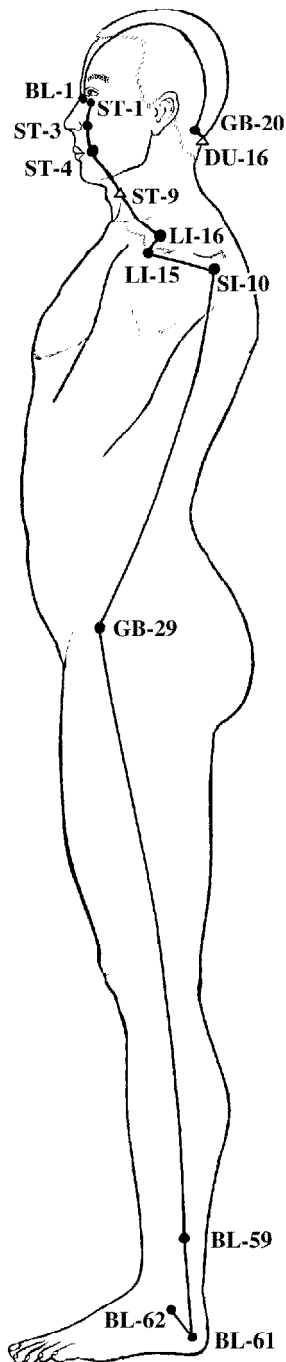


Qiao Mai/ Heel (Motility) Vessels, part #3

Yang Qiao Mai. Pathway, Points, Clinic use, Treatments

AN ACUPUNCTURE COMPENDIUM (from Davis, 2000)

Yang Qiao Mai/ Yang heel (motility) Vessel



Yang Qiao Mai (modified from Shandong, 1982, p. 68)

Yang Qiao Mai begins below the lateral malleolus at BL-62 (Shen Mai), and runs up the lateral aspect of the lower limb (posterior border of fibula and lateral thigh), and lateral trunk. It gradually curves posteriorly, distributing to the postero-lateral chest. It passes the posterior axillary fold, and reaches the lateral aspect of the shoulder (LI-15, Jian Yu). It crosses to the anterior of the body over the shoulder, then ascends the neck, runs over the jaw, passes the corner of the mouth (ST-4, Di Cang), and reaches the inner canthus of the eye, at BL-1 (Jing Ming).

There it joins with Yin Qiao Mai [Yin heel (motility) Vessel] and the Urinary Bladder Channel of foot Tai Yang to run up the forehead and over the lateral aspect of the head to the posterior aspect of the mastoid process, to GB-20 (Feng Chi). It then enters the brain at DU-16 (Feng Fu).

Points on this Meridian include: on the Urinary Bladder Channel of foot Tai Yang, BL-62 (Shen Mai), BL-61 (Pu Can), BL-59 (Fu Yang), BL-1 (Jing Ming); on the Large Intestine Channel of hand Yang Ming, LI-16 (Ju Gu), LI-15 (Jian Yu); on the Stomach Channel of foot Yang Ming, ST-4 (Di Cang), ST-3 (Ju Liao), ST-1 (Cheng Qi); on the Gall Bladder Channel of foot Shao Yang, GB-20 (Feng Chi), GB-29 (Ju Liao); on the Small Intestine Channel of hand Tai Yang, SI-10 (Nao Shu).

Other points on this Meridian may include: DU-16 (Feng Fu) (Ellis et al., 1988), ST-9 (Ren Ying) (Matsumoto and Birch, 1986).

YANG QIAO MAI SPECIAL POINTS/ COMMAND POINTS

- BL-62 (Shen Mai): Master point
- SI-3 (Hou Xi): Coupling point
- BL-59 (Fu Yang): Xi-Cleft, Accumulation point

FLOW OF QI/ DISTRIBUTION OF POINTS:

Lower Limb, Hip: BL-62 (Shen Mai), BL-61 (Pu Can), BL-59 (Fu Yang), GB-29 (Ju Liao)

Shoulder, Anterior and Lateral Neck: SI-10 (Nao Shu), LI-15 (Jian Yu), LI-16 (Ju Gu),
ST-9 (Ren Ying)

Face: ST-4 (Di Cang), ST-3 (Ju Liao), ST-1 (Cheng Qi), BL-1 (Jing Ming)

Posterior Neck: GB-20 (Feng Chi), DU-16 (Feng Fu).

Functions:

(O'Connor & Bensky, 1981; Ellis et al, 1988): The main functions of both Yang and Yin Qiao Mai are to control the opening and closing of the eyes, control the ascent of Fluids and the descent of Qi, and regulate muscular activity in general, but particularly of the lower limb.

(Ross, 1995): Expels Exterior Wind, moves stagnant Qi in the Bladder, disperses hyperactive Yang in the head, often used for back, hip and leg pain.

Indications:

(O'Connor & Bensky, 1981; Ellis et al, 1988; Shandong, 1982): Diseases of the eyes; red, dry, itchy and swollen the eyes, lack of agility, tightness and spasms of the muscles along the lateral aspect of the lower limb while those of the medial aspect are flaccid or atrophied, pain in the lumbar region, stiffness in the lumbar region, epistaxis.

MATSUMOTO & BIRCH**Symptomology**

When Li Shi Zhen comments on diseases of the yang and yin qiao mai, his treatments are surprisingly similar to those of Wang Shu He:

For the yang qiao mai one will find symptoms of:

- wiriness of the anterior portions of the radial pulses
- lumbar or back pain
- epilepsy
- apoplexy
- crying like a sheep
- dread of cold
- hemiplegia
- numbness or tightness of the body (if the radial pulse is tiny and rough, this is wind epilepsy)

The treatment point for the yang qiao is GB-39, however if the yang disease is cold, needle GV-16 and GB-20.

