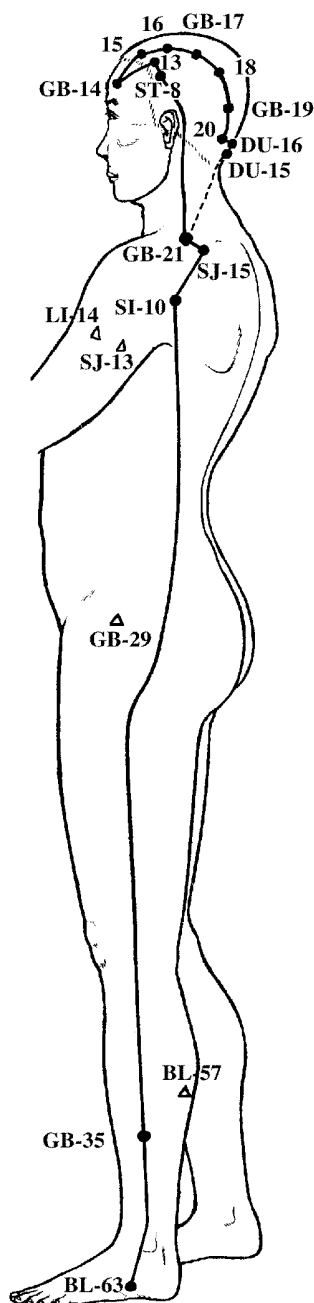


WEI MAI/ LINKING VESSELS, part #3

Yang Wei Mai #1. Vessel, Points #1.

AN ACUPUNCTURE COMPENDIUM (from Davis, 2000)

Yang Wei Mai/ Yang linking Vessel



Yang Wei Mai (modified
from Shandong, 1982, p.72)

Yang Wei Mai begins below the lateral malleolus at point BL-63 (Jin Men) of the Urinary Bladder Channel of foot Tai Yang. This area is contiguous for all the primary Yang Meridians of the lower limb. It ascends the lower limb along the path of the Gall Bladder Channel of foot Shao Yang (GB-35, Yang Jiao). It passes through the hip joint, and travels up the posterolateral aspect of the trunk, running past the axilla and posterior to the shoulder. It ascends the neck and crosses behind the ear to the forehead (ST-8, Tou Wei). It then winds back over the top of the head to end at DU-16 (Feng Fu), at the nape of the neck.

Yang Wei Mai intersects the Gall Bladder Channel of foot Shao Yang at GB-35 (Yang Jiao), GB-21 (Jian Jing), GB-20 (Feng Chi), GB-19 (Nao Kong), GB-18 (Cheng Ling), GB-17 (Zheng Ying), GB-16 (Mu Chuang), GB-15 (Tou Lin Qi), GB-14 (Yang Bai), GB-13 (Ben Shen). It intersects the San Jiao Channel of hand Shao Yang at SJ-15 (Tian Liao), the Small Intestine Channel of hand Tai Yang at SI-10 (Nao Shu), Du Mai (Governing Vessel) at DU-15 (Ya Men) and DU-16 (Feng Fu), the Stomach Channel of foot Yang Ming at ST-8 (Tou Wei), and the Urinary Bladder Channel of foot Tai Yang, BL-63 (Jin Men).

Other points on this Meridian may include: BL-57 (Cheng Shan), GB-29 (Ju Liao), LI-14 (Bi Nao), SJ-13 (Nao Hui). There may also be a pathway from the shoulder to the nape of the neck (Matsumoto and Birch, 1986).

YANG WEI MAI SPECIAL POINTS/ COMMAND POINTS

- SJ-5 (Wai Guan): Master point
- GB-41 (Zu Lin Qi): Coupling point
- GB-35 (Yang Jiao): Xi-Cleft, Accumulation point

FLOW OF QI/ DISTRIBUTION OF POINTS:

Lower Limb: BL-63 (Jin Men), GB-35 (Yang Jiao), [BL-57 (Cheng Shan), GB-29 (Ju Liao)]

Upper Limb, Shoulder: [LI-14 (Bi Nao), SJ-13 (Nao Hui)], SI-10 (Nao Shu), SJ-15 (Tian Liao), GB-21 (Jian Jing)

Head, Neck: ST-8 (Tou Wei), GB-13 (Ben Shen), GB-14 (Yang Bai), GB-15 (Tou Lin Qi), GB-16 (Mu Chuang), GB-17 (Zheng Ying), GB-18 (Cheng Ling), GB-19 (Nao Kong), GB-20 (Feng Chi), DU-16 (Feng Fu), DU-15 (Ya Men).

Functions

(O'Connor & Bensky, 1981; Ellis et al, 1988): Yang Wei Mai unites all the primary Yang Channels. It strengthens their respective flows, compensating for Excess or Deficiency in Channel circulation, and generally regulating Yang Channel activity.

(Ross, 1995): Resolves Wind Heat; regulates the sides of the body, ears and head; calms hyperactive Liver Yang, disperses Liver and Gall Bladder Damp Heat.

Indications:

(O'Connor & Bensky, 1981; Shandong, 1982): Chills and fever, vertigo; muscular fatigue, stiffness and pain; pain and distension of the waist, fever and perspiration of febrile diseases, nightsweating, pain and swelling of the limbs and joints.

