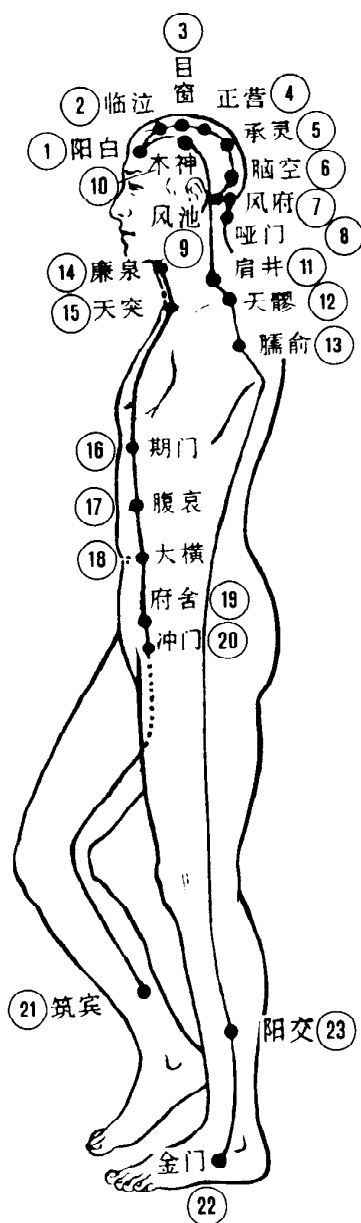


WEI MAI/ LINKING VESSELS, part #4

(from Davis, 2000)

Yang Wei Mai #2. Points #2, Clinic use, Treatments.



- 1 GB-14 (Yangbai)
- 2 GB-15 (Linqi)
- 3 GB-16 (Muchuang)
- 4 GB-17 (Zhengying)
- 5 GB-18 (Chengling)
- 6 GB-19 (Naokong)
- 7 DU-16 (Fengfu)
- 8 DU-15 (Yamen)
- 9 GB-20 (Fengchi)
- 10 GB-13 (Benshen)
- 11 GB-21 (Jianjing)
- 12 SJ-15 (Tianliao)
- 13 SI-10 (Naoshu)
- 14 REN-23 (Lianquan)
- 15 REN-22 (Tiantu)
- 16 LIV-14 (Qimen)
- 17 Sp-16 (Fuai)
- 18 Sp-15 (Daheng)
- 19 Sp-13 (Fushe)
- 20 Sp-12 (Chongmen)
- 21 KID-9 (Zhubin)
- 22 BL-63 (Jinmen)
- 23 GB-35 (Yangjiao)

Yang and Yin Wei Mai

(from O'Connor & Bensky, 1981, p. 72).

GB-19 (nǎo kōng)

腦 nǎo: brain

空 kōng: empty, spacious

腦空

Brain Hollow

Location: On the posterior aspect of the head, 1.5 cun directly superior to GB-20 (Feng Chi). The point is located on the same transverse level as DU-17 (Nao Hu). GB-19 (Nao Kong) is thus lateral to the superior border of the external occipital protuberance. BL-9 (Yu Zhen) is located 1.3 cun lateral to DU-17 (Nao Hu).

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

Functions: Clears the Gall Bladder and drains Fire; soothes the Sinews and quickens the Connecting Vessels; rouses the brain and frees the Portals.

Indications: Headache; pain and stiffness of the neck; common cold; painful eyes; asthma; tinnitus; epilepsy; seizures; mental illness.

Supplementary Indications: Wind dizziness; vertigo; palpitations; stiff neck; manic disorders.

DEADMAN'S COMMENTARY

The Great Compendium of Acupuncture and Moxibustion records how Hua Tuo, the famous 2nd century physician, treated General Wei Tai-cu (the posthumously consecrated emperor of the Wei dynasty) for 'head wind, confused mind and visual dizziness'. After needling Naokong GB-19, the General was cured. This story, however, also appears in an earlier source in which the point needed is Yongquan KID-1.

CLASSICAL COMBINATIONS

- Pain and heaviness of the head: Naokong GB-19, Naohu DU-17 and Tongtian BL-7 (Thousand Ducat Formulas).
- Head wind: Naokong GB-19, Baihui DU-20 and Tianzhu BL-10 (Supplementing Life).