POINTS OF YANG QIAO MAI**BL-62 (*shēn mài*)**申 *shēn*: to extend; the ninth of the 12 earthly branches脈 *mài*: vessel; pulse

申脈

Extending Vessel

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

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

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

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

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

LARRE & ROCHAT

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

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

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

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

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

DEADMAN'S COMMENTARY

In the Ode of the Obstructed River the use of Shenmai BL-62 is referred to as one of 'the eight therapeutic methods'. In this description of the application of the eight confluent points of the extraordinary vessels to affect specific symptoms and areas of the body, Shenmai BL-62 is indicated "to expel cold and heat and [to treat] one-sided and generalised head wind ...".

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

Wind is a yang pathogenic factor characterised by sudden onset, rapid changes, constant or abnormal movement and a tendency to attack the head and upper and outer portions of the body. Wind may be of exterior or interior origin. Taiyang channel is the most exterior of the six channels and is generally the first channel to be attacked by exterior pathogenic wind. Shenmai BL-62 is particularly indicated for the commonly-seen pattern of attack of exterior wind (usually in combination with either heat or cold) with chills and fever, aversion to wind, stiff neck and headache. Interior wind, by contrast, arises from interior disharmony, principally of the Liver. It rushes upwards, disturbing the brain and leading to such symptoms as lockjaw, opisthotonos, upward staring eyes, deviation of the mouth and eyes, windstroke and hemiplegia. The ability of Shenmai BL-62 to pacify interior wind and treat such manifestations reflects the extreme yang nature of this point and its channel connections to the head and brain, rather than any action on the Liver zang. In other words Shenmai BL-62 treats the manifestation of wind rather than the root.

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

points' listed by Sun Si-miao for the treatment of epilepsy and mania. Shenmai BL-62 is further indicated for disorders of the Heart and spirit such as palpitations, insomnia and mania-depression.

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

These two quotations have served traditionally to further explain the ability of Shenmai BL-62 to treat insomnia.

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

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

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

CLASSICAL COMBINATIONS

- Head wind and headache: Shenmai BL-62 and Jinmen BL-63 (Ode to Elucidate Mysteries).
- Head wind, visual dizziness and stiffness of the nape of the neck: Shenmai BL-62, Shousanli L.I.-10, and Jinmen BL-63 (Miscellaneous Diseases).
- Madness: Shenmai BL-62 and Jiexi ST-41 (Thousand Ducat Formulas).
- Night-time epilepsy: moxa Shenmai BL-62 and Zhaohai KID-6 (Glorious Anthology).
- Coldness and pain of the bone marrow: Shenmai BL-62, Dazhu BL-11, Xuanzhong GB-39, Fuliu KID-7, Lidui ST-45 and Shenshu BL-23 (Compilation).
- Pain of the legs and lumbar region: Shenmai BL-62, Fengshi GB-31, Huantiao GB-30, Weizhong BL-40, Kunlun BL-60, Yinshi ST-33 and Chengshan BL-57 (Great Compendium).
- Diseases below the ankle: Shenmai BL-62 and Zhaohai KID-6 (Great Compendium).
- Swelling of the axilla: Shenmai BL-62, Diwuhui GB-42, Yangfu GB-38, Weiyang BL-39, Tianchi P-1 and Zulinqi GB-41 (Thousand Ducat Formulas).

BL-61 (*pú cān*)僕 *pú*: subservient; servant, slave參 *cān*: to visit a superior; shen:root, as in ginseng, 人參, *rén shēn*

僕參

Subservient Visitor

Location: On the lateral aspect of the heel, directly inferior to BL-60 (Kun Lun), at the junction of the red and white skin. The point is located in a slight depression on the lateral surface of the calcaneal bone. This is approximately 1.5 cun inferior to BL-60 (Kun Lun).

Features & Categories: Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Urinary Bladder Channel.

Functions: Frees the Channels and quickens the Connecting Vessels; disperses swelling and relieves pain.

Indications: Low back pain; pain in the ankle and foot; atony of the lower limbs; muscular atrophy and weakness of the lower limb; paralysis of the lower limb; pain in the heel.

Supplementary Indications: Lumbar pain; fainting; mania, withdrawal and epilepsy; dysuria; beriberi and swelling of the knees; cholera cramps.

CLASSICAL COMBINATIONS

- Cramps: Pucan BL-61, Zhiyin BL-67, Jiexi ST-41, Qiuxu GB-40 and Zuqiaoyin GB-44 (Supplementing Life).

BL-59 (*fū yáng*)跌 *fū*: the instep, the metatarsus陽 *yáng*: yang, the complement of yin

跌陽

Instep Yang

Location: On the lateral aspect of the distal leg, 3 cun directly superior to BL-60 (Kun Lun), on a line drawn towards BL-58 (Fei Yang). The proportional distance between BL-60 (Kun Lun) and BL-40 (Wei Zhong) is 16 cun.

Features & Categories: Xi-Cleft, Accumulation point of Yang Qiao Mai (Yang heel/motility Vessel); intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Urinary Bladder Channel.

Functions: Resolves Wind Damp in the Channels and Connecting Vessels; strengthens the back; removes obstructions from the Channel; invigorates Yang Qiao Mai.

Indications: Heavy-headedness; headache; pain of the neck; (chronic) lumbo-sacral pain; redness and swelling of the lateral malleolus; paralysis of the lower limb; inflammation of the ankle joint; weakness and disorders of the lumbo-sacral region and lower limbs.

Supplementary Indications: Dizziness; nasal discharge with clear runny mucus; pain and swelling of the lower limbs.

CLASSICAL COMBINATIONS

- Clonic spasm: Fuyang BL-59 and Tianjing SJ-10 (Supplementing Life).
- Heaviness of the head: Fuyang BL-59 Tongtian BL-7 and Yamen DU-15 (Supplementing Life).

GB-29 (*jū liáo*)居 *jū*: to sit, to squat; to reside, to dwell髎 *liáo*: bone-hole

居髎

Squatting Bone-Hole

Location: On the lateral aspect of the hip, midway between the anterior superior iliac spine and the superior border of the greater trochanter of the femur. The point is best needled with the patient laterally recumbent.

Features & Categories: Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) and Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Soothes the Sinews and quickens the Connecting Vessels; removes obstructions from the Channel; strengthens the lumbar and lower limbs.