POINTS OF YANG WEI MAI**BL-63 (*jīn mén*)**

金 *jīn*: metal, gold

門 *mén*: gate, door

金門

Metal Gate

Location: On the lateral aspect of the foot anterior and inferior to BL-62 (Shen Mai), at the junction of the red and white skin. The point is located in the depression immediately inferior to the lower border of the cuboid bone. This is just anterior to its articulation with the calcaneal bone, and directly inferior to the anterior margin of the lateral malleolus.

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

Functions: Soothes the Sinews and quickens the Connecting Vessels; clears Heat and stops pain; opens the orifices and calms the Shen.

Indications: Epilepsy; infantile Fright Wind (convulsions); dementia; mania; lumbar pain; pain in lower back and lower limbs; frequent, painful or burning urination; pain in the lateral malleolus; Bi pain in the lower limbs; pain in the plantar surface of the foot; disorders of the lumbo-sacral region and lower limb.

Supplementary Indications: Cholera cramps; fainting; lower abdominal pain; severely painful hernia; seizures.

DEADMAN'S COMMENTARY

Jinmen BL-63 is the xi-cleft point of the Bladder channel. The xi-cleft points, where the qi and blood which flow relatively superficially along the channels from the jing-well points gather and plunge more deeply, are applicable in the treatment of acute conditions and pain. Jinmen BL-63 is

indicated for sudden onset of severe shan disorder, sudden turmoil disorder with cramps, epilepsy and white tiger joint pain, a manifestation of painful obstruction characterised by the great severity of the pain which is likened to the bite of a tiger.

Despite its status as the xi-cleft point of the Bladder channel, Jinmen BL-63 (like most of the distal points of the channel) was traditionally ascribed no action on disorders of urination. In this respect, the Bladder channel points are similar to those of the Small and Large Intestine and Sanjiao channels whose points also have little action on their related fu.

CLASSICAL COMBINATIONS

- Cramping of the sinews: Jinmen BL-63 and Qiuxu GB-40 (One Hundred Symptoms).
- Contraction and cold of the shoulder and back with pain of the inner aspect of the scapula: Jinmen BL-63, Geshu BL-17, Yixi BL-45 and Chize LU-5 (Thousand Ducat Formulas).
- Bilateral deafness due to injury by cold: Jinmen BL-63 and Tinghui GB-2 (Ode of Xi- hong).
- Deafness: Jinmen BL-63, Zulinqi GB-41 and Hegu L.I.-4 (Song of Points).

GB-35 (*yáng jiāo*)

陽 *yáng*: yang, the complement of yin

交 *jiāo*: to intersect, to meet; to hand over

陽交

Yang Intersection

Location: On the lateral aspect of the leg, 7 cun superior to the tip (lateral prominence) of the lateral malleolus. The point is located at the posterior border of the fibula, on the same level as GB-36 (Wai Qiu) and BL-58 (Fei Yang). The proportional distance between the joint line of the knee and the tip of the lateral malleolus is 16 cun. Some references transpose the location of GB-35 (Yang Jiao) and GB-36 (Wai Qiu).

Features & Categories: Xi-Cleft, Accumulation point of Yang Wei Mai (Yang linking Vessel); intersection point of Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Frees the Gall Bladder and calms the Shen; removes obstructions from the Channel; soothes the Sinews; quickens the Blood; relieves pain.

Indications: Distension and fullness in the chest and lateral costal region; asthma; knee pain; pain on the lateral aspect of the leg; weakness and atony of the lower limb; stiffness and cramp of lower limb muscles; sciatica.

Supplementary Indications: Fever and chills; dyspnea; throat Bi; Cold in the lower limbs; fright mania; beriberi; edema or swelling of the face.

CLASSICAL COMBINATIONS

- Fullness of the chest: Yangjiao GB-35 and Zulinqi GB-41 (Supplementing Life).
- Fright palpitations and pounding of the Heart: Yangjiao GB-35 and Jiexi ST-41 (One Hundred Patterns).
- Loss of voice: Yangjiao GB-35, Hegu L.I.-4 and Yongquan KID-1 (Systematic Classic).
- Bone painful obstruction and numbness of the hip joint and knee: Yangjiao GB-35, Yangfu GB-38, and Yanglingquan GB-34 (Thousand Ducat Formulas).

BL-57 (*chéng shān*)**承** *chéng*: to support, to receive**山** *shān*: mountain

承山

Mountain Support

Location: On the posterior midline of the leg, midway between BL-60 (Kun Lun) and BL-40 (Wei Zhong), but directly below BL-40 (Wei Zhong). The proportional distance between BL-60 (Kun Lun) and BL-40 (Wei Zhong) is 16 cun. The point is located between the medial and lateral heads of gastrocnemius muscle, in the emerging calcaneal tendon.

Features & Categories: Intersecting point of Yang Wei Mai (Yang linking Vessel) on the Urinary Bladder Channel. A Heavenly Star point of Ma Dan-Yang.

Functions: Soothes the Sinews; cools and invigorates Blood; regulates Qi in the Yang Organs; harmonizes the Intestines and treats hemorrhoids; removes obstructions from the Channel.

