Gong), and the Stomach Meridian at ST-7 (Xia Guan). This branch terminates behind the outer canthus of the eye (GB-1, Tong Zi Liao).

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



Primary Gall Bladder Meridian

(modified from Shandong, 1982, p.48)

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

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

Another (more superficial) branch separates from the main Channel in the supraclavicular fossa at ST-12 (Que Pen). It descends in front of the axilla and runs down the lateral aspect of the chest to meet the Liver Channel of foot Jue Yin at LIV-13 (Zhang Men). It descends to the lateral pelvic region, GB-29 (Ju Liao), then turns back to the sacral region and crosses the Urinary Bladder Channel of foot Tai Yang at BL-31 (Shang Liao) and BL-34 (Xia Liao).

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

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

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

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

FLOW OF QI/ DISTRIBUTION OF POINTS:

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

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

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

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

Chest, Abdomen, Pelvis, Buttocks:

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

ii) GB-22 (Yuan Ye), GB-23 (Zhe Jin), GB-24 (Ri Yue), LIV-13 (Zhang Men), GB-25 (Jing Men), GB-26 (Dai Mai), GB-27 (Wu Shu), GB-28 (Wei Dao), GB-29 (Ju Liao), BL-31 (Shang Liao), BL-34 (Xia Liao), GB-30 (Huan Tiao),
Lower Limb: GB-31 (Feng Shi), GB-32 (Zhong Du), GB-33 (Xi Yang Guan), GB-34 (Yang Ling Quan), GB-35 (Yang Jiao), GB-36 (Wai Qiu), GB-37 (Guang Ming), GB-38 (Yang Fu), GB-39 (Xuan Zhong), GB-40 (Qiu Xu), GB-41 (Zu Lin Qi), [LIV-1 (Da Dun)], GB-42 (Di Wu Hui), GB-43 (Xia Xi), GB-44 (Zu Qiao Yin).

MERIDIANS INTERSECTED BY THE GALL BLADDER CHANNEL:

Liver Channel of foot Jue Yin: LIV-1 (Da Dun), LIV-13 (Zhang Men).
 Pericardium Channel of hand Jue Yin: PC-1 (Tian Chi).
 San Jiao Channel of hand Shao Yang: SJ-22 (He liao), SJ-20 (Jiao Sun), SJ-17 (Yi Feng).
 Small Intestine Channel of hand Tai Yang: SI-19 (Ting Gong), SI-18 (Quan Liao), SI-17 (Tian Rong), SI-12 (Bing Feng).
 Stomach Channel of foot Yang Ming: ST-5 (Da Ying), ST-6 (Jia Che), ST-7 (Xia Guan), ST-8 (Tou Wei), ST-12 (Que Pen), ST-30 (Qi Chong).
 Urinary Bladder Channel of foot Tai Yang: BL-11 (Da Zhu), BL-31 (Shang Liao), BL-34 (Xia Liao).
 Du Mai (Governing Vessel): Du-14 (Da Zhui).

MERIDIANS INTERSECTING ON THE GALL BLADDER CHANNEL:

Small Intestine Channel of hand Tai Yang: GB-1 (Tong Zi Liao).
 San Jiao Channel of hand Shao Yang: GB-1 (Tong Zi Liao), GB-3 (Shang Guan), GB-4 (Han Yan), GB-6 (Xuan Li), GB-21 (Jian Jing).
 Spleen Channel of foot Tai Yin: GB-24 (Ri Yue).
 Stomach Channel of foot Yang Ming: GB-3 (Shang Guan), GB-4 (Han Yan), GB-6 (Xuan Li).
 Urinary Bladder Channel of foot Tai Yang: GB-7 (Qu Bin), GB-8 (Shuai Gu), GB-10 (Fu Bai), GB-11 (Tou Qiao Yin), GB-12 (Wan Gu), GB-15 (Tou Lin Qi), GB-30 (Huan Tiao).
 Dai Mai (Girdle Vessel): GB-26 (Dai Mai), GB-27 (Wu Shu), GB-28 (Wei Dao)
 Yang Qiao Mai (Yang heel/motility Vessel): GB-20 (Feng Chi), GB-29 (Ju Liao)
 Yang Wei Mai (Yang linking Vessel): GB-13 (Ben Shen), GB-14 (Yang Bai), GB-15 (Tou Lin Qi), GB-16 (Mu Chuang), GB-17 (Zheng Ying), GB-18 (Cheng Ling), GB-19 (Nao Kong), GB-20 (Feng Chi), GB-21 (Jian Jing), [GB-29 (Ju Liao)], GB-35 (Yang Jiao).

