

REN MAI, PART#2. POINTS #2.**CV-4 (*guān yuán*)**

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

原 *yuán*: origin, original, source

關原

Origin Pass

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

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

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

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

Supplementary Indications: Severe Deficiency patterns; all forms of Deficiency or general weakness; chronic disease; abdominal masses; infertility; persistent flow of lochia; sub-umbilical gripping pain gradually extending to the genitals; hematuria; difficult urination with dark-colored urine; Kidney Deficiency headache; heat stroke; dizziness and headache; upsurging Kidney Qi or Liver Fire; Cold Qi entering the lower abdomen; edema; Deficient Kidney dyspnea; lateral thoracic and peri-umbilical masses; blood in the stool; Deficiency or emaciation with thirst; coughing blood with tidal fever; round worms in the intestinal tract.

Contraindications: This point is contraindicated for acupuncture during pregnancy.

DEADMAN'S COMMENTARY

Guanyuan REN-4 is one of the principle acupuncture points to promote and foster the original qi, benefit essence, fortify Kidney yang and nourish Kidney yin. As well as Guanyuan (Gate of Origin) several of the numerous different names given to this point reflect its deeply tonifying properties, for example Mingmen (Gate of Life), Huangzhiyuan (Origin of Huang), Xuehai (Sea of Blood), Qihai (Sea of Qi), Dahai (Great Sea) and of course Dantian (Cinnabar Field). According to classical Chinese thought, the lower dantian, located in the lower abdomen and extending from Yinjiao REN-7 to

Guanyuan REN-4, is the residence of the deepest energies of the body and the source of all movement. According to the Classic of Difficulties "The dynamic qi that moves between the Kidneys is [the basis] of human life, the source of the five zang and six fu, the root of the twelve channels, the door of respiration and the origin of the sanjiao". According to the Discourse into the Origin and Development of Medicines "Original qi is distributed to the five zang and forms the essence of the five zang. Where is the place of origin of the original qi? The Daoists believe it is dantian".

Due to its location at the heart of the lower dantian (cinnabar field) and its close relationship with the original qi and hence essence, Guanyuan REN-4 is an indispensable point to tonify and nourish the Kidneys. This action is made abundantly clear by the long list of classical indications which reads like a textbook description of Kidney deficiency. The Kidneys dominate the bones and lumbar region, and Guanyuan REN-4 is indicated for weakness, pain and cold sensations of the lumbar region and legs, especially in the middle-aged and elderly. In severe cases Kidney deficiency may give rise to withered ears, darkness of the complexion and Kidney taxation. According to the Essential Questions "fear depletes the essence". Fear is closely linked to the Kidneys, and prolonged fear may injure and weaken the Kidneys and the essence, whilst Kidney deficiency may render a person prone to deep-seated fear. The powerful effect that fear may have on the body is reflected in classical sources which ascribe even deep-rooted bone ulcers and deficiency consumption to this aetiology. When the Kidneys are deficient and fail to dominate the Bladder there may be urinary frequency or enuresis. In all such cases Guanyuan REN-4 is of fundamental importance. Guanyuan REN-4 is also used for the condition known as running piglet qi, especially when due to Kidney yang deficiency with invasion of cold. According to the Essentials From the Golden Cabinet "Running piglet disorder arises from the lower abdomen; it rushes up to the throat with such ferocity that the patient feels he is close to death. It attacks and then remits. It is brought about by fear and fright". Not only may this pattern be induced by fear, but when the qi rushes upwards in this way it can induce uncontrollable anxiety and panic.

The Spleen controls blood, the Liver stores blood, and the Kidneys and the Conception vessel dominate the uterus and conception. Guanyuan REN-4, also known as Sanjiejiao (Triple Intersection), is a meeting point of the Conception vessel with these three channels and is an essential point to regulate the uterus and promote fertility. When Kidney deficiency leads to deficiency and coldness of what is known as the 'palace of the child' (i.e. the uterus) in women there may be infertility, amenorrhoea and cold leucorrhoea. The importance of this point in assisting conception is reflected in further alternative names, for example Zihu (Infant's Door) and Zigong (Infant's Palace). If deficiency of Kidney fire leads to coldness and weakness of the 'essence gate' in men, there may be seminal emission and impotence.

According to the True Lineage of Medicine "When Kidney origin (yuan) is abundant, then life is long, when Kidney origin (yuan) is in decline, life is short". For this reason, traditional health preservation practitioners in China recommend the regular application of moxibustion to Guanyuan REN-4 in later life.

The strong tonifying and nourishing action of Guanyuan REN-4 is not limited to the Kidneys alone. Since the Kidneys are the root of both the yin and yang of the body, and "the original qi is distributed to the five zang and forms the essence of the five zang", Guanyuan REN-4 may be used in the treatment of any profound deficiency of the zangfu, whether of qi, blood, yin or yang. Thus, for example, when the yin of the Kidneys and Lung is deficient, Guanyuan REN-4 may be used to treat taxation heat, deficiency consumption with cough, tidal fever with coughing of blood, Kidney deficiency dyspnoea, dyspnoea with inability to lie down, and wasting and thirsting disorder. When the Kidney fire fails to provide sufficient heat for the Spleen's transportation and transformation function there may be chronic diarrhoea, incontinence of the stool in the elderly, lethargy, weakness of the four limbs and undigested food (in the stool).

The action of Guanyuan REN-4 is not limited to tonifying deficiency, however. If exterior cold attacks the lower abdomen, and particularly the Liver channel, especially when there is underlying yang deficiency, there may be severe twisting lower abdominal pain radiating to the genitals and sudden painful shan disorder. These symptoms are commonly ascribed to disharmony of the Small Intestine (Small Intestine qi pain), and this is the principal significance of the status of Guanyuan REN-4 as the front-mu point of the Small Intestine.

When damp-heat knots the Bladder there may be various kinds of urinary disorders characterised by frequency, urgency, pain and dark or bloody urination as well as an intense sensation of heat in the hypogastrium. Guanyuan REN-4 may be used to drain these excess pathogenic factors. According to Zhu Dan-xi "When the Kidneys are deficient the Bladder will generate heat", whilst the General Treatise on the Aetiology and Symptomatology of Diseases says "Where painful urinary dysfunction is concerned there is Kidney deficiency and Bladder heat". Guanyuan REN-4 is especially indicated when, as is commonly the case, deficiency and excess co-exist and there is underlying Kidney deficiency. Guanyuan REN-4 is also an important point in the treatment of post-partum disorders such as pain and persistent flow of lochia, which are also frequently due to a combination of deficiency and excess. Finally, due to its powerful ability to restore the yang, Guanyuan REN-4 is used to treat collapse of yang characterised by chills, breathlessness, minute pulse, profuse sweating and unconsciousness. In such cases, Guanyuan REN-4, in combination with Qihai REN-6 and Shenque REN-8, is treated by continuous indirect moxibustion.

CLASSICAL COMBINATIONS

- Wind dizziness and headache: Guanyuan REN-4, Fengmen BL-12, Kunlun BL-60, Tianyou SJ-16 and Guanchong SJ-1 (Thousand Ducat Formulas).
- Heat in the body with headache that comes and goes: Guanyuan REN-4 and Shendao DU-11 (Thousand Ducat Formulas).
- Distention of the lateral costal region: Guanyuan REN-4, Qimen LIV-14 and Shaoshang LU-11 (Thousand Ducat Formulas).

- Heat sensation and pain of the hypogastrium: Guanyuan REN-4, Weizhong BL-40, Zhaohai KID-6 and Taixi KID-3 (Thousand Ducat Formulas).
- Abdominal fullness that radiates to the back, one-sided swelling and sagging of the testicle: Guanyuan REN-4 [3 moxa cones] and Dadun LIV-1 [7 moxa cones] (Great Compendium).
- Running piglet qi in women: Guanyuan REN-4, Zhongji REN-3, Sanyinjiao SP-6, Shimen REN-5, Xuehai SP-10 and Qimen LIV-14 (Supplementing Life).
- Red and hesitant urinary flow: Guanyuan REN-4, Zhibian BL-54, Qihai REN-6 and Yanggang BL-48 (Supplementing Life).
- Inability to urinate: Guanyuan REN-4, Shimen REN-5, Zhongji REN-3, Qugu REN-2 and Sanyinjiao SP-6 (Supplementing Life).
- Dark urine: Guanyuan REN-4, Qihai REN-6, Taixi KID-3, Yingu KID-10, Shenshu BL-23 and Pangguangshu BL-28 (Great Compendium).
- Incontinence of faeces: Guanyuan REN-4 and Dachangshu BL-25 (Great Compendium).
- Difficulty in defecation: Guanyuan REN-4, Dazhong KID-4, Zhongliao BL-33, Chengjin BL-56, Taichong LIV-3, Chengshan BL-57, Taixi KID-3 and Zhongwan REN-12 (Supplementing Life).
- Ceaseless diarrhoea and dysenteric disorder: Guanyuan REN-4 and Taixi KID-3 (Thousand Ducat Formulas).