Indications: Lumbar pain; pain and cramp in the legs; pain of the back and thigh; hemorrhoids; constipation; sciatica; spasm of gastrocnemius muscle; paralysis of the lower limb; anal prolapse; menstrual pain; blood in the stools.

Supplementary Indications: Pain in the heel; no pleasure in eating; sore throat; painful glomus in the chest and diaphragm; vomiting and diarrhoea; 'twisting' of the calf muscles; beriberi.

DEADMAN'S COMMENTARY

Chengshan BL-57 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. Clinically, Chengshan BL-57 is used in three principal situations:

- i. haemorrhoids,
- ii. contraction and pain of the calf, and
- iii. heel pain.

The Bladder divergent channel winds around the anal region. Classically, Chengshan BL-57 has been regarded as the primary distal point in the treatment of all kinds of haemorrhoids. For example, the Song to Keep Up Your Sleeve says "for the five types of haemorrhoids due to hot blood, select Chengshan BL-57 and await disappearance of the disease without a trace", whilst Ma Dan-yang recommends it for " ... haemorrhoids and difficulty in defecation ... ".

Pain and contraction of the calf may be due to traumatic injury, painful obstruction, or the sequela of sudden turmoil disorder, but is most commonly encountered in the context of deficiency of Liver blood. The Essential Questions says "When a person sleeps the blood returns to the Liver". Pain and contraction of the calf therefore tends to occur at night when the body is at rest, the blood returns to the Liver, and the relative insufficiency of circulating blood is unable to nourish and soften the sinews and muscles of the extremities. This symptom is more commonly encountered in those who tend to suffer from blood deficiency, particularly women because of the loss of blood entailed in menstruation, and the elderly because of the inevitable decline of essence and blood inherent in ageing. Although having no action on the Liver blood itself, Chengshan BL-57 is an important local point in the treatment of this disorder.

Heel pain may be due to traumatic injury, painful obstruction or Kidney deficiency. Chengshan BL-57 is an important proximal point for this disorder and may be combined with other suitable points in the treatment of heel pain of whatever aetiology.

Finally, Ma Dan-yang and other classical sources emphasise the use of Chengshan BL-57 in the treatment of lumbar pain. Clinically it is now more commonly used for sciatic pain radiating to the calf region.

CLASSICAL COMBINATIONS

- The nine types of haemorrhoids (with bleeding): Chengshan BL-57 and Changqiang DU-1 (Song of the Jade Dragon).
- The five types of haemorrhoids: Chengshan BL-57, Weizhong BL-40, Feiyang BL-58, Yangfu GB-38, Fuliu KID-7, Taichong LIV-3, Xiaxi GB-43, Qihai REN-6, Huiyin REN-1 and Changqiang DU-1 (Great Compendium).
- Chronic haemorrhoids: Chengshan BL-57, Erbai (M-UE-29) and Changqiang DU-1 (Great Compendium).
- Blood in the stool: Chengshan BL-57, Fuliu KID-7, Taichong LIV-3 and Taibai SP-3 (Great Compendium).
- Intestinal wind (blood in the stools): Chengshan BL-57 and Changqiang DU-1 (One Hundred Symptoms).
- Difficult defecation: Chengshan BL-57 and Taixi KID-3 (Supplementing Life).
- Difficult defecation: Chengshan BL-57, Dazhong KID-4, Zhongliao BL-33, Guanyuan REN-4, Chengjin BL-56, Taichong LIV-3, Taixi KID-3 and Zhongwan REN-12 (Supplementing Life).
- Feebleness of the legs: Chengshan BL-57, Weizhong BL-40 and Zusanli ST-36 (Great Compendium).
- Pain of the legs and lumbar region: Chengshan BL-57, Yinshi ST-33, Huantiao GB-30, Fengshi GB-31, Weizhong BL-40, Kunlun BL-60 and Shenmai BL-62 (Great Compendium).
- Contraction of the legs: Chengshan BL-57, Shangqiu SP-5, Chengjin BL-56 and Jinggu BL-64 (Thousand Ducat Formulas).
- Heat in the sole of the foot with inability to stand for long: Chengshan BL-57, Chengjin BL-56, Tiaokou ST-38 and Zusanli ST-36 (Thousand Ducat Formulas).

GB-29 (*jū liáo*)

居 *jū*: to sit, to squat; to reside, to dwell

髌 *liáo*: bone-hole

居髌

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.

LI-14 (*bì nào*)

臂 *bì*: arm, forearm

肱 *nào*: upper arm, humerus

臂 肱

Upper Arm

Location: On the lateral arm (humerus) just superior to the attachment of deltoid muscle to the humerus. The point is located on a line drawn between LI-11 (Qu Chi) at the elbow and LI-15 (Jian Yu) at the shoulder.

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) on the Large Intestine Channel.

Functions: Clears and frees the Channels and Connecting Vessels; benefits the vision; relieves pain; resolves Phlegm and disperses masses.

Indications: Pain in the shoulder and arm; scrofula; paralysis of the upper limb; stiff neck; eye diseases; goitre.

Supplementary Indications: Fever and chills; hypertonicity of the neck; pain in the back and shoulder preventing the arm from being lifted; thin weak arms.

DEADMAN'S COMMENTARY

Although not a major point, Binao LI-14 is frequently employed for channel disorders in the upper arm, especially when pain radiates either downwards from the shoulder towards the elbow, or upwards from the elbow towards the shoulder.