Indications: Bi pain and numbness in the lumbar and thigh; paralysis or atrophy of the lower limb; stomach ache; lower abdominal pain; orchitis; endometritis; cystitis; disorders of the hip joint and surrounding soft tissue.

Supplementary Indications: Diarrhea; Cold hernia; lumbar and associated lower abdominal pain.

DEADMAN'S COMMENTARY

Juliao GB-29 is very commonly used in clinical practice in the treatment of hip disorders, and is especially indicated when pain radiates from the hip to the groin and lower abdomen. Correct needling will ensure radiation of sensation to these areas.

In the cross-needling method of point selection, the shoulder joint in the upper body corresponds to the hip joint in the lower body, and Juliao GB-29 is not only indicated for hip pain radiating forward to the groin, but also for shoulder pain radiating forward to the chest.

CLASSICAL COMBINATIONS

- Wind-damp leg pain: Juliao GB-29, Huantiao GB-30 and Weizhong BL-40 (Song of the Jade Dragon).
- Sciatica: Juliao GB-29, Huantiao GB-30, Ciliao BL-32 and Weizhong BL-40.

SI-10 (*nào shū*)臑 *nào*: upper arm; shoulder bone, outer arm bone俞 *shū*: acupuncture point

臑俞

Upper Arm Shu

Location: With the arm adducted, the point is directly above SI-9 (Jian Zhen), in the depression immediately inferior to the lateral end of the scapular spine. It lies inferior and slightly medial to the angle of the acromion process, and immediately posterior to the glenohumeral joint. It is medial and posterior to SJ-14 (Jian Liao).

Features & Categories: Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) and Yang Wei Mai (Yang linking Vessel) on the Small Intestine Channel.

Functions: Quickens the Blood and frees the Connecting Vessels; soothes the Sinews and dissipates Stagnation.

Indications: Pain and lack of strength in the shoulder and arm; pain or inflammation of the shoulder joint; excess perspiration of the armpits; hemiplegia; hypertension.

Supplementary Indications: Fever and chills; inability to move the shoulder and arm; shoulder pain that extends to the scapula; swelling of the shoulder.

DEADMAN'S COMMENTARY

Naoshu SI-10 is a commonly used point for pain and stiffness of the shoulder, especially its posterior aspect, and allows deep penetration into the joint. Its influence on the shoulder is augmented by the fact that Naoshu SI-10 is also a meeting point of the Yang Motility and Yang Linking vessels, which traverse the posterior (Yang Linking) and the superior and anterior (Yang Motility) portions of the shoulder. In clinical practice Naoshu SI-10 is often used in combination with points such as Jianyu L.I.-15 and Jianliao SJ-14.

CLASSICAL COMBINATIONS

- Acute pain of the posterior of the shoulder: Naoshu SI-10 and Yanglao SI-6.
- Immobility and pain of the shoulder joint: First needle Tiaokou ST-38, then Naoshu SI-10, Jianliao SJ-14, Jianyu L.I.-15, Jugu L.I.-16, Quchi L.I.-11 and Yanglao SI-6.

LI-15 (*jiān yú*)

肩 *jiān*: shoulder

髃 *yú*: clavicle

肩髃

Shoulder Bone

Location: In a depression inferior to the lateral aspect of the acromion process, at its anterior extremity. The point is readily located with the upper limb passively abducted to 90°, it is in the anterior of the two depressions which appear at the acromioclavicular junction. SJ-14 (Jian Liao) is located in the posterior depression, approximately 1 cun posterior to LI-15 (Jian Yu).

Features & Categories: Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Large Intestine Channel.

Functions: Disperses Wind and quickens the Connecting Vessels; harmonizes Qi and Blood; frees the joints; dispels Pathogens and resolves Heat; relieves pain.

Indications: Pain in the shoulder and arm; paralysis or numbness of the upper limb; inflammation of the shoulder joint; Wind papules; urticaria; scrofulous lumps; rubella; hemiplegia; hypertension; excess sweating.

Supplementary Indications: Heat in the shoulder; Bi of the fingers; hemilateral Wind and hemiplegia; thin, weak arms; shoulder Wind; toothache; Wind and Damp contending in both shoulders; seminal discharge due to stress; goitre.

DEADMAN'S COMMENTARY

Jianyu LI-15, a meeting point of the Large Intestine channel with the Yang Motility vessel, is also reached by the Lung and Bladder sinew channels, the Large Intestine divergent channel and the Small Intestine luo-connecting channel. Jianyu LI-15 is considered the pre-eminent point for treating the shoulder, and clinically the majority of shoulder disorders affect this region.

Stiffness, pain, immobility or weakness of the shoulder or frozen shoulder may derive from:

- injury by exterior pathogenic wind, cold, damp or heat, i.e. painful obstruction,
- stagnation of qi and blood from traumatic injury, misuse or overuse, or
- deficiency of qi and blood from overuse, old age or prolonged obstruction of the channel.

In all these cases Jianyu L.I.-15 may be used, and in clinical practice is commonly combined with Jianliao SJ-14. As far as needling is concerned, there are two principal methods. For pain and immobility of the shoulder joint, the arm should be abducted as far as is comfortable and supported on a rolled pillow, whilst the needle is directed into the shoulder joint towards the centre of the axilla. For pain extending down the arm, however, Jianyu LI-15 is usually needled with a transverse-oblique insertion towards the elbow joint.

The shoulder joint is the pivot of the arm. As Jianyu LI-15 is the foremost point affecting the shoulder, lies on yangming channel which is "abundant in qi and blood", and is a meeting point with the Lung sinew and Small Intestine luo-connecting channels, it is a vital point to promote circulation of qi and blood in the upper limb as a whole, and is indicated for all kinds of atrophy disorder and painful obstruction and hemiplegia. For this purpose it is commonly combined in the 'chain and lock' method with points Quchi LI-11 and Hegu LI-4.

