

# Urinary Bladder (Pang Guang)

The Urinary Bladder is the Yang Organ of the Water Element. It receives and transforms fluids, acts as a temporary store, and excretes urine. The Bladder's transformation of fluids, and hence production of urine, depends upon Kidney qi - particularly Kidney Yang. It does this from the turbid fluids received from the Lungs, Small Intestine and Large Intestine. The Kidney and Bladder have complementary functions in this respect.

In particular, the turbid fluids separated by the Small Intestine pass to the Kidney/Bladder, which then transforms them into urine, and stores them for later excretion.

Maciocia (1989) particularly notes that;

"The Bladder has a wider sphere of activity in Chinese Medicine than in Western Medicine. It stores and excretes urine, but also participates in the transformation of fluids necessary for the production of urine." This is corroborated by Ross (1985), but Wiseman et al. (1985) state that "in reality, the transformative function here referred to is properly that of the Kidney".

Maciocia goes on to say that ..."although it is the Bladder that performs this function, the energy to do this is derived from the Kidney, ..... the Small Intestine and Bladder work together to move fluids in the Lower Burner." (Maciocia, 1989).

It should also be remembered that the San Jiao assists the Bladder to transform fluids, especially by ensuring that the water passages of the Lower Jiao are open and free.

Su Wen, chpt. 8, p. 58. "The Bladder is the district official (because it is located distant from other organs) who stores fluids so that they can flow outward when energy transformation takes place." (Lu, 1990).

"The Bladder is like a district official, it stores the fluids so that they can be excreted by its action of Qi transformation" (Maciocia, 1989).

'The Bladder is responsible for regions and cities. It stores the body fluids. The transformations of the qi then give out their power.' (Su Wen, chpt 8. Larre & Rochat, 1992b, 1992c).