Like several points of the Large Intestine and Sanjiao channels located between the elbow and the shoulder, Binao LI-14 is also indicated for scrofula and goitre. Scrofula and goitre, although different in aetiology, always involve phlegm, combined either with stagnant qi or with heat. In the case of Binao LI-14, its ability to treat these disorders derives mainly from the course of the Large Intestine channel through the lateral side of the neck, rather than a special ability to transform phlegm, and the action of 'regulating qi and transforming phlegm' in this context therefore only applies to scrofula and

goitre. The explanation of why several points of the upper arm have this special action whilst the more distal shu points do not, is unclear (see also Tianfu LU-3, Jianyu LI-15, Shouwuli LI-13, Tianjing SJ-10 and Naohui SJ-13).

Finally, Binao LI-14 also shares with several points of the upper arm the ability to treat disorders of the eyes, in this case redness, swelling and heat.

CLASSICAL COMBINATIONS

- Pain and inability to raise the arm: Binao LI-14 and Zhouliao LI-12 (Preserving Life).
- Wasting and weakness of the arm with inability to raise the arm to the head: Binao LI-14 and Jianyu LI-15 (Preserving Life).
- Scrofula: Binao LI-14 and Shouwuli LI-13 (One Hundred Symptoms).

TB-13 (*nào huì*)

肱 *nào*: the upper bone of the arm

會 *huì*: to converge, to meet, to join together

肱會

Upper Arm Convergence

Location: On the postero-lateral arm three cun distal to SJ-14 (Jian Liao) on the posterior border of deltoid muscle. The point lies on a line drawn between SJ-10 (Tian Jing) at the elbow and SJ-14 (Jian Liao) at the shoulder.

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) on the San Jiao Channel.

Functions: Clears and discharges Pathogenic Heat; frees the Channels and Connecting Vessels; frees the joints.

Indications: Shoulder and arm pain; goitre.

Supplementary Indications: Fever and chills; swelling of the shoulder causing pain in the scapular region; hemiplegia.

DEADMAN'S COMMENTARY

Like several of its neighbouring points (e.g. Tianfu LU-3, Shouwuli L.I.-13, Binao L.I.-14, Jianyu L.I.-15, and Tianjing SJ-10), Naohui SJ-13 is indicated for scrofula and goitre. These two disorders, although different in aetiology, always involve phlegm combined either with stagnant qi or with heat. In the case of Naohui SJ-13, its ability to treat these disorders derives partly from the pathways of the Sanjiao channel and the Yang Linking vessel, which pass through the neck, and partly from the inherent relationship of the Sanjiao to the transformation of fluids and the circulation of qi. Ultimately, however, there is no clear theoretical explanation why points of the upper arm, rather than more distal points, have a special action on these disorders, and this is primarily the fruit of empirical observation and clinical practice. Like Binao L.I.-14, Naohui SJ-13 is also indicated for eye disorders.

The more common clinical application of Naohui SJ-13 is for pain of the upper arm, or for shoulder pain which radiates down the upper arm.

CLASSICAL COMBINATIONS

- Goitre: Naohui SJ-13 and Tianchuang SI-16 (Systematic Classic).

- Goitre, tumours of the neck and swollen throat: Naohui SJ-13, Tianfu LU-3 and Qishe ST-11 (Thousand Ducat Formulas).
- Painful obstruction with difficulty bending and extending the elbow joint, pain and heaviness of the arm with acute pain of the axilla: Naohui SJ-13, Tianfu LU-3 and Qishe ST-11 (Thousand Ducat Formulas).

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.

TB-15 (*tiān liáo*)

天 *tiān*: celestial, of the heavens, sky; Nature; heaven
 髎 *liáo*: bone hole

天髎*Celestial Bone-Hole*

Location: On the superior posterior aspect of the shoulder, at the superior angle of the scapula. This is approximately 1 cun posterior to GB-21 (Jian Jing), and midway between GB-21 (Jian Jing) and SI-13 (Qu Yuan).

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) on the San Jiao Channel.

Functions: Dispers Wind and eliminates Damp; frees the Channels and quickens the Connecting Vessels; relieves pain.

Indications: Shoulder and arm pain; pain or soreness in the scapular region; inflammation of supraspinatus tendon; pain and stiffness in the neck.

Supplementary Indications: Body fever with absence of sweating; vexation in the chest; tension or pain in the nape and neck; pain in the supraclavicular fossa; fever and chills.

DEADMAN'S COMMENTARY

Tianliao SJ-15 and Jianjing GB-21 are neighbouring points with a similar effect in the treatment of stiffness, pain and spasm in the area between the shoulder joint and the neck. In such situations they should both be palpated, and the more tender should be needled. Like Jianjing GB-21, the action of Tianliao SJ-15 also extends downwards into the chest, where it is indicated for agitation, oppression, heat and fullness.

CLASSICAL COMBINATIONS

- Pain and heaviness of the shoulder with inability to raise the arm: Tianliao SJ-15 and Quchi L.I.-11 (Supplementing Life).