Jianyu LI-15 is also indicated in the treatment of urticaria due to attack of exterior wind-heat. This highlights the action of Jianyu LI-15 in eliminating wind, which is emphasised in a variety of classical references to wind paralysis, windstroke, wind atrophy disorder and more generally simply 'wind disease'. Like Binao LI-14, Jianyu LI-15 is also indicated for scrofula and goitre.

Finally, according to the Essential Questions Jianyu LI-15 is one of the 'eight points for draining heat from the extremities' (although in fact only seven are listed) namely bilateral Yunmen LU-2, bilateral Jianyu LI-15, bilateral Weizhong BL-40 and Yaoshu DU-2.

CLASSICAL COMBINATIONS

- Wasting and weakness of the arm with inability to raise the arm to the head: Jianyu LI-15 and Binao LI-14 (Preserving Life).
- Redness and swelling of the upper arm with pain of the joint: Jianyu LI-15, Zhouliao LI-12 and Wangu SI-4 (Great Compendium).
- Heat sensation of the shoulder with inability to turn the head: Jianyu LI-15, Jianzhen SI-9 and Guanchong SJ-1 (Thousand Ducat Formulas).
- Contraction of the elbow: Jianyu LI-15, Chize LU-5, Xiaohai SI-8, Jianshi P-5, Daling P-7, Houxi SI-3 and Yuji LU-10 (Great Compendium).
- Windstroke with one-sided withering and incessant pain: Jianyu LI-15, Xuanzhong GB-39, Taixi KID-3, Quchi LI-11, Zusanli ST-36 and Kunlun BL-60 (Great Compendium).
- Urticaria from extreme heat: Jianyu LI-15 and Yangxi LI-5 (One Hundred Symptoms).

LI-16 (*jù gǔ*)

巨 *jù*: great, large, giant

骨 *gǔ*: bone

巨骨

Great Bone

Location: On the superior aspect of the shoulder in the depression found at the angle between the posterior lateral clavicle and the junction of the spine of the scapula and the acromion process. This is in the 'V' of the anatomical "horseshoe".

Features & Categories: Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Large Intestine Channel.

Functions: Clears and quickens the Connecting Vessels; frees the joints; disperses Stagnant Blood locally; harmonizes ascending or descending Qi.

Indications: Shoulder pain; pain in the arm preventing flexion and extension; diseases of the joint and soft tissues of the shoulder; breathlessness; cough; asthma; coughing or spitting blood.

Supplementary Indications: Stagnant Blood in the chest; epilepsy; scrofulous lumps; goitre; nodular growths or swellings in the neck; pain in the shoulder and back.

DEADMAN'S COMMENTARY

Jugu LI-16 is frequently used as an adjacent point in the treatment of shoulder disorders, and in such cases should always be palpated for tenderness. The use of Jugu LI-16 is particularly emphasised when the shoulder disorder is chronic and recalcitrant, reflected by the indication for blood stasis in the shoulder. This is explained by the saying "Chronic disease is frequently [due to] stasis". Its action on treating disorders of blood also extends to blood stasis in the chest and vomiting blood. Like Shouwuli LI-13, Binao LI-14 and Jianyu LI-15, Jugu LI-16 is indicated for scrofula.

CLASSICAL COMBINATIONS

- Inability to raise the arm: Jugu LI-16 and Qianggu SI-2 (Supplementing Life).
- Pain of the shoulder and back: Jugu LI-16, Tianyou SJ-16, Quepen ST-12, Shendao DU-11, Dazhu BL-11, Tiantu REN-22 and Shuidao ST-28 (Thousand Ducat Formulas).

ST-9 (*rén yíng*)

人 *rén*: man, person

迎 *yíng*: to predict, to calculate; to welcome, to receive;
to face

人迎

Man's Prognosis

Location: On the anterolateral aspect of the neck, in the same transverse plane as the thyroid prominence (Adam's apple). The point is located on the anterior border of sternocleidomastoideus muscle, approximately 1.5 cun lateral to the thyroid prominence. The pulse of the common carotid artery is readily palpable deep to this point. It is appropriate to apply a transverse plane to the neck rather than a strictly horizontal (and therefore oblique) plane when locating this point. [LI-18 (Fu Tu) is approximately 3 cun lateral to the thyroid prominence, SI-16 (Tian Chuang) is 3.5 cun lateral].

Features & Categories: Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Stomach Channel. Point of the Sea of Qi (BL-10, ST-9, DU-15, DU-14, REN-17). Window of the Sky point.

Functions: Frees the Channels and Connecting Vessels; regulates and balances Qi and Blood; resolves masses and swellings; clears Heat and calms dyspnea; benefits the throat.

Indications: Sore, swollen throat; tonsillitis; pharyngitis; dyspnea; asthma; dizziness; vertigo; red facial complexion; flushed face; headache; high or low blood pressure; speech impediment.

Supplementary Indications: Cough; pain, fullness, or thoracic oppression; dyspnea; wheezing; goitre; scrofulous lumps; vomiting and hiccoughing; headache; fever; tinnitus; lumbar pain; excess energy in the upper part of the body; hemiplegia; delirium.

DEADMAN'S COMMENTARY

Renying ST-9 is also known by its alternative name Tianwuhui (Heaven's Five Meetings). It is one of five points known as 'window of heaven' (literally 'five regions of the window of heaven') points in the Spiritual Pivot which states "headache due to rebellion of yang, fullness of the chest with difficulty in breathing, choose Renying ST-9".

Located in the pivotal neck region, Renying ST-9 dramatically illustrates the characteristic ability of this group of points to re-establish harmony in the flow of qi between the body and the head. The rebellion of qi, which arises when the qi in the lower regions is disordered and chaotic, may manifest in various ways. In the head it gives rise to headache, dizziness and redness of the face; in the neck region it stagnates giving rise to scrofula and goitre; in the middle and upper jiao it injures the normal descent of Stomach and Lung qi and gives rise to vomiting, sudden turmoil disorder, wheezing, asthma and fullness of the chest.

