

REN MAI, PART#3. POINTS #3, CLINIC USE, TREATMENTS**CV-18 (yù táng)**

玉 yù: jade

堂 táng: hall; palace; a hall within a palace

玉堂

Jade Hall

Location: On the anterior midline of the sternum, at the level of the medial end of the 3rd intercostal space. The point lies on the anterior surface of the body of the sternum. KID-24 (Ling Xu) is located 2 cun lateral to this point.

Functions: Opens the chest and rectifies flow of Qi; resolves cough and Phlegm.

Indications: Cough; dyspnea; bronchitis; asthma; emphysema; chest pain; vomiting; intercostal neuralgia; excessive expectoration; obstruction or paralysis of the larynx.

Supplementary Indications: Vomiting and vexation; pain in the anterior chest; dyspnea with fullness; vomiting and Phlegm congestion; ascent of Qi; pain in the lateral costal region.

CLASSICAL COMBINATIONS

- Cough with rebellious qi and agitation: Yutang REN-18, Zigong REN-19 and Taixi KID-3 (Thousand Ducat Formulas).
- Agitation of the Heart and vomiting: Yutang REN-18 and Youmen KID-21 (One Hundred Symptoms).
- Bone pain: Yutang REN-18, Zigong REN-19 and Geshu BL-17 (Supplementing Life).

CV-19 (zǐ gōng)

紫 zǐ: purple

宮 gōng: palace

紫宮

Purple Palace

Location: On the anterior midline of the sternum, at the level of the medial end of the 2nd intercostal space. The point lies in the anterior surface of the body of the sternum.

KID-25 (Shen Cang) is located 2 cun lateral to this point.

Functions: Opens the chest and rectifies flow of Qi; resolves cough and frees the throat.

Indications: Cough; dyspnea; chest pain; asthma; bronchiectasis; pulmonary tuberculosis; paralysis of the pharynx; obstruction of the larynx.

Supplementary Indications: Fullness and pain in the chest and lateral costal region; vexation; vomiting blood; glue-like spittle; difficult ingestion of food and drink.

CLASSICAL COMBINATIONS

- Cough with rebellious qi and agitation: Zigong REN-19, Yutang REN-18 and Taixi KID-3 (Thousand Ducat Formulas).
- Difficult ingestion: Zigong REN-19, Zhongting REN-16 and Danshu BL-19 (Thousand Ducat Formulas).
- Bone pain: Zigong REN-19, Yutang REN-18 and Geshu BL-17 (Supplementing Life).

CV-20 (*huá gài*)華 *huá*: flower, flowery; glory蓋 *gài*: cover, canopy

華蓋

Florid Canopy

Location: On the anterior midline of the sternum, at the level of the medial end of the 1st intercostal space. The point lies in the anterior surface of the manubrium, superior to the manubriosternal junction. KID-26 (Yu Zhong) is located 2 cun lateral to this point.

Functions: Opens the chest, frees the diaphragm; clears the Lung and resolves cough.

Indications: Dyspnea; cough; pharyngitis; chest pain; bronchitis; asthma; intercostal neuralgia.

Supplementary Indications: Fullness and pain in the chest and lateral costal region; cough and ascent of Qi; vomiting blood; throat Bi; swollen pharynx; difficult ingestion of fluids.

CLASSICAL COMBINATIONS

- Shortness of breath and difficulty catching the breath with inability to speak: Huagai REN-20 and Shanzhong REN-17 (Thousand Ducat Formulas).
- Chronic pain of the lateral costal region: Huagai REN-20 and Qihu ST-13 (One Hundred Symptoms).

CV-21 (*xuán jī*)璇 *xuán*: a kind of fine jade璣 *jī*: a (non-globular) pearl; astronomical instrument gear

璇璣

Jade Pivot

Location: On the anterior midline of the manubrium, 1 cun inferior to REN-22 (Tian Tu). This is 1 cun inferior to the centre of the suprasternal fossa. The location of this point is approximately level with the depression (on each side) between the medial ends of the 1st rib and clavicle (KID-27, Shu Fu).

Functions: Opens the chest and rectifies Qi; resolves cough and rectifies rebellious Qi counterflow.

Indications: Cough; dyspnea; asthma; (chronic) bronchitis; chest pain; spasms of the esophagus.

Supplementary Indications: Fullness and pain in the chest and lateral costal region; laryngeal Bi; swollen pharynx; difficult ingestion of fluids; hot, red facial skin in infants; Lung Stagnation; laryngeal stridor in children.

DEADMAN'S COMMENTARY

The combination of Xuanji REN-21 and Zusanli ST-36 has long been considered pre-eminent for treating accumulation of food in the Stomach. Whilst Xuanji REN-21 shares with many points of the Conception vessel the ability to regulate the Stomach, it is interesting to note the statement in 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". When this threefold division is applied to the body, heaven corresponds to the upper jiao which absorbs the heavenly qi, earth corresponds to the lower jiao and especially the Kidneys, whilst 'man', lying in between heaven and earth, corresponds to the middle jiao and hence the Stomach.

The strong descending action of this point extends also to the Lung and it is indicated for rebellion of Lung qi giving rise to cough, wheezing and dyspnoea.

CLASSICAL COMBINATIONS

- Internal injury by accumulation of food in the Stomach: Xuanji REN-21 and Zusanli ST-36 (Miscellaneous Diseases).
- Accumulation in the Stomach: Xuanji REN-21 and Zusanli ST-36 (Ode of Xi-hong).
- Obstruction of food in the Stomach: Xuanji REN-21 and Zusanli ST-36 (Heavenly Star Points).
- Distressed, rapid dyspnoea: Xuanji REN-21 and Qihai REN-6 (Ode of the Jade Dragon).
- Fullness of the chest with stiffness of the neck: Xuanji REN-21 and Shencang KID-25 (One Hundred Symptoms)

CV-22 (tiān tú)

天 *tiān*: celestial, of the heavens, sky; Nature; heaven
 突 *tú*: a chimney; to protrude; abrupt, sudden;
 to dash forward

天突

Celestial Chimney

Location: On the anterior midline of the neck, in the centre of the suprasternal fossa, between the medial ends of the clavicles. This is approximately 5 fen superior to the suprasternal notch. The proportional distance between the xiphisternal junction (REN-16, Zhong Ting) and the centre of the suprasternal fossa (REN-22, Tian Tu) is 9 cun.

Features & Categories: Intersection point Yin Wei Mai (Yin linking Vessel) on Ren Mai. Window of the Sky point.

Functions: Facilitates Lung function and transforms Phlegm; stimulates descent of Lung Qi; frees and Cools the throat and restores the voice; clears Heat; resolves cough; soothes asthma.

Indications: Cough; dyspnea; asthma; acute and chronic bronchitis; sudden loss (or hoarseness) of voice; profuse phlegm; sore, swollen or dry throat; pharyngitis; chronic mucus production in throat; hiccough; difficulty in swallowing; goitre; nervous vomiting; spasm and diseases of the esophagus; spasms of the diaphragm; diseases of the larynx.

