

Du Mai/ Governing Vessel, part #3

Points#2, Clinic use, Treatments

GV-17 (*nǎo hù*)

腦 *nǎo*: brain

戶 *hù*: door, household

腦戶

Brain's Door

Location: On the midline of the posterior head, 2.5 cun superior to the hairline, at the superior border of the external occipital protuberance. This is 1.5 cun superior to DU-16 (Feng Fu). The point is located approximately 2 fen superior to one third of the distance between the midpoint of the posterior hairline and DU-20 (Bai Hui). The proportional distance between these landmarks is 7 cun. The proportional distance between the midpoints of the anterior and posterior hairline is 12 cun. BL-9 (Yu Zhen) is located 1.3 cun lateral to DU-17 (Nao Hu).

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang on Du Mai.

Functions: Dispels Wind and clears Heat; disperses swelling and settles tetany; benefits the brain and opens the Portals.

Indications: Epilepsy; seizures; dizziness; headache; insomnia; pain and stiffness of the neck.

Supplementary Indications: Facial swelling with red complexion; yellow eyes; swelling of the head; pain and swelling of the neck; jaundice; bleeding at the root of the tongue; reddening of the eyes; eye pain with unclear vision; loss of voice; clonic spasm.

CLASSICAL COMBINATIONS

- Pain and heaviness of the head: Naohu DU-17, Tongtian BL-7 and Naokong GB-19 (Thousand Ducat Formulas).
- Yellow eyes: Naohu DU-17, Danshu BL-19, Yishe BL-49 and Yanggang BL-48 (Supplementing Life).
- Pain of the eyes with inability to see: Naohu DU-17, Fengchi GB-20, Yuzhen BL-9, Fengfu DU-16 and Shangxing DU-23 (Thousand Ducat Formulas).
- Madness with vomiting: Naohu DU-17, Luoque BL-8, Zhubin KID-9, Yanggu SI-5, Houding DU-19, Qiangjian DU-18 and Yuzhen BL-9 (Thousand Ducat Formulas).

GV-18 (*qiáng jiān*)

強 *qiáng*: unyielding, stiff; forceful, strong

間 *jiān*: a space; between, among, in the middle of

強間

Unyielding Space

Location: On the midline of the posterior head, midway between Du Mai points DU-19 (Hou Ding) and DU-17 (Nao Hu). This location is 3 cun posterior to DU-20 (Bai Hui). The proportional distance between DU-20 (Bai Hui) and the midpoint of the posterior hairline is 7 cun.

Functions: Calms the Liver and extinguishes Wind; soothes the Sinews and quickens the Connecting Vessel.

Indications: Mania and withdrawal; headache; visual dizziness; stiffness of the neck.

Supplementary Indications: Vomiting of foamy phlegm; epilepsy; clonic spasm; pain and stiffness of the neck; insomnia.

DEADMAN'S COMMENTARY

As is often the case, a point such as Qiangjian DU-18 which is considered of minimal importance in modern clinical practice, was clearly ascribed greater significance in classical texts, witnessed by numerous traditional combinations. It shares with many points of the head region, particularly its neighbouring points of the Governing vessel (Naohu DU-17 and Houding DU-19) the ability to pacify interior wind and calm the spirit. It was primarily applied, however, for unendurable stabbing pain in the head.

CLASSICAL COMBINATIONS

- Headache that is difficult to endure: Qiangjian DU-18 and Fenglong ST-40 (One Hundred Symptoms).
- Stabbing pain of the head with inability to move: Qiangjian DU-18 and Touqiaoyin GB-11 (Supplementing Life).
- Stabbing pain of the head with inability to move: Qiangjian DU-18 and Zuqiaoyin GB-44 (Thousand Ducat Formulas).
- Deviation of the mouth with inability to speak: Qiangjian DU-18, Chengqi ST-1, Sibai ST-2, Juliao ST-3, Kouheliao L.I.-19, Shanguan GB-3, Daying ST-5, Quanliao SI-18, Fengchi GB-20, Yingxiang L.I.-20 and Renzhong DU-26 (Supplementing Life).
- Agitation of the Heart: Qiangjian DU-18, Baihui DU-20 and Chengguang BL-6 (Supplementing Life).
- Epileptic convulsions, mad walking, inability to sleep, agitation of the Heart: Qiangjian DU-18, Zanzhu BL-2, Xiaohai SI-8 and Houxi SI-3 (Thousand Ducat Formulas).

GV-19 (*hòu dǐng*)

後 *hòu*: behind; after

頂 *dǐng*: crown of the head, the vertex *Behind the Vertex*

後頂

Location: On the midline of the top of the head, 1.5 cun posterior to DU-20 (Bai Hui). This location is 5.5 cun superior to the midpoint of the posterior hairline. The proportional distance between DU-20 (Bai Hui) and the midpoint of the posterior hairline is 7 cun.

Functions: Calms the Liver and subdues Yang; calms the Heart and Shen.

Indications: Mania and withdrawal; epilepsy; seizures; headache; visual dizziness.

Supplementary Indications: Vertex headache; unilateral headache (migraine); insomnia; common cold; clouded or dizzy head.

CLASSICAL COMBINATIONS

- Wind dizziness: Houding DU-19, Yuzhen BL-9 and Hanyan GB-4 (Supplementing Life).
- Wind dizziness and one-sided headache: Houding DU-19, Hanyan GB-4 and Qianding DU-21 (Thousand Ducat Formulas).

- Pain of the neck with aversion to wind-cold: Houding DU-19 and Waiqiu GB-36 (Supplementing Life).
- Pain of the head and nape: Houding DU-19, Baihui DU-20 and Hegu L.I.-4 (Great Compendium).
- Pain of the head and eyes: Houding DU-19, Tongli HE-5 and Baihui DU-20 (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.

Supplementary Indications: Fright palpitations; impaired memory; epilepsy; seizures; deafness; Wind dizziness and heavy-headedness; blindness; vertex headache; prolapse of the uterus; hemorrhoids; tetany; clenched jaws; hemiplegia; vexation and oppression in the heart; loss of taste.

DEADMAN'S COMMENTARY

The name Baihui DU-20 (Hundred Meetings) reflects the location of this point at the crown of the head which is the meeting of all the yang qi of the body, and its ability, according to the Classic of Supplementing Life with Acupuncture and Moxibustion to treat the 'one hundred diseases'. Like many acupuncture points, Baihui DU-20 has also been given a variety of alternative names in classical texts, reflecting different aspects of its nature. The name Sanyangwuhui (Three Yang Five Meetings) emphasises that Baihui DU-20 is the meeting point of the Governing vessel with the three yang channels of the Bladder, Gall Bladder and Sanjiao, as well as the Liver channel. Another name, Niwangong (Mud Ball Palace), is used in qigong theory. Niwan (Mud Ball) refers to the material aspect of the spirit which is located in the brain (see also Shenting DU-24), and accordingly Baihui DU-20 is sometimes considered to be the location of the upper dantian (cinnabar field). Further names include Tianshan (Mountain of Heaven) reflecting its location at the highest point of the body, and Guimen (Ghost Gate) reflecting its influence on psycho-emotional disorders.

Baihui DU-20 is located at the apex of the head, the highest and hence most yang point of the body. It therefore has a profound effect on regulating yang, both to descend excess yang and to raise deficient yang. Interior wind is a yang pathogen characterised by vigorous upward movement and is most commonly generated when the Liver's spreading and rising movement exceeds its normal

bounds. Baihui DU-20, the meeting of the Governing and Liver channels, is able to descend such manifestations of interior wind and uprising of yang as windstroke, dizziness, tinnitus, headache, head wind, pain of the vertex, opisthotonos, lockjaw and loss of consciousness. A number of different classics state that Baihui DU-20 should be bled in such excess patterns. The pronounced ability of this point to descend excess from the head should not obscure its importance in nourishing the brain. According to the Spiritual Pivot Baihui DU-20 is a point of the sea of marrow "Its point above is the top of the head; below it is Fengfu" and "When the sea of marrow is in excess then there is lightness of the body and much strength and a person's self exceeds the normal level; when the sea of marrow is insufficient there is a whirling sensation of the brain, tinnitus, pain of the lower legs, dizziness, impairment of vision, indolence and desire to sleep".

As well as treating disorders at the top of the body, Baihui DU-20 is able to raise sinking of yang at the lower end of the Governing vessel leading to prolapse of the rectum. This action of raising yang has been extended in modern clinical practice to the treatment of prolapse of the uterus and vagina. For this purpose Baihui DU-20 is often treated by moxibustion. Zhu Dan-xi recommends the application of three cones of moxa to Baihui DU-20 for chronic disease with qi deficiency and incessant diarrhoea. All these indications reflect the principle stated in the Yellow Emperor's Inner Classic "When the disease is below select [points] from above".