GB-21 (*jiān jǐng*)

肩 *jiān*: shoulder

井 *jǐng*: a well

肩井

Shoulder Well

Location: On the superior aspect of the shoulder, at its highest point. The point lies midway between the spinous process of the 7th cervical vertebra and the acromio-clavicular joint, in (upper) trapezius muscle. This is directly superior to the nipple (mamillary line). Another approach is: midway between the midpoint of the clavicle and the superior angle of the scapula.

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Frees the Channels and quickens the Connecting Vessels; resolves Phlegm and opens the Portals; relaxes the Sinews; promotes delivery and lactation.

Indications: Stiff neck; shoulder and back pain; disorders of the shoulder and back; motor impairment of the upper limb; mastitis; scrofula; hemiplegia due to stroke; difficult delivery; functional uterine bleeding; retained placenta; post-partum hemorrhage; possible miscarriage; insufficient lactation.

Supplementary Indications: Dizziness; vertigo; fever and chills; Cold in the limbs; cough caused by rebellious Qi; shortness of breath; miscarriage with loss of blood; aphasia due to stroke.

Contraindications: Needling contraindicated in pregnancy as it may cause abortion.

DEADMAN'S COMMENTARY

The region of Jianjing GB-21, at the crest of the trapezius muscle, is particularly prone to symptoms of contraction, tightness and pain due to a variety of aetiologies. The Gall Bladder is interiorly-exteriorly coupled with the Liver. Stagnation of Liver qi or uprising of Liver yang due to

anger, frustration, resentment etc. commonly vent upwards along the Gall Bladder channel, and readily accumulate in and below the neck, especially when tightness and restriction in the relatively narrow neck region prevent their upward flow. The close relationship between the upper body and anger was emphasised in many texts, for example the Essential Questions which stated "anger will cause the qi to surge upwards". Alternatively, the region of Jianjing GB-21 may be injured by sprain, penetration by wind-cold (especially after sleeping in a cold draught), prolonged poor posture or occupational strain. Jianjing GB-21 may be needled in all such cases of stiffness of the neck and shoulders, which may extend to the back or arm.

Jianjing GB-21 is indicated for a variety of phlegm disorders. Phlegm may involve Liver or Gall Bladder pathology in the following three ways:

- i. Liver qi stagnation leads to stagnation of fluids which condense into phlegm, summed up in the statement in the Treatise on Disorders of Blood "When qi flows, water also flows",
- ii. Liver wind ascends carrying phlegm with it (this is one of the main pathological features of windstroke), and
- iii. Liver or Gall Bladder fire steams and condenses fluids into phlegm. By virtue of its actions of regulating qi, lowering and transforming phlegm and dissipating nodules, Jianjing GB-21 is used in the treatment of such phlegm disorders as hemiplegia, loss of speech following windstroke, wind stroke, scrofula and goitre.

Jianjing GB-21 also has a strong qi descending action and is indicated in various disorders of rebellious qi such as cough and dyspnoea, rebellion of qi and leg qi ascending to attack the Heart. Leg qi is a disorder characterised by numbness, pain, weakness, spasm, swelling, redness and heat sensations of the feet and legs. In severe cases the pathogen attacks more deeply affecting the abdomen and Heart.

Difficult labour may be due to stagnation or deficiency of qi and blood. In either case, due to its strong descending action, Jianjing GB-21 has long been used to expedite delivery and promote the descent of the placenta, and for this reason is contraindicated in pregnancy. Jianjing GB-21 is also specifically indicated by the Classic of Supplementing Life with Acupuncture and Moxibustion for "Inversion counterflow coldness of the arms and legs following miscarriage".

A similar condition in post-partum women is described by the famous Qing dynasty gynaecologist Fu Qing-zhu who says "In the course of delivery, some women overexert themselves with taxation and fatigue injuring the Spleen. As a result, there occurs inversion with counterflow chilling of the limbs, qi ascends to fill up the chest, the pulse departs, and form deserts". The implied ability of Jianjing GB-21 to tonify deficiency following miscarriage, is surprisingly mirrored in its indications for a variety of deficiency patterns including wind-taxation, the five taxations and seven injuries, Kidney deficiency lumbar pain and steaming bone disorder. So strong is the action of Jianjing GB-21 in descending qi that Gao Wu, in the Ode of Xi-hong, says "When you needle Jianjing GB-21 you must needle Zusanli ST-36. If this is not done, the qi will not be regulated". In other words, the action of Zusanli ST-36 on tonifying and raising the qi will help to counter any excessive descent of the qi resulting from needling Jianjing GB-21.

Jianjing GB-21 is also indicated for breast disorders. The Gall Bladder primary channel penetrates the chest and the Gall Bladder sinew channel connects with the breast, whilst Jianjing GB-21 is a meeting point of the Gall Bladder channel with the Stomach channel which descends through the nipple. Excessive worry, anger, frustration, resentment or depression may lead to stagnation and knotting of Liver qi, or accumulated heat in the Stomach channel may gather at the breast, leading to breast pain, breast abscess, and failure of the breast milk to flow. Jianjing GB-21 may be selected in all these situations.