Supplementary Indications: Fulminant dyspnea and cough due to rebellious Qi; expectoration of pus and blood; pharyngeal swelling; esophageal constriction; frog rattle in the throat; hoarse voice; early stages of goitre, tumors or nodular growths on the neck; vomiting; swelling at the back of the neck and shoulder pain; cardiac pain; dormant papules; generalized insensitivity of the flesh; Lung Stagnation.

DEADMAN'S COMMENTARY

In common with many points of the Conception vessel, Tiantu REN-22 has a strong action on descending qi. Located in-between the lungs and below the throat, its principal application is in the treatment of a wide variety of disorders affecting these two areas.

Tiantu REN-22 has long been recognised as an important point to treat Lung disorders, for example the Essential Questions recommended it for rebellious qi, inability to breathe and shortness of breath. Like other points situated in the uppermost portion of the chest (for example Zhongfu LU-1), Tiantu REN-22 is principally used to treat excess patterns characterised by upward rebellion of Lung qi, including cough, asthma, sudden dyspnoea, inability to breathe and Lung abscess with purulent bloody coughing.

As far as throat disorders are concerned, Tiantu REN-22 may be used in virtually any clinical situation, ranging from dryness, cold sensation, swelling and pain, to plumstone qi and severe ulceration which prevents eating. It is also an important point for disorders of the voice including cracked voice, loss of voice and inability to speak. In modern clinical practice, the most common application of this point is in the treatment of wheezing and asthma, especially when accompanied by accumulation of phlegm in the throat.

Tiantu REN-22 is a meeting point of the Conception vessel with the Yin Linking vessel. The Yin Linking vessel ascends through the chest region and according to the Classic of Difficulties "when the Yin Linking vessel alone is diseased it will cause Heart pain". Tiantu REN-22 is specifically indicated for obstruction of qi with Heart pain and pain of the Heart and the back.

Finally, Tiantu REN-22 is one of ten points listed in Chapter 2 of the Spiritual Pivot that have come to be known as Window of Heaven points. It illustrates many of the characteristic actions of these points in its ability to treat goitre, rebellious qi of the Lung and Stomach and sudden onset of disorders (sudden loss of voice).

CLASSICAL COMBINATIONS

- Rebellious qi cough: Tiantu REN-22, Shanzhong REN-17, Tianchi P-1, Jiexi ST-41 and Jianzhongshu SI-15 (Supplementing Life).
- Asthma, inability to sleep at night and agitated mind: Tiantu REN-22 and Shanzhong REN-17 (Song of the Jade Dragon),
- Dyspnoea and cough: Shanzhong REN-17 and Tiantu REN-22 (Ode of the Jade Dragon).
- Cough that reaches the voice (hoarse voice): Tiantu REN-22 and Feishu BL-13 (One Hundred Symptoms).
- Loss of voice: Tiantu REN-22, Lingdao HE-4, Yingu KID-10, Fulu KID-7, Fenglong ST-40 and Rangu KID-2 (Illustrated Supplement).
- Sudden loss of voice with lockjaw: Tiantu REN-22, Lingdao HE-4 and Tianchuang SI-16 (Supplementing Life).
- Swollen painful throat: Tiantu REN-22, Shaoshang LU-11 and Hegu L.I.-4 (Great Compendium).
- Pain of the Heart with shortness of breath: Tiantu REN-22, Qimen LIV-14, Changqiang DU-1, Xiabai LU-4 and Zhongchong P-9 (Thousand Ducat Formulas).
- Heat sensation of the skin of the face: Tiantu REN-22 and Tianchuang SI-16 (Supplementing Life).

CV-23 (*lián quán*)

廉 *lián*: ridge; corner; aspect

泉 *quán*: spring (as a mountain spring)

廉泉

Ridge Spring

Location: On the anterior midline of the neck, immediately superior to the hyoid bone. The thyrohyoid membrane (between the thyroid cartilage and the hyoid bone) should be avoided. The point may be needled into the base of the tongue.

Features & Categories: Intersection point Yin Wei Mai (Yin linking Vessel) on Ren Mai.

Functions: Frees the throat and eliminates Phlegm; clears Fire and rectifies counterflow of rebellious Qi; dispels Interior Wind; promotes speech.

Indications: Bronchitis; pharyngitis; tonsillitis; asthma; aphasia; paralysis of hyoglossus muscle; subglossal swelling or pain; sluggish tongue and dribbling; stiffness (paralysis) of the tongue with inability to speak; loss of voice; muteness; difficulty in swallowing; nodules on the vocal cords.

Supplementary Indications: Cough with ascent of Qi; dyspnea and retching of foam; swelling of the subglossal region with difficulty in speech; contraction of the root of the tongue; excess salivation; thirst; mouth sores; clenched jaws; sudden loss (or hoarseness) of voice.

DEADMAN'S COMMENTARY

Lianquan REN-23, a meeting point of the Conception vessel with the Yin Linking vessel and located at the root of the tongue, is much used clinically in the treatment of loss of voice and stiffness of the tongue following windstroke. Lianquan REN-23 may also be used to regulate the production of fluids in the mouth, either in the case of excess spittle or for dryness of the mouth and thirst. For this purpose the needle is directed alternately towards the extraordinary points Jinjin (M-HN-20a) and Yuye (M-HN-20b) located below the tongue.

CLASSICAL COMBINATIONS

- Swelling below the tongue with difficulty speaking, protrusion of the tongue with drooling: Lianquan REN-23, Rangu KID-2 and Yingu KID-10 (Thousand Ducat Formulas).
- Swelling and pain below the tongue: Lianquan REN-23 and Zhongchong P-9 (One Hundred Symptoms).
- Swelling of the tongue with difficulty speaking: Lianquan REN-23, Jinjin (M-HN-20a) and Yuye (M-HN-20b) (Great Compendium).
- Cough with rebellious qi, dyspnoea, vomiting of foam, and lockjaw: Lianquan REN-23, Futu L.I.-18, Tianrong SI-17, Puhu BL-42, Qishe ST-11 and Yixi BL-45 (Thousand Ducat Formulas).

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.

DEADMAN'S COMMENTARY

Chengjiang REN-24 is a meeting point of the Conception vessel with the hand and foot yangming channels (Large Intestine and Stomach). Yangming channel dominates the facial region whilst Chengjiang REN-24 is located just inferior to the mouth. Its principal clinical application, therefore, is in the treatment of facial disorders, especially pain and numbness of the face and deviation of the mouth and eye (i.e. facial paralysis). Facial paralysis may be due either to exterior wind, which attacks and obstructs the channels of the face, or to interior wind which stirs upwards and leads to malnourishment of the channels. These two patterns correspond more or less exactly to peripheral and central nervous system facial paralysis in modern medicine. In the treatment of this disorder, Chengjiang REN-24 is usually joined by through-needling to points such as Dicang ST-4 or Jiache ST-6. The ability of Chengjiang REN-24 to extinguish wind, especially in the region of the face and jaw, extends to the treatment of hemiplegia, lockjaw and epilepsy.

As its name 'Contain Fluid' implies, Chengjiang REN-24 is able to affect the production of fluids in the mouth and is indicated for excessive production of watery saliva, dry mouth and wasting and thirsting disorder with great desire to drink.

Chengjiang REN-24 is a meeting point of the Conception and Governing vessels and lies directly opposite the neck which is traversed by the Governing vessel. A number of classics, for example the Ode of the Essentials of Understanding, recommend it for stiffness and pain of the nape of the neck.