This effect of raising yang is emphasised in qigong practice. Attention is focused on the upper dantian [either Baihui DU-20 or Yintang (M-HN-3)] in cases of sinking of qi, aversion to wind and cold in the head, hypotension etc., but contraindicated in cases of excessive yang, fire or wind. According to the Ode to Elucidate Mysteries "Heaven, earth and man are the three powers. Baihui DU-20 ... echoes Heaven, Xuanji REN-21 ... echoes man and Yongquan KID-1 ... echoes the earth". It is by opening Baihui DU-20 that we can better absorb the energy of heaven, and through focusing on Yongquan KID-1 that we can root to the energy of the earth. It is strongly emphasised, however, that since yang has a natural tendency to rise to the head, most people should first master sinking the qi to the lower dantian, in the lower abdomen, or to Yongquan KID-1, and circulating the qi through the small heavenly circuit (the Governing and Conception vessels) before focusing unduly on the upper dantian.

One of the most striking groups of indications found in classical texts for Baihui DU-20 is disorders of the spirit and Heart, for example heat and oppression of the Heart, fright palpitations, poor memory, disorientation, sadness and crying with desire to die, etc. As considered at length in the introductory discussion to the Governing vessel (above), this reflects the overlap between different theories in Chinese medicine concerning the residence of the spirit, some schools emphasising the Heart and others the brain. The Essential Questions for example states "The Heart stores the spirit" and "The head is the residence of the intelligence". As stated above, the Governing vessel, and Baihui DU-20 in particular, has an especially close relationship with the brain. At the same time, the anterior pathway of the Governing vessel ascends through the Heart. The Governing vessel, therefore, can be seen as the channel which integrates these two theories, and Baihui DU-20 may be selected especially when psycho-emotional disturbance manifests with indications of

disharmony both of the Heart (palpitations, oppression etc.) and the head and brain (heaviness of the head, epilepsy, dizziness etc.).

From Baihui DU-20, the Governing vessel starts to descend down the midline of the front of the head, traversing the nose. This point is therefore indicated for a variety of nasal disorders including discharge, obstruction and bleeding.

Finally, according to the Spiritual Pivot Baihui DU-20 is listed as one of a group of twenty- five points for treating headache caused by inversion qi (disordered and contrary flow of qi): Qiangjian DU-18, Houding DU-19, Baihui DU-20, Qianding DU-21, Xinhui DU-22, Wuchu BL-5, Chengguang BL-6, Tongtian BL-7, Luoque BL-8, Yuzhen BL-9, Toulinqi GB-15, Muchuang GB-16, Zhengying GB-17, Chengling GB-18 and Naokong GB-19.

CLASSICAL COMBINATIONS

- Somnolence: Baihui DU-20 and Xinhui DU-22 (Supplementing Life).
- Somnolence: Baihui DU-20, Tianjing GB-21, Erjian L.I.-2, Sanjian L.I.-3, Taixi KID-3, Zhaohai KID-6, Lidui ST-45 and Ganshu BL-18 (Great Compendium).
- Fright palpitations: Baihui DU-20, Shendao DU-11, Tianjing SJ-10 and Yemen SJ-2 (Supplementing Life).
- Agitation of the Heart: Baihui DU-20, Qiangjian DU-18 and Chengguang BL-6 (Supplementing Life).
- Mania: Baihui DU-20, Jianshi P-5, Fulu KID-7, Yingu KID-10 and Zusanli ST-36 (Illustrated Supplement).
- Tendency to excessive crying: Baihui DU-20 and Renzhong DU-26 (Great Compendium).
- Wind epilepsy with upward staring eyes: Baihui DU-20, Kunlun BL-60 and Sizhukong SJ-23 (Great Compendium).
- Head wind: Baihui DU-20, Naokong GB-19 and Tianzhu BL-10 (Supplementing Life).
- Head wind: Baihui DU-20, Xiaxi GB-43, Shangxing DU-23, Qianding DU-21, Yanggu SI-5, Hegu L.I.-4, Guanchong SJ-1 and Kunlun BL-60 (Great Compendium).
- One-sided or generalised head wind: Baihui DU-20, Qianding DU-21, Shenting DU-24, Shangxing DU-23, Sizhukong SJ-23, Fengchi GB-20, Hegu L.I.-4, Zanzhu BL-2 and Touwei ST-8 (Great Compendium).
- Pain of the head and eyes: Baihui DU-20, Tongli HE-5 and Houding DU-19 (Supplementing Life).
- Pain of the head and nape: Baihui DU-20, Houding DU-19 and Hegu L.I.-4 (Great Compendium).
- Lockjaw following windstroke: Baihui DU-20, Renzhong DU-26, Jiache ST-6, Chengjiang REN-24 and Hegu L.I.-4 (Great Compendium).
- For most types of acute throat pain: first needle Baihui DU-20 then Taichong LIV-3, Zhaohai KID-6 and Sanyinjiao SP-6 (Ode of Xi-hong).
- Tinnitus: Baihui DU-20, Tinggong SI-19, Tinghui GB-2, Ermen SJ-21, Luoque BL-8, Yangxi L.I.-5, Qiangsi SI-2, Houxi SI-3, Wangu SI-4, Zhongzhu SJ-3, Yemen SJ-2, Shangyang L.I.-1 and Shenshu BL-23 (Great Compendium).
- Obstruction of the nose with inability to distinguish the fragrant from the foul: Baihui DU-20, Shangxing DU-23, Xinhui DU-22 and Chengguang BL-6 (Supplementing Life).

- Nasal congestion: Baihui DU-20, Yuzhen BL-9, Toulinqi GB-15, Shangxing DU-23 and Danyang (Extra) (Supplementing Life).
- Dysenteric disorder: Baihui DU-20 and Jiuwei REN-15 (Ode of Spiritual Brightness).
- Prolapse of the rectum in children: Baihui DU-20, Changqiang DU-1 and Dachangshu BL-25 (Great Compendium).
- Prolapse of the rectum in children: first moxa Baihui DU-20 then Jiuwei REN-15 (Ode of Xi-hong).
- Prolapse of the rectum: Baihui DU-20, Dachangshu BL-25, Changqiang DU-1, Jianjing GB-21, Hegu L.I.-4 and Qichong ST-30 (Compilation).
- Prolapse of the rectum: Baihui DU-20, Shenque REN-8 and Pangguangshu BL-28 (Compilation).
- Prolapse of the rectum and haemorrhoids: Baihui DU-20, Erbai (M-UE-29), Zhishi BL-52 and Changqiang DU-1 (The Great Compendium of Acupuncture and Moxibustion).

GV-21 (*qián dǐng*)

前 *qián*: before, in front of

頂 *dǐng*: crown of the head, vertex

前頂

Before the Vertex

Location: On the midline of the top of the head, 1.5 cun anterior to DU-20 (Bai Hui). The proportional distance between DU-20 (Bai Hui) and the midpoint of the natural anterior hairline is 5 cun. This location is 3.5 cun posterior to the anterior hairline.

Functions: Extinguishes Wind and relieves tetany; frees the Collaterals and disperses swelling; stabilizes the Shen.

Indications: Epilepsy; dizziness; vertigo; visual dizziness; headache at the top of the head; rhinitis; rhinal polyps; deep source nasal congestion.

Supplementary Indications: Head Wind visual dizziness; facial swelling with red complexion; Water swelling; infantile fright epilepsy (convulsions); clonic spasm; nasal congestion with copious phlegm.

CLASSICAL COMBINATIONS

- Childhood fright epilepsy: Qianding DU-21, Xinhui DU-22, Benshen GB-13 and Tianzhu BL-10 (Supplementing Life).
- Wind dizziness and one-sided headache: Qianding DU-21, Houding DU-19 and Hanyan GB-4 (Thousand Ducat Formulas).
- One-sided or generalised head wind: Qianding DU-21, Baihui DU-20, Shenting DU-24, Shangxing DU-23, Sizhukong SJ-23, Fengchi GB-20, Hegu L.I.-4, Zanzhu BL-2 and Touwei ST-8 (Great Compendium).
- Inability to speak following windstroke: Qianding DU-21 and Shenting DU-24 (Song of the Jade Dragon).
- Sudden swelling of the face: Qianding DU-21, Xinhui DU-22, Shangxing DU-23, Xiang ST-43 and Gongsun SP-4 (Supplementing Life).
- Redness and swelling of the face: Qianding DU-21, Xinhui DU-22, Shangxing DU-23, Naohu DU-17 and Fengchi GB-20 (Thousand Ducat Formulas).
- Deficiency swelling of the face: Qianding DU-21 and Renzhong DU-26 (One Hundred Symptoms).

