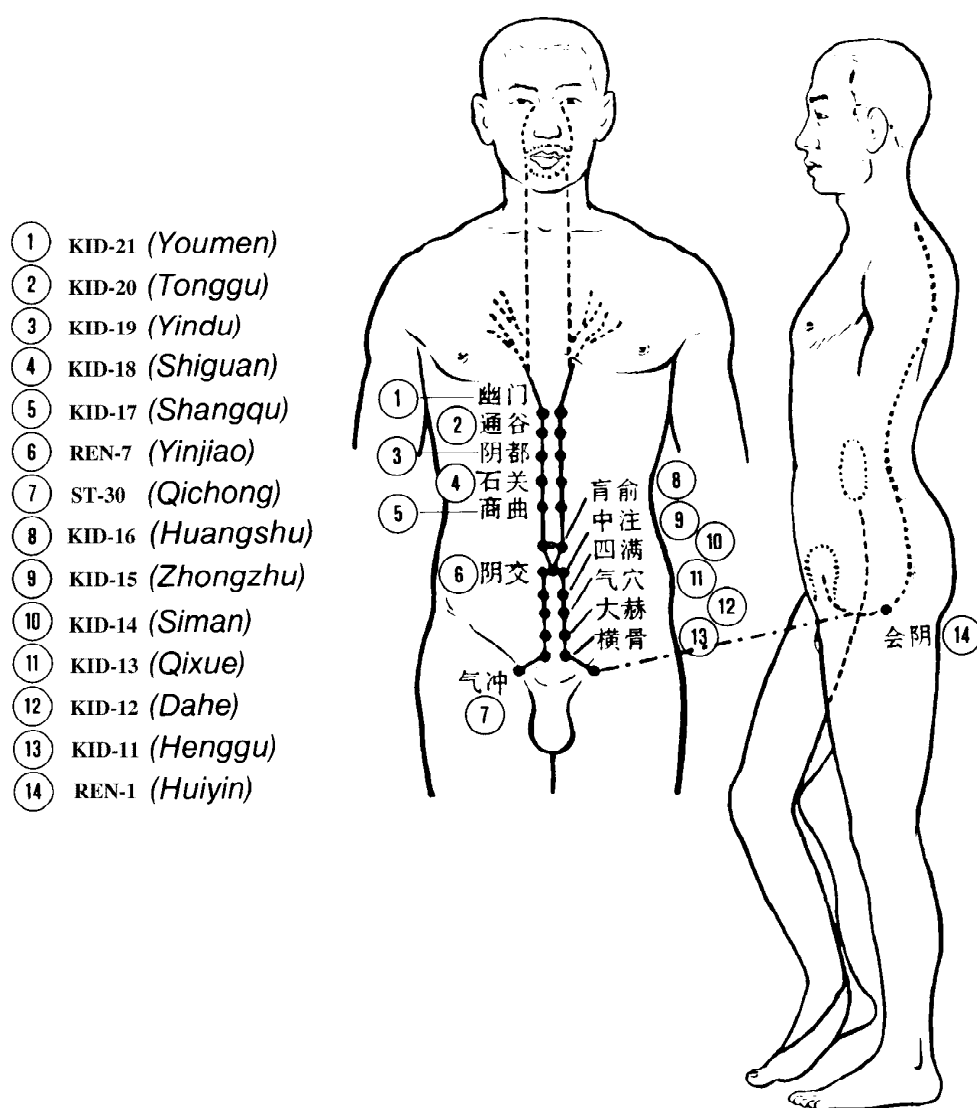


**CHONG MAI, PART#2: POINTS #2, CLINIC USE, TREATMENTS.**

**Chong Mai** (from O'Connor & Bensky, 1981, p. 70).

**KI-12 (dà hè)**

大 *dà*: large, big, great

赫 *hè*: bright, luminous or awe-inspiring (manifestation)

**大赫****Great Manifestation**

**Location:** On the lower abdomen 5 fen lateral to Ren Mai point REN-3 (Zhong Ji). This is 1 cun superior to KID-11 (Heng Gu) and 4 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-29 (Gui Lai) is located 1.5 cun lateral to KID-12 (Da He).

**Features & Categories:** Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

**Functions:** Supplements Kidney Qi and regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel).

**Indications:** Pain in the genitals; impotence; nocturnal seminal emission; vaginal discharge; leukorrhoea; uterine prolapse.

**Supplementary Indications:** Genital retraction; pain in the penis; neuralgia of the spermatic cord.

#### DEADMAN'S COMMENTARY

The action of Dahe KID-12 in astringing essence is reflected in its application for both seminal emission and leucorrhoea.

Seminal emission (involuntary loss of sperm) may be due to various aetiologies. Ejaculatory function is an aspect of the free and smooth flow of Liver qi, whilst the Kidneys dominate the 'gate of essence'. If there is undue heat (e.g. Liver fire, Heart fire, heat from Kidney yin deficiency) this will force the seminal fluid to burst out recklessly. Alternatively, deficiency of the Kidney astringing function will lead to infirmity of the gate of essence resulting in leakage of seminal fluid. According to Zhu Dan-xi, seminal emission with erotic dreams "is exclusively governed by heat", whilst it is said traditionally that if due to cold and deficiency there will be no such dreaming. Whatever the aetiology, Dahe KID-12 (like a number of other Kidney channel points on the lower abdomen) is an important point in the treatment of seminal emission.

As far as leucorrhoea is concerned, it should be noted that although primarily due to damp, damp-heat or toxic heat, leucorrhoea may also be due to deficiency of Kidney qi or yang, and that this kind of leucorrhoea entails loss of essence and is the female equivalent of loss of seminal fluid.

#### CLASSICAL COMBINATIONS

- Seminal emission and retraction of the penis: Dahe KID-12 and Rangu KID-2 (Supplementing Life).