As the terminal point of the Conception vessel, Chengjiang REN-24 is indicated for disorders of the lower portion of the channel such as dark urination, shan disorder in men and abdominal masses in women. Finally, Chengjiang REN-24 was included under its alternative name Guishi (Ghost Market) by Sun Si-miao among his 'thirteen ghost points' for the treatment of epilepsy and mania-depression.

CLASSICAL COMBINATIONS

- Deviation of the mouth and eye: Chengjiang REN-24, Hegu L.I.-4, Jiache ST-6, Dicang ST-4, Renzhong DU-26 and Tinghui GB-2 (Illustrated Supplement).
- Lockjaw following windstroke: reduce Chengjiang REN-24, Hegu L.I.-4, Jiache ST-6, Renzhong DU-26 and Baihui DU-20 (Great Compendium).
- Loss of voice: Chengjiang REN-24 and Fengfu DU-16 (Supplementing Life).
- Ceaseless nosebleed: Chengjiang REN-24 and Weizhong BL-40 (Systematic Classic).
- Wasting and thirsting disorder with great desire to drink: Chengjiang REN-24, Yishe BL-49, Rangu KID-2 and Guanchong SJ-1 (Thousand Ducat Formulas).
- Wasting and thirsting disorder: Chengjiang REN-24, Jinjin (M-HN-20a), Yuye (M-HN-20b), Renzhong DU-26, Lianquan REN-23, Quchi L.I.-11, Laogong P-8, Taichong LIV-3, Xingjian LIV-2, Shangqiu SP-5, Rangu KID-2 and Yinbai SP-1 (Great Compendium).
- Mouth ulcers: Chengjiang REN-24 and Laogong P-8 (Compilation).
- Stiffness and pain of the head and nape with difficult rotation: Chengjiang REN-24 and Fengfu DU-16 (Song of the Jade Dragon).

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).

ST-1 (*chéng qì*)承 *chéng*: to contain, to hold, to carry; to receive泣 *qì*: tears

承泣

Tear Container

Location: On the face, directly inferior to the centre of the pupil. The point is located within the orbit, between the eyeball and the infraorbital ridge. The patient should be looking straight ahead.

Features & Categories: Intersection point of Ren Mai (Conception Vessel) and Yang Qiao Mai (Yang heel/motility Vessel) on the Stomach Channel.

Functions: Disperses Wind and dissipates Fire; eliminates Pathogens and brightens the eyes.

Indications: Painful, red or swollen eyes; lacrimation when exposed to wind; night blindness; colour blindness; twitching of the eyelids; acute and chronic conjunctivitis; myopia; astigmatism; convergent squint; glaucoma; cataract; keratitis; retinitis; inflammation or atrophy of the optic nerve; wryness of the mouth and eyes; facial paralysis.

Supplementary Indications: Near sightedness; excess lacrimation; corneal opacity.

DEADMAN'S COMMENTARY

Chengqi ST-1 is one of the two principal local points of the primary channels for the treatment of eye diseases (the other being Jingming BL-1), and is the meeting of a network of channels. The Stomach primary channel meets the Bladder channel at Jingming BL-1 before descending along the infraorbital ridge to Chengqi ST-1, the Stomach divergent channel connects with the eye, and the Stomach sinew channel joins with the Bladder sinew channel to form a muscular net around the eye.

The aetiology and pathology of eye disorders is complex and varied but may be simplified into

- i. attack by exterior pathogenic wind-heat or wind-cold,
- ii. interior disharmony (primarily flaring of Liver fire, uprising of Liver yang or deficiency of Liver yin and blood), or
- iii. a combination of both interior disharmony and exterior pathogens.

Not only is Chengqi ST-1 able to dispel pathogenic factors such as wind, cold and heat from the eye, but by strongly invigorating and stimulating the qi and blood of the local area it is equally applicable for disorders due to any kind of interior disharmony, and is therefore indicated for the fullest range of eye diseases. This includes the traditional categories of redness, swelling and pain, lacrimation, superficial visual obstruction, dimness of vision, short sightedness, night-blindness, itching of the eyes, upward staring eyes, visual dizziness and twitching of the eyelids. In terms of modern disease categories, Chengqi ST-1 is indicated for acute and chronic conjunctivitis, myopia, glaucoma, astigmatism, colour blindness, neuritis of the optic nerve, keratitis, and blepharospasm.

As the name 'Container of Tears' suggests, Chengqi ST-1 is especially important in the treatment of excessive lacrimation, which is classically subdivided into cold or hot types, in both cases complicated by exterior wind. The cold type may be due to deficiency and cold of the Liver channel or exhaustion of the Liver and Kidneys, whilst the hot type may be due to Liver channel wind-heat or Liver yin deficiency with heat.

CLASSICAL COMBINATIONS

- Deviation of the mouth with inability to speak: Chengqi ST-1, Sibai ST-2, Juliao ST-3, Kouheliao L.I.-19, Shangguan GB-3, Daying ST-5, Quanliao SI-18, Qiangjian DU-18, Fengchi GB-20, Yingxiang L.I.-20 and Renzhong DU-26 (Supplementing Life).
- Short-sightedness: Chengqi ST-1, Jingming BL-1, Fengchi GB-20, Guangming GB-37, Taichong LIV-3 and Hegu L.I.-4.
- Redness, swelling and pain of the eye: Chengqi ST-1, Zanzhu BL-2, Fengchi GB-20, Taiyang (M-HN-9), Hegu L.I.-4 and Xingjian LIV-2.

LU-7 (*liè quē*)

列 *liè*: sequence; to arrange, to place

缺 *quē*: imperfect, incomplete, deficient; vacant

列缺

Broken Sequence

Location: On the lateral forearm proximal to the styloid process of the radius. The point lies 1.5 cun proximal to the lateral extremity of the transverse wrist crease. It is readily located by interlocking the thumb and index finger of each hand, whereby one index finger lies on the radial styloid process of the other wrist. The point lies in a slight depression under the tip of the index finger.

Features & Categories: Luo-Connecting point of the Lung Channel, connecting to the Large Intestine Channel of hand Yang Ming. Master point of Ren Mai (Conception Vessel), Coupling point of Yin Qiao Mai (Yin heel/motility Vessel). Regional Command point of the head and nape of neck. General Luo-Connecting point of the Yin. A Heavenly Star point of Ma Dan-Yang.

Functions: Promotes smooth flow (descending & dispersing) of Lung Qi, dispels Cold and expels Exterior Wind; circulates Wei Qi; enhances (clears, activates) flow of Qi in the channels and frees the connecting vessels. Opens, clears and regulates Ren Mai. Benefits the Urinary Bladder.

Indications: Headache and stiffness of the neck, cough, asthma, bronchitis, rhinitis, nasal obstruction, sore throat, facial paralysis, wryness of the eyes and mouth, clenched jaws, trigeminal nerve pain, toothache, neck and shoulder pain, weakness of the wrist.

Supplementary Indications: Headache; hemiplegia; enuresis and frequent voidings; pain in the arm and elbow; infantile fright epilepsy; penile pain; bloody urine; seminal loss; restless sleep; generalized Wind Bi numbness; fever and chills; tension in the chest and back; throat Bi; heat in the palms; counterflow of Qi in the limbs; toothache; malarial disease; heat and pain in the shoulder and back.