GALL BLADDER SPECIAL POINTS/ COMMAND POINTS:

- GB-44 (Zu Qiao Yin): Metal, Well-Jing.
- GB-43 (Xia Xi): Water, Spring, Gushing-Ying.
- GB-41 (Zu Lin Qi): i) Wood, Stream, Transporting-Shu. Horary point.
ii) Master point, Dai Mai (Girdle Vessel); Coupling point, Yang Wei Mai (Yang linking Vessel).
- GB-40 (Qiu Xu): Yuan-Source.
- GB-39 (Xuan Zhong): Meeting point of the Marrow.
- GB-38 (Yang Fu): Fire, River, Traversing-Jing.
- GB-37 (Guang Ming): Luo-Connecting
- GB-36 (Wai Qiu): Xi-Cleft, Accumulation.
- GB-35 (Yang Jiao): Xi-Cleft, Accumulation point of Yang Wei Mai (Yang linking Vessel)
- GB-34 (Yang Ling Quan): i) Earth, Sea, Uniting-He.
ii) Meeting point of the Sinews
- GB-25 (Jing Men): front Alarm-Mu, Collecting point of the Kidney Zang.
- GB-24 (Ri Yue): front Alarm-Mu, Collecting point of the Gall Bladder Fu.
- BL-19 (Dan Shu): back Associated-Shu, Transporting point.

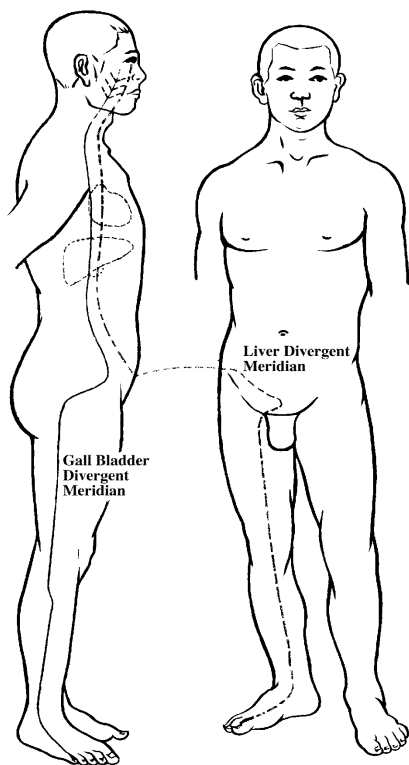
GALL BLADDER PRIMARY MERIDIAN SIGNS/SYMPTOMS:

Alternating fever and chills, headache, malaria, ashen complexion, ocular pain, pain in the jaw, subaxillary swelling or oedema, scrofula, deafness, pain in the lateral hip, thigh, knee and leg. (mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

GALL BLADDER ORGAN SIGNS/SYMPTOMS:

Pain in the lateral costal area, vomiting, bitter or metallic taste in the mouth, pain in the chest. (mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

GALL BLADDER DIVERGENT MERIDIAN



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

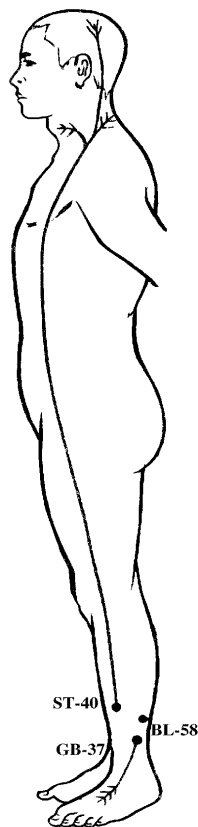
It travels upward and links with (runs across) the Heart Organ, follows the oesophagus and pharynx, emerges at the submandibular region, and disperses over the face. It connects to the region behind the eyes, then rejoins the Gall Bladder Channel of foot Shao Yang at the outer canthus, at GB-1 (Tong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

(mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

Wood Divergent Meridians

(from Cheng 1987, p.87)

GALL BLADDER LUO (CONNECTING) MERIDIAN



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

Signs/ Symptoms:

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

(mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

Yang Luo Meridians, Lower Limb

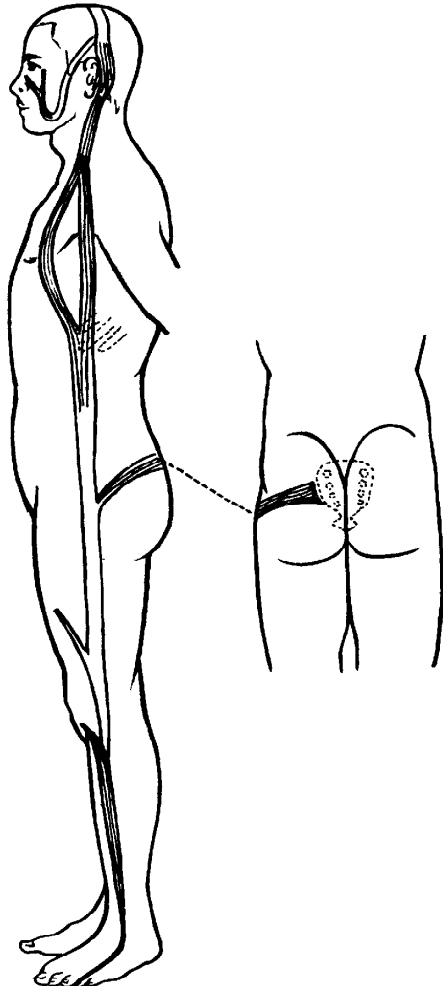
(from Cheng 1987, p. 93)

GALL BLADDER MUSCLE-TENDINO (SINEW) MERIDIAN

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

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

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



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

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

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

(mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

Gall Bladder Muscle-Tendino Meridian

(from Cheng 1987, p. 98)

Signs/ Symptoms:

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

(mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)