## Zu Tai Yang Pang Guang Jing Urinary Bladder Channel of foot Tai Yang

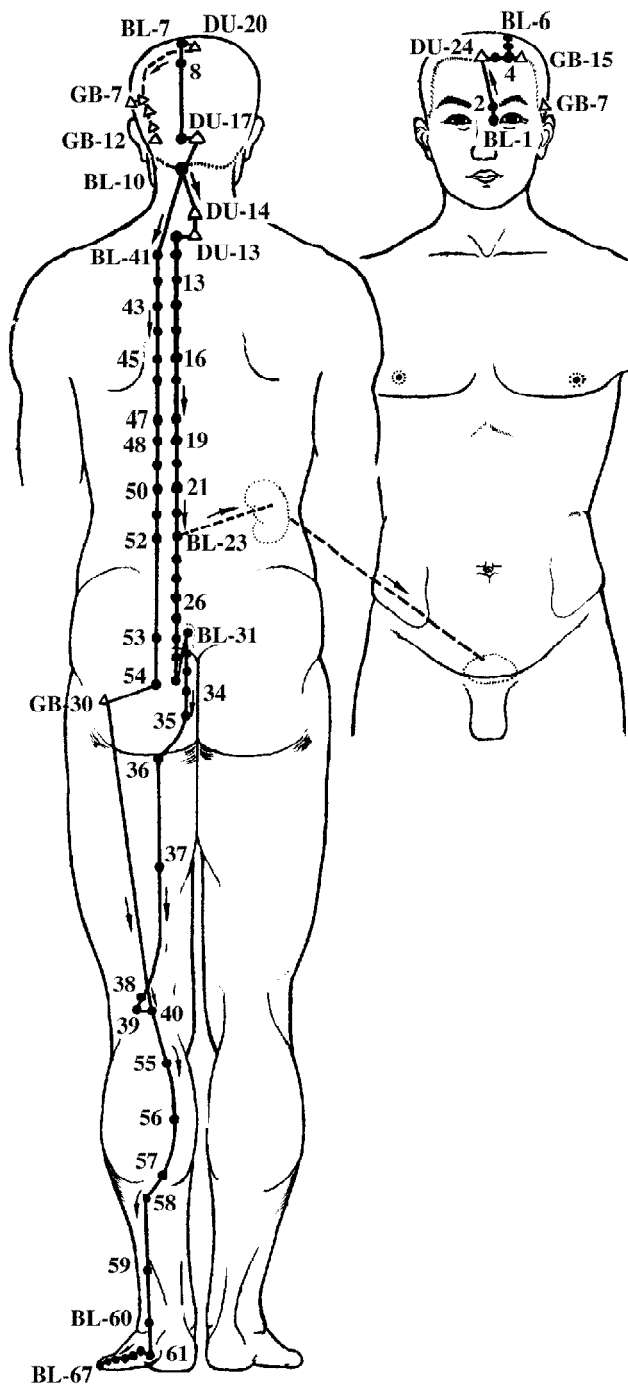
### PRIMARY URINARY BLADDER MERIDIAN

The primary Urinary Bladder Channel of foot Tai Yang begins at the inner canthus of the eye, at BL-1 (Jing Ming). It travels over the forehead intersecting Du Mai at DU-24 (Shen Ting), and the Gall Bladder Channel of foot Shao Yang at GB-15 (Tou Lin Qi). It continues to the vertex and again intersects Du Mai at DU-20 (Bai Hui).

A branch separates at the vertex and descends to the area just above and behind the ear (temple region), meeting the Gall Bladder Channel of foot Shao Yang at GB-7 (Qu Bin), GB-8 (Shuai Gu), GB-10 (Fu Bai), GB-11 (Qiao Yin), and GB-12 (Wan Gu).

A branch at the vertex enters the brain, communicates with it, then reemerges and meets Du Mai at DU-17 (Nao Hu). The main pathway continues over the back of the head and bifurcates on the nape of the neck (BL-10, Tian Zhu).

One branch of the bifurcation (the inner), runs down from the nape of the neck. It meets Du Mai again at DU-14 (Da Zhui) and DU-13 (Tao Dao) on the upper back.



It continues downward parallel to the spine (1.5 cun lateral to the midline), through the muscles medial to the scapula, then on to the lumbar region.

There the Channel submerges and enters the body cavity (abdomen), via (through) the paravertebral muscles. It connects with the Kidney Organ before homing to its pertaining Organ, the Urinary Bladder.

A branch separates (reconstitutes itself) in the lumbar region and runs down to the buttocks. It continues down the posterior midline of the thigh to the popliteal fossa behind the knee (BL-40, Wei Zhong).

From the bifurcation at the nape of the neck (BL-10, Tian Zhu), the second (outer) branch descends 1.5 cun lateral to the paravertebral branch noted above (3 cun from the midline). It travels along the medial border of the scapula and down to the gluteal region (BL-54, Zhi Bian). It then crosses the buttocks and intersects the Gall Bladder Channel of foot Shao Yang at GB-30 (Huan Tiao).

It then continues down the posterolateral aspect of the thigh and meets the inner branch of the Urinary Bladder Channel in the popliteal fossa (BL-40, Wei Zhong).

The united Channel continues downward through the gastrocnemius

### Primary Urinary Bladder Meridian

(modified from Shandong, 1982, p. 30).

muscle (BL-56, Cheng Jin), emerges behind the lateral malleolus (BL-60, Kun Lun), then runs along the lateral margin of the 5th metatarsal bone.

It crosses the tuberosity of this bone and ends at the lateral tip of the little toe, at BL-67 (Zhi Yin), postero-lateral to the toenail. It connects there with the Kidney Channel of foot Shao Yin.

There are 67 points on the Bladder Meridian, and 12 intersecting points on other Meridians.

This Meridian pertains to the Bladder Organ and connects with the Kidney Organ. It also connects directly with the Brain and Heart Organ.

#### FLOW OF QI/ DISTRIBUTION OF POINTS:

**Face, Head, Neck:** BL-1 (Jing Ming), BL-2 (Zan Zhu), DU-24 (Shen Ting), BL-3 (Mei Chong), BL-4 (Qu Chai), [GB-15 (Tou Lin Qi)], BL-5 (Wu Chu), BL-6 (Cheng Guang), BL-7 (Tong Tian);

i) DU-20 (Bai Hui), GB-7 (Qu Bin), GB-8 (Shuai Gu), GB-10 (Fu Bai), GB-11 (Tou Qiao Yin), GB-12 (Wan Gu).

ii) BL-8 (Luo Que), BL-9 (Yu Zhen), DU-17 (Nao Hu), BL-10 (Tian Zhu):

#### Inner Branch:

**Posterior Trunk:** DU-14 (Da Zhui), DU-13 (Tao Dao), BL-11 (Da Zhu), BL-12 (Feng Men), BL-13 (Fei Shu), BL-14 (Jue Yin Shu), BL-15 (Xin Shu), BL-16 (Du Shu), BL-17 (Ge Shu), BL-18 (Gan Shu), BL-19 (Dan Shu), BL-20 (Pi Shu), BL-21 (Wei Shu), BL-22 (San Jiao Shu), BL-23 (Shen Shu), BL-24 (Qi Hai Shu), BL-25 (Da Chang Shu), BL-26 (Guan Yuan Shu), BL-27 (Xiao Chang Shu), BL-28 (Pang Guang Shu), BL-29 (Zhong Lu Shu), BL-30 (Bai Huan Shu), BL-31 (Shang Liao), BL-32 (Ci Liao), BL-33 (Zhong Liao), BL-34 (Xia Liao), BL-35 (Hui Yang),