## KI-13 (*qì xuè*)

氣 *qì*: qi

穴 *xuè*: acupuncture point; cave, hole

氣穴

*Qi Hole*

**Location:** On the lower abdomen 5 fen lateral to Ren Mai point REN-4 (Guan Yuan). This is 1 cun superior to KID-12 (Da He) and 3 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-28 (Shui Dao) is located 1.5 cun lateral to KID-13 (Qi Xue).

**Features & Categories:** Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

**Functions:** Supplements Kidney Qi and Jing; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); benefits the lower Jiao; removes obstruction from the Channel.

**Indications:** Irregular menstruation; dysmenorrhoea; leukorrhoea; sterility; urinary tract infection; dysuria; diarrhea; abdominal pain, fullness or masses.

**Supplementary Indications:** Vaginal discharge; infertility; urinary retention; lumbar pain; upsurging Kidney or Liver Qi.

#### DEADMAN'S COMMENTARY

Qixue KID-13 (like Siman KID-14 and Zhongzhu KID-15) is an important point in the treatment of running piglet qi. According to Zhang Zhongjing in 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". In the Classic of Difficulties running piglet was classified as one of the 'five accumulations' pertaining to the Kidneys. 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.

According to the Classic of Difficulties "When the Penetrating vessel is diseased there is counterflow qi". The application of Qixue KID-13, Siman KID-14 and Zhongzhu KID-15 in the treatment of this distressing condition reflects both their location on the Kidney channel and their status as points of the Penetrating vessel, which both ascends through the abdomen to disperse in the chest, and enters the spine and circulates through the back.

Many classical sources list Baomen (Gate of the Uterus) and Zihu (Child's Door) as alternative names for this point. The Supplement to the Thousand Ducat Formulas, however, is quite clear that these names correspond to Shuidao ST-28, referring to the points located 2 cun either side of Guanyuan REN-4.

#### CLASSICAL COMBINATIONS

- Irregular menstruation and infertility: Qixue KID-13, Shenshu BL-23, Qihai REN-6, Sanyinjiao SP-6 and Shangqiu SP-5.

## KI-14 (*sì mǎn*)

四 *sì*: four

滿 *mǎn*: full, complete

## 四 滿

### *Fourfold Fullness*

**Location:** On the lower abdomen 5 fen lateral to Ren Mai point REN-5 (Shi Men). This is 1 cun superior to KID-13 (Qi Xue) and 2 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-27 (Da Ju) is located 1.5 cun lateral to KID-14 (Si Man).

**Features & Categories:** Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

**Functions:** Supplements Kidney Qi; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); promotes free flow through the Waterways.

**Indications:** Metrorrhagia; irregular menstruation; leukorrhoea; dysmenorrhoea; abdominal distension; postpartum abdominal pain; diarrhea; infertility; urinary tract infection.

**Supplementary Indications:** Acute pain due to stagnant Blood; nocturnal seminal emission; white turbid urethral discharge; cutting pain below the navel; upsurging Kidney or Liver Qi; hernia.

#### DEADMAN'S COMMENTARY

The name of this point (Siman), KID-14, is translated as 'Four Fullnesses'. Although there are different interpretations of its meaning, one opinion is that it refers to the four kinds of stagnation and

accumulation: qi, water, food and blood. There are clear indications that reflect each of these conditions, for example abdominal distention for qi abdominal oedema for water, and diarrhoea or constipation for food, but overwhelmingly the indications reflect the presence of blood stasis, for example cutting pain below the umbilicus, retention of lochia, and malign blood with acute pain. The term 'malign blood' refers to blood that has left the vessels and which, bereft of the moving force of qi, pools and stagnates.

### CLASSICAL COMBINATIONS

- Stone oedema of the upper abdomen: moxa Siman KID-14, Rangu KID-2, Qichong ST-30 and Zhangmen LIV-13 (Thousand Ducat Formulas).
- Stone oedema of the upper abdomen: Siman KID-14 and Rangu KID-2 (Supplementing Life).
- Malign blood in the uterus, internal counterflow fullness and pain: Siman KID-14 and Shiguan KID-18 (Supplementing Life).

## KI-15 (*zhōng zhù*)

中 *zhōng*: center, middle

注 *zhù*: to flow, to pour; to fix on

## 中注

*Central Flow*

**Location:** On the lower abdomen 5 fen lateral to Ren Mai point REN-7 (Yin Jiao). This is 1 cun superior to KID-14 (Si Man) and 1 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-26 (Wai Ling) is located 1.5 cun lateral to KID-15 (Zhong Zhu).

**Features & Categories:** Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

**Functions:** Nourishes the Kidney Channel; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); benefits the lower Jiao.

**Indications:** Irregular menstruation; lower abdominal pain; constipation; painful reddening of the eyes spreading from the inner canthus.

**Supplementary Indications:** Dry, hard stool; pain in the abdomen and lumbar region; heat in the lower abdomen.

## CV-7 (*yīn jiāo*)

陰 *yīn*: yin, the complement of yang

交 *jiāo*: intersection

## 陰交

*Yin Intersection*

**Location:** On the anterior midline of the lower abdomen, 1 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 1 cun inferior to REN-8 (Shen Que), and 4 cun superior to REN-2 (Qu Gu). KID-15 (Zhong Zhu) is located 5 fen lateral to REN-7 (Yin Jiao), ST-26 (Wai Ling) is 2 cun lateral.

**Features & Categories:** Intersection point of Chong Mai (Penetrating Vessel) on Ren Mai. Note: Ellis, Wiseman & Boss (1989) give REN-7 (Yin Jiao) as an Intersection point of the Kidney Channel of foot Shao Yin on Ren Mai. Special Command point of the Lower Jiao.