DEADMAN'S COMMENTARY

The name of this point 'Broken Sequence' is an ancient term for lightning. This name may be understood in three ways:

- i. the electric sensation that may be generated when needling this point,
- ii. the ability of Lieque LU-7 to clear heaviness and oppression of the chest in the way that a lightning storm clears the sky, and
- iii. the sudden fork in the Lung channel at this point. It is notable that several of the luo-connecting points (for example Fenglong ST-40, Feiyang BL-58, Dazhong KID-4) are located at sites where the channel suddenly changes direction, and in the case of Lieque LU-7 this fork takes it almost as far as the pathway of the Large Intestine channel, emphasising the close affinity of this point to the Lung's paired yang channel.

Lieque LU-7 was included by Ma Dan-yang, the great physician of the Jin dynasty, among the "eleven heavenly star points" his grouping of the most vital acupuncture points, and was indicated by him for one-sided headache, wind painful obstruction and numbness of the whole body, obstruction of phlegm in the upper body, and lockjaw. The Glorious Anthology of Acupuncture and Moxibustion by the Ming dynasty author Gao Wu includes Lieque LU-7 among the 'four command points' (for disorders of the head and nape). In the Ode Of The Obstructed River the use of Lieque LU-7 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, Lieque LU-7 is indicated for disorders of the head region, rebellion and blockage of phlegm and dry throat.

The clear emphasis on the ability of Lieque LU-7 to treat the head and neck region in each of these three point groupings is surprising since the Lung channel does not ascend higher than the throat. The effect of Lieque LU-7 on the head region as a whole can, however, be explained by the following factors:

- i. the action of Lieque LU-7 on expelling and pacifying wind whose nature is to attack the upper portion of the body, and
- ii. the close connection between Lieque LU-7, the luo-connecting point of the Lung channel, and its interiorly-exteriorly related Large Intestine channel which does ascend to the head.

Lieque LU-7 is an important point in the treatment of wind disorders, whether of exterior or interior origin. According to both the Spiritual Pivot and the Essential Questions "Taiyin is the opening, jueyin is the closing and shaoyin is the pivot". The Lung (taiyin), which communicates

directly with the exterior via respiration, and indirectly through its close relationship with the skin of the whole body, is the most open and vulnerable of the zang to attack by exterior pathogens. When exterior pathogenic wind, in combination with heat, cold or dryness, attacks the superficial portion of the body, it has three principal effects:

- i. it may obstruct the defensive qi and impair the disseminating function of the Lung, giving rise to the classic signs of an exterior pattern such as chills and fever, headache, aches and pains in the neck, shoulders and back etc.,
- ii. it may impair the descending function of the Lung, resulting in coughing, wheezing and asthma, and
- iii. it may interfere with the Lung's function of regulating the water passages and descending fluids to the Bladder, resulting in acute swelling of the limbs.

Lieque LU-7 is not only the luo-connecting point of the Lung channel, communicating with the yang Large Intestine channel, but is also the point where a branch of the Lung primary channel diverges to link with Shangyang LI-1 on the index finger. Due to this close connection with the Lung channel's yang (exterior) paired channel, Lieque LU-7 is the most exterior-acting of the Lung channel points and is the principal point on the channel to release the exterior, promote the function of the Lungs in dispersing and descending, and regulate the water passages.

"Wind is characterised by upward and outward dispersion". This saying of Chinese medicine means that wind tends to attack both the upper and exterior portions of the body. As well as releasing wind from the exterior, Lieque LU-7 is able to clear both exterior and interior wind from the head and upper body in the treatment of disorders such as facial paralysis, lockjaw, epilepsy, toothache and headache. Its ability to treat the head, and in particular the yangming facial area, again reflects its close connection with the Large Intestine channel, a concept emphasised in the Guide to the Classic of Acupuncture which states "the luo-connecting points are located between two channels ... if they are punctured, symptoms of the interiorly-exteriorly related channels can be treated". The wind expelling action of Lieque LU-7 is also reflected in its classical use in the treatment of wind painful obstruction and numbness of the whole body.

The ability of Lieque LU-7 to pacify interior wind is complemented by its action of descending phlegm. Wind-phlegm (the combination of interior wind and phlegm) is a common pattern underlying disorders such as epilepsy, lockjaw, facial paralysis and hemiplegia for which this point is indicated. In Lung disorders, failure of the Lung to disseminate and descend body fluids results in accumulation of phlegm in the chest and Lieque LU-7 is also indicated for coughing phlegm and vomiting of foamy (watery) saliva.

From the earliest times Lieque LU-7 has been an important point in the treatment of headaches, for example the Ode of Spiritual Brightness states "in treating headache, whether one-sided or not, reduce Lieque LU-7". Whilst this action can in part be explained by the ability of Lieque LU-7 to expel and pacify wind, as well as by its connection with the Large Intestine channel, this is predominantly an example of the fruits of long empirical observation.

Lieque LU-7 is the confluent point of the Conception vessel, which ascends along the anterior midline of the body and is closely related to the uterus and the genito-urinary organs. By opening and

regulating the flow of qi in the Conception vessel, Lieque LU-7 is able to treat such symptoms as retention of the lochia and dead foetus, pain of the genitals and urinary disorders. Its effect on a wide range of urinary disorders such as blood in the urine, and hot, painful and difficult urination, further reflects the important function of the Lung in regulating the water passages, especially descending fluids to the Bladder.

Lieque LU-7 shares with the other luo-connecting points of the yin channels (Gongsun SP-4, Tongli HE-5, Dazhong KID-4, Ligou LIV-5 and Neiguan P-6) the special ability to treat psycho-emotional disorders, and is indicated for propensity to laughter, frequent yawning and stretching and especially for poor memory.

As far as disorders of the Lung channel are concerned, Lieque LU-7 treats heat in the palms and shoulder pain, but is particularly important for pain of the thumb joint and index finger. For this purpose it is needled towards the hand and manipulated to transmit sensation to the diseased area, whilst for all other purposes, Lieque LU-7 is generally needled proximally towards the elbow. Finally the Great Compendium of Acupuncture and Moxibustion gives specific indications for excess and deficiency of the luo-connecting points. In the case of Lieque LU-7, these are heat of the chest and back, sweating, sudden swelling of the four limbs (excess); shivering and cold of the chest and back, diminished qi and shortness of breath (deficiency).