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 the 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 - Gui Zhen, Ghost Pillow. Point of the Sea of Marrow (DU-16, DU-20). Window of the Sky point.

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.

GV-15 (yǎ mén)

啞 yǎ: a mute

門 mén: gate, door

身柱

Body Pillar

Location: On the posterior midline of the neck, superior to the spinous process of the 2nd cervical vertebra (axis). The point is located inferior to the external occipital protuberance, 5 fen above the hairline, and inferior to the tubercle on the posterior arch of the atlas (1st cervical vertebra). BL-10 (Tian Zhu) is located 1.3 cun lateral to DU-15 (Ya Men).

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) on Du Mai; one of the nine points for returning Yang. Point of the Sea of Qi (BL-10, ST-9, DU-15, DU-14, REN-17).

Functions: Clears the Shen and consciousness; disinhibits the joints; frees the Portals and Connecting Vessel; stimulates facility with speech.

Indications: Mania and withdrawal; epilepsy; seizures; deaf mutism; cerebral palsy; sudden loss of voice; hysteria; convulsions; insanity; Wind strike with stiffness of the tongue and loss of speech; occipital headache; stiffness of the neck; nosebleed.

Supplementary Indications: Sluggish tongue with loss of speech; dizziness; clonic spasm; large scrofulous lumps; phlegm nodules; Wind strike.

TB-5 (wài guān)

外 wài: outer, outside

關 guān: pass, gate

外關

Outer Pass

Location: On the posterior forearm two cun proximal to SJ-4 (Yang Chi) between the ulna and radius bones. The point lies on the opposite side of the wrist to PC-6 (Nei Guan), and is best located with the forearm supinated.

Features & Categories: Luo-Connecting point of the San Jiao Channel, connecting to the Pericardium Channel of hand Jue Yin. Master point of Yang Wei Mai (Yang linking Vessel), Coupling point of Dai Mai (Girdle Vessel). General Luo-Connecting point of the Yang.

Functions: Disperses Wind and relieves the Exterior; clears Heat and resolves toxins; frees the Channels and quickens the Connecting Vessels; benefits the ear; disperses rising Liver Yang; benefits the Gall Bladder.

Indications: Heat diseases; headache; common cold; fever; pneumonia; pain in the cheek; parotitis; lateral costal pain; deafness; tinnitus; inhibited flexion and extension of the elbow and arm; pain in the fingers; tremor of the hand; paralysis; abdominal pain and constipation.

Supplementary Indications: Migraine headache; enuresis; stiff neck; hemiplegia; swollen throat.

DEADMAN'S COMMENTARY

Waiguan SJ-5, the confluent point of the Yang Linking vessel, is the most important and frequently used distal point of the Sanjiao channel with wide clinical application. The Yang Linking vessel, which has no points of its own, links the six yang channels and 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", whilst the Song of Points for Miscellaneous Diseases says "use Waiguan SJ-5 for all wind, cold, summer-heat and damp pathogens, headaches and fever". In the Ode of the Obstructed River the use of Waiguan SJ-5 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, Waiguan SJ-5 is indicated for injury by cold to the exterior accompanied by headache. These classical references emphasise two of the principle applications of Waiguan SJ-5 namely:

- i. dispelling exterior pathogenic factors, and
- ii. treating headache.

Exterior pathogenic factors attack the superficial portion of the body first, giving rise to the typical symptoms of chills and fever, and at this stage of progression the treatment principle is to release the exterior. In current clinical practice some authorities emphasise the special ability of Waiguan SJ-5 to resolve wind-heat and Hegu L.I.-4 to resolve wind-cold, whilst others take the opposite view. This inevitably raises the question of when to use Waiguan SJ-5 and when to use Hegu L.I.-4. Although there is no clear-cut answer, it is worth noting that whilst Hegu L.I.-4 is classically indicated for chills and fever accompanied by absence of sweating (characteristic of wind-cold), the only reference to sweating and Waiguan SJ-5 in classical sources is 'sweating with heat on the exterior'

(characteristic of wind-heat). Hegu L.I.-4 belongs to yangming channel which dominates the central portion of the face and is strongly indicated for pathogenic factors giving rise to sneezing and nasal discharge, whilst Waiguan SJ-5 belongs to the Sanjiao channel which traverses the lateral portion of the neck and is indicated for swelling of the glands (including scrofula and mumps).