**Functions:** Warms and tonifies Kidney Yang; regulates the Uterus, menstruation and Blood; nourishes Yin.

**Indications:** Metrorrhagia; vaginal discharge; leukorrhoea; abnormal uterine bleeding; irregular menstruation; amenorrhoea; uterine prolapse; infertility; genital itch; pruritus vulvae; abdominal distension; peri-umbilical pain; painful hernia; postpartum hemorrhage.

**Supplementary Indications:** Upsurging Kidney Qi or Liver Fire; severe Deficiency patterns; fecal and urinary retention; edema; nosebleed; postpartum non-contraction of the delivery gate; non-closure of the fontanelles in infants.

## KI-16 (*huāng shū*)

育 *huāng*: the area just below the diaphragm

俞 *shū*: acupuncture point

育俞

*Huang Shu*

**Location:** On the abdomen 5 fen lateral to Ren Mai point REN-8 (Shen Que), level with the centre of the umbilicus. ST-25 (Tian Shu) is located 1.5 cun lateral to KID-16 (Huang Shu). The proportional distance between KID-16 (Huang Shu) and KID-11 (Heng Gu) is 5 cun.

**Features & Categories:** Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

**Functions:** Tonifies the Kidneys; harmonizes the Stomach and rectifies counterflow of Qi; benefits the Heart; relieves pain; removes obstructions from the Channel.

**Indications:** Abdominal pain; vomiting; abdominal distension; stomach spasms; enteritis; chronic constipation; hiccough; painful hernia; diarrhoea.

**Supplementary Indications:** Cold hernia; dry stool; constipation.

### DEADMAN'S COMMENTARY

Huangshu KID-16 lies on the same level as Shenque REN-8, Tianshu ST-25 and Daheng SP-15, all points with a strong action on the intestines. Various classics recommend Huangshu KID-16 for dry stools, whilst the Systematic Classic of Acupuncture and Moxibustion specifically recommended it for accumulation of cold in the Large Intestine giving rise to dry stools and cutting pain of the abdomen. It should be remembered that constipation may be due to accumulation of cold, whether deficiency cold deriving from insufficiency of Kidney yang and usually seen in the elderly or debilitated, or excess cold, usually from dietary factors. In the former case the stool may be dry, not from the usual causes (heat or deficiency of fluids, blood or yin) but due to Kidney yang deficiency which fails to circulate fluids.

### CLASSICAL COMBINATIONS

- The five types of painful urinary dysfunction from chronic accumulation: Huangshu KID-16 and Henggu KID-11 (One Hundred Symptoms).

**KI-17 (*shāng qū*)**商 *shāng*: the musical tone associated with metal曲 *qū*: bent, curved

商 曲

*Shang Bend*

**Location:** On the upper abdomen 5 fen lateral to Ren Mai point REN-10 (Xia Wan). This is 2 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-23 (Tai Yi) is located 1.5 cun lateral to KID-17 (Shang Qu). The proportional distance from the centre of the umbilicus to the xiphisternal junction is 8 cun.

**Features & Categories:** Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

**Functions:** Fortifies the Spleen and resolves Damp; soothes the sinews and quickens the Connecting Vessels.

**Indications:** Abdominal fullness or pain; stomach ache; colic; diarrhea; constipation.

**Supplementary Indications:** Abdominal accumulations and gatherings with periodic cutting pain; pain in the intestines with no pleasure in eating; painful hernia; peritonitis; painful reddening of the eye spreading from the inner canthus.

**KI-18 (*shí guān*)**石 *shí*: stone關 *guān*: gate, passageway, pass

石 關

*Stone Pass*

**Location:** On the upper abdomen 5 fen lateral to Ren Mai point REN-11 (Jian Li). This is 3 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-22 (Guan Men) is located 1.5 cun lateral to KID-18 (Shi Guan).

**Features & Categories:** Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

**Functions:** Fortifies the Centre and harmonizes the Stomach; frees the Intestines and resolves Stagnation.

**Indications:** Vomiting; stomach ache; abdominal pain; hiccough; constipation; postpartum abdominal pain; spasms of the oesophagus.

**Supplementary Indications:** Infertility; copious spittle; pathogenic Blood surging upward in the abdomen; pain and distension with abdominal masses; painful reddening of the eyes spreading from the inner canthus.

**DEADMAN'S COMMENTARY**

Unusually for a point located above the umbilicus, Shiguan KID-18 is indicated for a variety of gynaecological disorders including infertility, and especially for severe pain of the abdomen or lateral costal region following childbirth. The indication 'malign blood in the uterus' refers to blood which has left the vessels and which pools and stagnates. All these indications reflect the status of Shiguan KID-18 as a meeting point of the Kidney channel with the Penetrating vessel which originates in the uterus (and is known as the 'sea of blood') and point to a pattern of blood stasis throughout the uterus, the abdomen as a whole and the lateral costal region.

## CLASSICAL COMBINATIONS

- Difficulty in defecation with abdominal pain: Shiguan KID-18 and Pangguangshu BL-28 (Supplementing Life).
- Difficulty in defecation: Shiguan KID-18 and Dazhong KID-4 (Supplementing Life).
- Malign blood in the uterus, internal counterflow fullness and pain: Shiguan KID-18 and Siman KID-14 (Supplementing Life).
- Infertility: Shiguan KID-18 and Yinjiao REN-7 (One Hundred Symptoms).

**KI-19** (*yīn dū*)陰 *yīn*: yin, the complement of yang都 *dū*: metropolis, capital

陰都

*Yin Metropolis*

**Location:** On the upper abdomen 5 fen lateral to Ren Mai point REN-12 (Zhong Wan). This is 4 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-21 (Liang Men) is located 1.5 cun lateral to KID-19 (Yin Du).