CV-5 (*shí mén*)

石 *shí*: stone

門 *mén*: gate, door

石門

Stone Gate

Location: On the anterior midline of the lower abdomen, 2 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 2 cun inferior to REN-8 (Shen Que), and 3 cun superior to REN-2 (Qu Gu). KID-14 (Si Man) is located 5 fen lateral to REN-5 (Shi Men), ST-27 (Da Ju) is 2 cun lateral.

Features & Categories: Front Alarm-Mu, Collecting point of the San Jiao Fu generally, but particularly the Lower Jiao. Intersection point of the San Jiao Channel of hand Shao Yang on Ren Mai.

Functions: Warms the Kidneys and invigorates Yang; strengthens and distributes Yuan Qi; regulates menstruation and treats vaginal discharge; opens the Water passages; promotes transformation and excretion in the lower Jiao.

Indications: Scant metrorrhagia; vaginal discharge; leuorrhoea; abnormal uterine bleeding; amenorrhoea; postpartum hemorrhage; hernia; abdominal pain; diarrhea; urinary retention; enuresis; anuria; dysuria; edema; mastitis; hypertension.

Supplementary Indications: Abdominal masses with pain and distension - middle or lower Jiao; no desire for food; undigested food in stool; scrotal retraction; vomiting due to rebellious Qi; constipation; mammary diseases.

Contraindications: This point is contraindicated for acupuncture during pregnancy.

DEADMAN'S COMMENTARY

Shimen REN-5 is the front-mu point of the Sanjiao. The term 'mu' means to gather or to collect, and the front-mu points are where the qi of the zangfu gathers and concentrates on the anterior surface of the body. The Essential Questions says "the Sanjiao is the official in charge of drainage and controls the water passages", the Classic of Difficulties says "the Sanjiao is the pathway of water and grain" and the Classic of Categories states "when the lower jiao is not treated there is water disorder in the bowels and Bladder". Shimen REN-5 is indicated for stagnation of fluids characterised by difficult urination or retention of urine, painful urinary dysfunction and oedema, as well as for diarrhoea, undigested food in the stool and dysenteric disorder.

Shimen REN-5 is also able to regulate qi stagnation and alleviate pain in the lower abdomen and genital region and is strongly indicated in the treatment of conditions such as twisting pain of the lower abdomen, shan disorder with severe periumbilical pain, abdominal distention, and retraction, swelling and pain of the genitals.

In colloquial Chinese a woman who is infertile is known as a 'stone woman', whilst the name Shimen means 'Stone Gate' or 'Stone Door'. An alternative name for this point is Jueyun (Infertility). These names refer to the unique quality classically attributed to this point of inducing infertility. Texts such as the Great Compendium of Acupuncture and Moxibustion, the Systematic Classic of Acupuncture and Moxibustion, the Illustrated Classic of Acupuncture Points on the Bronze Man and the Illustrated Supplement to the Classic of Categories all warn that needling this point can make a woman infertile for life. Modern acupuncture texts, however, make no mention of this warning. The effect of Shimen REN-5 on regulating the function of the uterus and adjusting menstruation is further illustrated by its indications for persistent flow of lochia, abdominal masses, uterine bleeding and leucorrhoea.

Finally, although indicated for deficiency-taxation and lower origin (yuan) deficient and cold, compared with its neighbouring points Guanyuan REN-4 and Qihai REN-6, Shimen REN-5 is notable for the absence of indications of deficiency, and is principally indicated for excess patterns.

CLASSICAL COMBINATIONS

- Inability to urinate: Shimen REN-5, Guanyuan REN-4, Sanyinjiao SP-6, Zhongji REN-3 and Qugu REN-2 (Supplementing Life).
- Hardness and pain in the lower abdomen that radiates to the genitals with inability to urinate: Shimen REN-5, Weiyang BL-39 and Yinjiao REN-7 (Supplementing Life).
- Hypogastric pain radiating to the genitals: Shimen REN-5 and Shangqiu SP-5 (Thousand Ducat Formulas).
- Spasmodic pain of the hypogastrium: Shimen REN-5 and Shuifen REN-9 (Thousand Ducat Formulas).
- Hypogastric shan disorder: Shimen REN-5, Tianshu ST-25, Shenque REN-8 and Qihai REN-6 (Thousand Ducat Formulas).
- Umbilical shan disorder: Shimen REN-5, Shenque REN-8 and Tianshu ST-25 (Supplementing Life).
- Women who have had too many children: Shimen REN-5 and Sanyinjiao SP-6 (Great Compendium).

- Profuse uterine bleeding: Shimen REN-5 and Yinjiao REN-7 (Supplementing Life).
- Ceaseless uterine bleeding: Shimen REN-5, Zhongji REN-3, Zigong (M-CA-18) and Shenshu BL-23 (Great Compendium).
- Running piglet qi: Shimen REN-5, Zhangmen LIV-13 and Sanyinjiao SP-6 (Thousand Ducat Formulas).
- Running piglet qi in women: Shimen REN-5, Zhongji REN-3, Guanyuan REN-4, Qimen LIV-14, Sanyinjiao SP-6 and Xuehai SP-10 (Supplementing Life).

CV-6 (*qì hǎi*)

氣 *qì*: qì, breath

海 *hǎi*: sea

氣海

Sea of Qi

Location: On the anterior midline of the lower abdomen, 1.5 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 1.5 cun inferior to REN-8 (Shen Que), and 3.5 cun superior to REN-2 (Qu Gu).

Features & Categories: Yuan point of Huang - the region 'above the diaphragm'.

Functions: Regulates Qi and supports Yuan Qi; tonifies Kidney Yang and supplements Deficiency; harmonizes Ying Qi and Blood; treats menstrual disorders and vaginal discharge; warms the lower Jiao; resolves turbid Damp.

Indications: Metrorrhagia; vaginal discharge; leukorrhoea; irregular menstruation; dysmenorrhoea; amenorrhoea; postpartum hemorrhage; hernia; enuresis; abdominal pain or distension; intestinal paralysis; colic; loose stool, possibly with mucus; diarrhea; dysentery; constipation; incontinence; incontinence in children; edema; extreme exhaustion; Wind-strike desertion patterns; neurasthenia; polyuria; urinary retention; urinary frequency; dysuria; nocturnal seminal emission; impotence; asthma; mental depression.

Supplementary Indications: Cold damage peri-umbilical pain; Yin pattern testicular retraction; Yang desertion; Cold in the limbs; Qi Deficiency fatigue; insufficient Zhen Qi; lumbar pain; urinary incontinence in children; cardiac pain; pain throughout the Zang Fu; difficult micturition with dark urine; infertility; heat stroke or exhaustion; vaginal discharge with blood; excess bleeding.

DEADMAN'S COMMENTARY

Qihai REN-6, like Guanyuan REN-4, is also known by the name of 'Dantian' (Cinnabar Field). This reflects its location in the vital centre of the body where the deepest energies are stored and generated, and which plays a pivotal role in the treatment of disease and in Chinese martial arts and qigong practices. (For a fuller discussion of the dantian see the commentary on Guanyuan REN-4).

The name Qihai (Sea of Qi) emphasises the principal difference between Qihai REN-6 and Guanyuan REN-4. Whilst both have a powerful action on tonifying the Kidneys, the forte of Qihai REN-6 is generating qi and yang and it does not share the yin and blood nourishing qualities of Guanyuan REN-4.