When wind-dampness attacks the body, in addition to chills and fever there is typically pain of the joints, and the Classic of the Jade Dragon recommends Waiguan SJ-5 for 'chills and fever and pain of the hundred joints'. In terms of the four levels theory of febrile diseases, Waiguan SJ-5 predominantly treats pathogens at the defensive and qi levels. In terms of the Sanjiao theory of differentiating fevers, it focuses on the more exterior upper jiao Lung pattern, rather than the Pericardium pattern. This is in contrast to points of its coupled Pericardium channel, which predominantly treat pathogens at the nutritive and blood levels according to four level theory, and the Pericardium pattern according to the Sanjiao theory.

As well as chills and fever, Waiguan SJ-5 is indicated for either wind-cold or wind-heat attacking the eyes and ears and giving rise to symptoms such as redness, pain and swelling, lacrimation, deafness and tinnitus etc.

Waiguan SJ-5 is classically indicated for many different kinds of headache, including temporal, vertex, frontal and occipital headaches as well as headache due to Kidney deficiency, head wind and 'thunder head wind' (severe headache with a thundering sound in the head). The widespread action of Waiguan SJ-5 on such varied kinds of headache may be explained by a number of different factors:

- i. as stated above, Waiguan SJ-5 is an important point to expel pathogenic factors and may be used in the treatment of headache due to penetration by wind-cold, wind-heat or wind-damp;
- ii. the Yang Linking vessel links all the yang channels (the occipital region is governed by the Governing vessel and taiyang channel, the temporal region by the Yang Linking vessel and shaoyang channel, and the frontal region by yangming channel);
- iii. the Sanjiao channel specifically connects with such important points for headaches as Benshen GB-13 through to Fengchi GB-20, Touwei ST-8 and Fengfu DU-16;
- iv. the Sanjiao and Gall Bladder shaoyang channels are linked according to six channel theory, and the Sanjiao channel intersects the Gall Bladder channel at points Tongziliao GB-1, Shanguan GB-3, Hanyan GB-4, Xuanli GB-6 and Jianjing GB-21, whilst the Gall Bladder and Liver channels are interiorly-exteriorly coupled. Waiguan SJ-5 is therefore an especially important point in the treatment of headaches due to Liver disharmony, especially when this gives rise to one-sided temporal headache (shaoyang region). For this purpose Waiguan SJ-5 is often combined with Gall Bladder channel points such as Zulinqi GB-41 (predominantly for headaches due to Liver qi stagnation, including premenstrual headaches), and Yangfu GB-38 and Xiashi GB-43 (predominantly for headaches due to Liver fire or Liver yang rising).

The Yang Linking vessel passes behind the ear whilst the Sanjiao channel both encircles and enters the ear. Waiguan SJ-5 is therefore an important point in the treatment of various ear disorders including tinnitus, deafness, earache and itching of the ear, and along with Zhongzhu SJ-3 is one of the principal distal points in the treatment of disorders of this region.

The Sanjiao channel belongs to fire and its internal pathway passes through all the three jiao.

According to Methods of Acupuncture and Moxibustion from the Golden Mirror of Medicine

Waiguan SJ-5 resolves knotting of heat in the five zang and six fu. Its action on clearing heat from the middle and lower jiao is reflected in its ability to treat constipation, abdominal pain, pain of the lateral costal region and vomiting, but it is especially effective in treating heat disorders of the head (swelling and pain of the cheek, nosebleed, toothache, ulceration of the mouth, cracked lips etc.) and clearing heat and fire poison from the Sanjiao channel in the neck (scrofula and mumps).

Waiguan SJ-5 is also a vital point in the treatment of a wide variety of channel disorders affecting the shoulder, arm, elbow, wrist, hand and fingers. In this respect it acts almost like a point of the hand yangming Large Intestine channel, and is often incorporated with Jianyu L.I.-15, Quchi L.I.-11 and Hegu L.I.-4 in the treatment of painful obstruction, atrophy disorder and hemiplegia of the upper limb. The action of Waiguan SJ-5 on the elbow region is emphasised in the Great Compendium of Acupuncture and Moxibustion which gives specific indications for excess and deficiency of the luo-connecting points. In the case of Waiguan SJ-5 these are contraction of the elbow (excess) and flaccidity of the elbow (deficiency).