**Features & Categories:** Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

**Functions:** Fortifies the Spleen and harmonizes the Stomach; regulates Qi; frees abdominal Qi; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel).

**Indications:** Borborygmi; abdominal distension; abdominal pain; epigastric pain; constipation; vomiting; emphysema; pleurisy; pleuritis; malaria.

**Supplementary Indications:** Counterflow Qi with abdominal pain; heat and pain in the lateral costal region; difficult defecation; infertility; vexation and fullness; painful reddening of the eyes spreading from the inner canthus.

## CLASSICAL COMBINATIONS

- Malaria with generalised fever: Yindu KID-19, Shaohai HE-3, Shangyang L.I.-1, Sanjian L.I.-3 and Zhongzhu SJ-3 (Supplementing Life).
- Agitation and fullness of the Heart: Yindu KID-19 and Juque REN-14 (Supplementing Life).

**KI-20** (*tōng gǔ*)通 *tōng*: to free, unblock; to pass through谷 *gǔ*: valley; grain

通谷

*Open Valley*

**Location:** On the upper abdomen 5 fen lateral to Ren Mai point REN-13 (Shang Wan). This is 5 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-20 (Cheng Man) is located 1.5 cun lateral to KID-20 (Tong Gu).

**Features & Categories:** Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

**Functions:** Fortifies the Spleen and harmonizes the Stomach; opens the chest and rectifies Qi.

**Indications:** Abdominal pain; abdominal distension; intercostal neuralgia; vomiting; indigestion; untransformed digestate in stool; diarrhoea.

**Supplementary Indications:** Pain and distension with abdominal masses; abdominal and lateral costal masses; fixed Phlegm; pain in the chest and lateral costal region; stiff neck; retching; cough and dyspnea; epilepsy; seizures; sudden loss of voice; palpitations.

#### CLASSICAL COMBINATIONS

• Rhinitis with clear nasal discharge: Futonggu KID-20, Hegu L.I.-4, Fengmen BL-12, Shenting DU-24, Zanzhu BL-2, Yingxiang L.I.-20 and Zhiyin BL-67 (Thousand Ducat Formulas).

## KI-21 (*yōu mén*)

幽 *yōu*: dark, gloomy; secret, subtle, hidden

門 *mén*: gate, door

*Dark Gate*

**Location:** On the upper abdomen 5 fen lateral to Ren Mai point REN-14 (Ju Que). This is 6 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-19 (Bu Rong) is located 1.5 cun lateral to KID-21 (You Men). The proportional distance from the centre of the umbilicus to the xiphisternal junction is 8 cun.

**Features & Categories:** Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

**Functions:** Benefits the Liver and rectifies Qi; fortifies the Spleen and harmonizes the Stomach; clears abdominal Heat.

**Indications:** Abdominal pain and distension; vomiting; diarrhea; stomach spasms; nausea; morning sickness; epigastric pain; intercostal neuralgia; chronic gastritis.

**Supplementary Indications:** Pain in the chest referring to the back and lumbar region; obstruction and distension below the heart; untransformed digestate in the stool; painful reddening of the eyes spreading from the inner canthus.

#### DEADMAN'S COMMENTARY

According to the Classic of Difficulties "When the Penetrating vessel is diseased there is counterflow qi and abdominal urgency". Like many of the Kidney channel points on the abdomen, Youmen KID-21 (the final point of the Penetrating vessel on the Kidney channel) is indicated for counterflow qi manifesting as nausea, vomiting, retching and cough. The term abdominal urgency refers to a sensation of acute cramping pain, usually associated with dysenteric disorder.

Like the majority of the Penetrating vessel points on the Kidney channel, Youmen KID-21 is indicated for redness of the eyes originating at the inner canthus. Whilst there is no simple explanation of this symptom, it is worth noting that although some descriptions of the Penetrating vessel suggest that it terminate at the lips, illustrations and other accounts of its pathway usually show it ending at the inner portion of the eyes.

#### CLASSICAL COMBINATIONS

- Agitation of the Heart with vomiting: Youmen KID-21 and Yutang REN-18 (One Hundred Symptoms).
- Poor memory: Youmen KID-21, Shendao DU-11, Lieque LU-7 and Gaohuangshu BL-43 (Supplementing Life).

- No pleasure in eating: Youmen KID-21, Diji SP-8, Yinlingquan SP-9, Shuifen REN-9 and Xiaochangshu BL-27 (Supplementing Life).
- Vomiting: Youmen KID-21, Shangqiu SP-5 and Zutonggu BL-66 (Thousand Ducat Formulas).

## SP-4 (*gōng sūn*)

公 *gōng*: grandfather; public; a surname

孫 *sūn*: grandson; a surname

公孫

*Yellow Emperor*

**Location:** On the medial aspect of the foot, in the depression just distal to the base of the first metatarsal bone, at the junction of the red and white skin. This is approximately 1 cun posterior to SP-3 (Tai Bai). The point is located between the metatarsal bone and abductor hallucis muscle.

**Features & Categories:** Connecting-Luo point of the Spleen Channel connecting to the Stomach Channel of foot Yang Ming; Master point of Chong Mai (Penetrating Vessel), Coupling point of Yin Wei Mai (Yin linking Vessel).

**Functions:** Supports the Spleen and Stomach; pacifies the Stomach; rectifies flow of Qi; regulates the sea of Blood; stops bleeding; regulates Chong Mai.

**Indications:** Stomach pain; vomiting; irregular menstruation; endometritis; borborygmus; abdominal pain or distension; acute and chronic enteritis; diarrhea; dysentery; pain in the medial foot or ankle.

**Supplementary Indications:** Stomachache; abdominal pain; intestines hard 'like a drum'; vomiting and diarrhea; tidal fevers; seizures.