GV-22 (*xìn huì*)囟 *xìn*: fontanel會 *huì*: meeting, convergence

囟 會

Fontanel Meeting

Location: On the midline of the top of the head, 3 cun anterior to DU-20 (Bai Hui). The proportional distance between DU-20 (Bai Hui) and the midpoint of the natural anterior hairline is 5 cun. This location is 2 cun posterior to the anterior hairline.

Functions: Calms the Liver and extinguishes Wind; opens the portals and settles fright.

Indications: Headache; visual dizziness; vertigo; rhinitis; rhinal polyps; deep source nasal congestion.

Supplementary Indications: Sudden epilepsy/convulsions in children; fright epilepsy; swelling of the head and face; nosebleed; nasal congestion; nasal polyps; insomnia or excessive sleeping; headache due to excessive drinking.

Contraindications: This point is contraindicated for acupuncture on children whose fontanels have not yet closed.

DEADMAN'S COMMENTARY

As is often the case, a point such as Xinhui DU-22 which is considered of minimal importance in modern clinical practice, was clearly ascribed greater significance in classical texts, witnessed by the many traditional indications and combinations. It shares with many points of the head region the ability to pacify interior wind and treat various disorders of the head. Its application in nose disorders, however, is overshadowed by Shangxing DU-23, and in head wind, headache and dizziness, by Baihui DU-20.

CLASSICAL COMBINATIONS

- Somnolence: Xinhui DU-22 and Baihui DU-20 (Supplementing Life).
- Childhood fright epilepsy: Xinhui DU-22, Qianding DU-21, Benshen GB-13 and Tianzhu BL-10 (Supplementing Life).
- Head wind: Xinhui DU-22 and Yuzhen BL-9 (One Hundred Symptoms).
- Head wind and dizziness: Xinhui DU-22, Shenting DU-24 and Shangxing DU-23 (Supplementing Life).
- Obstruction of the nose with inability to distinguish the fragrant from the foul: Xinhui DU-22, Shangxing DU-23, Baihui DU-20 and Chengguang BL-6 (Supplementing Life).

GV-23 (*shàng xīng*)上 *shàng*: upper, top; to rise星 *xīng*: star

上 星

Upper Star

Location: On the midline of the head, 1 cun posterior to the natural anterior hairline. This is 5 fen posterior to DU-24 (Shen Ting) and 4 cun anterior to DU-20 (Bai Hui). The proportional distance between DU-20 (Bai Hui) and the midpoint of the natural anterior hairline is 5 cun. BL-5 (Wu Chu) is located 1.5 cun lateral to DU-23 (Shang Xing).

Features & Categories: The tenth of the thirteen Ghost points - Gui Tang, Ghost Hall.

Functions: Disperses Wind Heat; opens the nose; enhances and regulates localized Channel Qi; dispels Wind and brightens the eyes; clears Heat and stops bleeding; dissipates pathogens and frees the Portals.

Indications: Headache; eye pain; rhinal polyps; rhinitis; sinusitis; deep source nasal congestion; nosebleed; mania and withdrawal.

Supplementary Indications: Head Wind; Deficiency swelling of the head and face; nasal polyps; loss of smell; visual dizziness; nearsightedness; absence of sweating in febrile diseases.

DEADMAN'S COMMENTARY

After passing over the vertex of the head, the Governing vessel descends through the nose. Shangxing DU-23, located directly above the nose, is in a commanding position to regulate the widest range of nasal disorders and is an important point clinically in the treatment of nasal obstruction and discharge, pain of sinusitis, rhinitis, inability to smell, nosebleed and nasal polyps.

An alternative name for this point is Mingtang (Hall of Brightness) reflecting the fact that from the earliest times Shangxing DU-23 has also been considered valuable in treating eye diseases including short sightedness, eye pain, visual impairment and visual dizziness. This maybe explained both by the proximity of this point to the eye region and by the fact that the anterior pathway of the Governing vessel ascends to below the middle of the eye. Interestingly, several classical texts warn that if this point is treated by excessive moxibustion it will raise the yang and lead to lack of clarity of vision.

A number of further alternative names for this point reflect its status as one of the 'thirteen ghost points' listed in the Supplement to the Thousand Ducat Formulas of Sun Simiao for the treatment of mania disorder and epilepsy. These include Guitang (Ghost Hall), Guigong (Ghost Palace) and Shentang (Hall of the Spirit).

Finally Shangxing DU-23 is indicated for various kinds of swelling in the upper region, including redness and swelling of the face, deficiency swelling of the face, and swelling of the skin of the head.

CLASSICAL COMBINATIONS

- Obstruction of the nose with inability to distinguish the fragrant from the foul: Shangxing DU-23, Baihui DU-20, Xinhui DU-22 and Chengguang BL-6 (Supplementing Life).
- Nasal congestion with inability to distinguish the fragrant from the foul: Shangxing DU-23, Yingxiang L.I.-20, Wuchu BL-5 and Kouheliao L.I.-19 (Great Compendium).
- Nasal congestion: Shangxing DU-23, Yuzhen BL-9, Baihui DU-20, Toulinqi GB-15 and Danyang (Extra) (Supplementing Life).
- Nasal obstruction and discharge: Shangxing DU-23 and Tongtian BL-7 (Primary Points of the Fourteen Channels).
- Nosebleed: Shangxing DU-23 and Kouheliao L.I.-19 (Song of Points).
- Eye pain: Shangxing DU-23, Yangxi L.I.-5, Erjian L.I.-2, Daling P-7, Sanjian L.I.-3 and Qiangu SI-2 (Great Compendium).
- Pain of the eyeball: Shangxing DU-23 and Neiting ST-44 (Great Compendium).
- Pain of the eyes with inability to see: Shangxing DU-23, Fengchi GB-20, Naohu DU-17, Yuzhen BL-9 and Fengfu DU-16 (Thousand Ducat Formulas).

- Visual dizziness: Shangxing DU-23, Shenting DU-24, Yongquan KID-1, Yixi BL-45, Yuji LU-10 and Dadu SP-2 (Supplementing Life).
- Dizziness: Shangxing DU-23, Fengchi GB-20 and Tianzhu BL-10 (Glorious Anthology).
- Head wind and dizziness: Shangxing DU-23, Shenting DU-24 and Xinhui DU-22 (Supplementing Life).
- Head wind: Shangxing DU-23, Baihui DU-20, Xiashi GB-43, Qianding DU-21, Yanggu SI-5, Hegu L.I.-4, Guanchong SJ-1 and Kunlun BL-60 (Great Compendium).
- Sudden swelling of the face: Shangxing DU-23, Xinhui DU-22, Qianding DU-21, Xiang ST-43 and Gongsun SP-4 (Supplementing Life).
- Redness and swelling of the face: Shangxing DU-23, Xinhui DU-22, Qianding DU-21, Naohu DU-17 and Fengchi GB-20 (Thousand Ducat Formulas).

GV-24 (*shén tíng*)

神 *shén*: spirit

庭 *tíng*: court, courtyard; hall; palace

神庭

Spirit Court

Location: On the superior midline of the head, 5 fen posterior to the natural anterior hairline. This is 4.5 cun anterior to DU-20 (Bai Hui). The proportional distance between DU-20 (Bai Hui) and the midpoint of the natural anterior hairline is 5 cun. The proportional distance between the glabella (midway between the medial ends of the eyebrows) and the natural anterior hairline is 3 cun. Five points are located lateral to DU-24 (Shen Ting) - BL-4 (Qu Cha) is 1.5 cun lateral, GB-15 (Tou Lin Qi) is 2.25 cun lateral, GB-13 (Ben Shen) is 3 cun lateral, ST-8 (Tou Wei) is 4.5 cun lateral, BL-3 (Mei Chong) is midway between DU-24 (Shen Ting) and BL-4 (Qu Cha).

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang and the Stomach Channel of foot Yang Ming on Du Mai.

Functions: Calms the Liver and extinguishes Wind; calms the Heart and Shen.

Indications: Epilepsy; seizures; fright palpitations; insomnia; headache; visual dizziness; vertigo; rhinitis; rhinal polyps; deep source nasal congestion; mucosal inflammation of the mouth.

Supplementary Indications: Dizziness and headache; swelling of the eyes; eye screens; excess lacrimation; nosebleed; opisthotonos; protrusion of the tongue; mental illness; Wind epilepsy; hemiplegia.

LARRE & ROCHAT

Shen is the spirits, ting is a courtyard, a special place inside the ritual architecture of a palace. It is generally just before the entrance to the inner rooms, just before the last door, which gives entrance to the emperor's chambers. It is the place after the great gateway of the entrance and before the door leading to the inner chambers. It is often used as a court of justice. What is important is that it is just before the innermost sacred place and it receives illumination from this inner source. For example, the court of justice of the emperor receives illumination from the emperor's wisdom. It can also be the place where you can watch visitors and decide whether to see them or not.