CLASSICAL COMBINATIONS

- Acute dyspnoea: Lieque LU-7 and Zusanli ST-36 (Song of Points).
- Oedema: Lieque LU-7, Yanggu SI-5, Hegu LI-4, Jianshi P-5, Yanglingquan GB-34, Yingu KID-10, Zusanli ST-36, Ququan LIV-8, Jiexi ST-41, Xianggu ST-43, Fuliu KID-7, Gongsun SP-4, Lidui ST-45, Chongyang ST-2, Yinlingquan SP-9, Weishu BL-21, Shuifen REN-9 and Shenque REN-8 (Great Compendium).
- One-sided wind (hemiplegia): Lieque LU-7 and Chongyang ST-42 (Great Compendium).
- One-sided or generalised headache: Lieque LU-7 and Taixi LU-9 (Ode of Xi-hong).
- Deviation of the mouth: Lieque LU-7 and Dicang ST-4 (Supplementing Life).
- Deviation of the mouth and face: Lieque LU-7 and Wangu GB-12 (Supplementing Life).
- Childhood fright-epilepsy: Lieque LU-7 and the luo-connecting point of the yangming (Systematic Classic).
- Pain of the genitals: Lieque LU-7, Yinlingquan SP-9 and Shaofu HE-8 (Formulas for the Living).
- Heat in the palms: Lieque LU-7, Jingqu LU-8 and Taiyuan LU-9 (Great Compendium).
- Malaria with chills and fever: Lieque LU-7, Houxi SI-3, Qiangu SI-2 and Shaoze SI-1 (Thousand Ducat Formulas).
- Poor memory: Lieque LU-7, Gaohuangshu BL-43, Shendao DU-11 and Youmen KID-21 (Supplementing Life).
- Poor memory: Lieque LU-7, Xinshu BL-15, Shenmen HE-7, Zhongwan REN-12, Zusanli ST-36, Shaohai HE-3 and moxa Baihui DU-20 (Outline of Medicine).
- Frequent laughter: Lieque LU-7, Daling P-7, Renzhong DU-26 and Yangxi LI-5 (Great Compendium).
- Stabbing qi pain of the two breasts: Taiyuan LU-9 and Lieque LU-7 (Song of Points).

KI-6 (zhào hǎi)

照 zhào: to shine, to reflect

海 hǎi: sea

照海*Shining Sea*

Location: At the medial ankle in a depression directly inferior to the medial tip of the medial malleolus. The point is located 3-5 fen below the inferior border of the malleolus (depending on the patient's anatomy), on the medial surface of the talus. It lies posterior (and inferior) to the tendon of tibialis posterior muscle. This location is approximately 1 cun directly below the tip of the medial malleolus.

Features & Categories: Master point of Yin Qiao Mai (Yin heel/motility Vessel), Coupling point of Ren Mai (Conception Vessel). Intersection point of Yin Qiao Mai (Yin heel/motility Vessel) on the Kidney Channel.

Functions: Frees the Channels and harmonizes Ying Qi; drains Fire and enhances Qi; nourishes Yin; cools the Blood; calms the Shen; benefits the eyes; benefits the throat; invigorates Yin Qiao Mai; promotes the function of the Uterus; opens the chest.

Indications: Irregular menstruation; prolapse of the uterus; leukorrhoea; genital itch; hernia; urinary frequency or retention; epilepsy; seizures; psychosis; neurasthenia; dry, sore throat; pharyngitis; tonsillitis; insomnia; dry eyes; constipation; asthma.

Supplementary Indications: Vaginal discharge; abdominal pain; nocturnal epilepsy; sorrowfulness; no desire to eat; yellow urine; heat in the lower abdomen; pain and weakness of the limbs; thoracic oppression; Phlegm congestion; pharyngeal Wind; swelling and sagging of one testicle; difficult labour; postpartum abdominal pain; persistent flow of lochia; female lassitude due to Qi and Blood Deficiency; heat vexation in the five Hearts; cramp in the hands and feet preventing movement; cholera with vomiting and diarrhea; fever; headache; swelling of the face and limbs; eye pain; hemiplegia.

LARRE & ROCHAT

Hai is the sea, with the radical for water on the left. Zhao is to light, to illuminate and to reflect something, as if in a mirror, and has the fire radical underneath. Another name for the point is yin qiao. There is something in the name of this point that suggests both fire and water. Kidney-2 (ran gu) is the special point for the fire element but at Kidney-6 we have the meeting of fire and water. This is the meaning of this point - the reflecting power of the light on a sea of water. The interpretation is that fire and water are reflecting one another to combine the yin and yang of the kidneys and to reflect the unity of the fire and water of ming men. It is very interesting that this point where the yin qiao rises is like a communion between water and fire; the power of the fire being able to raise up the qualities of the water. This alliance creates a balance between the yin and the yang aspects of life. If we look at the movement of the kidney meridian at the malleolus there is a doubling back, but after this point the meridian is able to rise up.

So zhao hai expresses the unity of water and fire in the kidneys, but also the relationship with the origin, and the power of the origin. There are many commentaries on this point discussing the relationship with authentic yang which is able to illuminate authentic yin and so on.

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 the point shen mai 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 here in zhao hai 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

Zhaohai KID-6 is the confluent point and according to a passage in the Great Compendium of Acupuncture and Moxibustion also the luo-connecting point of the Yin Motility vessel. The Yin Motility vessel traverses the medial aspect of the leg, the perineum, chest and throat, whilst the Kidney primary channel traverses the abdomen, connects with the uterus, joins with the Heart and ascends along the throat. The action of Zhaohai KID-6 can best be understood in relation to three major functions:

- i. regulating the Yin Motility vessel and the Kidney channel,
- ii. nourishing yin and clearing deficiency heat from the throat, Heart, intestines, uterus and genitals, and
- iii. regulating the lower jiao.

In the Ode of the Obstructed River the use of Zhaohai KID-6 is referred to as one of the 'eight therapeutic methods'. In this description of the application of the eight confluent points of the extraordinary vessels to affect specific symptoms and areas of the body, Zhaohai KID-6 is indicated for throat wind (swelling and pain with difficulty in swallowing). Both the Yin Motility vessel and the Kidney channel pass through the throat. When heat deriving from yin deficiency scorches the throat, there may be swelling, dryness, redness and pain. This type of sore throat is characterised by its chronic and lingering nature, worsening in the evening and with tiredness, and Zhaohai KID-6 is the main distal point to treat this pattern. Such is its affinity for the throat region, however (due to its ability to clear and regulate both channels), that it may also be selected for any kind of sore throat, whether deficient or excess. It is also indicated for plumstone qi (globus hystericus), a sensation of throat blockage which worsens or ameliorates according to fluctuations in the emotional state and which is normally associated with stagnation of qi and phlegm.

The Yin Motility vessel connects with the Yang Motility vessel at the eyes at Jingming BL-1, and Zhaohai KID-6 is indicated for eye disorders such as redness and pain of the inner canthus and disturbance of the vision by spots and stars. According to the Spiritual Pivot, "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". This passage has been interpreted to explain the use of Zhaohai KID-6 for both insomnia (excessive opening of the eyes) and somnolence (excessive closing

of the eyes). Zhaohai KID-6 is also classically indicated for night-time epilepsy, and Shenmai BL-62, the confluent point of the Yang Motility vessel, is indicated for day-time epilepsy.

The Kidney primary channel enters the Heart which stores the spirit, whilst the Kidneys store the will. When the Kidneys and the Heart function harmoniously, the spirit and the will mutually support each other. As well as being able to treat epilepsy and sleeping disorders, Zhaohai KID-6 is used to restore communication between the Heart and Kidneys (especially when heat deriving from Kidney yin deficiency disrupts the spirit) causing a variety of mental and emotional symptoms such as sadness, fright, insomnia and nightmares.

In the lower jiao Zhaohai KID-6 regulates the functions of the uterus, genitals and the two lower yin (anus and urethra). Its forte is to nourish yin and clear deficiency heat, but like many points of the Kidney channel it is also able to tonify yang and warm cold.