According to Zhou Zhi-cong's commentary on the above passage from the Spiritual Pivot, the condition known as inversion qi (disordered, chaotic and rebellious qi) underlies the clinical manifestations of all the points of the window of heaven. One of the manifestations of inversion qi is sudden acute pain, and this echoes the important modern use of Renying ST-9 for acute lumbar sprain, as well as sprain and severe pain in any region of the body. The ability of Renying ST-9 to reorder rebellion and upsurge of qi also explains its strong action in reducing hypertension.

According to the chapter 'Discourse On the Seas' of the Spiritual Pivot Renying ST-9 (along with Shanzhong REN-17, Yamen DU-15 and Dazhui DU-14) is a point of the 'sea of qi'. This passage gives the following indications for insufficiency and excess of the sea of qi "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 insufficient, there is scanty energy insufficient for speech". The dual and overlapping properties of Renying ST-9 as a point of the sea of qi and a point of the window of heaven underline its importance in harmonising and redistributing disordered qi in the body.

As long ago as the Yellow Emperor's Inner Classic, observation and palpation of the pulse at Renying ST-9 was considered an important diagnostic method. The Essential Questions in discussing obstructed urination describes a pattern of "heat in the body like charcoal, the neck and chest are obstructed as if separated, a restless and abundant pulse at Renying ST-9 and dyspnoea with counterflow qi". Elsewhere in the Essential Questions great diagnostic significance is ascribed to the relative strengths of the pulses at the wrist and at Renying ST-9, whilst Zhang Zhong-jing refers to three methods of pulse diagnosis (Renying ST-9 in the upper, the wrist pulse in the middle and Chongyang ST-42 in the lower). Because of the complications inherent in these methods, they were abandoned relatively early in the history of Chinese medicine in favour of focusing on the wrist pulse.

CLASSICAL COMBINATIONS

- Sudden turmoil disorder, headache, chest pain and dyspnoeic rales: Renying ST-9, Neiguan P-6, Guanchong SJ-1, Sanyinjiao SP-6 and Zusanli ST-36 (Compilation).
- Scrofula: moxa Renying ST-9 and Shouwuli L.I.-13 thirty times (Thousand Ducat Fonnulas).
- Tinnitus with lumbar pain: first needle Renying ST-9, then needle Ermen SJ-21 and Zusanli ST-36 (Secrets of the Celestial Star).

- Hypertension: Renying ST-9, Quchi L.I.-11 and Zusanli ST-36.
- Hypertension: Renying ST-9, Baihui DU-20, Quchi L.I.-11 and Taichong LIV-3.
- Acute lumbar sprain or any acute pain: Renying ST-9 bilaterally or on the affected side.

ST-4 (*dì cāng*)

地 *dì*: earth

倉 *cāng*: granary, storehouse

地倉

Earth Granary

Location: On the face, approximately 4 fen lateral to the corner of the mouth (oral fissure). The point is located on a line drawn from the centre of the pupil, through ST-1 (Cheng Qi) and ST-3 (Ju Liao). This is directly inferior to ST-3 (Ju Liao).

Features & Categories: Intersection point of the Large Intestine Channel of hand Yang Ming and Yang Qiao Mai (Yang heel/motility Vessel) on the Stomach Channel.

Functions: Dispers Wind; frees Qi stagnation; removes obstructions from the Channel; benefits the tendons and muscles.

Indications: Wryness of the mouth; facial paralysis; dribbling; excess salivation; muteness; twitching of the eyelids; toothache; swollen cheek.

Supplementary Indications: Loss of speech; loss of voice; constipation in children; inability to close the eyes; inability to eat; mouth and eyes awry.

DEADMAN'S COMMENTARY

The 12th century classic Secret Writings of Bian Que states "use Dicang ST-4 in all cases where treacherous wind enters the ear, mouth and eye and leads to deviation". Dicang ST-4 is an important local point to eliminate wind from the face and is frequently used in the treatment of facial paralysis, whether due to exterior pathogenic wind or the sequelae of windstroke, particularly when the mouth is affected with symptoms such as drooling and deviation. Dicang ST-4 is also important in the treatment of facial pain such as trigeminal neuralgia.

Pain of the face is usually differentiated into:

- i. invasion of the channels of the face by wind and cold,
- ii. flaring up of Stomach and Liver fire, and
- iii. heat due to yin deficiency.

Due to its location, Dicang ST-4 may be needled whatever the pattern.

Dicang ST-4 is commonly joined to points such as Jiache ST-6, Quanliao SI-18, Yingxiang L.I.-20 and Chengjiang REN-24 by transverse needling. The Great Compendium of Acupuncture and Moxibustion recommends needling left Dicang ST-4 for diseases of the right side of the face, and vice-versa. This principle of contralateral needling is discussed in the Spiritual Pivot which states "Contralateral insertion, that is, if the left is affected, the right is treated, and if the right affected, the left is needled", and the Essential Questions which says "When evils invade the channels, if the left side is in excess, the disease occurs on the right side, and vice versa ... for these conditions, contralateral insertion should be used".

Although common practice emphasises needling the diseased side, these statements underline the important principle of treating the healthy side, where the qi is plentiful, in chronic cases and those involving great deficiency.

It is interesting to note the use of Dicang ST-4 for leg disorders, reflecting the principle stated in the Yellow Emperor's Inner Classic "When the disease is below select [points] from above". Whilst the use of points on the lower body to treat diseases of the upper body is extremely common, the reverse is relatively rare. Other examples are Baihui DU-20 for anal disorders, Renzhong DU-26 and Renying ST-9 for lumbar pain, and Shuaigu GB-8 for vomiting.

CLASSICAL COMBINATIONS

- Deviation of the mouth: Dicang ST-4 and Jiache ST-6 (Ode of the Jade Dragon).
- Deviation of the mouth: Dicang ST-4 and Lieque LU-7 (Supplementing Life).
- Deviation of the mouth and eye: Dicang ST-4, Jiache ST-6, Renzhong DU-26, Chengjiang REN-24, Tinghui GB-2 and Hegu L.I.-4 (Illustrated Supplement).
- Legs withered and lame: Dicang ST-4 and Taiyuan LU-9 (Thousand Ducat Formulas).