Shen ting has this idea of a place of reception and observation, with an enlightenment coming from the spirits for the brain and the eyes, taking advantage of the clear essences coming from the five fu

and rising to the level of the eyes and the brain. At the level of the forehead at the front, we have the expression of the relationship between the du mai and the heart, and the power of the spirits in the brain, because the brain is sometimes called the palace or the storehouse for the yuan shen, the spirits which are from the origin. The presence of the spirits inside the brain is essential and here we have a place where the spirits are not in their dwelling place, which is the heart. On the ren mai for example, at the area of the heart, we have a different kind of courtyard with the point yu tang. But shen ting is a courtyard where the spirits can practise their enlightenment, and give light, not completely hidden but protected by the bone of the skull, as the spirits of the heart are protected by the canopy of the lung.

DEADMAN'S COMMENTARY

Shenting DU-24 (Courtyard of the Spirit) is also known as Tianting (Courtyard of Heaven). Like several of the points of the Governing vessel, it has a strong action on calming the spirit and treating epilepsy and mania disorder. It is dramatically and graphically indicated for the treatment of those who undress, climb to high places, sing and mimic other people's speech. The action of the Governing vessel points on the spirit can be explained in three ways.

Firstly, of all the channels, the Governing vessel has the closest relationship with the brain. As explained in the introductory discussion to the Governing vessel the head and brain were considered among pre-*Inner Classic* and later Daoist traditions to be the seat of the spirit, and one cause of mental disorders was traditionally perceived to be wind entering the brain through the Governing vessel.

Secondly, the Governing vessel anterior pathway enters the Heart, and thus strongly links the brain and Heart which is more commonly understood to be the residence of the spirit.

Thirdly, mania disorder is characterised by heat, and points of the Governing vessel, the 'sea of the yang channels', are important to clear pathogenic heat from the whole body.

As far as Shenting DU-24 in particular is concerned, it is said to directly access Niwan (Mud Ball), also known as Huangting (The Yellow Courtyard). The Niwan in the Daoist tradition is the central one of the nine palaces of the brain and is considered to be the location of the material basis of the spirit. The *Classic on the Central Void in the Inner Sphere* said "The origin of essence-spirit in the brain is also called Niwan" and "The entire spirit that expresses in the face has its origin in Niwan", whilst the Daoist *Classic Collected Wisdom* by Master Magic Sword stated "The qi of the Heart is connected with the Niwan Palace above".

The second principal action of Shenting DU-24 is to pacify pathologically ascending interior wind (upward staring eyes, dizziness and epilepsy), and to dispel exterior pathogenic wind (head wind, headache with chills and fever and cold sensation of the head). Since Shenting DU-24 is a meeting point of the Governing vessel with the Stomach channel, it is specifically indicated for wind dizziness accompanied by vomiting, and vomiting with agitation and fullness.

Finally, like Shangxing DU-23, Shenting DU-24 is indicated for a variety of nasal and eye disorders including clear and ceaseless nasal discharge, nasal congestion and discharge, nosebleed, lacrimation and lack of visual clarity. It is interesting to note, however, that a number of classics including the *Systematic Classic of Acupuncture and Moxibustion* and the *Illustrated Classic of Acupuncture Points on the Bronze Man* warn that this point is contraindicated for needling as it may give rise to adverse effects such as damage to the eyesight or mania.

CLASSICAL COMBINATIONS

- Madness with vomiting of foam: Shenting DU-24, Duiduan DU-27 and Chengjiang REN-24 (Systematic Classic).
- Wind epilepsy: Shenting DU-24, Suliao DU-25 and Yongquan KID-1 (Great Compendium).
- Inability to speak following windstroke: Shenting DU-24 and Qianding DU-21 (Song of the Jade Dragon).
- One-sided or generalised head wind: Shenting DU-24, Baihui DU-20, Qianding DU-21, Shangxing DU-23, Sizhukong SJ-23, Fengchi GB-20, Hegu L.I.-4, Zanzhu BL-2 and Touwei ST-3 (Great Compendium).
- Head wind and dizziness: Shenting DU-24, Shangxing DU-23 and Xinhui DU-22 (Supplementing Life).
- Visual dizziness: Shenting DU-24, Shangxing DU-23, Yongquan KID-1, Yixi BL-45, Yuji LU-10 and Dadu SP-2 (Supplementing Life).
- Rhinitis with clear nasal discharge: Shenting DU-24, Fengmen BL-12, Hegu L.I.-4, Zanzhu BL-2, Yingxiang L.I.-20, Zhiyin BL-67 and Futonggu KID-20 (Thousand Ducat Formulas).
- Lacrimation: Shenting DU-24 and Xingjian LIV-2 (Supplementing Life).

GV-25 (*sù liáo*)

素 *sù*: pure, simple, plain; white;
the original nature of things; common

髎 *liáo*: bone-hole

素 髎

White Bone-Hole

Location: On the midline of the face, in the middle of the apex (tip) of the nose.

Functions: Discharges Heat and clears the senses; opens the Portals; returns Yang and restores Qi.

Indications: Shock; low blood pressure; bradycardia; nasal congestion; nosebleed; rhinitis; drinker's nose.

Supplementary Indications: Nasal polyps; copious watery nasal mucus; nasal sores; excessive lacrimation; nasal congestion with dyspnea; acute infantile fright Wind (convulsions); clonic spasm.

DEADMAN'S COMMENTARY

In recent times this point, Suliao DU-25, has been found to be effective in reducing alcohol intoxication by redirecting the route of elimination from the liver to the lung and thereby increasing the volume of alcohol present in the expired air. Other recent research has shown this point to be more effective than Renzhong DU-26 in restoring loss of consciousness.

CLASSICAL COMBINATIONS

- Wind epilepsy: Suliao DU-25, Shenting DU-24 and Yongquan KID-1 (Great Compendium).

GV-26 (shuǐ gōu)水 *shuǐ*: water溝 *gōu*: trough, ditch

水溝

Water Trough

Location: On the midline of the face, in the philtrum of the upper lip. The point is located at the junction of the superior one third and inferior two thirds of this groove. LI-19 (He Liao) is located 5 fen lateral to this point.

Features & Categories: Intersection point of the Stomach Channel of foot Yang Ming and the Large Intestine Channel of hand Yang Ming on Du Mai. Regional Command point for resuscitation. First of the thirteen Ghost points - Gui Gong, Ghost Palace. This point is also called **Ren Zhong, Man's Centre**.

Functions: Returns consciousness; calms the Shen; dispels Wind pathogens; disperses Heat in the Interior and clears the senses; benefits the lumbar spine.

Indications: Mania and withdrawal; epilepsy; shock; infantile fright Wind; coma; stupor; clenched jaws; wryness or spasm of the eyes or mouth; facial edema; heat exhaustion; motion sickness; halitosis; nasal diseases; pain and stiffness of the lumbar spinal column.

Supplementary Indications: Wind strike with clenched jaws; loss of consciousness; trembling lips; fright Wind; convulsions; red, itchy, painful eye Wind; clear, runny nose; loss of smell; gripping pain in the heart and abdomen; Qi surging into the heart and chest; inability to stand erect; emaciation and thirst; edema; headache.

LARRE & ROCHAT

Shui is water, gou a kind of ditch. It is the image of the nasal labial groove. This groove is in between the nose and the mouth, between the two upper orifices which have a special relationship with du mai. The nose is for receiving the qi of heaven through the breath, the mouth for receiving the qi of earth coming from food. This groove is just between heaven and earth in the upper orifices, a place for the reception of qi and essences. In physiognomy we see this groove as the middle of all the orifices, because in this text, above there are the three yang orifices, the nose, eyes and ears, and below the three yin orifices, the mouth and the two lower orifices. But that is just one way of looking at the central position of this point between yin and yang, between heaven and earth, between qi and essences (jing). That is the reason why this point is also called ren zhong meaning the centre of the being.

It is also very close to the meeting with the ren mai as, especially in the Nei jing, the last points of du mai, Du-27 and 28, can sometimes belong to ren mai, it is not always clear. This is the area of the connection between the yin and the yang through the du mai and ren mai. There is also a relationship with the yang ming meridians, the stomach and large intestine. The stomach is of course also linked to the centre, the earth, and the meridian has a central position.

But perhaps this is a reference to the kind of exercise given in Daoist books in which to nourish the vital principle you have to close the mouth and touch the tongue against the palate to swallow the liquids and saliva arriving in the mouth. This allows them to irrigate and humidify the whole organism and to increase the power of all the zang and the fu, all the bone articulations, by the quality

of the essences which enrich themselves with the preservation and the swallowing of body fluids (jin ye) and saliva.