According to the Essential Questions "the vessel of the uterus connects with the Kidneys". The Kidneys dominate sexual development and are the origin of the Conception and Penetrating vessels, and normal functioning of the uterus depends in the first instance on a harmonious Kidney function. Zhaohai KID-6 is indicated for a wide variety of disorders of menstruation (irregular menstruation, amenorrhoea, dysmenorrhoea), fertility (chronic cold of the uterus leading to infertility) and childbirth (difficult labour, persistent flow of lochia, postpartum dizziness and pain).

In the treatment of genital disorders, Zhaohai KID-6 is predominantly indicated in heat patterns manifesting as genital itching, sudden involuntary erection, leucorrhoea and seminal emission. In the treatment of urinary disorders Zhaohai KID-6 is indicated for frequent or dribbling urination, enuresis and oedema, all manifestations of deficiency of Kidney qi or Kidney yang. Wang Tao of the Tang dynasty in Secrets of a Frontier Official specifically mentioned the use of this point in the treatment of dribbling urination in women.

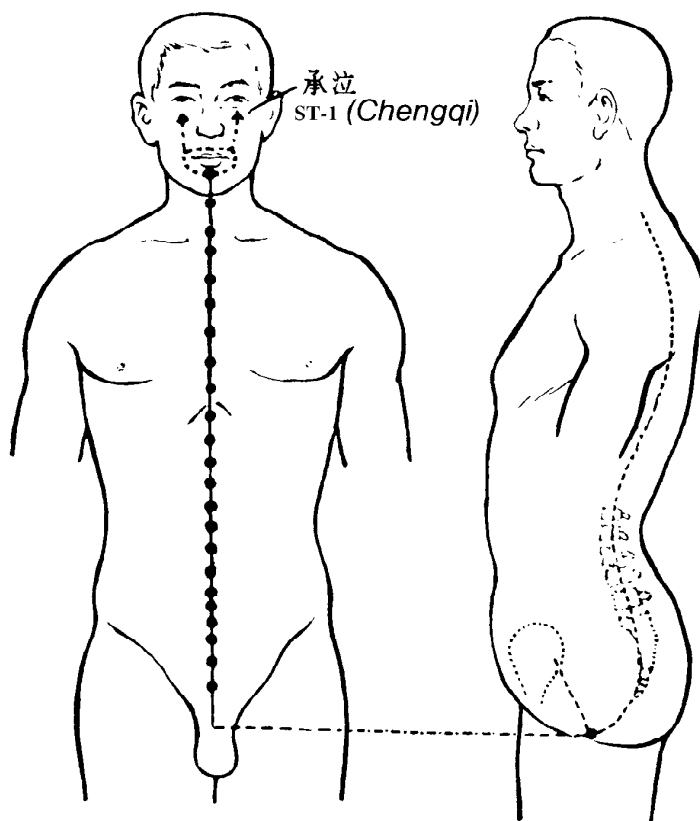
Another important indication for Zhaohai KID-6 is constipation. Due to its properties of nourishing the Kidneys and clearing deficiency heat it is predominantly indicated for constipation due either to deficiency of yin or scorching of body fluids from prolonged heat in the intestines. Its frequent inclusion in classical combinations, however, reveal that it has long been considered an important distal point for any kind of constipation.

Finally Zhaohai KID-6 treats disorders along the course of the Kidney channel and the Yin Motility vessel, such as tightness and contraction of the inner aspect of the leg (a traditional indication of disorder of the Yin Motility vessel) and distention and fullness of the chest and abdomen.

CLASSICAL COMBINATIONS

- 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).
- Swelling of the throat with inability to swallow: Zhaohai KID-6, Qiangu SI-2 and Zhongfeng LIV-4 (Thousand Ducat Formulas).
- Night-time epilepsy: moxa Zhaohai KID-6 and Shenmai BL-62 (Glorious Anthology).
- Somnolence: Zhaohai KID-6, Taixi KID-3, Baihui DU-20, Tianjing GB-21, Erjian L.I.-2, Sanjian L.I.-3, Lidui ST-45 and Ganshu BL-18 (Great Compendium).

- Uterine prolapse: Zhaohai KID-6, Shenmai BL-62, Shuiquan KID-5 and Ququan LIV-8 (Supplementing Life).
- Uterine prolapse: Zhaohai KID-6, Shaofu HE-8, Taichong LIV-3 and Ququan LIV-8 (Great Compendium).
- Uterine prolapse: Zhaohai KID-6, Ququan LIV-8 and Dadun LIV-1 (Great Compendium).
- Cold shan disorder: Zhaohai KID-6 and Dadun LIV-1 (One Hundred Symptoms).
- Lower abdominal pain from the seven kinds of shan disorder: Zhaohai KID-6, Sanyinjiao SP-6 and Ququan LIV-8 (Ode of Xi-hong).
- Dark urine and obstruction of the water pathway: Zhaohai KID-6 and Jingmen GB-25 (Thousand Ducat Formulas).
- Heat sensation and pain of the hypogastrium: Zhaohai KID-6, Taixi KID-3, Guanyuan REN-4 and Weizhong BL-40 (Thousand Ducat Formulas).
- Constipation: Zhaohai KID-6, Taibai SP-3 and Zhangmen LIV-13 (Great Compendium).
- Constipation: Zhaohai KID-6 and Zhigou SJ-6 (Ode of the Jade Dragon).
- Constipation: Zhaohai KID-6, Taibai SP-3, Zhangmen LIV-13 and Zhigou SJ-6 (Great Compendium).
- Diseases below the ankle: Zhaohai KID-6 and Shenmai BL-62 (Great Compendium).



Ren Mai

(from O'Connor & Bensky, 1981, p. 69).

MATSUMOTO & BIRCH: CLINICAL APPLICATIONS**Zhen Jiu Ju Ying - Ren Mai Treatments**

Treat LU-7 then KI-6 for:

- cold pain and diarrhea: spleen
- post partum blood lump with pain or retention of normal post partum discharge (lochia): liver
- swollen and painful throat (pharyngitis or tonsillitis): stomach
- fetus dies and will not deliver: liver
- teeth swollen and painful: stomach, large intestine
- small intestine spasm pain (such as a hernia that protrudes on the abdomen): small intestine
- stagnation on one side of the abdomen with pain: liver, lungs
- vomiting saliva with pus and blood: lungs
- coughing with cold mucus: lungs
- pulling qi pain in the muscles below the ribs (or severe muscle tension between the scapulae or severe tension at the side of the navel caused by cold wind invading the uterus): stomach
- stagnant food and digestive problems: stomach
- sharp pain of the umbilicus and abdomen: spleen
- pain of the heart and abdomen: spleen
- borborygmus and diarrhea: large intestine
- itchy, painful, bleeding hemorrhoids: large intestine
- heart pain and diarrhea associated with high fever (a shanghan symptom): spleen
- lumbar pain following labor: kidney, liver
- madness after labor: heart
- inability to speak after labor: pericardium
- inability to digest rice and grains: spleen
- stagnation on one side of the abdomen caused by alcohol, the food cannot pass: stomach, liver
- swelling, pain or abscess on the sides of the breast (mastitis): stomach
- stagnant blood lump in women: liver, kidney
- chronic external febrile disease (a shanghan symptom): gallbladder
- ceaseless vomiting: spleen, stomach
- blood in the urine: small intestine
- inability to pass urine: bladder
- constipation: large intestine
- bloody faeces: large intestine
- painful disease of the stomach/intestine: heart, stomach
- any lump: heart, stomach

Chronic external febrile disease originates with a cold invasion and injury during the winter, then transforms to heat with the symptoms first appearing in the spring.