According to the Great Compendium of Acupuncture and Moxibustion Qihai REN-6 is indicated for deficiency of the original qi and for qi deficiency of all the five zang. In fact the original qi is considered

to be the basis for the formation and activity of all the zangfu. This concept is explained in the Classic of Difficulties which states "The dynamic qi that moves between the Kidneys is [the basis] of human life, the source of the five zang and six fu, the root of the twelve channels, the door of respiration and the origin of the sanjiao", and in the Discourse into the Origin and Development of Medicine which says "Original qi is distributed to the five zang and forms the essence of the five zang". Original qi is formed from the combination of pre- and post- heaven qi. In comparison with Zusanli ST-36 which tonifies the source of post-heaven qi in the Stomach and Spleen, Qihai REN-6 activates and mobilises the pre-heaven qi stored in the Kidneys. It is thus indicated in the widest possible range of disorders involving qi deficiency and exhaustion. By promoting the pre-heaven qi, Qihai REN-6 is able to foster the post-heaven qi of the Stomach and Spleen and is thus indicated for emaciation and feebleness of the muscles and diarrhoea. By warming and firming the Kidney yang, Qihai REN-6 is able to treat impotence, seminal emission, cold illness and dark face. By promoting the central qi, Qihai REN-6 is able to treat prolapse of the rectum and uterus. So strong are its qi and yang restoring properties that it is a vital point for rescuing yang in cases of collapse with a slow and minute pulse. For this purpose strong moxibustion either by moxa stick or by large moxa cones mediated by sliced fresh ginger or aconite cake is administered. Zhu Dan-xi of the Jin-Yuan dynasty describes a case of "yin depletion followed by sudden expiry of yang" with pouring sweat, faint respiration, urinary incontinence and a large irregular and arrhythmic pulse. He applied moxa to Qihai REN-6 "with the moxa cones as big as the small finger. When the eighteenth cone was burned up, his right hand was able to move. Another three cones and his lips began to move a little". He also describes a case of violent diarrhoea resulting in loss of consciousness and extremely faint breathing as if on the verge of death. Moxa was performed at Qihai REN-6 without delay. The ability of Qihai REN-6 to treat disorders of profound deficiency is further reflected in its designation in the Spiritual Pivot as the shu point of the 'huang'. The huang, which refers to the area just above the diaphragm and which also appears in the name of Gaohuangshu BL-43, implies one of the deepest and most vital regions of the body.

It is important to emphasise that due to its intimate relationship with the qi, Qihai REN-6 is equally important in the treatment of diseases due to qi stagnation affecting the lower jiao. It is indicated for distention and pain of the abdomen, constipation, qi stagnation due to pathogenic cold giving rise to retraction of the testicles, and cold pain of the abdomen. Since "qi is the master of blood" Qihai REN-6 is also indicated for abdominal masses whether due to stagnation of qi or stasis of blood.

By virtue of its dual actions of tonifying and regulating qi Qihai REN-6 is able to treat a variety of gynaecological disorders. Uterine bleeding, persistent flow of lochia and post-partum bleeding may be due to failure of the qi to hold the blood, and along with irregular menstruation and dysmenorrhoea may also involve blood stasis, either as a sequela of haemorrhage or as a consequence of qi stagnation.

CLASSICAL COMBINATIONS

- Distressed rapid dyspnoea: Qihai REN-6 and Xuanji REN-21 (Ode of the Jade Dragon).
- Impotence: Qihai REN-6, Mingmen DU-4, Shenshu BL-23 and Rangu KID-2 (Illustrated Supplement).

- White turbidity and chronic seminal emission: Qihai REN-6 and Sanyinjiao SP-6 (One Hundred Symptoms).
- Palpitations and insomnia: Qihai REN-6, Sanyinjiao SP-6 and Daju ST-27 (Supplementing Life).
- Irregular menstruation: Qihai REN-6, Zhongji REN-3, Daimai GB-26, Shenshu BL-23 and Sanyinjiao SP-6 (Great Compendium).
- Post-partum blood clot pain: Qihai REN-6 and Sanyinjiao SP-6 (Great Compendium).
- Dysmenorrhoea: Qihai REN-6 and Xiaochangshu BL-27 (Supplementing Life).
- Red and white leucorrhoea: Qihai REN-6, Guanyuan REN-4, Jianshi P-5, Baihuanshu BL-30, Daimai GB-26 and Sanyinjiao SP-6 (Great Compendium).
- Red (bloody) dysenteric disorder: Qihai REN-6, Neiguan P-6, Tianshu ST-25, Neiting ST-44, Yinbai SP-1 and Zhaohai KID-6 (Great Compendium).
- Blood in the stool: Qihai REN-6, Zhongwan REN-12 and Zusanli ST-36 (Glorious Anthology).
- Red and hesitant urinary flow: Qihai REN-6, Guanyuan REN-4, Zhibian BL-54 and Yanggang BL-48 (Supplementing Life).
- Dark urine: Qihai REN-6, Guanyuan REN-4, Taixi KID-3, Yingu KID-10, Shenshu BL-23 and Pangguangshu BL-28 (Great Compendium).
- Obstructed urination: Qihai REN-6, Sanyinjiao SP-6 and Yinlingquan SP-9, followed by Yingu KID-10 and Daling P-7 (Great Compendium).
- The five types of painful urinary dysfunction, with inability to urinate: Qihai REN-6 and Dadun LIV-1 (Thousand Ducat Formulas).
- The five types of painful urinary dysfunction: Qihai REN-6 and Xuehai SP-10 (Great Compendium).
- Periumbilical pain: Qihai REN-6, Shuifen REN-9 and Shenque REN-8 (Great Compendium).

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.

DEADMAN'S COMMENTARY

Yinjiao REN-7 (Yin Intersection) is a meeting point of the Conception and Penetrating vessels with the Kidney channel, all of which have an intimate relationship with the uterus. The Conception vessel, known as the 'sea of the yin channels' and the Penetrating vessel, known as the 'sea of blood', both originate in the uterus in women and their maturation depends on the flourishing of the Kidneys. The Essential Questions states "At the age of fourteen, the tian gui matures, the Conception vessel flows and the Penetrating vessel fills, the menses come according to their times, thus conception is possible". Disorders of menstruation may be of excess or deficiency type, due to cold or heat, exterior pathogens or interior disharmony. Due to the close relationship of Yinjiao REN-7 to the uterus however, it may be used to treat such disorders as irregular menstruation, amenorrhoea, uterine bleeding, persistent flow of lochia or infertility due to any aetiology.

The Conception vessel emerges at the perineum and ascends through the genital region, whilst the Penetrating vessel emerges at Qichong ST-30 and ascends the lower abdomen. Both channels therefore have a strong influence on the lower abdomen and genitals, and Yinjiao REN-7 is indicated for such disorders as pain, retraction, itching and sweating of the genitals, shan disorder and abdominal and umbilical pain.

Finally, like several points which affect the Penetrating vessel, Yinjiao REN-7 is indicated for running piglet qi (refer Qichong ST-30).

CLASSICAL COMBINATIONS

- Profuse uterine bleeding: Yinjiao REN-7 and Shimen REN-5 (Supplementing Life).
- Infertility: Yinjiao REN-7 and Shimen REN-5 (One Hundred Symptoms).
- Itching of the genitals: Yinjiao REN-7 and Ququan LIV-8 (Supplementing Life).
- Hardness and pain in the lower abdomen that radiates to the genitals with inability to urinate: Yinjiao REN-7, Shimen REN-5 and Weiyang BL-39 (Supplementing Life).
- Cracked and bleeding tongue: Yinjiao REN-7, Neiguan P-6 and Taichong LIV-3 (Miscellaneous Diseases).

CV-8 (*shén què*)神 *shén*: spirit闕 *què*: a watch tower on either side of a palace gate
a gate; a palace

神闕

Spirit Gate

Location: On the anterior midline in the centre of the umbilicus. KID-16 (Huang Shu) is located 5 fen lateral to REN-8 (Shen Que), ST-25 (Tian Shu) is 2 cun lateral.

Functions: Warms and supports Yuan Qi and Yang; opens the Portals and restores consciousness; strengthens transporting function of Spleen and Stomach; moves gastrointestinal Qi; transforms Cold Damp Stagnation.

Indications: Sudden loss of consciousness; hemiplegia; wry mouth or speech difficulty; borborygmi; abdominal pain; acute and chronic enteritis; chronic diarrhea or dysentery; vomiting and diarrhoea at the same time; edema; shock from intestinal adhesions; prolapse of the rectum; collapse of Yang; extreme weakness.

Supplementary Indications: Urinary frequency, urgency, difficulty and incontinence; severe Deficiency; infantile diarrhea after breast feeding; edema and abdominal drum distension; peri-umbilical pain; urinary retention due to Heat; intestinal tuberculosis; coma; heat stroke or exhaustion; fainting.

Contraindications: This point is contraindicated for acupuncture.

DEADMAN'S COMMENTARY

Shenque REN-8 is located in the centre of the umbilicus. Shen is translated as spirit, whilst Que literally refers to the watchtower above the gates which protect a city. This point is also known as Qishe (Abode of Qi) or Qihe (Joining of Qi). These various names reflect the importance of the umbilicus as

- i. the entry and exit point of the spirit,
- ii. the source of foetal nourishment, and
- iii. in later life an important point to rescue the qi or yang.