CLASSICAL COMBINATIONS

- Inability to turn the neck: Jianjing GB-21 and Pohan BL-42 (Supplementing Life).
- Pain of the shoulder and back: Jianjing GB-21, Fengmen BL-12, Zhongzhu SJ-3, Zhigou SJ-6, Houxi SI-3, Wangu SI-4 and Weizhong BL-40 (Great Compendium).
- Pain of the forearm: Jianjing GB-21 and Quchi L.I.-11 (Ode to Elucidate Mysteries).
- Pain and cold of the arm: Jianjing GB-21, Quchi L.I.-11 and Xialian L.I.-8 (Great Compendium).
- Scrofula: Jianjing GB-21, Shaohai HE-3, Tianchi P-1, Zhangmen LIV-13, Zulinqi GB-41, Zhigou SJ-6, Yangfu GB-38 and Shousanli L.I.-10 (Great Compendium).
- Retention of the placenta: Jianjing GB-21 and Zhongji REN-3 (Great Compendium).
- Retention of the placenta: Jianjing GB-21, Zhongji REN-3 and Sanyinjiao SP-6 (Meeting the Source).
- Pain and soreness of leg qi: first needle Jianjing GB-21, then needle Zusanli ST-36 and Yanglingquan GB-34 (Celestial Star).
- Prolapse of the rectum: Jianjing GB-21, Baihui DU-20, Changqiang DU-1, Dachangshu BL-25, Hegu L.I.-4 and Qichong ST-30 (Compilation).

ST-8 (*tóu wéi*)

頭 *tóu*: head

維 *wéi*: to bind, to tie together (originally, a net for catching birds), corner

頭維

Head Corner

Location: On the corner of the forehead, 4.5 cun lateral to DU-24 (Shen Ting), 5 fen within the (natural) anterior hairline. This is on the superior border of temporalis muscle. Du-24 (Shen Ting) is located on the superior midline of the head, 5 fen posterior to the natural anterior hairline. This is 4.5 cun anterior to DU-20 (Bai Hui). The proportional distance between DU-20 (Bai Hui) and the midpoint of the natural anterior hairline is 5 cun.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang and Yang Wei Mai (Yang linking Vessel) on the Stomach Channel.

Functions: Dispers Wind and clears Heat; relieves pain; clears the head and brightens the eyes; relieves dizziness.

Indications: Headache; migraine headache; visual dizziness; vertigo; eye pain; lacrimation when exposed to wind; blurred vision; cloudiness or heaviness of the head; facial paralysis; psychosis.

Supplementary Indications: Dyspnea; vexation and fullness of the chest; splitting headache; frontal headache; eyes painful as if fit to burst from their sockets; sore eyes with excess lacrimation; eyelid spasms.

DEADMAN'S COMMENTARY

Touwei ST-8 is an important point to treat headaches located at the corner of the forehead, it is a meeting point of the Stomach channel with the Gall Bladder channel and the Yang Linking vessel. This meeting of three channels which have such influence on the head is reflected in the name of this point 'Head's Binding'. The Stomach channel belongs to yangming which rules the forehead, the Gall Bladder channel belongs to shaoyang which rules the temporal region, whilst the Yang Linking vessel links all the yang channels of the body including the Governing vessel and the Bladder channel which rule the vertex. Whilst the forte of Touwei ST-8 is the treatment of frontal headaches, with different needle direction it may also be used for temporal and vertex headaches.

Touwei ST-8 is particularly indicated in headaches and eye disorders due to wind, whether exterior pathogenic wind invading the channels of the head, or internally generated wind. As far as exterior headaches are concerned, although it is suitable for both wind-cold and wind-heat, many classics stress its use in the treatment of splitting headaches with bursting eye pain, symptoms more usually associated with wind-heat. Heat is a yang pathogen and its nature is to flare upwards and expand, obstructing the collaterals and leading to a distending and splitting sensation of the head. In the treatment of headache accompanied by pain or twitching of the eyes, Touwei ST-8 is frequently combined in classical prescriptions with Zanzhu BL-2.

Touwei ST-8 is also indicated for severe headache accompanied by vomiting, and is especially suitable for migraine headache with nausea or vomiting and dimness of vision or bursting pain of the eyes. The ability of Touwei ST-8 to clear internally generated wind from the head is reflected not only in its use for this kind of headache, but also for dizziness and hemiplegia.

CLASSICAL COMBINATIONS

- Headache with eye pain: Touwei ST-8 and Zanzhu BL-2 (Ode of the Jade Dragon).
- Head wind with splitting pain, bursting pain of the eyes and lacrimation: Touwei ST-8 and Zanzhu BL-2 (Golden Mirror).
- Pain between the eyebrows: Touwei ST-8 and Zanzhu BL-2 (Song of the Jade Dragon)
- Twitching of the eyelids: Touwei ST-8 and Zanzhu BL-2 (Great Compendium).
- Splitting headache with bursting eye pain: Touwei ST-8 and Daling P-7 (Thousand Ducat Formulas).
- One-sided or generalised head wind: Touwei ST-8, Baihui DU-20, Qianding DU-21, Shangxing DU-23, Shenting DU-24, Sizhukong SJ-23, Fengchi GB-20, Hegu L.I.-4 and Zanzhu BL-2 (Great Compendium).
- Lacrimation on exposure to wind: Touwei ST-8, Jingming BL-1, Fengchi GB-20 and Toulinqi GB-15 (Great Compendium).