**Posterior Thigh, Knee:** BL-36 (Cheng Fu), BL-37 (Yin Men), BL-38 (Fu Xi), BL-39 (Wei Yang), BL-40 (Wei Zhong)

#### Outer Branch:

**Trunk:** BL-41 (Fu Fen), BL-42 (Po Hu), BL-43 (Gao Huang Shu), BL-44 (Shen Tang), BL-45 (Yi Xi), BL-46 (Ge Guan), BL-47 (Hun Men), BL-48 (Yang Gang), BL-49 (Yi She), BL-50 (Wei Cang), BL-51 (Huang Men), BL-52 (Zhi Shi), BL-53 (Bao Huang), BL-54 (Zhi Bian),

**Buttocks, Posterior Knee:** GB-30 (Huan Tiao), BL-40 (Wei Zhong)

**Leg, Foot:** BL-55 (He Yang), BL-56 (Cheng Jin), BL-57 (Cheng Shan), BL-58 (Fei Yang), BL-59 (Fu Yang), BL-60 (Kun Lun), BL-61 (Pu Can), BL-62 (Shen Mai), BL-63 (Jin Men), BL-64 (Jing Gu), BL-65 (Shu Gu), BL-66 (Tong Gu), BL-67 (Zhi Yin).

#### MERIDIANS INTERSECTED BY THE URINARY BLADDER CHANNEL:

Gall Bladder Channel of foot Shao 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).

Du Mai: DU-24 (Shen Ting), DU-20 (Bai Hui), DU-17 (Nao Hu), DU-14 (Da Zhui), DU-13 (Tao Dao).

## MERIDIANS INTERSECTING ON THE URINARY BLADDER CHANNEL:

Gall Bladder Channel of foot Shao Yang: BL-11 (Da Zhu), BL-31 (Shang Liao), BL-34 (Xia Liao)

San Jiao Channel of hand Shao Yang: [BL-39 (Wei Yang)]

Small Intestine Channel of hand Tai Yang: BL-1 (Jing Ming), BL-11 (Da Zhu), BL-41 (Fu Fen)

Stomach Channel of foot Yang Ming: BL-1 (Jing Ming)

Du Mai (Governing Vessel): BL-12 (Feng Men), [BL-1 (Jing Ming)]

Yang Qiao Mai (Yang heel/motility Vessel): BL-1 (Jing Ming), BL-59 (Fu Yang), BL-61 (Pu Can), BL-62 (Shen Mai)

Yang Wei Mai (Yang linking Vessel): BL-63 (Jin Men), [BL-57 (Cheng Shan)]

Yin Qiao Mai (Yin heel/motility Vessel): BL-1 (Jing Ming)

## URINARY BLADDER SPECIAL POINTS/ COMMAND POINTS:

- BL-67 (Zhi Yin): Metal, Well-Jing.  
 BL-66 (Tong Gu): Water, Spring, Gushing-Ying. Horary point.  
 BL-65 (Shu Gu): Wood, Stream, Transporting-Shu.  
 BL-64 (Jing Gu): Yuan-Source.  
 BL-63 (Jin Men): Xi-Cleft, Accumulation.  
 BL-62 (Shen Mai): Master point, Yang Qiao Mai (Yang heel/motility Vessel); Coupling point, Du Mai (Governing Vessel).  
 BL-60 (Kun Lun): Fire, River, Traversing-Jing.  
 BL-59 (Fu Yang): Xi-Cleft, Accumulation point of Yang Qiao Mai (Yang heel/motility Vessel)  
 BL-58 (Fei Yang): Luo-Connecting  
 BL-40 (Wei Zhong): Earth, Sea, Uniting-He.  
 BL-39 (Wei Yang): lower Sea, Uniting-He point of the San Jiao Channel.  
 BL-17 (Ge Shu): Meeting point of the Blood.  
 BL-11 (Da Zhu): Meeting point of the Bones.  
 REN-3 (Zhong Ji): front Alarm-Mu, Collecting point.  
 BL-28 (Pang Guang Shu): back Associated-Shu, Transporting point.