Shenque REN-8 is one of only two points (with Ruzhong ST-17) considered forbidden to needle in current clinical practice, and is exclusively treated by strong moxibustion or massage. When moxibustion is applied, it may be in the form of indirect moxibustion with a moxa stick, or by large moxa cones placed over a mound of salt, sliced ginger, aconite cake etc. Shenque REN-8 has two principal actions.

Firstly it is an important point to warm and rescue yang in cases of collapse due to extreme cold or sudden and severe exhaustion of yang, for example deficiency type windstroke or shock.

Secondly it is able to warm a "deficient cold abdomen", and is indicated for ceaseless diarrhoea, diarrhoea in breast feeding infants, diarrhoea in the elderly and deficient, borborygmus, umbilical pain and prolapse of the rectum due to yang deficiency of the Spleen.

CLASSICAL COMBINATIONS

- Borborygmus and diarrhoea: Shenque REN-8, Shuifen REN-9 and Sanjian L.I.-3 (Great Compendium).

- Diarrhoea with thin stools: Shenque REN-8, Taichong LIV-3 and Sanyinjiao SP-6 (Great Compendium).
- Prolapse of the rectum: Shenque REN-8, Baihui DU-20 and Pangguangshu BL-28 (Compilation).
- Umbilical shan disorder: Shenque REN-8, Tianshu ST-25 and Shimen REN-5 (Supplementing Life).
- Periumbilical pain: Shenque REN-8, Shuifen REN-9 and Zhongfeng LIV-4 (Supplementing Life).
- Periumbilical pain: Shenque REN-8, Shuifen REN-9 and Qihai REN-6 (Great Compendium).
- Hypogastric shan disorder: Shenque REN-8, Shimen REN-5, Tianshu ST-25 and Qihai REN-6 (Thousand Ducat Formulas).
- Oedema with qi distention and fullness: Shenque REN-8 and Fuliu KID-7 (Great Compendium).

CV-9 (*shuǐ fēn*)

水 *shuǐ*: water

分 *fēn*: divide, part, separate

水分

Water Divide

Location: On the superior abdomen in the anterior midline, 1 cun superior to the centre of the umbilicus (REN-8, Shen Que). The proportional distance from the centre of the umbilicus to the xiphisternal junction (REN-16, Zhong Ting) is 8 cun. ST-24 (Hua Rou Men) is located 2 cun lateral to REN-9 (Shui Fen).

Functions: Strengthens the Spleen and resolves Damp; promotes transformation of Fluids; controls the Water passages.

Indications: Ascites; intestinal rumbling; abdominal pain; edema; dysuria; facial swelling; nephritis; urinary retention.

Supplementary Indications: Gastric reflux with vomiting; diarrhea; tetany; cholera with cramps; prolapse of the rectum; urinary and fecal retention; failure of the fontanel to close.

Contraindications: This point is contraindicated for acupuncture in cases of abdominal swelling and distension (use moxa).

DEADMAN'S COMMENTARY

As its name implies, Shuifen REN-9 (Water Separation) has a strong action on fluid transformation and distribution and is particularly indicated for oedema. According to the Great Compendium of Acupuncture and Moxibustion Shuifen REN-9 is located over the Small Intestine which has the function of 'separating the clear from the turbid' and sending fluids to the Bladder and solid dregs to the Large Intestine for excretion. This Small Intestine function is dominated by the Spleen and Kidneys, and Shuifen REN-9 is particularly indicated for yin oedema due to deficiency of the Spleen and/or Kidneys, especially oedema of the abdominal region. Many early texts specify that in the treatment of oedema this point should be treated by moxibustion rather than needling.

Impairment of the function of the intestines may give rise to severe stagnation and, by blocking its descent, cause rebellion of Stomach qi. Shuifen REN-9 is indicated for distention and pain of the

abdomen, drum-like swelling and hardness of the abdomen, periumbilical pain rushing up to the chest and Heart causing difficulty in breathing, loss of appetite, acid regurgitation and vomiting.

The action of Shuifen REN-9 in treating these kinds of accumulation of water, qi and food reflects its ability to harmonise the intestinal region and promote smooth circulation rather than to directly tonify the Spleen or Kidneys.

CLASSICAL COMBINATIONS

- Oedema: Shuifen REN-9 and Fuliu KID-7 (Song of Points).
- Oedema around the umbilical region: Shuifen REN-9 and Yinlingquan SP-9 (One Hundred Symptoms).
- Oedema of the abdomen with drum-like distention: Shuifen REN-9 and Jianli REN-11 [reduce] (Secrets of the Celestial Star).
- Spasmodic pain of the hypogastrium: Shuifen REN-9 and Shimen REN-5 (Thousand Ducat Formulas).
- Periumbilical pain: Shuifen REN-9, Shenque REN-8 and Qihai REN-6 (Great Compendium).
- Periumbilical pain: Shuifen REN-9, Shenque REN-8 and Zhongfeng LIV-4 (Supplementing Life).
- Pain of the umbilical region: Shuifen REN-9, Zhongfeng LIV-4 and Ququan LIV-8 (Great Compendium).
- No pleasure in eating: Shuifen REN-9, Dijie SP-8, Yinlingquan SP-9, Youmen KID-21 and Xiaochangshu BL-27 (Supplementing Life).

CV-10 (*xià wǎn*)

下 *xià*: lower, below; to descend

腕 *wǎn* (*guǎn*): venter

下腕

Lower Venter

Location: On the superior abdomen in the anterior midline, 2 cun superior to the centre of the umbilicus (REN-8, Shen Que). The proportional distance from the centre of the umbilicus to the xiphisternal junction (REN-16, Zhong Ting) is 8 cun. KID-17 (Shang Qu) is located 5 fen lateral to REN-10 (Xia Wan), ST-23 (Tai Yi) is 2 cun lateral.

Features & Categories: Intersection point of the Spleen Channel of foot Tai Yin on Ren Mai.

Functions: Assists movement and transformation in the Stomach and Intestines; promotes descent of Stomach Qi; disperses digestate accumulations and Qi Stagnation; tonifies the Spleen.

Indications: Indigestion; stomach pain; abdominal distension; epigastric or abdominal pain; prolapsed stomach; fullness after eating; acid regurgitation; dysentery; borborygmi; vomiting; untransformed digestate in stool; diarrhoea; contracture of pyloric sphincter.

Supplementary Indications: No pleasure in eating; dark-colored urine; abdomen hardness; palpable focal abdominal distension; Cold bowel Qi.

Contraindications: This point is contraindicated for moxibustion in cases of pregnancy.

DEADMAN'S COMMENTARY

Xiawan REN-10 (Lower Cavity) is also known as Xiaguan (Lower Controller). This point was traditionally considered to affect the lower portion of the Stomach, whilst Shangwan REN-13 (Upper Cavity) was considered to affect its upper portion. Between these two points lies Zhongwan REN-12 (Middle Cavity). The Spiritual Pivot states "When there is difficult ingestion and obstruction in the diaphragm, this indicates the pathogen is in the Stomach. When the disorder is in the upper cavity, then needle Shangwan REN-13 to restrain the rebellion and descend it. When the disorder is in the lower cavity, then needle Xiawan REN-10 to scatter and move it". The Song More Precious Than Jade says "when the Stomach is cold, Xiawan REN-10 is excellent" whilst the Systematic Classic of Acupuncture and Moxibustion states "Xiawan REN-10 is the main point to use when food and drink are not digested and regurgitated after ingestion". The principal use of this point is in cases of food stagnation with such symptoms as abdominal fullness, epigastric pain, nausea and vomiting after eating, lack of appetite, and undigested food in the stools.

CLASSICAL COMBINATIONS

- Undigested food (in the stool), vomiting immediately after ingestion: first needle Xiawan REN-10 and then reduce Zusanli ST-36 (Thousand Ducat Formulas).
- Undigested food (in the stool): Xiawan REN-10, Zusanli ST-36, Liangmen ST-21, Sanyinjiao SP-6, Dachangshu BL-25, Sanjiaoshu BL-22 and Xuanshu DU-5 (Supplementing Life).
- Borborygmus: Xiawan REN-10 and Xiangshu ST-43 (One Hundred Symptoms).
- Hardness of the abdomen: Xiawan REN-10 and Zhongwan REN-12 (Ode of Spiritual Brightness).