DEADMAN'S COMMENTARY

The name of this point (Man's Middle), Renzhong DU-26, reflects the location of this point close to the junction of the Governing and Conception vessels, and between the nose and mouth. The Governing vessel which governs all the yang channels, and the nose which receives heavenly qi, both correspond to heaven (yang). The Conception vessel which governs all the yin channels, and the mouth which receives earthly sustenance, both correspond to earth (yin). According to Chinese cosmology 'man' lies between heaven and earth, and Renzhong DU-26 is considered to establish connection between the two.

When the harmonious interaction of yin and yang is lost and they begin to separate, there is loss of consciousness (death being the ultimate manifestation of this separation). Renzhong DU-26 (along with Neiguan P-6) was one of two points added by later commentators to Gao Wu's 'four command points' to make the 'six command points'. In this grouping of the most essential acupuncture points, Renzhong DU-26 was indicated for resuscitation, and it is the single most important acupuncture point to revive consciousness and re-establish yin-yang harmony. In any kind of fainting or loss of consciousness, including needle shock, Renzhong DU-26 may be needled or strongly pressed (obliquely upwards towards the root of the nose). The Ode of the Golden Needle specifically recommends needling Renzhong DU-26 and Zusanli ST-36 for dizziness following needling (needle shock).

The powerful effect of Renzhong DU-26 on restoring consciousness is mirrored in its equally strong effect on calming the mind. The Governing vessel both enters the brain and connects (via its anterior pathway) with the Heart. Renzhong DU-26 is an important point in the treatment of severe psycho-emotional disorders, and is indicated in classical texts for unexpected and inappropriate laughter and crying. The importance of Renzhong DU-26 in the treatment of mania disorder and epilepsy is reflected in its inclusion under its alternative name of Guigong (Ghost Palace) among the 'thirteen ghost points' of Sun Si-miao for the treatment of mania disorder and epilepsy. According to the Ode of Xi-hong the ability of Renzhong DU-26 to treat mania disorder is supreme; the thirteen ghost points must not be overlooked".

Renzhong DU-26 is a meeting point of the Governing vessel with the hand and foot yangming (Large Intestine and Stomach) channels which dominate the face and nose. It is therefore indicated for various disorders of the nose, including blockage, discharge, bleeding and loss of sense of smell, as well as swelling of the face and wind disorders such as deviation of the face and mouth and lockjaw.

According to the Yellow Emperor's Inner Classic "When the disease is below select [points] from above". Renzhong DU-26, located close to the termination of the Governing vessel, is therefore an important point clinically in the treatment of sprain of the lumbar spine, traversed by the lower portion of the Governing vessel and close to its origin. It is normally selected when the pain is acute and on the midline, and needled whilst the patient stands and rotates and bends the waist.

CLASSICAL COMBINATIONS

- Loss of consciousness from windstroke: Renzhong DU-26, Zhongchong P-9 and Hegu L.I.-4; if this is ineffective, needle Yamen DU-15 and Dadun LIV-1 (Great Compendium).
- Loss of consciousness from summerheat stroke: Renzhong DU-26, Hegu L.I.-4, Neiting ST-44, Baihui DU-20, Zhongji REN-3 and Qihai REN-6 (Great Compendium).
- Tendency to excessive crying: Renzhong DU-26 and Baihui DU-20 (Great Compendium).
- Frequent laughter: Renzhong DU-26, Lieque LU-7, Yangxi L.I.-5 and Daling P-7 (Great Compendium).
- Madness: Renzhong DU-26 and Yinjiao DU-28 (Systematic Classic)
- Epilepsy: Renzhong DU-26 and Jianshi P-5 (Ode of Spiritual Brightness).
- Nasal discharge with inability to distinguish the fragrant from the foul: Renzhong DU-26 and Tianyou SJ-16 (Thousand Ducat Formulas).
- Deficiency swelling of the face: Renzhong DU-26 and Qianding DU-21 (One Hundred Symptoms).
- Deviation of the mouth and eye: Renzhong DU-26, Jiache ST-6, Dicang ST-4, Chengjiang REN-24, Tinghui GB-2 and Hegu L.I.-4 (Illustrated Supplement).
- Lockjaw following wind stroke : Renzhong DU-26, Jiache ST-6, Baihui DU-20, Chengjiang REN-24 and Hegu L.I.-4 (Great Compendium).
- Pain of the lumbar region and leg: Renzhong DU-26 and Weizhong BL-40 (Great Compendium).
- Pain of the lumbar region and lateral costal region due to sprain: Renzhong DU-26, Chize LU-5 and Weizhong BL-40 ... afterwards needle Kunlun BL-60, Shugu BL-65, Zhigou SJ-6 and Yanglingquan GB-34 (Great Compendium).

GV-27 (duì duān)

兌 *duì*: the 58th trigram of the *Book of Changes*;
to exchange, to barter; to weigh

端 *duān*: end, extremity; proper, upright

兌端

Extremity of the Mouth

Location: On the midline of the face, at the junction of the philtrum and the upper lip.

Functions: Nourishes Yin and clears Heat; relieves pain and calms the Shen.

Indications: Mania and withdrawal; seizures; stiff, swollen lips; pain in the gums; vomiting; rhinitis; rhinal polyps.

Supplementary Indications: Nasal congestion or occlusion; nosebleed; mouth sores; jaundice; yellow urine; dry tongue; clenched jaws and chattering of the teeth.

CLASSICAL COMBINATIONS

- Stiffness of the lips and pain from tooth decay of the upper jaw: Duiduan DU-27, Muchuang GB-16, Zhengying GB-17 and Ermen SJ-21 (Thousand Ducat Formulas).
- Vomiting of foam: Duiduan DU-27, Shaohai HE-3 and Benshen GB-13 (Supplementing Life).
- Incessant nosebleed: Duiduan DU-27, Kouheliao L.I.-19 and Laogong P-8 (Supplementing Life).

GV-28 (*yín jiāo*)齦 *yín*: the gums交 *jiāo*: intersection

齦交

Gum Intersection

Location: On the midline of the face, in the vestibule of the oral cavity. The point is located in the frenulum of the upper lip, at the junction of the frenulum and the maxillary gum (gingiva).

Features & Categories: Intersection point of Ren and Du Mai.

Functions: Diffuses the Lung and frees the Portals; clears Heat and drains Fire; brightens the eyes and relieves itching.

Indications: Mania and withdrawal; mental illness; nasal polyps; deep-source nasal congestion; pain and swelling of the gums; acute wrist sprain.

Supplementary Indications: Nasal polyp inhibiting respiration; pain along the midline of the face; clear, runny nasal mucus and nosebleed; excessive tearing; redness, pain, and itching of the outer canthus; periodontal ulceration with swelling and pain; pain and bleeding of the teeth or gums; facial sores and enduring eczema in children; red facial complexion; vexation.

CLASSICAL COMBINATIONS

- Stiffness and pain of the neck with inability to turn the head: Yinjiao DU-28 and Fengfu DU-16 (Supplementing Life).
- Madness: Yinjiao DU-28 and Renzhong DU-26 (Systematic Classic).

CV-24 (*chéng jiāng*)承 *chéng*: to receive; to support漿 *jiāng*: sauce, juice, rich fluid

承漿

Sauce Receptacle

Location: On the anterior midline of the face, on the mandible, in the depression at the centre of the mentolabial groove.

Features & Categories: Intersection point of the Stomach Channel of foot Yang Ming on Ren Mai; 8th of the 13 Ghost points - Gui Shi, Ghost Market.

Note: Ellis, Wiseman & Boss (1991, 1989) and O'Connor & Bensky (1981) both list REN-24 (Cheng Jiang) as an Intersection point of the Large Intestine Channel of hand Yang Ming and Du Mai (Governing Vessel) on Ren Mai, even though these Meridians do not overtly intersect at this point.

Functions: Eliminates Wind, disperses swelling and frees the Connecting Vessels; relieves pain and settles tetany; calms the Shen.

Indications: Wryness of the eyes and mouth; facial swelling or puffiness; facial paralysis; hemiplegia; trigeminal neuralgia; swelling of the gums; mouth ulcers; toothache; dribbling; mania and withdrawal; mental illness.

Supplementary Indications: Sudden loss of voice; emaciation and thirst; hemilateral Wind; facial edema; paralysis of the mouth.

BL-1 (*jīng míng*)睛 *jīng*: eye, pupil明 *míng*: to brighten, bright

睛明

Bright Eyes

Location: On the face at the medial border of the orbit, in the depression 1 fen superior to the inner canthus. The patient's eye should be closed when locating and needling this point.

Features & Categories: Intersection point of the Small Intestine Channel of hand Tai Yang, Stomach Channel of foot Yang Ming, Yin Qiao Mai (Yin heel/motility Vessel), Yang Qiao Mai (Yang heel/motility Vessel) and Du Mai (Governing Vessel) on the Urinary Bladder Channel.