### DEADMAN'S COMMENTARY

Gongsun SP-4 is the luo-connecting point of the Spleen channel and the confluent point of the Penetrating vessel. Its principal actions are to harmonise the middle jiao, fortify the Spleen, regulate stagnant qi and transform dampness. One explanation of the name 'Grandfather Grandson' refers to its status as the luo-connecting point, the Spleen channel being the grandfather and the Stomach channel the grandson. An alternative explanation is that it refers to the Yellow Emperor, whose family name was Gongsun and who ruled under the earth phase, emphasising the significant action of this point on both the Spleen and the Stomach.

The Stomach and Spleen (which together comprise the middle jiao) are intimately related and their functions and nature complement each other. The 'rotting and ripening' of food and drink in the Stomach, the first stage of the digestive process, is ultimately governed by the Spleen. The Spleen ascends whilst the Stomach descends; the Spleen abhors dampness whilst the Stomach abhors dryness. Gongsun SP-4 connects with the Stomach channel (via the luo-connecting channel) and with the Stomach and intestines themselves (via the primary and luo-connecting channels). It is ideally suited, therefore, to harmonise the relationship between this paired zang and fu, and is indicated on the one hand for vomiting, cold in the Stomach, no pleasure in eating and oesophageal constriction, and on the other hand for borborygmus, diarrhoea, dysenteric disorder, tenesmus etc. It is also indicated for sudden turmoil disorder - the sudden and acute onset of simultaneous diarrhoea, vomiting and abdominal discomfort or pain. This disease is associated with eating unclean food, or with attack of cold, summerheat, dampness or epidemic qi.

The Spleen channel meets with the Conception vessel on the abdomen both below and above the umbilicus (Zhongji REN-3, Guanyuan REN-4 and Xiawan REN-10), whilst the Penetrating vessel passes through all the Kidney channel points of the lower and upper abdomen. In clinical practice, Gongsun SP-4 is an important point to treat upper and lower abdominal distention or pain due to qi stagnation, blood stasis or obstruction by dampness. According to the discussion of the 'eight therapeutic methods' in the Ode of the Obstructed River, Gongsun SP-4 is particularly indicated for abdominal pain below the umbilicus. Other sources emphasise its effectiveness for both epigastric pain and periumbilical pain. Whilst all sources therefore agree on its ability to treat abdominal pain, the variance in opinion on its precise sphere of action reflects both its effect on the Stomach in the upper abdomen and the intestines (via the Spleen) in the lower abdomen, and the pathways of the channels which it influences.

In common with the other luo-connecting points of the yin channels (Lieque LU-7, Tongli HE-5, Dazhong KID-4, Neiguan P-6 and Ligou LIV-5) Gongsun SP-4 has a pronounced effect on emotional disorders. The Spleen channel connects with the Heart, and when phlegm and dampness accumulate and transform into phlegm-heat, this may be carried upwards to obstruct the Heart and agitate the spirit giving rise to mania-depression, manic raving, insomnia, restlessness and epilepsy. Alternatively, if Spleen qi is deficient, the source of blood will be weak and the Heart and spirit will lack nourishment resulting in insomnia and restlessness. Unusually for a Spleen channel point, Gongsun SP-4 is also indicated for Gall Bladder deficiency and much sighing. For a fuller discussion of this pattern, see Danshu BL-19.

The Penetrating vessel disperses in the chest, whilst the Spleen channel connects with the Heart, chest and lateral costal region. The Complete Collection of Acupuncture and Moxibustion recommends Gongsun SP-4 for the 'nine types of Heart pain' as well as for low-grade pain of the chest. Neiguan P-6, the confluent point of the Yin Linking vessel is frequently combined with Gongsun SP-4, the confluent point of the Penetrating vessel, to enhance the latter's ability to treat Heart and chest pain, as well as to calm the spirit and regulate qi in the middle jiao and hence treat pain, distention and nausea.

The Penetrating vessel (known as the sea of blood) originates in the lower abdomen and has a specific effect on the uterus. The Classic of the Jade Dragon states that Gongsun SP-4 may be used for 'all gynaecological disorders'. Despite this recommendation, however, it is notable that other gynaecological indications in both classical and modern texts are relatively few.

One pathway of the Penetrating vessel ascends to the face, and Gongsun SP-4 is indicated (and included in various classical combinations) for oedema, especially swelling of the face.

Finally the Great Compendium of Acupuncture and Moxibustion gives specific indications for excess and deficiency of the luo-connecting points. In the case of Gongsun SP-4, these are cutting pain of the intestines (excess); drum distention (deficiency).

#### **CLASSICAL COMBINATIONS**

- Abdominal pain: Gongsun SP-4 and Neiguan P-6 (Ode of Xi-hong).
- Stagnation of food in the mid-abdomen, stabbing pain that does not cease: Gongsun SP-4, Jiexi ST-41, Zhongwan REN-12 and Zusanli ST-36 (Complete Collection).

- Borborygmus: Gongsun SP-4, Taibai SP-3, Dachang shu BL-25 and Sanjiaoshu BL-22 (Supplementing Life).
- Vomiting phlegm and watery saliva, dizziness that does not cease: Gongsun SP-4, Fenglong ST-40, Yangxi L.I.-5 and Shanzhong REN-17 (Complete Collection).
- Sudden turmoil disorder: Gongsun SP-4, Juque REN-14, Guanchong SJ-1, Zhigou SJ-6 and Jiexi ST-41 (Systematic Classic).
- Chronic malaria with no pleasure in eating: Gongsun SP-4, Neiting ST-44 and Lidui ST-45 (Great Compendium).
- Pain of the lateral costal region: Gongsun SP-4, Zhigou SJ-6, Yanglingquan GB-34 and Zhangmen LIV-13 (Complete Collection).
- Swelling of the face and head: Gongsun SP-4 and Yanglingquan GB-34 (Supplementing Life).