CV-11 (*jiàn lǐ*)

建 *jiàn*: to establish, to erect; to stand

里 *lǐ*: a measure of distance; a small hamlet

建里

Interior Strengthening

Location: On the superior abdomen in the anterior midline, 3 cun superior to the centre of the umbilicus (REN-8, Shen Que). The proportional distance from the centre of the umbilicus to the xiphisternal junction (REN-16, Zhong Ting) is 8 cun. KID-18 (Shi Guan) is located 5 fen lateral to REN-11 (Jian Li), ST-22 (Guan Men) is 2 cun lateral, and SP-16 (Fu Ai) is 4 cun lateral on the border of rectus abdominus muscle.

Functions: Fortifies the Spleen and rectifies Qi; harmonizes the Stomach and disperses accumulations; transforms Damp and frees the middle Jiao; promotes descent of Stomach Qi.

Indications: Stomach pain; nausea; vomiting; loss of appetite; abdominal distension or pain; fullness after eating; acute and chronic gastritis; anorexia; edema; angina pectoris; ascites; intestinal noises.

Supplementary Indications: Abdominal distension with counterflow of Qi; cardiac pain; retching; no desire for food; abdominal pain and intestinal rumbling; fullness in the middle Jiao.

CLASSICAL COMBINATIONS

- Oppression of the chest: Jianli REN-11 and Neiguan P-6 (One Hundred Symptoms).

- Oedema of the abdomen with drum-like distention: Jianli REN-11 (reduce) and Shuifen REN-9 (Secrets of the Celestial Star).

CV-12 (*zhōng wǎn*)

中 *zhōng*: center, central, middle

腕 *wǎn (guǎn)*: venter

中腕

Central Venter

Location: On the anterior midline, 4 cun superior to the centre of the umbilicus. The point is located midway between the xiphisternal junction (REN-16, Zhong Ting) and the centre of the umbilicus (REN-8, Shen Que). The proportional distance between these landmarks is 8 cun. (The xiphisternal junction is the articulation between the xiphoid process and the body of the sternum). KID-19 (Yin Du) is located 5 fen lateral to REN-12 (Zhong Wan), ST-21 (Liang Men) is 2 cun lateral.

Features & Categories: Intersection point of the Stomach Channel of foot Yang Ming, San Jiao Channel of hand Shao Yang and Small Intestine Channel of hand Tai Yang on Ren Mai. Front Alarm-Mu, Collecting point of the Stomach Fu; front Alarm-Mu, Collecting point of the Middle Jiao; Meeting point of the Fu Organs; one of the nine needles for returning Yang.

Functions: Regulates and harmonizes the Stomach and rectifies rebellious Qi; fortifies the Spleen and resolves Damp.

Indications: Stomach pain; abdominal distension; gastric reflux and acid regurgitation; hiccough; lack of appetite; indigestion; acute or chronic gastritis; gastric ulcers; prolapsed stomach; nausea; vomiting; tiredness; dull stomachache relieved by eating; almost any digestive system condition; diarrhea; dysentery; acute intestinal obstruction; constipation; untransformed digestate in stool; insomnia; hypertension; neurasthenia; mental illness.

Supplementary Indications: Abdominal pain; abdominal fullness; abdominal rumbling; pain in the stomach region; vomiting food long after ingestion; scorched stench in the nose; difficulty with defecation; yellow or dark-colored urine; loss of taste; sour taste with swallowing; cholera; fainting; urgent or chronic fright Wind; damage due to preoccupation or obsession; cardiac pain; generalized swelling; Deficiency and vomiting blood; spitting blood with tuberculosis; mania and withdrawal; jaundice; upsurging Kidney Qi or Liver Fire; postpartum Blood Deficiency dizziness; Internal damage to the Spleen and Stomach.

DEADMAN'S COMMENTARY

Zhongwan REN-12 (Middle Cavity), also known as Zhongguan (Middle Controller), is the front-mu point of the Stomach and the hui-meeting point of the fu. The term 'mu' means to gather or to collect, and the front-mu points are where the qi of the zangfu gathers on the anterior surface of the body. As the origin of the post-heaven qi, the Stomach and Spleen are considered to play a central role among the zangfu, transforming and distributing the essence of food and drink throughout the body. For this reason, the Stomach may be said to dominate the fu and the Spleen the zang. The close relationship of Zhongwan REN-12 to the Stomach, therefore, is further reflected in its status as the hui-meeting point of

the fu, in the same way that Zhangmen LIV-13, the front-mu point of the Spleen, is also the hui-meeting point of the zang.

Zhongwan REN-12 is the principal point on the abdomen to regulate the function of the Stomach. The Investigation into Points Along the Channels simply states that Zhongwan REN-12 can treat "all diseases of the Stomach and Spleen". In comparison with neighbouring points such as Liangmen ST-21, Shangwan REN-13 and Xiawan REN-10 which are predominantly indicated in excess patterns, Zhongwan REN-12 is equally applicable in disorders characterised by either excess or deficiency.

The Stomach is the 'sea of water and grain' and its principal functions are to receive food and drink, 'rot and ripen' them and then descend these transformed products. Disorders of the Stomach may be deficient or excess in nature, due to cold or heat, exterior pathogens or interior disharmony. Whatever the aetiology, disharmony of the Stomach will always manifest in disturbance of one or more of these functions. If the Stomach fails to receive food and drink, there will be inability to eat and difficult ingestion; if the Stomach fails to 'rot and ripen' and to descend there will be fullness, distention and pain; if the Stomach qi rebels upwards there will be nausea, vomiting, Stomach reflux and hiccup.

Traditional Chinese methods of health preservation have long recognised the importance of emotional harmony in the smooth functioning of the Stomach. The constant dissipation of qi resulting from worry, anxiety and overthinking may deplete the Stomach and Spleen and impair the function of the Stomach. Excess of any of the seven emotions may result in stagnation of qi which then injures the Stomach leading to epigastric pain. Most injurious of all the emotions are anger, frustration or resentment, particularly if experienced whilst eating. At this time the qi is focused on the Stomach, rendering it particularly susceptible to qi stagnation. In all these cases Zhongwan REN-12 is a primary point. In practice, epigastric pain or distention deriving from Liver qi stagnation may be accompanied by pain or distention of the lateral costal region. Not only is Zhongwan REN-12 indicated for this symptom, but the needling sensation from Zhongwan REN-12 commonly transmits to this area.

The Stomach and Spleen are intimately related. According to the Treatise on the Spleen and Stomach by Li Dong-yuan "when Stomach deficiency gives rise to failure of the taiyin to receive [what is naturally due it], the foot yangming mu point [Zhongwan REN-12] will lead it through". This highlights the important secondary action of Zhongwan REN-12 in strengthening the Spleen in cases of deficiency. It is indicated for diarrhoea, undigested food (in the stool), deficiency-taxation, post-partum dizziness and sallow complexion.

Finally Zhongwan REN-12 is cited in the Song of the Nine Needles for Returning the Yang for the treatment of collapse of yang characterised by loss of consciousness, aversion to cold, cold counterflow of the limbs, purple lips, etc.

CLASSICAL COMBINATIONS

- Vomiting: Zhongwan REN-12, Geshu BL-17 and Zhangmen LIV-13 (Thousand Ducat Formulas).
- Vomiting clear (watery) saliva: Zhongwan REN-12, Shanzhong REN-17, Daling P-7 and Laogong P-8 (Great Compendium).

- Stagnation of food in the mid-abdomen, stabbing pain that does not cease: Zhongwan REN-12, Gongsun SP-4, Jiexi ST-41 and Zusanli ST-36 (Complete Collection).
- Abdominal pain: Zhongwan REN-12, Neiguan P-6 and Zusanli ST-36 (Great Compendium).
- Hardness of the abdomen: Zhongwan REN-12 and Xiawan REN-10 (Ode of Spiritual Brightness).
- Hardness and pain of the lateral costal region: Zhongwan REN-12 and Chengman ST-20 (Thousand Ducat Formulas).
- Abdominal masses in the hypogastrium due to qi stagnation and blood stasis that are hard and big like a plate, with epigastric distention and undigested food (in the stool): Zhongwan REN-12 and Sanjiaoshu BL-22 (Thousand Ducat Formulas).
- Undigested food (in the stool): Zhongwan REN-12 and Sanyinjiao SP-6 (Supplementing Life).
- Ceaseless diarrhoea: Zhongwan REN-12, Tianshu ST-25 and Zhongji REN-3 (Great Compendium).
- Blood in the stool: Zhongwan REN-12, Zusanli ST-36 and Qihai REN-6 (Glorious Anthology).
- Difficulty in defecation: Zhongwan REN-12, Dazhong KID-4, Zhongliao BL-33, Guanyuan REN-4, Chengjin BL-56, Taichong LIV-3, Chengshan BL-57 and Taixi KID-3 (Supplementing Life).
- All phlegm disease, head wind, dyspnoea and cough, all types of tanyin (phlegm-fluid): Zhongwan REN-12 and Fenglong ST-40 (Outline of Medicine).
- Dyspnoea with inability to walk: Zhongwan REN-12, Qimen LIV-14 and Shanglian L.I.-9 (Great Compendium).
- Jaundice with weakness of the four limbs: Zhongwan REN-12 and Zusanli ST-36 (Classic of the Jade Dragon).
- Spleen deficiency jaundice: Zhongwan REN-12 and Wangu SI-4 (Ode of the Jade Dragon).