ST-3 (*jù liáo*)

巨 *jù*: great, big, giant

髃 *liáo*: bone-hole

巨 髃

Great Bone-Hole

Location: On the face, directly below ST-1 (Cheng Qi) and ST-2 (Si Bai), level with the inferior border of the nasal ala. This is lateral to the nasolabial groove.

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

Functions: Eliminates Wind and quickens the Connecting Vessels; disperses swelling and relieves pain.

Indications: Wryness of the eyes and mouth; twitching of the eyelids; nosebleed; toothache; swelling of the lips and cheek; rhinitis; trigeminal neuralgia; facial paralysis.

Supplementary Indications: Nearsightedness; excess lacrimation; aversion to wind and cold in the face; blurred vision.

CLASSICAL COMBINATIONS

- Pain and swelling of the cheek: Juliao ST-3 and Tianchuang SI-16 (Supplementing Life).

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.

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

睛明

Bright Eyes

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

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

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

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

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

DEADMAN'S COMMENTARY

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

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

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

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

CLASSICAL COMBINATIONS

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

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

GB-20 (*fēng chí*)

風 *fēng*: wind

池 *chí*: pool, pond

風池

Wind Pool

Location: On the posterior superior aspect of the neck, in the depression immediately inferior to the occipital bone. The point is located between the attachments to the occiput of trapezius (and semispinalis capitus) and sternocleidomastoideus muscles. GB-20 (Feng Chi) is on the same transverse plane as DU-16 (Feng Fu).

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) and Yang Qiao Mai (Yang heel/motility Vessel) on the Gall Bladder Channel.

Functions: Eliminates Wind (Internal & External) and clears Heat; rectifies rising Liver Yang; clears the head and opens the Portals; benefits the vision and hearing; frees the Channels and quickens the Connecting Vessels; harmonizes Qi and Blood.

Indications: Headache (occipital); visual dizziness; dizziness; vertigo; pain and stiffness of the neck; red and painful eyes; nasal occlusion; rhinitis; sinusitis; iritis; cataract; glaucoma; optic nerve atrophy; blurred vision; pain in the shoulder and back; Heat diseases; tidal fevers; common cold; hypertension; epilepsy; seizures; infantile convulsions; hemiplegia; eye diseases generally; diseases involving the brain.

Supplementary Indications: Clear, runny nasal discharge and nosebleed; tinnitus; deafness; loss of speech; lumbar and back pain; unilateral, midline and ambilateral headache; insomnia; poor memory; goitre; mental illness; absence of sweating in Cold damage or febrile disease; swellings or tumors of the neck.

DEADMAN'S COMMENTARY

Fengchi GB-20, located at the nape of the neck, occupies a pivotal position between the head and the body and is one of the pre-eminent acupuncture points to treat all diseases of the head, brain and sensory organs, especially the eyes.

Wind, a yang pathogenic factor whose nature is to harass the uppermost (and therefore most yang) part of the body, may be of two kinds:

i. exterior pathogenic wind which attacks the most superficial portion of the body, and

ii. interior wind which has its origin in disharmony of the Liver. As its name (Wind Pool) implies, Fengchi GB-20 is an important local point to treat both kinds of wind disease affecting the head.

Exterior wind is known as the 'spearhead of the hundred diseases' and easily combines with other pathogenic factors and drives them into the body. When exterior pathogenic wind, wind-cold or wind-heat injure the body, the characteristic sign is chills and fever. Fengchi GB-20 is a meeting point of the Gall Bladder channel with both the Yang Motility vessel and the Yang Linking vessel.

The Yang Motility vessel is indicated for aversion to wind, whilst the Yang Linking vessel links all

the yang channels of the body, including the Governing vessel. Yang corresponds to the exterior while yin corresponds to the interior, and the yang channels as a whole therefore relate more to the exterior portion of the body. According to the Classic of Difficulties "when the Yang Linking vessel is diseased, there will be severe chills and fever". Fengchi GB-20 is especially indicated when injury by wind is accompanied by headache or other symptoms of the head region such as lacrimation, red and sore eyes, nasal congestion and discharge, sore throat, swelling of the face, etc.

Fengchi GB-20 is equally important to pacify pathologically ascending interior wind and to settle yang and clear fire from the head, and is therefore indicated for such disorders as headache, head wind, dizziness, deviation of the mouth and eyes, hemiplegia and lockjaw as well as for hypertension.

According to a saying of Chinese medicine, "The head is the residence of the yang". The Yang Linking vessel links all the yang channels and connects with the Governing vessel (which enters the brain) at Yamen DU-15 and Fengfu DU-16, and Fengchi GB-20 is the single most important acupuncture point in the treatment of headache, whatever the aetiology and whichever the involved channels. A more specific recommendation is found in the Ode of the Jade Dragon which proposes the use of Fengchi GB-20 for 'head wind with phlegm' and Hegu L.I.-4 for 'head wind without phlegm'. In the same way that it treats any variety of headache, Fengchi GB-20 may be used for dizziness due to any pattern of disharmony.

Fengchi GB-20 has a strong action on the eyes and nose, and to a lesser extent the ears, and is indicated for red and painful eyes, visual disorders, lacrimation, nosebleed, rhinitis, nasal congestion and discharge, tinnitus and deafness whether due to interior disharmony or exterior wind. By virtue of its connection with the Yang Linking vessel, and hence the Governing vessel, and of its action of pacifying interior wind, it is also effective in 'awakening' the brain and can be used for such symptoms as the sequelae of windstroke, loss of speech following windstroke, epilepsy and loss of memory.

Fengchi GB-20 has a strong effect on activating the channel and alleviating pain, and is an important point in the treatment of disorders of the neck, shoulders and upper back. It is interesting to note that Fengchi GB-20 is also indicated for lumbar pain and 'crooked lumbar spine leading to flaccidity and lack of strength in the sinews of the neck'.