Functions: Eliminates Wind and clears Heat; opens the Channels, nourishes Water and brightens the eyes; stops pain, itching and lacrimation.

Indications: Acute and chronic conjunctivitis; myopia; hypermetropia; astigmatism; strabismus; glaucoma; redness, pain and swelling of the eye; optic nerve atrophy; optic nerve neuritis; excess lacrimation, possibly on exposure to wind; itching of the inner canthus; night blindness; colour blindness; blurred vision; early stage of cataract; pterygium; keratoleukoma; insomnia, or chronic somnolence, with Yin or Yang Qiao Mai signs and symptoms.

Supplementary Indications: Dislike of cold with headache; visual dizziness; near sightedness; red, dry and sore eyes; polyps extending into the orbit; opacity of the cornea; obstructive membrane on the eye.

DEADMAN'S COMMENTARY

Jingming BL-1 (Bright Eyes) is the meeting point of all the yang channels (except the Large Intestine) and the Governing, Yang Motility and Yin Motility vessels. Although the pathology of eye diseases is complex and varied, they may be summarised as due to

- i. exterior pathogenic factors (mostly wind and heat), or
- ii. to deficiency or excess patterns of interior disharmony.

Yang governs the exterior, and due both to its location and the fact that most of the yang channels meet at this point, Jingming BL-1 is the primary local point for the treatment of virtually any eye disease of exterior origin. It was traditionally indicated for redness, swelling, pain, lacrimation, itching and blurred vision.

Equally, Jingming BL-1 is an essential local point for the treatment of eye diseases due to interior disharmony, whatever the pathology, and was traditionally indicated for night blindness, photophobia, blurred vision, visual dizziness, etc., and in modern times for glaucoma, optic nerve atrophy, pterygium, astigmatism, optic neuritis, retinal haemorrhage and early cataract.

CLASSICAL COMBINATIONS

- Liver qi night blindness: Jingming BL-1 and Xingjian LIV-2 (One Hundred Symptoms).
- Redness, swelling and unbearable pain of both eyes with photophobia: needle Jingming BL-1 and Yuwei (M-HN-7) and bleed Taiyang (M-HN-9) (Song of the Jade Dragon).
- When Jingming BL-1 is ineffective in treating diseases of the eye, combine it with Hegu L.I.-4 and Guangming GB-37 (Ode of Xi-hong).
- Lacrimation on exposure to wind: Jingming BL-1, Touwei ST-8, Fengchi GB-20 and Toulinqi GB-15 (Great Compendium).

- Superficial visual obstruction: Jingming BL-1, Hegu L.I.-4 and Sibai ST-2 (Great Compendium).
- Internal eye obstruction: Jingming BL-1, Tongziliao GB-1, Hegu L.I.-4 and Zulinqi GB-41 (Great Compendium).

SI-3 (hòu xī)

後 hòu: back, behind

谿 xī: ravine, creek

後谿*Back Ravine*

Location: With a loose fist, the point is proximal to the head of the 5th metacarpal bone on the ulnar (medial) side, in a depression at the border of the red and white skin. It is at the medial end of the distal transverse palmar crease ('heart line' in palmistry).

Features & Categories: Wood, Stream, Transporting-Shu point of the Small Intestine Channel; Master point of Du Mai, Coupling point of Yang Qiao Mai.

Functions: Clears the Shen; dispels Interior Heat; opens Du Mai; secures the Exterior; resolves Exterior and Interior Wind; relaxes the Muscle Channels; resolves Damp.

Indications: Headache; stiff neck; sore throat; reddening of the eyes; conjunctivitis; tinnitus; deafness; deaf-mutism; hypertonicity and numbness of the fingers, elbow and arm; Heat diseases; epilepsy; seizures; psychosis; hysteria; mania; malarial disease; night sweating; intercostal neuralgia; jaundice; low back pain; acute lumbar sprain.

Supplementary Indications: Cardiac pain; dark-colored urine; mania and withdrawal; headache and neck pain; pain in the shoulder and elbow; gastric reflux.

DEADMAN'S COMMENTARY

Houxi SI-3 is both the shu-stream point of the Small Intestine channel, which is interiorly-exteriorly coupled with the Heart channel, and the confluent point of the Governing vessel. Most of its actions and indications can be explained by its relationship to these three channels. In clinical practice Houxi SI-3 can be seen to have four main spheres of action.

Firstly it is an important point to treat pain, stiffness and contraction along the course of its related channels. Taiyang (Small Intestine and Bladder) channel traverses the occiput, neck, scapula and paravertebral regions, whilst the Governing vessel ascends along the spinal column from the coccyx to the head. According to the Classic of Difficulties the shu-stream points are indicated for "heaviness of the body and pain of the joints". Houxi SI-3 is an essential distal point in the treatment of occipital headache (although also used for one-sided and bilateral headache) and stiffness and pain of the neck, whether acute or chronic and whether due to exterior pathogenic factors or interior disharmony. It has a significant influence on the spine as a whole, and is an important and frequently used distal point for pain of the upper spine and scapula, as well as in the treatment of acute lumbar sprain on the midline or lateral lumbar region. Houxi SI-3 is also important for disorders of the finger joints, especially the little and ring fingers, and may be needled deeply towards Sanjian L. I.-3 when all four fingers are affected. Houxi SI-3 is equally important in the treatment of pain and contraction of the arm, elbow and shoulder.

The second principal action of Houxi SI-3 is to dispel febrile disease. This may be explained by the fact that the taiyang Small Intestine channel belongs to fire, taiyang is the most exterior of the six

channels, and the Governing vessel governs all the yang channels and hence the exterior portion of the body as a whole. Houxi SI-3 is especially indicated in the treatment of malaria, and for when attack by exterior pathogenic wind-cold or wind-heat gives rise to chills and fever accompanied by severe neck pain or pain of the spine. A further reflection of its heat clearing action is in the treatment of night sweating, particularly in combination with Yinxi HE-6.

In the Ode of the Obstructed River the use of Houxi SI-3 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, Houxi SI-3 is indicated for diseases of the Governing vessel and for mania-depression.

The third action of Houxi SI-3, therefore, is in calming the spirit and treating both mania-depression and epilepsy. The former is due to phlegm and phlegm-heat which disturb and agitate the spirit, and the latter to disturbance of the spirit and brain by pathogenic wind and phlegm. According to Sun Si-miao, the famous 7th century physician "the head is the supreme leader, the place where man's spirit concentrates", whilst in the 16th century, Li Shi-zhen stated "the brain is the residence of the original spirit". Since the Small Intestine channel is interiorly-exteriorly related to the Heart which stores the spirit, and Houxi SI-3 is the confluent point of the Governing vessel which enters the brain, this point has long been considered important in the treatment of epilepsy. The Song More Precious Than Jade, for example, recommends it for the five types of epilepsy.

Fourthly, in common with points Shaoze SI-1 and Qiangu SI-2, Houxi SI-3 is able to clear both exterior and interior heat from the Small Intestine channel in the head (especially the ears and eyes) and to benefit the sensory orifices. It is thus indicated for disorders such as tinnitus and deafness, superficial visual obstruction, redness, pain and swelling of the eyes with lachrymation, nosebleed, and pain and swelling of the cheeks.

CLASSICAL COMBINATIONS

- Stiffness of the neck with inability to turn the head: Houxi SI-3 and Tianyou SJ-16 (Supplementing Life).
- Headache: Houxi SI-3, Tianzhu BL-10, Taodao DU-13, Dazhu BL-11 and Kongzui LU-6 (Thousand Ducat Formulas).
- Pain of the head and eyes: Houxi SI-3 and Waiguan SJ-5 (Divine Moxibustion).
- Pain of the forearm: Houxi SI-3, Shousanli LI-10 and Quchi LI-11 (Supplementing Life).
- Contraction of the elbow: Houxi SI-3, Chize LU-5, Jianyu L.I.-15, Xiaohai SI-8, Jianshi P-5, Daling P-7 and Yuji LU-10 (Great Compendium).
- Pain of the shoulder and back: Houxi SI-3, Wangu SI-4, Fengmen BL-12, Jianjing GB-21, Zhongzhu SJ-3, Zhigou SJ-6 and Weizhong BL-40 (Great Compendium).
- Malaria with much heat and little cold: Houxi SI-3, Dazhui DU-14, Jianshi P-5 and Quchi L.I.-11 (Great Compendium).
- Malaria with much cold and little heat: Houxi SI-3, Dazhui DU-14 and Quchi L.I.-11 (Great Compendium). Severe night sweating: Houxi SI-3 and Yinxi HE-6 (One Hundred Symptoms).
- The five types of epilepsy: Houxi SI-3, Jiuwei REN-15 and Shenmen HE-7 (Song More Precious Than Jade).