CV-13 (*shàng wǎn*)

上 *shàng*: above, upper

腕 *wǎn (guǎn)*: venter

上腕

Upper Venter

Location: On the anterior midline, 5 cun superior to the centre of the umbilicus. The proportional distance from the centre of the umbilicus (REN-8, Shen Que) to the xiphisternal junction (REN-16, Zhong Ting) is 8 cun. KID-20 (Tong Gu) is located 5 fen lateral to REN-13 (Shang Wan), ST-20 (Cheng Man) is 2 cun lateral.

Features & Categories: Intersection point of the Stomach Channel of foot Yang Ming and Small Intestine Channel of hand Tai Yang on Ren Mai.

Functions: Harmonizes the Spleen and Stomach; transforms turbid Phlegm; stabilizes flow of Qi; rectifies rebellious Stomach Qi; calms the Shen.

Indications: Stomach pain; gastric reflux; acute and chronic gastritis; abdominal distension; distended stomach; epigastric fullness; stomach spasms; cardiac spasms; nausea; belching; hiccough; vomiting; insomnia; epilepsy; lower esophageal constriction; spasm of cardiac sphincter.

Supplementary Indications: Abdominal distension with Qi fullness; fright palpitations; inability to eat; periodic retching of blood; copious Phlegm and dribbling; upsurging Kidney Qi or Liver Fire; sudden cardiac pain; Wind epilepsy Heat disease; visual dizziness; headache and dizziness; body fever with or without perspiration; cholera; abdominal masses; abdominal fullness and intestinal rumbling; Heat vexation in the Heart; jaundice; Stomach Deficiency fullness and distension.

DEADMAN'S COMMENTARY

Shangwan REN-13 (Upper Cavity) is also known as Shangguan (Upper Controller). This point was traditionally considered to affect the upper portion of the Stomach whilst Xiawan REN-10 (Lower Cavity) was considered to affect its lower portion. Between these two points lies Zhongwan REN-12 (Middle Cavity). The Spiritual Pivot states "When there is difficult ingestion and obstruction in the diaphragm, this indicates the pathogen is in the Stomach. When the disorder is in the upper cavity, then needle Shangwan REN-13 to restrain the rebellion and descend it. When the disorder is in the lower cavity, then needle Xiawan REN-10 to scatter and move it". Shangwan REN-13 is indicated for rebellion of Stomach qi manifesting as nausea, vomiting, vomiting of blood and Stomach reflux and for stagnation in the epigastrium and abdomen manifesting as pain, distention, fullness and masses.

The Conception vessel ascends through the middle of the chest, whilst Shangwan REN-13 is a meeting point of the Conception vessel with the Stomach and Small Intestine channels, both of which connect with the Heart via their primary or secondary pathways. Shangwan REN-13 is indicated (and included in classical combinations) for heat, agitation and pain of the Heart and palpitations. In clinical practice however, Jueque REN-14, the next point along the channel and the front-mu point of the Heart, is more commonly used for such Heart disorders.

CLASSICAL COMBINATIONS

- Vomiting blood and spontaneous external bleeding: Shangwan REN-13, Pishu BL-20, Ganshu BL-18 and Yinbai SP-1 (Great Compendium).
- Vomiting blood: Shangwan REN-13, Burong ST-19 and Daling P-7 (Thousand Ducat Formulas).
- Vomiting: Shangwan REN-13, Burong ST-19 and Daling P-7 (Supplementing Life).
- The nine types of Heart pain: Shangwan REN-13 and Zhongwan REN-12 (Ode of the Jade Dragon).
- Unbearable Heart pain: Shangwan REN-13 and Daling P-7 (Thousand Ducat Formulas).
- Distention and fullness of the Heart and abdomen: Shangwan REN-13 and Jueque REN-14 (Supplementing Life).
- Manic rushing around: Shangwan REN-13 and Shenmen HE-7 (One Hundred Symptoms).

CV-14 (*jù què*)

巨 *jù*: great, gigantic

闕 *què*: gate tower (watch towers located on either side of a palace gate); a palace

巨 闕

Great Tower Gate

Location: On the superior abdomen in the anterior midline. The point is located 6 cun superior to REN-8 (Shen Que) in the middle of the umbilicus, and 2 cun inferior to the xiphisternal junction (REN-16,

ACU CENTRE, Suites 2 & 11, 219 Balaclava Rd., Caulfield North. Victoria. 3161. Australia

Zhong Ting). KID-21 (You Men) is located 5 fen lateral to REN-14 (Ju Que), ST-19 (Bu Rong) is 2 cun lateral.

Features & Categories: Front Alarm-Mu, Collecting point of the Heart Zang.

Functions: Disperses congealed Phlegm in the chest and diaphragm; transforms Damp Stagnation in the middle Jiao; pacifies the Stomach and benefits the diaphragm; clears the Heart and calms the Shen; regulates Qi and frees the middle Jiao; rectifies rebellious Stomach Qi.

Indications: Cardio-thoracic pain; angina pectoris; stomach pain; gastric reflux and acid regurgitation; esophageal constriction; difficulty in swallowing; nausea; vomiting; hiccough; stomach or digestive problems with an emotional foundation; mental illness; mania and withdrawal; epilepsy; seizures; palpitations; chronic hepatitis.

Supplementary Indications: Cough due to rebellious Qi ascending; fullness in the chest and shortness of breath; back pain; chest pain; sensation of a lump in the abdomen or thorax; cholera; fright palpitations; abdominal distension with severe pain; vexation in Cold damage; vomiting phlegm; Cold in the stomach; vomiting long after ingestion of food; occasional spitting of blood; clonic spasm accompanied by abdominal pain; hernia with intestinal prolapse; raving and manic rage; chest pain extending to the lateral costal region; jaundice; impaired memory; round worm in the bile duct.

DEADMAN'S COMMENTARY

According to the Essential Questions the front-mu points are where the qi of the zangfu gathers and concentrates, and Juque REN-14, the front-mu point of the Heart, is indicated for disorders both of the Heart zang and of the spirit. The Introduction to Medicine by Li Ting of the Ming dynasty states that Juque REN-14 treats the "nine types of Heart pain". According to the principles "without movement there is pain" and "where there is mal-nourishment there is pain", Heart pain always involves either stagnation of qi and blood or deficiency of qi blood, yin or yang. In clinical practice such excess and deficiency patterns often combine, and even when the manifestation is excess (for example blood stasis or obstruction of blood by phlegm), the root may involve deficiency. Whatever the aetiology or pattern, as the front-mu point of the Heart Juque REN-14 is the principal local point for these disorders, particularly, according to many classical sources, when cold attacks the Heart. It is also indicated for chest pain, especially when it radiates to the back, a symptom of what is known as chest painful obstruction. This disorder, characterised by stasis of phlegm and blood and impaired circulation of yang qi, may also disrupt the function of the Lung resulting in cough and shortness of breath.

Any disharmony of the Heart may give rise to disturbance of the spirit, but the most serious occurs when phlegm obscures the portals of the Heart. In the context of the traditional indications for Juque REN-14, when phlegm alone predominates there may be poor memory, disorientation, loss of consciousness or epilepsy with vomiting of foam, whilst if phlegm combines with heat there will be various manifestations of mania disorder such as ranting and raving, great anger and fury, a tendency to curse and scold others, etc. Alternatively, if

- i. Heart blood is deficient,

ii. blood stasis hinders the proper nourishment of the Heart by fresh blood, or
 iii. either Heart yin deficiency or the transformation of blood stasis generate heat which agitates the spirit, there may be anxiety, palpitations and a nervous, agitated sensation in the pit of the epigastrium (below the Heart).