GB-13 (*běn shén*)本 *běn*: root, origin, source神 *shén*: spirit

本神

Root Spirit

Location: On the superior aspect of the head, 5 fen within the (natural) anterior hairline. The point is located 3 cun lateral to DU-24 (Shen Ting). This is two thirds of the distance between DU-24 (Shen Ting) and ST-8 (Tou Wei). GB-15 (Tou Lin Qi) is located medial to GB-13 (Ben Shen), midway between DU-24 (Shen Ting) and ST-8 (Tou Wei). BL-4 (Qu Cha) is located one third of the distance between DU-24 (Shen Ting) and ST-8 (Tou Wei).

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

Functions: Clears and drains Excess from the Liver and Gall Bladder; calms the Liver and eliminates Wind; draws Jing to the head; settles epilepsy and calms the Shen; strengthens the Will.

Indications: Headache; visual dizziness; stiffness and pain of the neck; vertigo; epilepsy; seizures; hemiplegia; insomnia; mental and emotional problems generally; schizophrenia; anxiety; unfounded jealousy and suspicion.

Supplementary Indications: Stiff neck and nape; lateral costal pain; infantile fright epilepsy; hemilateral Wind.

CLASSICAL COMBINATIONS

- Madness: Benshen GB-13 and Shenzhu DU-12 (One Hundred Symptoms).
- Childhood fright epilepsy: Benshen GB-13, Qianding DU-21, Xinhui DU-22 and Tianzhu BL-10 (Thousand Ducat Fonnulas).
- Vomiting of foam: Benshen GB-13, Shaohai HE-3 and Duiduan DU-27 (Supplementing Life).
- Epilepsy with vomiting of foam: Benshen GB-13 and Duiduan DU-27 (Supplementing Life).
- Pain of the lateral costar region with inability to turn the body: Benshen GB-13 and Luxi SJ-19 (Thousand Ducat Formulas).

GB-14 (*yáng bái*)陽 *yáng*: yang, the complement of yin白 *bái*: white, pure, clear

陽白

Yang White

Location: On the forehead, superior to the pupil. The point is located 1 cun superior to the midpoint of the eyebrow. This is approximately one third of the distance between the eyebrow and the anterior hairline.

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

Functions: Dispels Wind and clears Heat; eliminates Exterior Wind; dissipates rising rebellious Qi; enhances Qi and clears the vision.

Indications: Frontal headache (unilateral); visual dizziness; vertigo; lacrimation on exposure to wind; pain in the outer canthus; twitching of the eyelids; facial paralysis; trigeminal neuralgia; supraorbital neuralgia; ptosis; eye diseases generally.

Supplementary Indications: Headache; itching and painful eyes; itchy eyelids; upward-looking eyes; nearsightedness; inability to see at dusk or night; eye discharge; aversion to cold in the back; vomiting; chills; stiff neck.

DEADMAN'S COMMENTARY

In theory, the forehead is most closely associated with the yangming channel. In clinical practice pain of the forehead region may be due to involvement either of yangming channel, in which case it is often accompanied by pain of the infraorbital region (often seen in sinusitis), or of shaoyang channel, in which case it is frequently accompanied by pain of the temporal or parietal regions and eye (often seen in migrainous headaches). Yangbai GB-14 is a meeting point of the Gall Bladder shaoyang channel with the Stomach and Large Intestine yangming channels, and is therefore the pre-eminent local point in the treatment of pain of the forehead, whether due to interior disharmony or invasion of exterior pathogenic factors. Some classical sources, for example the Great Compendium of Acupuncture and Moxibustion, also imply that Yangbai GB-14 can dispel wind-cold from the body as a whole and recommend it for inability to get warm despite wearing much clothing, and shivering and aversion to cold on the back.

Yangbai GB-14 is also an important local point for the treatment of various diseases of the eyes and eyelids due to a wide range of aetiologies, especially exterior or interior wind, manifesting as lacrimation, deviation of the eye, drooping, twitching or itching of the eyelids, pain and itching of the pupils and night-blindness.

CLASSICAL COMBINATIONS

- Head wind with splitting sensation, pain between the eyebrow and the eye: Yangbai GB-14, Jiexi ST-41 and Hegu L.I.-4 (Classic of the Jade Dragon).

GB-15 (*tóu lín qì*)

頭 *tóu*: head

臨 *lín*: to overlook, to face towards; to arrive at

泣 *qì*: tear

頭臨泣

Head Overlooking Tears

Location: On the superior aspect of the head, 5 fen within the (natural) anterior hairline. The point is located lateral to DU-24 (Shen Ting), midway between DU-24 (Shen Ting) and ST-8 (Tou Wei).

GB-15 (Tou Lin Qi) is medial to GB-13 (Ben Shen), which is two thirds of the distance, 3 cun, between DU-24 (Shen Ting) and ST-8 (Tou Wei). BL-4 (Qu Cha) is medial to GB-15 (Tou Lin Qi), one third of the distance, 1.5 cun, between DU-24 (Shen Ting) and ST-8 (Tou Wei).

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang and Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Clears the Shen and brightens the eyes; frees the nose; balances the emotions.

Indications: Headache; visual dizziness; vertigo; lacrimation upon exposure to wind; pain in the outer canthus; acute and chronic conjunctivitis; nebula; nasal congestion; occluded nose; epilepsy; coma with stroke; moodiness, particularly alternating elation and depression.