## URINARY BLADDER PRIMARY MERIDIAN SIGNS/SYMPTOMS:

Chills and fever, headache, stiff neck, pain in the lumbar region and along the spine, nasal congestion, ocular pain and lacrimation, pain in the posterior thigh, popliteal region, gastrocnemius and foot. (mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

## URINARY BLADDER ORGAN SIGNS/SYMPTOMS:

Pain and distension in the lower abdomen, dysuria, urinary retention or enuresis, painful urination, mental disorders, opisthotonos. (mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

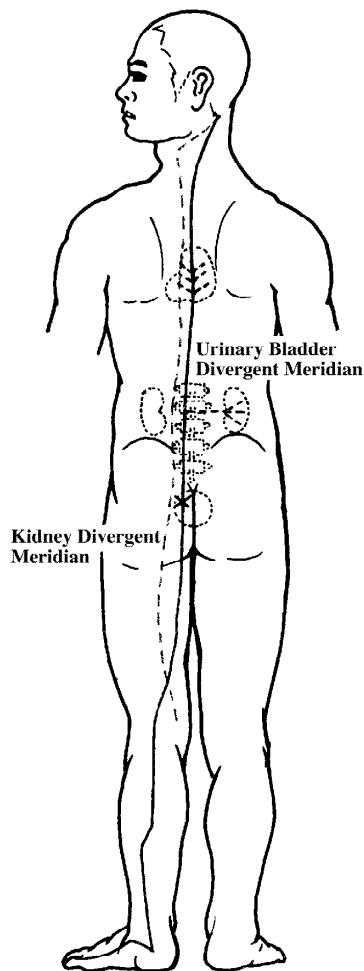
## BACK ASSOCIATED-SHU, TRANSPORTING POINTS:

<i>Point</i>	<i>Related Zang Fu, Channel, Function, or Body Region</i>
BL-11 (Da Zhu)	Great Shuttle, Bones
BL-12 (Feng Men)	Wind Gate
BL-13 (Fei Shu)	Lung Zang
BL-14 (Jue Yin Shu)	Pericardium Zang
BL-15 (Xin Shu)	Heart Zang
BL-16 (Du Shu)	Du Mai (Governing Vessel)
BL-17 (Ge Shu)	Diaphragm
BL-18 (Gan Shu)	Liver Zang
BL-19 (Dan Shu)	Gall Bladder Fu
BL-20 (Pi Shu)	Spleen Zang
BL-21 (Wei Shu)	Stomach Fu
BL-22 (San Jiao Shu)	San Jiao Fu
BL-23 (Shen Shu)	Kidney Zang
BL-24 (Qi Hai Shu)	Sea-of-Qi Shu, Lumbar
BL-25 (Da Chang Shu)	Large Intestine Fu
BL-26 (Guan Yuan Shu)	Gate of Origin Shu, Lumbar
BL-27 (Xiao Chang Shu)	Small Intestine Fu
BL-28 (Pang Guang Shu)	Urinary Bladder Fu
BL-29 (Zhong Lu Shu)	Sacrum
BL-30 (Bai Huan Shu)	Perineum

## OUTER BRANCH URINARY BLADDER POINTS PARTICULARLY RELATED TO THE SPIRIT:

<i>Point:</i>	<i>Aspect of Spirit:</i>
BL-42 (Po Hu)	Po; Corporeal Soul, Instinct, Animal Spirit
BL-43 (Gao Huang Shu)	Gao Huang; between the Heart and the Diaphragm, location of chronic or incurable disease
BL-44 (Shen Tang)	Shen; Divine Spirit, overall Spirit
BL-47 (Hun Men)	H'un; Ethereal Soul
BL-49 (Yi She)	Yi; Ideas, Memory, Meaning
BL-52 (Zhi Shi)	Zhi; Will, Will Power, Ambition

## URINARY BLADDER DIVERGENT MERIDIAN



The Urinary Bladder Divergent Meridian separates from the primary Urinary Bladder Channel at the popliteal fossa, near BL-40 (Wei Zhong). It ascends to about 5 cun below the coccyx where it detours the anal region. It homes to the Urinary Bladder Organ and disperses in the Kidney Organ. It then follows the spine upward and disperses in the cardiac region, emerges at the neck, then rejoins its primary Channel, the Urinary Bladder Channel of foot Tai Yang, near BL-10 (Tian Zhu).

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

### Water Divergent Meridians

(from Cheng 1987, p. 84)

## URINARY BLADDER LUO (CONNECTING) MERIDIAN

The Urinary Bladder Luo Meridian separates from the primary Urinary Bladder Channel at BL-58 (Fei Yang), on the lateral posterior aspect of the leg, then connects to the Kidney Channel of foot Shao Yin.