Zhen Jiu Da Cheng - Ren Mai Treatments

The Zhen Jiu Da Cheng indications for the ren mai are clear. The symptoms and diseases to be treated through the ren mai were presented as those treated by the master point/coupled point combination, LU-7 and KI-6. This is true for each of the extraordinary vessels. Since the indications are given as lists, rather than as text, we have quoted the context, but not the original format; that is, we have rearranged the translation in a more modern style for the readers' convenience. Symptoms that were grouped in the text are grouped in the list; these groupings indicate compound conditions. The diseases in the resulting list are in the order of the original text; however, there is no textual justification for assuming an identical order of importance or precedence.

LU-7 can mainly treat problems of the heart, abdomen, sides of the rib cage, diseases of the five yin organs. LU-7 and KI-6 together can treat:

- hemorrhoids
- nue (malaria)
- swollen stools {enlarged stools}. with diarrhea
- drops of blood in the sputum
- hematuria and cough with mucus
- toothache, specially of the canine teeth, with swollen throat and difficulty urinating
- heart, chest and abdominal pain; when eating or drinking, it is hard to swallow and one sometimes chokes on the food
- after labor, the body becomes tight and rigid and the woman cannot speak
- lumbago
- blood problems with cold umbilicus
- miscarriage with retention of part of the afterbirth inside the uterus, the dead tissues causing cold to stagnate in the diaphragm (middle warmer)
- LU-7 can disperse an abscess of the breast.

The term 'nue' requires some explanation. Nue is usually translated as malaria, the "hot and cold" disease, but it does not necessarily refer only to malaria. However, the term does include malaria within the category of disease that it describes. Nue disease was first discussed in the Su Wen. Research of nue disease shows that it is a general category, much like rebellious qi. Generally, nue is said to occur in the summertime, when the body is damaged by heat, and to manifest in the fall. A disease of external invasion where "evil qi" is combated by the "correct qi," nue occurs when the external qi predominates. It is associated with a damp wind attacking in the fall and the damp heat that triggers the attack. People who suffer from nue, which can become chronic, tend to be susceptible to seasonal changes. The disease is labeled hot nue, cold nue or simple nue according to whether heat manifests first, followed by chills, or chills followed by heat, or heat alone. The seven emotions may also play a role, as do problems of the spleen and stomach, especially if there is mucus in the stomach. The evil qi usually attacks the stomach meridian first.

The major symptoms of nue are yawning followed by fear of cold and chills with shaking. The back and spine become painful. When the cold goes inside and the outside of the body becomes hot, the person will develop a splitting headache with thirst and an urge to drink cold drinks. The pulse

will be generally wiry. There are two common abdominal patterns. In the first pattern, there will be stagnation on the right side, usually relating to a deficient middle warmer. In the second pattern the skin of the abdomen will be tense and there will be a pulsing, lump or pressure pain on the stomach meridians. According to the Su Wen, and most authors, if the disease recurs every day, it is easier to cure. If it recurs every two or three days, it is more difficult to cure. When it recurs daily it is still superficial, only in the meridians. When it recurs every two or three days, it is deeper, in the organs. If the disease becomes chronic, the body may become weak.

The Zhen Jiu Da Cheng mentions the ren mai, yin wei mai and the chong mai for treatment of nue disease. The emphasis is on the chong mai. There are also a variety of other treatments. The following is the advice of Waichi Sugiyama, a medical scholar of seventeenth century Japan:

For cold nue, one can first needle and then moxa: CV-12, LV-13, BL-20, BL-18, GV-14.

A general treatment for nue disease is to select from and treat: GV-14, BL-13, BL-18, ST-25, GV-12, BL-40, LV-13, PC-5, SI-3, BL-57, BL-58, BL-60, KI-3, SP-4, BL-67, LI-4.

If the disease is chronic in nature, apply moxa seventy times to BL-20.

These treatments may be used in conjunction with, or as a replacement for, the Zhen Jiu Da Cheng treatment of nue.

Zhen Jiu Da Cheng - Ren Mai Treatment Combinations

The following treatments are combinations for the ren mai. The basic format, used for each of the extraordinary vessel points, is a symptom pattern followed by a list of recommended treatment points. The first point in the list is always the extraordinary vessel point featured, the remaining points are adjunctive. Since moxa is specified for certain points, we may assume that all the other points are needled. The order in which the points are treated seems important. Since the same point is occasionally treated twice in the same formula, we have assumed that the points are treated in sequence, not at once. Careful examination of these condition/point lists reveals the prototypes of what has become modern acupuncture. Note that the descriptions are compound symptom/condition statements related to point procedures. They require only the step of relating the condition to energetic states and the points to treatment qualities to become basic syndromes, which may be an indication of how an important and useful development in acupuncture evolved. These treatment combinations were thought of as treatments of both root and local problems.

Some of the treatments come from Dr. Yang, the author of the Zhen Jiu Da Cheng. This implies that the lists of treatments were compiled from other major sources. Some of the symptoms are unclear; we have translated these according to the Jing Ming Zhong Yi Ci Dian, Concise Chinese Medical Dictionary, the Morohashi Encyclopedic Dictionary, the Zhen Jiu Xue, Acupuncture and Moxibustion Studies, the Shinkyu Byoshu Gaku, Diseases and Configurations in the Study of

Acupuncture and Moxibustion, and the advice of Dr. Chun Han Zhu, OMD, of the New England School of Acupuncture.

Ren mai treatment combinations are as follows:

- chronic bad smelling runny nose (rhinitis or sinusitis): LU-7 and BL-4, GV-23, GV-20, BL-12, LI-20
- nasal polyps or other growths in the nose that cause stagnation: LU-7 and yin tang, LI-20, GV-23, BL-12
- attack by wind, red face, high fever, headache: LU-7 and HT-5, LI-11, BL-60, LI-4
- attack by wind, susceptible to cold, coughing and panting: LU-7 and CV-17, BL-12, LI-4, GV-16
- attack by wind injures the four limbs, with fever, headache (like catching cold): LU-7 and LU-8, LI-11, LI-4, BL-54

In these cases, "attack by wind" refers to conditions that are like "catching cold." However, in other instances, the term refers more to conditions such as stroke, hemiplegia, and Bell's palsy. These latter symptoms could be internal conditions irritated by external wind or just internally generated wind.