The wide range of disorders of the head and neck that may be treated by Fengchi GB-20 is reflected in the variety of needle directions that may be employed at this point. In the treatment of neck disorders, Fengchi GB-20 is normally needled either perpendicularly or towards opposite Fengchi GB-20; in the treatment of nose disorders it is needled towards the tip of the nose; in the treatment of eye disorders it is needled towards the opposite eye, and in the treatment of mental disorders towards Yintang (M-HN-3).

CLASSICAL COMBINATIONS

- "In taiyang disorder, initially prescribe Gui Zhi Tang (Cinnamon Twig Decoction). If this causes agitation, needle Fengchi GB-20 and Fengfu DU-16, then re-prescribe Gui Zhi Tang. Recovery will follow" (Treatise on Injury by Cold).
- The hundred disorders due to injury by cold: Fengchi GB-20 and Fengfu DU-16 (Ode of Xi-hong).

- Headache: Fengchi GB-20, Muchuang GB-16 and Tianchong GB-9 (Systematic Classic).
- One-sided or generalised headache: Fengchi GB-20, Hegu L.I.-4 and Sizhukong SJ-23 (Great Compendium).
- One-sided or generalised head wind: Fengchi GB-20, Baihui DU-20, Qianding DU-21, Shenting DU-24, Shangxing DU-23, Sizhukong SJ-23, Hegu L.I.-4, Zanzhu BL-2 and Touwei ST-8 (Great Compendium).
- Head wind and dizziness: Fengchi GB-20, Hegu L.I.-4, Fenglong ST-40 and Jiexi ST-41 (Great Compendium).
- Dizziness: Fengchi GB-20, Shangxing DU-23 and Tianzhu BL-10 (Glorious Anthology).
- Lacrimation on exposure to wind: Fengchi GB-20, Touwei ST-8, Jingming BL-1 and Toulinqi GB-15 (Great Compendium).
- Cold lacrimation: Fengchi GB-20, Zulinqi GB-41, Jingming BL-1 and Wangu SI-4 (Great Compendium).
- Pain of the eyes with inability to see: Fengchi GB-20, Naohu DU-17, Yuzhen BL-9, Fengfu DU-16 and Shangxing DU-23 (Thousand Ducat Formulas).
- Nosebleed with stifled breathing: Fengchi GB-20, Chengling GB-18, Fengmen BL-12, Yixi BL-45 and Houxi SI-3 (Thousand Ducat Formulas).
- Impaired hearing and deafness: Fengchi GB-20, Xiaxi GB-43, Tinghui GB-2, Ermen SJ-21 and Tinggong SI-19 (Great Compendium).
- Swelling of the face: first needle Yixi BL-45, then Tianyou SJ-16 and Fengchi GB-20 (Systematic Classic).
- Redness and swelling of the face: Fengchi GB-20, Shangxing DU-23, Xinhui DU-22, Qianding DU-21 and Naohu DU-17 (Thousand Ducat Formulas).
- Curvature of the lumbar spine: reinforce Fengchi GB-20 and reduce Xuanzhong GB-39 (Ode of the Jade Dragon).

GV-16 (*fēng fǔ*)

風 *fēng*: wind

府 *fǔ*: mansion, palace; storehouse, treasury

風府

Wind Mansion

Location: On the posterior midline of the neck, in the depression immediately inferior to external occipital protuberance. The point is located 1 cun superior to the posterior hairline between the attachment of trapezius muscle on either side.

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) and Yang Qiao Mai (Yang heel/motility Vessel) on Du Mai; the sixth of the thirteen Ghost points.

Functions: Dispels Wind pathogens and dissipates Cold; clears the Shen and benefits the brain; disinhibits the joints and drains Fire.

Indications: Headache; stiffness of the neck; visual dizziness; nosebleed; sore, swollen throat; common cold; Wind strike with loss of speech (stroke); mania and withdrawal; mental illness; hemiplegia.

Supplementary Indications: Headache with aversion to cold; loss of voice; jaundice; running amok; head wind and dizziness; Wind Cold Exterior patterns; numbness or lack of sensation in the legs.

SI-3 (*hòu xī*)

後 *hòu*: back, behind

谿 *xī*: ravine, creek

後谿

Back Ravine

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

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

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

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

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

DEADMAN'S COMMENTARY

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

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

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

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

In the Ode of the Obstructed River the use of Houxi SI-3 is referred to as one of 'the eight therapeutic methods'. In this description of the application of the eight confluent points of the extraordinary vessels to affect specific symptoms and areas of the body, Houxi SI-3 is indicated for diseases of the Governing vessel and for mania-depression.

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

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

CLASSICAL COMBINATIONS

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

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

MATSUMOTO & BIRCH: CLINICAL APPLICATIONS

Zhen Jiu Ju Ying - Yang Qiao Mai Treatments

Treat BL-62 then SI-3 for:

- stiff and painful lumbar and back: bladder
- discomfort and pain of any or all joints: kidney, liver
- inability to raise arms and legs: stomach, lung
- shanghan, injury by cold with headache: bladder
- swelling and fullness of the whole body: stomach
- spontaneous sweating of the head and face: stomach
- epilepsy: liver
- red and swollen eyes: bladder
- attack by wind with spontaneous sweating {catching cold}: stomach
- head wind itching pain: gallbladder
- pain in the eyebrow bone (from sinusitis or rhinitis): bladder
- thunder head wind: gallbladder
- pain in the arms and hands: large intestine
- cold arms: triple warmer
- spontaneous sweating after labor: kidney
- epistaxis: lungs
- tetanus: liver
- swelling and pain of the joints: kidney, liver
- swelling and pain of the thighs and knees: stomach
- deafness: kidney
- numbness of the arms and legs: gallbladder
- breast pain or pain on breast feeding {possibly mastitis}: stomach
- head wind that follows washing the head: bladder
- spasms of the arms and legs: liver, kidney
- dread of wind after labor: kidney

Zhen Jiu Da Cheng, Yang Qiao Mai Treatments

The Zhen Jiu Da Cheng gives the following sets of symptoms for this pair of points:

BL-62 controls evil wind of the four limbs {paralysis}, abscess and poison diseases. BL-62 and SI-3 together can treat:

- dread of wind
- spontaneous sweating
- headache
- thunder head wind
- lumbar and back tight when bending, thighs swollen and tight
- red and painful eyes with soreness between the eyebrows
- arms and legs numb
- upper arm cold
- pre- or postpartum superficial, large breast abscess {mastitis caused by stagnant heat. Internally, during pregnancy the qi of the uterus becomes excess, causing stagnation and heat evil. Externally, after labor, heat stagnates in the breast causing abscess formation}.
- deafness
- epistaxis
- epilepsy
- joint pain
- sweating from the head
- one side of the body feels full and swollen

Zhen Jiu Da Cheng - Yang Qiao Mai Treatment Combinations

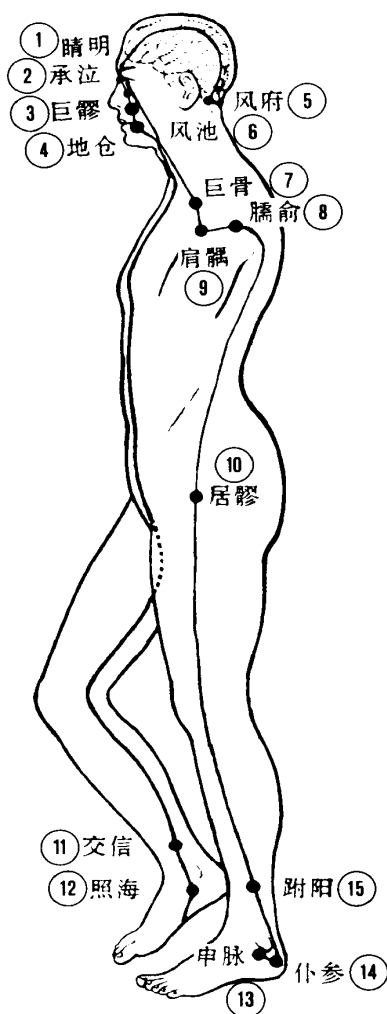
- tension in the lumbar area, difficulty bending: BL-62 and GV-2, BL-38, BL-54
- joint pain, causing emotional distress, pulling pain in the lumbar part of the back: BL-62 and LI-14, LI-11, BL-60, GB-34
- after apoplexy, the patient has lost the power of concentration and the ability to disseminate and is comatose or semi comatose: BL-62 and PC-9, GV-20, LV-1, yin tang, LI-4
- inability to speak following apoplexy: BL-62 and LU-11, GV-21, GV-26, CV-17, LI-4, GV-15
- hemiplegia following apoplexy: BL-62 and LI-10, SI-4, LI-4, GB-39, LV-2, GB-31, SP-6
- one side of the body weak from an attack by wind, with pain that is not responsive to, or related to, seasonal, climatic or biorhythmic changes: BL-62 and GB-39, LU-9, LI-11, LI-15, ST-36, BL-60
- four limbs spasming following apoplexy: BL-62 and LI-12, LI-9, LU-10, GB-31, LV-7, SP-6
- hemiplegia, hand and leg weak, cannot hold or grasp: BL-62 and SJ-13, SI-4, LI-4, LV-2, GB-31, GB-34
- hemiplegia of the face or spasming of one side of the face: BL-62 and LI-4, LU-9, shi xuan, GB-1, ST-6 (in this case ST-6 should be 0.1 divisions forward towards ST-4); disperse the points on the affected side or moxa the points fourteen times
- cramping of the body, eyes unfocussed following apoplexy: BL-62 and GV-20, bai lao, LI-4, LV-2, LI-11, shi xuan, GB-34

- mouth tight and unable to open, difficulty speaking following apoplexy: BL-62 and ST-4 (slightly towards ST-6), GV-26, LI-4
- pain in the lumbar spine, neck and back: BL-62 and BL-23, GV-26, GB-21, BL-54
- lumbar pain, hard to move the leg, hurts when moved: BL-62 and KI-2, BL-38, BL-54, BL-23
- poisoning on the dorsum of the foot (possibly abscess, infection or blood stagnation, purple, discolored area): BL-62 and ST-44, GB-43, LV-2, BL-54
- poisoning on the dorsum of the hand: BL-62 and SJ-2, SJ-3, LI-4, SJ-5
- poisoning of the back of the hand and arm: BL-62 and LU-3, LI-11, BL-54

Mr. Yang's Yang Qiao Mai Treatments

- abscess on the lumbar area: BL-62 and BL-54, GB-43, shi xuan, LI-11, SJ-2, PC-6, SJ-5
- pain on one side of the body: BL-62 and LU-9, ST-36, LI-11
- poisoning in the area of the hair from the front of the ear down to the chin: BL-62 and tai yang, BL-62 (again), KI-3, LI-4, SJ-5
- deeply rooted abscess on the head: BL-62 and bai lao, LI-4, BL-62 (again), GV-18, BL-54
- headache, hard to bend down or over: BL-62 and BL-62 (again), BL-63, CV-24
- hard to move or twist the neck or nape of the neck: BL-62 and SI-3, LI-4, CV-24

- ① BL-1 (*Jingming*)
- ② ST-1 (*Chengqi*)
- ③ GB-29 (*Juliao*)
- ④ ST-4 (*Dicang*)
- ⑤ DU-16 (*Fengfu*)
- ⑥ GB-20 (*Fengchi*)
- ⑦ LI-16 (*Jugu*)
- ⑧ SI-10 (*Naoshu*)
- ⑨ LI-15 (*Jianyu*)
- ⑩ GB-29 (*Juliao*)
- ⑪ KID-8 (*Jiaoxin*)
- ⑫ KID-6 (*Zhaohai*)
- ⑬ BL-62 (*Shenmai*)
- ⑭ BL-61 (*Pushen*)
- ⑮ BL-59 (*Fuyang*)



Yin and Yang Qiao Mai (from O'Connor & Bensky, 1981, p. 71).