### Signs/ Symptoms:

Shi: nasal congestion with nasal discharge, blocked nose, cold nose, headache, back pain, pain in cervical region

Xu: clear nasal discharge, nosebleed

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

### Yang Luo Meridians, Lower Limb

(from Cheng 1987, p. 93)

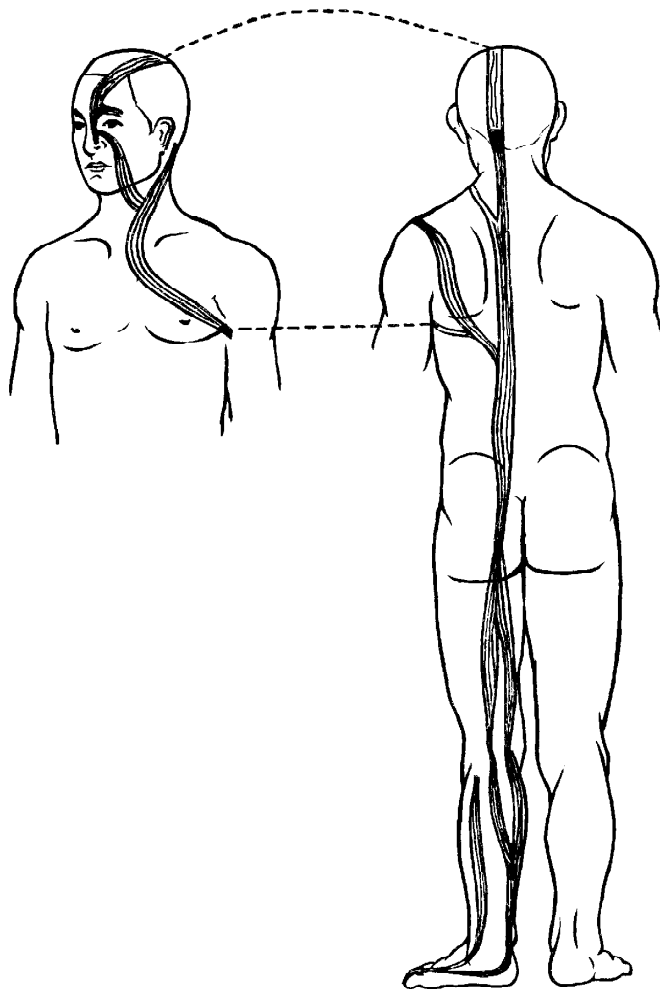
## URINARY BLADDER MUSCLE-TENDINO (SINEW) MERIDIAN

The Urinary Bladder Muscle-Tendino Meridian (MTM) begins at the little toe. It runs proximally and binds at the lateral malleolus, then continues upward and binds at the lateral aspect of the knee.

A separate branch travels in the foot below the first. It travels inferior to the lateral malleolus, binds at the heel, then ascends and binds again at the lateral margin of the popliteal fossa. A branch separates at the mid-calf level, where the medial and lateral heads of gastrocnemius muscle converge. It travels upward and binds at the medial aspect of the popliteal fossa.

These two branches continue upward from the popliteal fossa, rise over the posterior thigh, and bind together at the buttocks. As one MTM, they rise beside the spine to the nape of the neck. A branch reaches inward and binds at the root of the tongue. The main MTM continues

and binds to the occipital bone, then rises over the head and binds at the bridge of the nose. A branch goes to the area above the eye. This branch participates in the opening and closing of the eye. It binds at the side of the nose.



From the posterolateral aspect of the axilla a branch binds at the superior aspect of the shoulder, near LI-15 (Jian Yu). A sub-branch of this crosses below the axilla, rises over the chest, and connects at the supraclavicular fossa. It then rises and binds at the mastoid process behind the ear, near GB-12 (Wan Gu).

Yet another branch rises from the supraclavicular fossa, traverses the face, and binds to the side of the nose.

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

### **Urinary Bladder Muscle-Tendino Meridian**

(from Cheng 1987, p. 97)

#### **Signs/ Symptoms:**

Strained muscles of the little toe (inability to support), swelling and pain in the heel, spasms in the joints, spasms or tension in the popliteal region, stiffness along the spine, spasms of the back, spasms or tension in the neck Sinews, opisthotonos, inability to raise the arm at the shoulder, stiffness or pulled muscles (discomfort) in the axillary region, strained muscles at the clavicle. (mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)