Finally, Waiguan SJ-5 is the luo-connecting point of the Sanjiao channel from where the luo-connecting channel rises to converge with the Pericardium channel in the chest. Although this strengthens the Sanjiao-Pericardium relationship, with the exception of oppression and tightness of the chest there are no specific indications of this linkage. In clinical practice, however, the points Neiguan P-6 and Waiguan SJ-5 are often joined by through-needling for pain of the chest which radiates to the back.

CLASSICAL COMBINATIONS

- Pain of the head and eyes: Waiguan SJ-5 and Houxi SI-3 (Divine Moxibustion).
- Impaired hearing and deafness: Waiguan SJ-5 and Huizong SJ-7 (Thousand Ducat Formulas).
- Impaired hearing and deafness: Waiguan SJ-5 and Tinghui GB-2 (Supplementing Life).
- Deafness: Waiguan SJ-5, Zhongzhu SJ-3, Shangyang L.I.-1, Erheliao SJ-22, Tinghui GB-2, Tinggong SI-19, Hegu L.I.-4 and Zhongchong P-9 (Precious Mirror).
- Deafness and tinnitus: Waiguan SJ-5 and Tianchuang SI-16 (Supplementing Life).
- Abdominal pain: Waiguan SJ-5 and Daling P-7 (Song of the Jade Dragon).
- Abdominal pain and constipation: Waiguan SJ-5, Zhigou SJ-6 and Daling P-7 (Ode of the Jade Dragon).
- Pain of the lateral costal region: Waiguan SJ-5, Zhigou SJ-6 and Zhangmen LIV-13 (Great Compendium).
- Inability to bend the elbow and fingers: Waiguan SJ-5, Zhongzhu SJ-3, Quchi L.I.-11 and Shousanli L.I.-10 (Great Compendium).
- Atrophy disorder and numbness of the arm: Waiguan SJ-5, Tianjing SJ-10 and Quchi L.I.-11 (Thousand Ducat Formulas).
- Sabre lumps of the axilla: Waiguan SJ-5, Zhigou SJ-6, Yuanye GB-22 and Zulinqi GB-41 (Illustrated Supplement).

GB-41 (zú lín qì)

足 zú: foot

臨 lín: to overlook, to face toward; to arrive at

泣 qì: tears; to weep (silent tears)

足臨泣**Foot Overlooking Tears**

Location: On the dorsum of the foot in the depression immediately distal to the 'V' formed by the bases of the 4th and 5th metatarsal bones. The point is located lateral to tendon to the small toe of extensor digitorum longus muscle.

Features & Categories: Wood, Stream, Transporting-Shu point of the Gall Bladder Channel. Horary point. Master point of Dai Mai (Girdle Vessel), Coupling point of Yang Wei Mai (Yang linking Vessel).

Functions: Clears Fire and extinguishes Wind; brightens the vision and benefits hearing; frees Liver and Gall Bladder Qi Stagnation; transforms obstructing Phlegm Heat; resolves Damp Heat; regulates Dai Mai (Girdle Vessel).

Indications: Headache; conjunctivitis; pain in the outer canthus; visual dizziness; vertigo; pain in the lateral costal region; scrofula; painful swelling of the dorsum of the foot; mastitis; pain and distension of the breasts; breast abscess; irregular menstruation; chronic vaginal discharge; cystitis; urethritis; malarial disease; disorders along the Channel in the lower limb.

Supplementary Indications: Axillary swelling; dyspnea; dry eyes; fever and chills; thoracic Bi; pain in the supraclavicular fossa; mastitis; menstrual disorders; scrofulus lumps; migratory Wind pain; Damp swelling of the dorsum of the foot; pain at the vertex; migraine headache; fullness and pain in the region of the hypochondrium; arthritis of the knee or hip.