## PC-6 (*nèi guān*)

內 *nèi*: inner, inside

關 *guān*: gate, passage; to shut, to close

內 關

*Inner Pass*

**Location:** On the anterior forearm 2 cun proximal to the transverse wrist crease between the tendons of palmaris longus and flexor carpi radialis muscles. The point is on a line drawn between PC-3 (Qu Ze) at the elbow and PC-7 (Da Ling) at the wrist.

**Features & Categories:** Connecting-Luo point of the Pericardium Channel, connecting to the San Jiao Channel of hand Shao Yang; Master point of Yin Wei Mai (Yin linking Vessel), Coupling point of Chong Mai (Penetrating Vessel). General Luo-Connecting point of the Yin. Regional Command point of the chest and lateral costal region.

**Functions:** Clears Heat and eliminates vexation; Calms the Shen; opens the chest; regulates Heart Qi and Blood; downbears counterflow and stops vomiting; harmonizes the Stomach and relieves pain; regulates Jue Yin and the San Jiao.

**Indications:** Cardiac and chest pain; palpitations; shock; angina pectoris; stomach and abdominal pain; nausea; retching; irritability; mania and withdrawal; migraine headache; hysteria; insomnia; dizziness; hyperthyroidism; epilepsy; swollen and painful throat; pain and hypertonicity of the elbow and arm; febrile diseases; malaria.

**Supplementary Indications:** Gastric reflux; splenogastric disharmony; vomiting; tidal fever; jaundice; diseases of the chest and ribs; hot, red face; red eyes; prolapse of the rectum; poor memory and derangement; lump glomus; concretions; Wind strike, apoplexy.

### DEADMAN'S COMMENTARY

The Pericardium primary channel originates in the chest, its divergent channel enters the chest and its sinew channel disperses in the chest and over the anterior and posterior ribs. Neiguan P-6, a point of the Pericardium channel, is also the confluent point of the Yin Linking vessel which ascends through the chest. According to the Classic of Difficulties<sup>9</sup> "When the Yin Linking vessel is diseased, Heart pain will result". In the Ode of the Obstructed River the use of Neiguan P-6 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, Neiguan P-6 is

indicated for disorders of the chest. The Investigation into Points Along the Channels by the Ming dynasty author Yan Zhen-shi says "Neiguan P-6 treats all kinds of pain of the zangfu, chest and lateral costal region". Furthermore, Neiguan P-6 was included among the 'six command points' (a grouping derived by later commentators from Gao Wu's 'four command points') for its pre-eminent effect on diseases of the chest and lateral costal region. Neiguan P-6, therefore, has long been considered the single most important distal point for the treatment of pain and stuffiness of the chest and it is one of the primary points in acupuncture analgesia for chest surgery. Its range of actions extends not only to the Heart, but also to the Lung.

Pain and stuffiness of the Heart and chest may result from various aetiologies including:

- i. Heart qi and yang deficiency,
- ii. accumulation of cold,
- iii. accumulation of phlegm,
- iv. blood stasis,
- v. constrained Liver qi,
- vi. traumatic injury.

Whatever the pattern, Neiguan P-6 forms an essential part of any point combination. In the treatment of angina pectoris, however, certain doctors emphasise the use of Ximen P-4 (the xi-cleft point of the Pericardium channel) during acute attacks and Neiguan P-6 during remission. Neiguan P-6 is also effective to treat other disorders of the chest such as asthma and cough, as well as pain in the lateral costal region and hypochondrium. These last two symptoms reflect not only the pathway of the Pericardium sinew channel, but also the relationship of Neiguan P-6 to stagnation of Liver qi, explained by the paired relationship of the Pericardium and Liver jueyin channels. Neiguan P-6, therefore, is especially effective in treating stagnation of Liver qi anywhere in the upper and middle jiao.

The Pericardium is the 'wrapping' of the Heart which stores the spirit, and the Pericardium luo-connecting channel links Neiguan P-6 directly with the Heart. The action of Neiguan P-6 on regulating the Heart zang and calming the spirit emphasises its dual effect on both the physical and emotional aspects of the Heart. It is an important point in the treatment of palpitations, pounding of the Heart and disorders of Heart rhythm, and is also one of the main acupuncture points for regulating and calming the spirit and treating a wide range of emotional disorders whatever the underlying pattern. It is therefore indicated for insomnia, epilepsy, mania, poor memory, loss of memory following windstroke, fright, sadness, fear and apprehension.

The Investigation into Points Along the Channels, echoing many other classical texts, states that Neiguan P-6 is indicated "for disharmony of the Stomach and Spleen". The Pericardium primary and divergent channels both descend through the diaphragm to connect with the middle and lower jiao, and this explains the powerful effect of Neiguan P-6 on the function of the middle jiao. Neiguan P-6 is the pre-eminent point to treat nausea and vomiting due to any aetiology, including vomiting of pregnancy and the side-effects of chemotherapy and radiotherapy. Its considerable effect in the treatment of such side-effects has rendered it the subject of more research in recent years than any other acupuncture point. Neiguan P-6 is further indicated for distention, fullness and pain of the

epigastrium and abdomen, and is often combined with Gongsun SP-4, the confluent point of the Penetrating vessel, for this purpose.

The Pericardium channel belongs to fire, and like many other points of the channel Neiguan P-6 is indicated for a variety of manifestations of heat, including fevers, jaundice, red face with hot skin, painful urinary dysfunction, cracked and bleeding tongue etc.

Finally the Great Compendium of Acupuncture and Moxibustion gives specific indications for excess and deficiency of the luo-connecting points. In the case of Neiguan P-6 these are sudden Heart pain (excess); stiffness [and pain] of the head [and neck] (deficiency).