- Epilepsy: Houxi SI-3, Neiguan P-6, Shenmen HE-7, Xinshu BL-15 and Yinbai SP-1 (Complete Collection).
- Epileptic convulsions, mad walking, inability to sleep, agitation of the Heart: Houxi SI-3, Zanzhu BL-2, Xiaohai SI-8 and Qiangjian DU-18 (Thousand Ducat Formulas).
- Mania, desires to ascend to high places and sing, discards clothing and runs around: Houxi SI-3, Shenmen HE-7 and Chongyang ST-42 (Great Compendium).
- Sudden mania: Houxi SI-3, Jianshi P-5 and Hegu L.I.-4 (Great Compendium).
- Deafness: Houxi SI-3, Qiangu SI-2 and Pianli L.I.-6 (Supplementing Life).
- Nosebleed with stifled breathing: Houxi SI-3, Chengling GB-18, Fengchi GB-20, Fengmen BL-12 and Yixi BL-45 (Thousand Ducat Formulas).
- Jaundice: Houxi SI-3 and Laogong P-8 (One Hundred Symptoms).

BL-62 (*shēn mài*)

申 *shēn*: to extend; the ninth of the 12 earthly branches

脈 *mài*: vessel; pulse

申脈

Extending Vessel

Location: On the lateral aspect of the ankle in the depression directly inferior to the tip (lateral extremity) of the lateral malleolus. The point is located 5 fen inferior to the lower margin of the malleolus. This is inferior (and posterior) to the tendons of peroneus longus and brevis muscles.

Features & Categories: Master point of Yang Qiao Mai (Yang heel/motility Vessel), Coupling point of Du Mai (Governing Vessel); intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Urinary Bladder Channel; fifth of the thirteen Ghost points - Gui Lu, Ghost Path.

Functions: Resolves Exterior Patterns and removes obstructions from the Channel; eliminates Interior Wind; clears the Shen and benefits the eyes; soothes the Sinews and Connecting Vessels; opens Yang Qiao Mai (Yang heel/motility Vessel).

Indications: Epilepsy; mania and withdrawal; headache; neck pain; meningitis; Ménière's disease; dizziness; insomnia; chronic backache; pain in the lumbar and leg; seizures; epilepsy; psychosis; dementia; arthritis of the ankle; disorders of the lumbo-sacral region and lower limb.

Supplementary Indications: Fever and chills; swelling of the neck and armpit; lateral and midline headache; palpitations due to Fright; tinnitus; nosebleed; beriberi; Wind strike with hemiplegia and loss of speech; wryness of the eyes and mouth; Blood and Qi pain with menstruation; difficulty in flexing and extending the knee and foot; mental illness.

LARRE & ROCHAT

The character shen designates the ninth of the twelve earthly branches, and it corresponds to the time of the afternoon between three and five o'clock. Tea time! That is quite interesting because it is the time of the day when the yin begins to manifest. The character also suggests the idea of starting again, doubling up in order to express something. It also has the meaning of to be at ease, a kind of stretching. If we add the radical for a man it means to stretch, but also to straighten up, with the idea of expansion and extension. If you add the character mouth you have a deep sigh: a deep long aspiration coming from the lower abdomen in the area of the kidneys and lower heater in order to

restore expansion to a blockage in respiration, as, for example, if there is a blockage in the thorax, hampering respiration.

Another name for this point is yang qiao, because it is the anchoring point of the yang qiao.

The explanation of the name of this point is related to the yang qiao mai which in a rising movement is able to expand and extend its influence for the benefit for the whole body, especially the yang, because this character also has the meaning of 'to distribute benevolence'. This is seen particularly in the Book of Odes.

According to some interpretations the name also indicates the pathology, for example to be able to contract but unable to stretch. This is a later interpretation made through the usual pathology of the qiao mai, but this character to extend, to propagate, to expand, also has the technical meaning in medicine to extend in opposition and to flex. All the musculature is involved here.

Shen mai (BL-62) is an expression of elevation and the stretching movement, but remember that this also refers to the time of day when the yang is welcoming the yin. This specific time of the day when the yin appears (3-5 pm) is also the time of the most powerful activity of the bladder meridian, and of course this point is on the bladder meridian. These two names (shen mai, zhao hai) are very interesting in that each shows one side welcoming the other. With shen mai the yang is welcoming the yin, and with zhao hai (KID-6) the yin is accepting the yang, allowing the yang to illuminate and dynamise but still remaining in the quality of yin and water. It is the clarity of the mirror reflecting through the water: the reflecting power of the water.

DEADMAN'S COMMENTARY

In the Ode of the Obstructed River the use of Shenmai BL-62 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, Shenmai BL-62 is indicated "to expel cold and heat and [to treat] one-sided and generalised head wind ...".

Shenmai BL-62 is both a point of the taiyang Bladder channel and the confluent point of the Yang Motility vessel, reflected in its alternative name 'Yang Qiao' (Yang Motility). The taiyang (supreme yang) Bladder channel traverses the head and the entire length of the back, the most yang area of the body. It connects with the Governing vessel at points Taodao DU-13, Dazhui DU-14, Naohu DU-17 and Baihui DU-20, where it enters the brain. The Yang Motility vessel traverses the lateral side of the body and head, connects with the Gall Bladder channel at Fengchi GB-20 and enters the brain at Fengfu DU-16. Furthermore, the Bladder divergent channel enters the Heart. This network of channel pathways helps to explain the principal actions and indications of this point.

Wind is a yang pathogenic factor characterised by sudden onset, rapid changes, constant or abnormal movement and a tendency to attack the head and upper and outer portions of the body. Wind may be of exterior or interior origin. Taiyang channel is the most exterior of the six channels and is generally the first channel to be attacked by exterior pathogenic wind. Shenmai BL-62 is particularly indicated for the commonly-seen pattern of attack of exterior wind (usually in combination with either heat or cold) with chills and fever, aversion to wind, stiff neck and headache. Interior wind, by contrast, arises from interior disharmony, principally of the Liver. It rushes upwards, disturbing the brain and leading to such symptoms as lockjaw, opisthotonos, upward staring eyes,

deviation of the mouth and eyes, windstroke and hemiplegia. The ability of Shenmai BL-62 to pacify interior wind and treat such manifestations reflects the extreme yang nature of this point and its channel connections to the head and brain, rather than any action on the Liver zang. In other words Shenmai BL-62 treats the manifestation of wind rather than the root.

Shenmai BL-62 (the confluent point of the Yang Motility vessel) is classically indicated for day-time epilepsy, in contrast to Zhaohai KID-6 (the confluent point of the Yin Motility vessel) which is classically indicated for night-time epilepsy. Epilepsy principally involves three factors, namely stirring of wind, disturbance of the Heart and brain, and phlegm. The fact that the Bladder primary channel enters the brain and the Bladder divergent channel links with the Heart, combined with the ability of Shenmai BL-62 to pacify wind, explains its special effect on epilepsy. Under its alternative name of Guilu (Ghost Path) Shenmai BL-62 was included in a group known as the 'thirteen ghost points' listed by Sun Si-miao for the treatment of epilepsy and mania. Shenmai BL-62 is further indicated for disorders of the Heart and spirit such as palpitations, insomnia and mania-depression.

The Spiritual Pivot states "When the taiyang [Bladder] channel enters the brain it is divided into the Yin Motility and the Yang Motility; it is here that the yin and yang meet; yang enters the yin and yin moves outwards to the yang, meeting at the inner corner of the eye. When the yang is abundant, the eyes are staring open; when the yin is abundant, the eyes will be closed shut" and "[When] defensive qi does not enter into the yin it will frequently remain at the yang. [When] it remains at the yang then yang qi will be full, [when] yang qi is full, the Yang Motility vessel [will become] abundant, [when] it does not enter the yin, then yin qi will become deficient and therefore the eyes will not close". These two quotations have served traditionally to further explain the ability of Shenmai BL-62 to treat insomnia.

Shenmai BL-62 shares with other distal points of the Bladder channel the ability to clear heat and excess from the head, whether due to exterior pathogens, excess fire, uprising of yang or stirring of wind. It is indicated for head wind and headache affecting both the midline (Bladder channel) and lateral (Yang Motility vessel) portions of the head, for dizziness, nosebleed, deafness and tinnitus, and especially for eye disorders, as both the Bladder channel and the Yang Motility vessel link with the inner canthus.

Shenmai BL-62 may be needled for various other disorders affecting both the Bladder channel and the Yang Motility vessel, for example pain of both the lumbar region (Bladder channel) and hip (Yang Motility vessel).

Finally, Shenmai BL-62 is indicated for swelling of the axilla and neck. These indications may be explained by the pathway of the Bladder sinew channel which ascends to the axilla and then emerges at the supraclavicular fossa to cross the neck.