- inside the abdomen is swollen and painful with diarrhea that will not stop: LU-7 and ST-44, ST-25, SP-6
- white or red diarrhea, the inside of the abdomen is cold with pain {possibly dysentery}: LU-7 and ST-28, CV-6, ST-26, ST-25, SP-6, ST-36
- front of the chest and both sides of the breast are red, swollen and painful: LU-7 and SI-1, PC-7, CV-17
- breast abscessed, swollen and painful, the baby is vomiting: LU-7 and LU-1, CV-17, SI-1, LV-1
- inside the abdomen is cold and painful with diarrhea that will not stop: LU-7 and ST-25, CV-12, CV-4, SP-6
- post-partum blood stagnation with rebellious qi (with symptoms such as: dirty yellow face, lines on the nails, a palpable lump in the stomach, abdomen or ribcage area that does not move, constant pain, constipation or black stools): LU-7 and BL-18, BL-17, BL-23, SP-6
- coughing and panting with cold mucus and tight, contracting pain in the chest and diaphragm: LU-7 and BL-13, CV-17, ST-36
- chronic cough with blood and mucus in the saliva: LU-7 and BL-12, LU-9, CV-17
- panting and shortness of breath, mucus and qi stagnant in the chest: LU-7 and ST-40, KI-27, CV-17, ST-36

One tradition teaches that mucus originates in the "wrapping luo," the pericardium, the fatty fascial sac of the heart. The idea is that mucus begins "hidden in the pericardium". When the patient is diseased it follows the qi, rising up to the lungs, causing blockage and cough and finally manifesting as mucus. Mucus is seen as the unnecessary parts of the water system of the entire body; this relates it to triple warmer function. Mucus diseases are said to be caused by internal heat, qi, wind pathologies, shock, fright, poor diet, alcohol, climatic heat, injury by cold, spleen or kidney deficient conditions. Mucus manifests chronically in alcoholics.

- loud raspy breathing, chest and diaphragm tight and painful: LU-7 and KI-26, CV-22, BL-13, ST-36
- loud panting, qi full, lungs feel swollen and the patient cannot lie down: LU-7 and KI-27, BL-12, LU-9, LU-1, ST-36, CV-17
- stuffed nose and cannot discern smells: LU-7 and LI-20, GV-23, BL-12
- runny nose (watery), skin feels rough, sneezing: LU-7 and GV-24, BL-13, LU-9, ST-36
- swelling of the neck in women (tuberculosis of the lymph nodes, red, swollen and painful), unable to lactate: LU-7 and SI-1, PC-7, CV-17, SJ-1
- small pimple on the nipple {probably mastitis}: LU-7 and ST-18, SI-1, GB-21, CV-17
- stagnant pain inside the chest, unable to swallow: LU-7 and PC-7, PC-6, CV-17, ST-36
- five kinds of lumps in the neck {all some form of hyperthyroid condition, with palpitations, excitability, protruding eyes}, stone lump (hard), qi lump (soft like cotton), blood lump (stagnant blood or red with vascular spider), muscle lump, flesh lump (feels soft and empty on the interior): LU-7 and LI-18, SI-16, ST-12, KI-27, CV-17, LI-4, shi xuan (bleed), the extra point "above the throat" {perhaps a reactive point found on palpation above the larynx}.
- abscess or pimple in the mouth, halitosis (so bad that it is difficult to approach the patient): LU-7 and shi xuan, GV-26, jin jin, yu ye, CV-24, LI-4
- "absolute heat" in the triple warmer with abscess or pimple in the mouth: LU-7 and SJ-1, SJ-5, GV-26, LI-20, jin jin, yu ye, ST-4
- terrible halitosis: LU-7 and HT-9, HT-5, GV-26, shi xuan, jin jin, yu ye
- attack by heat with delirium, vomiting, almost comatose (severe sunstroke): LU-7 and BL-54, bai lao, GV-14, CV-12, LU-11, shi xuan, ST-36, LI-4
- attack by heat and difficulty urinating (mild sunstroke): LU-7 and KI-10, bai lao, CV-12, BL-54, CV-6, SP-9
- arms and legs contracting and spasming in children (childhood epilepsy): LU-7 and yin tang, GV-20, GV-26, PC-9, LV-1, LV-3, LI-4
- chronic "spleen wind" in children, eyes open and fixed, arms and legs spasming, bubbling saliva {like meningitis}: LU-7 and LV-1, BL-20, GV-20, GV-23, GV-26
- exhausted spleen, exhausted middle, exhausted kidneys: LU-7 and GV-26, SP-4, BL-20, CV-12, SJ-1, KI-6
- black "sha" (infectious heat disease with black or dark red spots or pimples), abdominal pain, headache, fever, chills, tension pain of the lumbar or back areas, unable to sleep or lay down: LU-7 and bai lao, LU-3, BL-54, shi xuan
- white "sha" (infectious heat disease with white spots or pimples), abdominal pain, vomiting or diarrhea, four limbs cold, the fingernails are black, unable to sleep or lay down: LU-7 and PC-7, bai lao, LV-1, shi xuan
- black and white "sha," headache, thirst, large intestine diarrhea, chills, four limbs cold, borborygmus: LU-7 and BL-54, CV-17, GV-20, the area around CV-6, LV-1, GB-44, shi xuan

The three conditions, "exhausted spleen," "exhausted middle" and "exhausted kidneys," are each a form of diabetes. In the earlier literature, diabetes was related to "exhaustion caused by thirst".

Deficiency of the fluids, the jin and ye of the lungs, spleen or kidneys, caused fire/heat to increase. This, in turn, caused dryness and great thirst. In the Su Wen it is said that the following are the three "exhausted symptoms":

*Stomach organ deficiency (eating much but still hungry),
Kidney thirst (drinking "100 cups" and still thirsty),
Mind and sexual desire unconnected or disharmonious.*

KI-3 can be added to the treatment to ameliorate the disharmony of the mind and sexual desire, ST-36 to treat the hunger.

According to the Su Wen, dryness of the earth element is the cause of the excessive thirst. Earth can not control the alchemical transformation of food and fluids. The term "exhausted middle" refers to heat in the middle warmer causing spleen deficiency. This "hidden yang" steams the stomach, exhausting the grain qi. One then becomes constantly hungry, able to eat twice as much, but unable to put flesh on the body. This is often accompanied by frequent urination. The term "exhausted kidney" refers to heat hidden in the lower warmer causing kidney deficiency with symptoms of thin-ness of the thighs and knees, sore joints, spermatorrhea, large consumption of fluids and therefore frequent urination having an unclear appearance. This is lower warmer diabetes.

Dr. Yang's Ren Mai Treatments

- reckless (spontaneous) bleeding and dizziness caused by blood problems: LU-7 and GV-26
- stagnant knot between the chest and diaphragm: LU-7 and KI-1, LU-11, CV-17, PC-6
- umbilical and abdominal pain: LU-7 and CV-17, PC-7, LU-1, SI-1, LU-9, SP-6
- inside the heart feels anxious, pressured or uncomfortable: LU-7 and SP-9, PC-6
- sound like insects in the ear {tinnitus}: LU-7 and HT-9, GB-2, PC-9, LI-1
- runny nose, dirty turbid mucus: LU-7 and GV-23, PC-6, LU-7 {again}, LI-11, LI-4
- shanghan with fever: LU-7 and BL-4, PC-6, LU-7 {again}, LU-8, LI-4

The term "shanghan," injury by cold, refers to external invasion disease. Cold injures the body during the winter; the cold transforms to heat and symptoms begin to manifest. One can distinguish injury by cold from injury by wind through the absence of sweat in the former and presence of sweat in the latter.