Juque REN-14 is the principal local point for the treatment of these disorders.

The main pathway of the Conception vessel ascends from the perineum to the region of the mouth. Notwithstanding this upward movement of the channel, the points of the Conception vessel on the chest and abdomen have a strong action on descending qi especially of the Lung and Stomach. This downward movement is reflected in the qigong 'small heavenly circuit' practice which ascends the qi through the Governing vessel and descends it through the Conception vessel. Located in the region between the Lung and Stomach, Juque REN-14 has a strong action on subduing rebellious qi in these two zangfu.

As far as the Lung is concerned, Juque REN-14 is indicated for rebellious qi manifesting as cough and fullness of the chest with shortness of breath. As for the Stomach, Juque REN-14 is able to regulate rebellion of qi manifesting as nausea, Stomach reflux, vomiting and acid regurgitation, and stagnation of qi giving rise to abdominal distention, oesophageal constriction, focal distention and obstruction of the diaphragm.

Finally the Great Compendium of Acupuncture and Moxibustion recommends Juque REN-14 for mutual overacting of the five phases. This extremely broad indication is usually interpreted as a reflection of the status of the Heart, of which Juque REN-14 is the front-mu point, as the sovereign ruler of all the zangfu.

CLASSICAL COMBINATIONS

- Agitation of the Heart: Juque REN-14 and Xinshu BL-15 (Supplementing Life).
- Agitation and fullness of the Heart: Juque REN-14 and Yindu KID-19 (Supplementing Life).
- Distention and fullness of the Heart and abdomen: Juque REN-14 and Shangwan REN-13 (Supplementing Life).
- Fright palpitations with diminished qi: Juque REN-14, Shenmen HE-7 and Ligou LIV-5 (Supplementing Life).
- Heart disorientation: Juque REN-14, Tianjing SJ-10 and Xinshu BL-15 (Great Compendium).
- Mania disorder, raving, fury and cursing: Juque REN-14 and Zhubin KID-9 (Thousand Ducat Formulas).
- Rebellion of qi with cough, fullness of the chest and shortness of breath with pain that radiates to the back: 50 moxa cones each on Juque REN-14 and Qimen LIV-14 (Thousand Ducat Formulas).
- Cough: Juque REN-14, Shanzhong REN-17 and Quepen ST-12 (Thousand Ducat Formulas).
- Vomiting with fullness of the chest: Juque REN-14, Shufu KID-27, Shencang KID-25 and Lingxu KID-24 (Thousand Ducat Formulas).
- Sudden turmoil disorder: Juque REN-14, Guanchong SJ-1, Zhigou SJ-6, Gongsun SP-4 and Jiexi ST-41 (Systematic Classic).

- Pain of the diaphragm from accumulation of fluid that is difficult to endure: Juque REN-14 and Shanzhong REN-17 (One Hundred Symptoms).

CV-15 (*jiū wěi*)

鳩 *jiū*: turtledove

尾 *wěi*: tail

鳩尾

Turtledove Tail

Location: On the superior abdomen in the anterior midline. The point is located 7 cun superior to the centre of the umbilicus (REN-8, Shen Que), and 1 cun inferior to the xiphisternal junction (REN-16, Zhong Ting). The length of the xiphoid process is variable between individuals. Its caudal tip is not a reliable guide when locating this point.

Features & Categories: Connecting-Luo point of Ren Mai. Yuan point of the Zang (Maciocia, 1989). Yuan point of Gao - the region 'below the Heart'.

Functions: Opens the chest and rectifies Qi; transforms Phlegm and resolves cough; harmonizes the Stomach and rectifies counterflow; clears Heat and eliminates Wind; benefits Yuan Qi; calms the Shen.

Indications: Cardio-thoracic pain; angina pectoris; gastric reflux; nausea; hiccoughs; asthma; seizures; mania and withdrawal; mental illness; epilepsy; anxiety; emotional upset; fears or obsessions; itching or pain of the abdomen.

Supplementary Indications: Fullness in the chest; cough; vomiting blood; wheezing and dyspnea; gripping pain in the heart; epilepsy; manic disease; abdominal swelling; unilateral headache extending to the outer canthus; fright palpitations; adolescent sexual excesses; shortness of breath; Deficient Qi; throat Bi; difficult ingestion of fluids; prolapse of the rectum; sudden unchecked vomit of blood; Cold damage chest Stagnation.

DEADMAN'S COMMENTARY

Jiuwei REN-15 is the luo-connecting point of the Conception vessel, from where the qi of this channel disperses and spreads down over the abdomen. The name of Jiuwei REN-15 (Turtledove Tail) reflects the shape of the xiphoid process, likened to the tail of a dove, with the ribs forming the wings. In fact, historically there has been some discussion as to whether Huiyin REN-1, rather than Jiuwei REN-15, is the luo-connecting point of the Conception vessel. The Spiritual Pivot refers to the luo-connecting point of the Conception vessel as Weiyi (Tail Screen), an alternative name for Jiuwei REN-15, and gives symptoms of excess (pain of the skin of the abdomen) and deficiency (itching of the skin of the abdomen). Later classics, however, including both the Systematic Classic of Acupuncture and Moxibustion and the Great Compendium of Acupuncture and Moxibustion refer to the luo-connecting point of the Conception vessel as Pingyi (Flat Screen), an alternative name for Huiyin REN-1, and ascribe these symptoms of excess and deficiency to that point. Huiyin REN-1 rather than Jiuwei REN-15 as the luo-connecting point of the Conception vessel would reflect a neat symmetry with Chengqiang DU-1 as the luo-connecting point of the Governing vessel.

Like Juque REN-14, the front-mu point of the Heart, Jiuwei REN-15 has a powerful action on calming the spirit in cases of phlegm obscuring the Heart (epilepsy, mania disorder, mad singing and walking and aversion to the sound of people talking), as well as regulating stagnation of qi and blood in the Heart region giving rise to oppression and pain. Also like Juque REN-14, Jiuwei REN-15 is able to regulate and descend Lung qi in cases of wheezing, cough, dyspnoea etc.

In the Spiritual Pivot Jiuwei REN-15 is listed as the yuan point of the 'gao'. This term, the same gao as in Gaohuangshu BL-43, refers to the area below the Heart, whilst 'huang' refers to the area above the diaphragm. It is said that when a disease enters the gaohuang it is difficult to cure. Master Zuojiu's Tradition of the Spring and Autumn Annals, one of the earliest textual references to acupuncture, describes how when the Prince of Jin was gravely ill, he sent for the famous Doctor Yi Huan. After examining the patient, Doctor Huan declared that the disease had settled in the gaohuang region (between the Heart and the diaphragm) and hence "it cannot be purged, it cannot be reached [by needling], herbs will not penetrate it, there is nothing to be done". Despite the statement by the Spiritual Pivot which implies that the gao originates at Jiuwei REN-15, this point is not normally understood to treat deep and chronic deficiency diseases, the only relevant indications being 'diminished qi' and 'excessive sexual activity leading to exhaustion in youths'.

CLASSICAL COMBINATIONS

- The five types of epilepsy: Jiuwei REN-15, Houxi SI-3 and Shenmen HE-7 (Song More Precious Than Jade).
- Coughing and spitting blood: Jiuwei REN-15, Ganshu BL-18, Quepen ST-12, Xinshu BL-15 and Juque REN-14 (Supplementing Life).
- Prolapse of the rectum in children: moxa Jiuwei REN-15 and Baihui DU-20 (Ode of Xi-hong).
- Prolapse of the rectum: Jiuwei REN-15 and Baihui DU-20 (One Hundred Symptoms).
- Dysenteric disorder: Jiuwei REN-15 and Baihui DU-20 (Ode of Spiritual Brightness).
- Febrile disease with one-sided headache: Jiuwei REN-15 and Xuanli GB-6 (Thousand Ducat Formulas).

CV-16 (*zhōng tíng*)

中 *zhōng*: center, central, middle
庭 *tíng*: court, courtyard; palace

中庭

Center Palace

Location: On the anterior midline at the xiphisternal junction. This is approximately level with the medial end of the 5th intercostal space. The proportional distance between REN-16 (Zhong Ting) and the centre of the umbilicus (REN-8, Shen Que) is 8 cun. The proportional distance between REN-16 (Zhong Ting) and the centre of the suprasternal fossa (REN-22, Tian Tu) is 9 cun.

Functions: Opens the chest and rectifies flow of Qi; rectifies counterflow and harmonizes the middle Jiao.