CLASSICAL COMBINATIONS

- Head wind and headache: Shenmai BL-62 and Jinmen BL-63 (Ode to Elucidate Mysteries).
- Head wind, visual dizziness and stiffness of the nape of the neck: Shenmai BL-62, Shousanli L.I.-10, and Jinmen BL-63 (Miscellaneous Diseases).
- Madness: Shenmai BL-62 and Jiexi ST-41 (Thousand Ducat Formulas).
- Night-time epilepsy: moxa Shenmai BL-62 and Zhaohai KID-6 (Glorious Anthology).

- Coldness and pain of the bone marrow: Shenmai BL-62, Dazhu BL-11, Xuanzhong GB-39, Fuliu KID-7, Lidui ST-45 and Shenshu BL-23 (Compilation).
- Pain of the legs and lumbar region: Shenmai BL-62, Fengshi GB-31, Huantiao GB-30, Weizhong BL-40, Kunlun BL-60, Yinshi ST-33 and Chengshan BL-57 (Great Compendium).
- Diseases below the ankle: Shenmai BL-62 and Zhaohai KID-6 (Great Compendium).
- Swelling of the axilla: Shenmai BL-62, Diwuhui GB-42, Yangfu GB-38, Weiyang BL-39, Tianchi P-1 and Zulinqi GB-41 (Thousand Ducat Formulas).

MATSUMOTO & BIRCH: CLINICAL APPLICATIONS

Zhen Jiu Ju Ying - Du Mai Treatments

Treat SI-3 then BL-62 for:

- tension and spasms of the arms and legs: liver
- shaking of the arms and legs: liver, triple warmer
- head wind pain: triple warmer, bladder
- chronic shanghan: bladder
- profuse night sweating: lung, heart
- attacked by wind {stroke}, unable to speak: liver meridian
- toothache: stomach, large intestine
- epilepsy, vomiting bubbly saliva: stomach
- tension and pain of the lumbar and back: kidney
- pain in the muscles or tendons and bones: liver, stomach
- stagnant throat: kidney, lung, stomach
- swelling and pain of the cheek and chin: stomach, small intestine
- shanghan, injury by cold causing pain or stiffness of the back of the neck: bladder
- swelling and pain of the knees and shin: kidney
- numbness of the arms and legs: stomach
- swollen and red eyes: liver, heart
- headache from shanghan, injury by cold: bladder
- inability to sweat: lung, stomach
- wind makes the eyes tear: liver, gallbladder
- tetanus: liver
- post partum spontaneous sweating with dread of wind: lung
- throat spasms: lung, liver
- pain in the shin, knee and thigh: stomach
- bi {numbness and spasming} of the hands: large intestine

Zhen Jiu Da Cheng - Du Mai Treatments

The Zhen Jiu Da Cheng tells us that SI-3 controls diseases of the head, face, neck and back of the neck, and that SI-3 and BL-62 together will treat:

- Spasms, contractions or shaking of the arms and legs

- external wind
- external wind as in epilepsy, with inability to speak after falling down
- epilepsy
- headaches with eyes swollen and tearing
- pain from the knee or thigh areas that radiates to the lumbar or back areas
- neck tension on one side
- shanghan
- teeth (gums) and throat swollen (including mumps)
- arms and legs numb
- tetanus
- night sweating

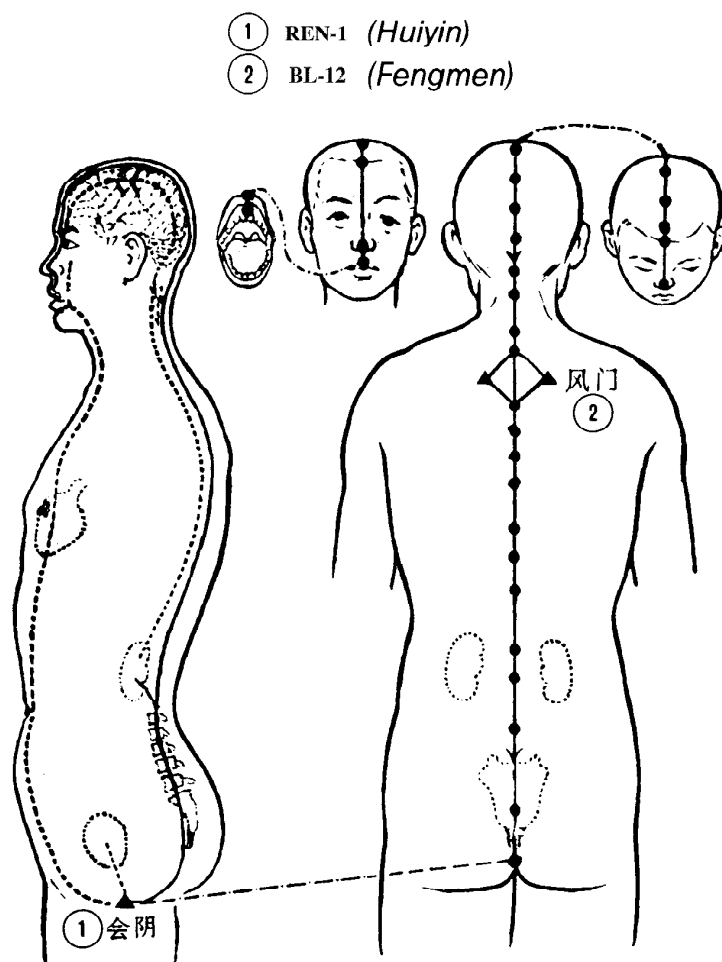
One tradition teaches that epilepsy begins if a pregnant mother receives a shock or fright such that the shen in the baby's heart is disturbed, inducing a prenatal epileptic condition. This form of epilepsy is said to be hard to treat. Forms of epilepsy brought on by postnatal trauma would be easier to treat.

Zhen Jiu Da Cheng - Du Mai Treatment Combinations

- tightness and spasming of the arms and legs, difficulty stretching: SI-3 and ST-36, LI-11, LV-2, GB-34
- no strength of the arms and legs, unable to walk, difficulty grasping: SI-3 and LI-4, LI-11, SI-4, LV-3, GB-39, SP-4, GB-34
- tension, pain and immobility of the neck and nape of the neck: SI-3 and CV-24, GB-20, GV-16
- redness and swelling of the glands on and under the cheeks and jaws {possibly including mumps}: SI-3 and ST-5, ST-6, LI-4
- feeling of something stuck in the throat, inability to swallow even a drop of water: SI-3 and CV-22, LI-1, KI-6, shi xuan
- tonsillitis that affects both tonsils: SI-3 and LU-11, jin jin, yu ye, shi xuan
- tonsillitis that affects one tonsil: SI-3 and SJ-1, CV-22, LI-4
- unilateral or bilateral "head wind" with pain along the edges of the forehead: SI-3 and LU-7, LI-4, the visible blood vessel around tai yang, GB-5, SJ-23
- pain at the lateral ends of the eyebrows: SI-3 and BL-2, GB-14, yin tang, LI-4, ST-8
- head and eyes dizzy, with pain on tai yang: SI-3 and LI-4, the visible blood vessel around tai yang, ST-8
- tightness of the head ;and neck with a feeling of having the head pulled backwards towards the shoulders: SI-3 and CV-24, GV-20, GB-21, SJ-3
- dizziness and headache from alcohol consumption {hangover}, inability to listen to others: SI-3 and KI-1, LU-7, bai lao, LI-4
- eyes red and swollen with tearing that will not stop in a strong wind: SI-3 and BL-2, LI-4, xiao gukong, GB-41

• infection that leads to septicemia or tetanus, high fever and tension: SI-3 and LV-1, LI-4, LV-2, shi xuan, blood let from the visible blood vessel around tai yang.

A head wind is a deep, rather than a superficial, headache. It may be related to a susceptibility to wind evil that causes symptoms of headache, dizziness, or paralysis similar to Bell's palsy. This category may also be related to migraines.



Du Mai

(from O'Connor & Bensky, 1981, p. 68).

Dr. Yang's Du Mai Treatments

- coughing, panting, cold mucus: SI-3 and LU-7, KI-1, BL-62, BL-13, CV-24, SJ-23
- head and eyes feel dizzy: SI-3 and GB-20, GV-4, LI-4
- tension, hardness, tightness in the head and back of the neck: SI-3 and CV-24, GV-16, GB-20, LI-4
- toothache: SI-3 and LU-7, GV-26, ST-6, lu xi, LU-9, LI-4
- deafness, hardness of hearing: SI-3 and GB-2, LI-1, HT-9, PC-9
- tetanus: SI-3 and CV-24, LI-4, ba xie, SI-3 {again}, SJ-5, the "four gates" {LV-3 and LI-4}