Supplementary Indications: Blurred vision; pannus; Wind strike loss of consciousness; seizures; thoracic Bi; malaria.

DEADMAN'S COMMENTARY

As its name (Head Governor of Tears) implies, Toulinqi GB-15 is indicated for lacrimation as well as for redness and pain of the eyes and superficial visual obstruction. In this respect it mirrors Zulinqi (Foot Governor of Tears) towards the distal end of the channel. Like several other points on the crown of the head (e.g. Tongtian BL-7 and Shangxing DU-23) it also has a pronounced action on the nose and is indicated for nasal congestion.

CLASSICAL COMBINATIONS

- Lacrimation on exposure to wind: Toulinqi GB-15, Touwei ST-8, Jingming BL-1 and Fengchi GB-20 (Great Compendium).
- Lacrimation: Toulinqi GB-15 and Touwei ST-8 (One Hundred Patterns).
- Visual dizziness: Toulinqi GB-15 and Zhongzhu SJ-3 (Supplementing Life).
- Superficial visual obstruction: Toulinqi GB-15 and Ganshu BL-18 (Great Compendium).
- Red eyes and bleeding from Yingxiang L.I.-20 (i.e. nosebleed): Toulinqi GB-15, Taichong LIV-3 and Hegu L.I.-4 (Song of Points).
- Nasal congestion: Toulinqi GB-15 and Tongtian BL-7 (Supplementing Life).

GB-16 (*mù chuāng*)目 *mù*: eye窗 *chuāng*: window

目窗

Eye Window

Location: On the superior aspect of the head, 1.5 cun directly posterior to GB-15 (Tou Lin Qi). The point is located on a curved line drawn between GB-15 (Tou Lin Qi) and GB-20 (Feng Chi), 2.25 cun lateral to the midline (Du Mai).

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

Functions: Frees the Channels and Connecting Vessels; clears the head and brightens the eyes.

Indications: Headache; visual dizziness; vertigo; red and painful eyes; conjunctivitis; facial edema; toothache; nasal obstruction; coma with stroke.

Supplementary Indications: Nearsightedness; aching among the upper teeth; aversion to cold and nasal congestion; fever and chills without sweating.

DEADMAN'S COMMENTARY

According to Investigation into Points Along the Channels by the Ming dynasty author Yan Zhen-shi, Muchuang GB-16 (Window of the Eye) is indicated for all kinds of eye diseases. In modern clinical practice, however, this point is rarely used.

CLASSICAL COMBINATIONS

- Red eyes: Muchuang GB-16 and Daling P-7 (Supplementing Life).
- Headache: Muchuang GB-16, Tianchong GB-9 and Fengchi GB-20 (Systematic Classic).
- Stiffness of the lips and pain from tooth decay of the upper jaw: Muchuang GB-16, Zhengying GB-17, Duiduan DU-27 and Ermen SJ-21 (Thousand Ducat Formulas).

GB-17 (zhèng yíng)

正 zhèng: right, upright, true, straight
營 yíng: the former half of construction-blood,
nourishment; to manage, to regulate



Upright Construction

Location: On the superior aspect of the head, 1.5 cun directly posterior to GB-16 (Mu Chuang). The point is located on a curved line drawn between GB-15 (Tou Lin Qi) and GB-20 (Feng Chi), 2.25 cun lateral to the midline (Du Mai).

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

Functions: Clears Heat and drains the Gall Bladder; soothes the Sinews and quickens the Connecting Vessels.

Indications: Unilateral headache; migraine headache; visual dizziness; vertigo; stiff neck.

Supplementary Indications: Unilateral headache and stiffness of the neck; aversion to wind and cold; toothache; nausea; retching and vomiting; stiff lips.

CLASSICAL COMBINATIONS

- Toothache of the upper jaw: Zhengying GB-17 and Yanggu SI-5 (Thousand Ducat Formulas).
- Pain from tooth decay: Zhengying GB-17, Sanjian L.I.-3 and Daying ST-5 (Supplementing Life).
- Stiffness of the lips and pain from tooth decay of the upper jaw: Zhengying GB-17, Duiduan DU-27, Muchuang GB-16 and Ermen SJ-21 (Thousand Ducat Formulas).

GB-18 (chéng líng)

承 chéng: to support; to contain; to receive
靈 líng: spirit; ingenious



Spirit Support

Location: On the superior aspect of the head, 1.5 cun directly posterior to GB-17 (Zheng Ying). The point is located on a curved line drawn between GB-15 (Tou Lin Qi) and GB-20 (Feng Chi), 2.25 cun lateral to the midline (Du Mai).

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

Functions: Clears the Gall Bladder and drains Heat; diffuses the Lung and frees the Portals; calms the Shen and clears the brain.

Indications: Headache; occluded nose; nasal congestion; common cold; bronchitis; nosebleed; eye diseases; emotional imbalance; obsessions; dementia.

Supplementary Indications: Brain Wind headache; fever and aversion to cold; clear, runny nose and nosebleed; dizziness; vertigo; eye pain.

CLASSICAL COMBINATIONS

- Nosebleed with stifled breathing: Chengling GB-18, Fengchi GB-20, Fengmen BL-12, Yixi BL-45 and Houxi SI-3 (Thousand Ducat Formulas).