Indications: Distension and fullness in the chest; esophageal constriction; food stuck in throat; regurgitation, including infant milk regurgitation; hiccough; nausea; vomiting; anorexia; asthma.

Supplementary Indications: Fullness in the chest and lateral costal region; sore pharynx; difficult ingestion; esophageal constriction; vomiting and gastric reflux; vomiting of breast milk; cardiac pain.

CLASSICAL COMBINATIONS

- Vomiting: Zhongting REN-16, Shufu KID-27 and Yishe BL-49 (Supplementing Life).
- Oesophageal constriction, with difficult ingestion and vomiting: Zhongting REN-16 and Zhongfu LU-1 (Thousand Ducat Formulas).
- Difficult ingestion: Zhongting REN-16, Zigong REN-19 and Danshu BL-19 (Thousand Ducat Formulas).

CV-17 (*dàn zhōng*)

膻 *dàn*: the central area of the chest

中 *zhōng*: center, middle

膻 中

Chest Center

Location: On the anterior midline, midway between the nipples, level with the medial end of the 4th intercostal space. It is best if the patient is supine. Use of the nipples to locate this point is obviously not so relevant for females. It is located midway between Ren-16 (Zhong Ting) and Ren-18 (Yu Tang), about 1.6 cun from each point. The point is approximately located at the junction of the superior $\frac{3}{4}$ and inferior $\frac{1}{4}$ of the body of the sternum. It is often sensitive to pressure with palpation. KID-23 (Shen Feng) is located 2 cun lateral to this point.

Features & Categories: Meeting point of the Qi; Intersection point of the San Jiao Channel of hand Shao Yang and Small Intestine Channel of hand Tai Yang on Ren Mai. Front Alarm-Mu, Collecting point of the Pericardium Zang; front Alarm-Mu, Collecting point of the Upper Jiao. Point of the Sea of Qi (BL-10, ST-9, DU-15, DU-14, REN-17).

An alternative name for CV-17, REN-17 is **Shan Zhong, Chest Centre**.

Note: Ellis, Wiseman & Boss (1991, 1989) and O'Connor & Bensky (1981) both list REN-17 (Dan Zhong) as an Intersection point of the Spleen Channel of foot Tai Yin and Kidney Channel of foot Shao Yin on Ren Mai, even though these Meridians do not make this overt intersection. The Pericardium Channel of hand Jue Yin may intersect in a similar way at this point (Rogers, 1981), thereby establishing the Meridian connection from the Kidney Channel.

Functions: Regulates Qi and rectifies rebellious Qi counterflow; tonifies Qi; dispels Fullness from the chest; clears the Lung and resolves Phlegm; opens the chest and frees the diaphragm; benefits the breasts.

Indications: Dyspnea; asthma; bronchitis; hiccough; breathlessness; pain or fullness of the chest; tightness or constriction of the chest; (chronic) cough; chronic bronchitis; difficulty in swallowing; angina pectoris; palpitations; mastitis; lactation insufficiency; intercostal neuralgia; Phlegm obstruction of the chest; insufficient dispersing and descending action of Lung Qi; hiatus hernia.

Supplementary Indications: Wheezing dyspnea and shortness of breath; panting; cough and spitting blood; vomiting blood; chest pain; goitre; vomiting foamy phlegm; fainting; sudden pain and vexation; Heart palpitations with sorrow and fear; tumors on the neck; lung abscess; difficulty swallowing food due to oesophageal dryness or constriction.

DEADMAN'S COMMENTARY

Shanzhong REN-17 is also known as Shangqihai (Upper Sea of Qi) and Danzhong (another name for the Pericardium). These alternative names reflect the status of Shanzhong REN-17 as both the hui-meeting point of qi and the front-mu point of the Pericardium. The term 'mu' means to gather or to collect, and the front-mu points are where the qi of the zangfu gathers and concentrates on the anterior surface of the body.

According to the Spiritual Pivot Shanzhong REN-17 is the 'sea of qi' (linking with Dazhui DU-14, Yamen DU-15 and Renying ST-9). This passage states "When the sea of qi is in excess there is fullness in the chest, urgent breathing and a red complexion. When the sea of qi is deficient, there is scanty energy insufficient for speech". These indications reflect the ability of Shanzhong REN-17 to regulate qi in the chest, as well as to treat breathlessness with inability to speak.

The Spiritual Pivot says that the gathering qi accumulates in the 'upper sea', with its lower pathway flowing down to Qichong ST-30 and its upper pathway entering the respiratory passages. Located in the centre of the chest, Shanzhong REN-17 has a strong effect on the gathering qi which in turn oversees both the Lung functions of dominating qi and controlling respiration and speech, and the Heart function of governing the blood and blood vessels. According to the Illustrated Supplement to The Classic of Categories Shanzhong REN-17 can treat "all types of uprising qi and dyspnoea". When the Lung fails to descend qi and control respiration, whether due to attack by exterior pathogens or to interior disharmony, there will be various manifestations of accumulation or rebellion of qi such as cough, dyspnoea, wheezing, asthma and fullness and oppression of the chest. Shanzhong REN-17 is an important local point to relieve such accumulation of qi in the chest and to descend rebellion of Lung qi. When the gathering qi is deficient, then both Lung and Heart qi will be deficient. In the Lung there will be shortness of breath, whilst if the Heart qi fails to move the blood and the blood vessels in the chest, there will be chest painful obstruction and pain of the Heart and chest with fullness and oppression. Shanzhong REN-17 is one of the primary points to regulate the gathering qi.

The action of Shanzhong REN-17 on descending rebellion of qi extends to the middle jiao, and it is able to restore harmony to the Stomach in cases of difficult ingestion, acid regurgitation, oesophageal constriction and vomiting.

Located midway between the breasts, Shanzhong REN-17 is a principal point in the treatment of insufficient lactation. According to Observations of Women by Zhang Jing-yue "Qi and blood in the Conception and Penetrating vessels in women transforms into menstrual blood when it descends, and into milk when it ascends; delayed or insufficient production of milk after delivery is due to deficiency of qi and blood", whilst the book Literati's Care of Parents states "Sobbing, crying, grief, anger or

depression lead to obstruction of the milk passage". These two quotations illustrate the two main patterns underlying insufficient lactation, namely

- i. deficiency of qi and
- ii. blood and qi stagnation.

In either case, Shanzhong REN-17 may be used in combination with other suitable points, and is frequently found in combination with Shaoze SI-1 in classical combinations. Similarly, Shanzhong REN-17 is often used clinically in the treatment of distention and pain of the breast and breast abscess. Where any of these breast disorders is unilateral, the needle at Shanzhong REN-17 may be directed towards the affected side to induce qi sensation into the breast, whilst if the disorder is bilateral, the needle may be directed first to one side and then to the other.

CLASSICAL COMBINATIONS

- Dyspnoea and cough: Shanzhong REN-17 and Tiantu REN-22 (Ode of the Jade Dragon).
- Cough: Shanzhong REN-17, Quepen ST-12 and Jueque REN-14 (Thousand Ducat Formulas).
- Rebellious qi cough: Shanzhong REN-17, Tianchi P-1, Tiantu REN-22, Jiexi ST-41 and Jianzhongshu SI-15 (Supplementing Life).
- Asthma, inability to sleep at night and agitated mind: Shanzhong REN-17 and Tiantu REN-22 (Song of the Jade Dragon).
- Shortness of breath and difficulty catching the breath with inability to speak: Shanzhong REN-17 and Huagai REN-20 (Thousand Ducat Formulas).
- Abdominal fullness, shortness of breath with a rattling sound: moxa Shanzhong REN-17, Zhongfu LU-1 and Shenque REN-8 (Thousand Ducat Formulas).
- Chest painful obstruction, Heart pain and fullness of the Heart and abdomen: Shanzhong REN-17 and Tianjing SJ-10 (Supplementing Life).
- Pain of the diaphragm from accumulation of fluid that is difficult to endure: Shanzhong REN-17 and Jueque REN-14 (One Hundred Symptoms).
- Vomiting phlegm and watery saliva, dizziness that does not cease: Shanzhong REN-17, Yangxi L.I.-5, Gongsun SP-4 and Fenglong ST-40 (Complete Collection).
- Vomiting clear (watery) saliva: Shanzhong REN-17, Zhongwan REN-12, Daling P-7 and Laogong P-8 (Great Compendium).
- Absence of lactation: moxa Shanzhong REN-17 and reinforce Shaoze SI-1 (Great Compendium).
- Absence of lactation: Shanzhong REN-17, Shaoze SI-1 and Hegu L.I.-4 (Great Compendium).