### **CLASSICAL COMBINATIONS**

- Oppression of the chest: Neiguan P-6 and Jianli REN-11 (One Hundred Symptoms).
- Pain of the Heart and chest: Neiguan P-6, Quze P-3 and Daling P-7 (Great Compendium).
- Fear and fright with Heart pain: Neiguan P-6, Shenmen HE-7, Shaochong HE-9 and Yanglingquan GB-34 (Compilation).
- Epilepsy: Neiguan P-6, Houxi SI-3, Shenmen HE-7, Xinshu BL-15 and Yinbai SP-1 (Complete Collection).
- Sudden turmoil disorder, headache, chest pain and dyspnoeic rales: Neiguan P-6, Renying ST-9, Guanchong SJ-1, Sanyinjiao SP-6 and Zusanli ST-36 (Compilation).
- Difficult ingestion: Neiguan P-6, Yuji LU-10 and Zusanli ST-36 (Great Compendium).
- For quickly treating abdominal disease: Neiguan P-6 and Zhaohai KID-6 (Ode of the Jade Dragon).
- Abdominal pain: Neiguan P-6 and Gongsun SP-4 (Ode of Xi-hong).
- Abdominal pain: Neiguan P-6, Zusanli ST-36 and Zhongwan REN-12 (Great Compendium).
- Cracked and bleeding tongue: Neiguan P-6, Taichong LIV-3 and Yinjiao REN-7 (Miscellaneous Diseases).
- Red (bloody) dysenteric disorder: Neiguan P-6, Tianshu ST-25, Neiting ST-44, Yinbai SP-1, Qihai REN-6 and Zhaohai KID-6 (Great Compendium).
- Insufficient lactation due to Liver qi stagnation: Neiguan P-6, Rugen ST-18, Shanzhong REN-17, Shaoze SI-1 and Taichong LIV-3.

### **MATSUMOTO & BIRCH: CLINICAL APPLICATIONS**

#### **Zhen Jiu Ju Ying - Chong Mai Treatments**

SP-4, chong mai, meets at the heart and chest. Treat SP-4, then PC-6 for:

- nine kinds of heart pain: heart, stomach
- stagnant mucus, drooling and anguished: heart, chest
- umbilicus and abdomen swollen and painful: triple warmer, stomach
- pain at the side of the rib cage: heart, spleen
- following labor, loss of blood and spontaneous bleeding: master of the heart
- stagnant qi, food doesn't move: small intestine, stomach
- diarrhea that will not stop: large intestine, stomach
- pulling qi pain in the muscles below the ribs (or severe muscle tension between the scapulae or severe tension at the side of the navel caused by cold wind invading the uterus): heart, stomach

- the anus is painful following a heavy bout of diarrhea: large intestine
- a shanghan knot in the chest (evil qi is knotted in the chest, when the knot appears it causes pain below the sternum that is tight on palpation): small intestine, heart
- stagnant water, alcohol mucus: liver, stomach
- full condition and discomfort in the abdomen, stomach disturbed, nausea and vomiting: stomach
- abdomen and sides swollen, full and painful: spleen, stomach
- wind in the intestines (blood in the stool caused by general weakness of the yin and yang organs and qi and blood disharmonies): large intestine, master of the heart
- anal prolapse: large intestine, lung
- stagnant qi (choking, rebellious full condition in the chest, belching that smells bad): heart, lungs
- stagnant food, food and fluids will not pass, constipation: stomach, spleen
- food lump (imbalance between the spleen and stomach, the area around CV-12 is full and painful and the patient will not like being touched at that point, there will be constipation and acid regurgitation), with pain: stomach, spleen
- in one side of the abdomen there is something that disturbs the digestive system hidden in the rib cage: small intestine, master of the heart
- post-partum lower abdominal pain caused by stagnant blood: small intestine, triple warmer
- problem on one side below the ribs caused by alcohol: stomach, triple warmer
- borborygmus: small intestine, stomach
- blood stabbing pain (sharp pain caused by blood stagnation): liver, spleen
- in children the spleen is dispersed (by heat) with symptoms of hidden heat in the spleen and stomach, heat in the flesh, dry mouth, lips dry, mouth sores, bad breath, thirst: spleen, kidney
- diarrhea with abdominal pain: large intestine, stomach
- stabbing pain in the chest: heart
- nue and heart pain: pericardium

The term "knot in the chest" refers to a feeling of fullness and pain below the sternum. If this symptom is reported by the patient and on palpation the area is hard, with hardness extending down to the navel, and is uncomfortable when touched, this is a large knot in the chest. However, if it is only found on palpation, it is a small knot in the chest.

### **Zhen Jiu Da Cheng - Chong Mai Treatments**

The Zhen Jiu Da Cheng gives the following list of symptoms for the chong mai:

SP-4 and PC-6 together can treat and balance the heart, abdomen, the five yin organs and:

- nine kinds of heart pain
- fullness in the chest or pressure in the heart with diaphragm problems (caused by spleen deficient mucus or damp spleen)
- evil qi knotted in the chest, causing pain below the heart (or sternum), with the urge to vomit, and vomiting after eating
- acute stomach upset (spasming or pain)
- too much alcohol or bad diet that causes lump formation (both yin and yang lumps)

- borborygmus
- water, food, qi diseases (improper fluid, food or air intake) causing diaphragm problems {belching, discomfort in the stomach/ middle warmer problems}
- pain in the umbilicus
- sudden abdominal pain
- sides of the body swollen
- afterbirth, or parts thereof, retained following labor (causing coma or mental disease)
- watery diarrhea
- intestinal wind with nue and heart pain

Intestinal wind may be either bleeding hemorrhoids or wind attacking the intestines damaging the blood and qi. The latter syndrome is evidenced by bleeding, diarrhea or bright colored blood that precedes the stools.

### **Zhen Jiu Da Cheng - Chong Mai Treatment Combinations:**

- nine kinds of heart pain and the patient feels cold: SP-4 and PC-7, CV-12, SP-1
- fullness in the chest or pressure in the heart with diaphragm problems (caused by spleen deficient mucus or damp spleen), with deep pain in the chest: SP-4 and PC-8, CV-17, PC-5
- stagnation in the esophagus (rebellious full condition) with bad smelling belches, halitosis and an inability to swallow food and fluid {possibly cancer of the esophagus}: SP-4 and CV-17, ST-36, SP-3
- distended abdomen and umbilicus with undigested food: SP-4 and ST-25, CV-9, ST-44
- chronic pain in the sides or below the ribcage: SP-4 and SJ-6, LV-13, GB-34
- watery diarrhea that will not stop, with tension and pain in the anus: SP-4 and CV-10, ST-25, KI-6
- deep {non palpable} stabbing pain in the chest: SP-4 and PC-6, PC-7, KI-26
- the sides of the ribcage are swollen and painful: SP-4 and GB-39, LV-13, GB-34
- distension and discomfort in the middle {warmer} with upset stomach and vomiting food {gastritis}: SP-4 and CV-12, SP-3, zhong kui
- mucus in the stomach, vomiting clear water: SP-4 and CV-14, CV-12, ST-45
- food stagnant in the stomach with stabbing pain: SP-4 and CV-12, ST-36, ST-41
- nausea and vomiting, fullness in the chest or pressure in the heart with diaphragm problems (caused by deficient spleen mucus or damp spleen) and dizziness: SP-4 and CV-17, zhong kui, ST-40
- nue of the heart causing physical and emotional over-excitement {such as angina and palpitations}: SP-4 and HT-7, BL-15, bai lao
- nue of the spleen causing dread of cold and abdominal pain: SP-4 and SP-5, BL-20, ST-36
- nue of the liver causing pale blue color, chills and high fever: SP-4 and LV-4, BL-18, GB-39
- nue of the lungs causing the heart to be cold and fearful, easily shocked or surprised (related to stress): SP-4 and LU-7, BL-13, LI-4
- nue of the kidneys {with symptoms like} the overheating that results from alcohol consumption, causing the urge to drink much, and tension and pain of the spine and back: SP-4 and KI-4, BL-62, BL-23

- nue with high fever that is difficult to eliminate: SP-4 and PC-5, bai lao, GB-39
- nue with first cold then fever: SP-4 and SP-3, LI-11, PC-8
- nue with first fever then cold: SP-4 and LI-11, bai lao, GB-39
- nue with heart, chest pain: SP-4 and PC-6, CV-13, PC-7
- nue with headache, dizziness and vomiting mucus: SP-4 and LI-4, CV-12, LU-7
- nue with soreness of the bones and joints: SP-4 and BL-37, bai lao, KI-2
- nue with thirst (dry mouth included): SP-4 and SJ-1, GV-26, PC-5
- nue of the stomach, always hungry but cannot eat: SP-4 and ST-45, BL-21, SP-2
- nue of the gallbladder with chills, fearfulness, nervous sensitivity, easily surprised, feeling of anxiousness when the patient lays down or sleeps: SP-4 and GB-41, BL-19, LV-14
- jaundice, four limbs swollen, profuse sweating (clothes wet): SP-4 and GV-9, bai lao, SI-4, CV-12, ST-36
- jaundice, one side of the body more colored than the other, skin, eyes and urine yellow: SP-4 and BL-20, SP-1, bai lao, GV-9, ST-36, SI-3
- grain jaundice, stagnant food causes "heart dizziness" {disturbs the heart}, the patient is mentally trying to reject or suppress some melancholic feelings {depression}, part of the body becomes yellower: SP-4 and BL-21, ST-44, GV-9, ST-36, SI-4, KI-10
- alcohol jaundice, both body and eyes yellow, deep heart pains, red spots on the face, yellow urine: SP-4 and BL-19, GV-9, BL-54, SI-3
- "weak jaundice," (weakness that only occurs in men from too much sex or poor lifestyle), body and eyes yellow, fever and chills, scanty urine: SP-4 and CV-4, BL-23, GV-9, KI-2

There are said to be five kinds of the "yellow disease," jaundice. Each is caused by damp heat invading the middle warmer, spleen and stomach. Jaundice with yellow discoloration over one side of the body, the skin, eyes and urine, is associated with acute high fever. The heat stagnates in the stomach. The patient has a good appetite and sleeps well, but is tired when moving. "Grain jaundice" originally comes from overeating injuring the middle warmer, causing deficient stomach qi. Then, damp heat becomes excess creating dizziness, weird feelings in the heart and whole body discomfort. "Alcohol jaundice" arises from alcohol consumption and may be accompanied by dry nostrils and feverish legs. "Weak jaundice" is known as "male jaundice". The body looks over-fatigued, usually related to too much sex, and there are fever and chills. This may be accompanied by fullness below the navel. There may be scanty urine that is difficult to pass.

### **Dr. Yang's Chong Mai Treatments**

- irregular menses: SP-4 and CV-4, CV-6, ST-25, SP-6
- fullness and pain inside the chest: SP-4 and PC-8, HT-5, PC-7, CV-17
- mucus heat with a knot inside the chest: SP-4 and LU-7, PC-7, KI-1
- wind pain of the four limbs: SP-4 and LI-11, SJ-5, GB-34, SP-6, LI-10, GB-31
- feeling of stagnation in the throat: SP-4 and LU-11, GB-20, KI-6, ST-6