DEADMAN'S COMMENTARY

Zulinqi GB-41 is an indispensable point to spread the Liver qi, especially when qi stagnation manifests along the course of the Gall Bladder channel, and this action underpins all the indications of this point. Although the primary cause of Liver qi stagnation is emotional, it may manifest both with physical symptoms and emotional changes. Zulinqi GB-41 predominantly treats the physical symptoms of Liver qi stagnation, namely distention, pressure and pain along the Gall Bladder channel in the chest, head, eyes, breast, lateral costal region and axilla.

The smooth flow of Liver qi assists the ascending and descending of the qi of all the zangfu. If Liver qi stagnates in the chest region, therefore, it may hinder the descent of Lung qi and prevent smooth respiration. As well as fullness of the chest, chest painful obstruction and dyspnoea, there may be inability to catch the breath. This symptom, which may be described by the patient as a kind of breathlessness, is more an abnormal awareness of breathing accompanied by a feeling that the Lungs cannot be filled adequately.

If Liver qi stagnation transforms to Liver fire, or if Liver fire subsequently consumes yin and leads to uprising of Liver yang, the fire or yang may ascend to the head along the Gall Bladder channel (occiput, temporal region and ears) or the Liver channel (vertex) and cause pain, dizziness, tinnitus or even deafness. Although Zulinqi GB-41 is much used in modern clinical practice for one-sided headache, particularly with Waiguan SJ-5 and especially for headaches associated with the menstrual

cycle, it is interesting to note that all major classical references are to occipital pain and pain of the vertex.

In the Ode of the Obstructed River the use of Zulinqi GB-41 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, Zulinqi GB-41 is indicated for disorders of the eyes. The Liver 'opens' into the eyes, and the Liver, Gall Bladder and Gall Bladder divergent channels all connect with the eye. When Liver fire or Liver yang rise to disturb the eyes, or exterior wind-heat enters the Liver channel, there may be lacrimation or dry eyes, redness, swelling and pain of the eyes, especially at the outer canthus, or visual dizziness. Zulinqi GB-41, as the name (Foot Governor of Tears) implies, is an important point to adjust the fluid in the eye and treat these conditions.

Zulinqi GB-41 is the confluent point of the Girdling vessel which encircles the waist and binds the Penetrating and Conception vessels and the Kidney, Liver and Spleen channels, all of which channels influence the menstrual cycle. Furthermore, the Gall Bladder primary channel descends through the chest region, the Gall Bladder sinew channel links with the breast, and the nipples are ascribed to the jueyin Liver channel. Zulinqi GB-41 is particularly used therefore in situations where Liver qi stagnation impairs the regularity of the menstrual cycle, and more especially for symptoms of stagnant qi such as distention and pain of the breast and headache which precede the menstrual period. Zulinqi GB-41 is also indicated for breast abscess and is combined in a modern prescription with Guangming GB-37 to stop lactation. After needling, moxibustion is applied to the points for ten minutes.

Liver qi stagnation may impair the smooth circulation of fluids resulting in their condensation into phlegm, or may transform into fire which scorches and condenses the body fluids leading to the formation of phlegm. Zulinqi GB-41 is indicated when phlegm and stagnant qi combine to form swelling and nodules in the neck, breast and axilla.

Finally, Zulinqi GB-41 is used for swelling and pain of the feet (especially the dorsum) and pain and contraction of the toes. According to Investigation into Points Along the Channels Zulinqi GB-41 is suitable for "all disorders of the feet".

CLASSICAL COMBINATIONS

- Internal eye obstruction: Zulinqi GB-41, Jingming BL-1, Tongziliao GB-1 and Hegu L.I.-4 (Great Compendium).
- Cold lacrimation: Zulinqi GB-41, Jingming BL-1, Fengchi GB-20 and Wangu SI-4 (Great Compendium).
- Lacrimation: Zulinqi GB-41, Baihui DU-20, Yemen SJ-2, Houxi SI-3, Qianggu SI-2 and Ganshu BL-18 (Great Compendium).
- Deafness: Zulinqi GB-41, Jinmen BL-63 and Hegu L.I.-4 (Song of Points).
- Grinding of the teeth: Zulinqi GB-41 and Guangming GB-37 (Thousand Ducat Formulas).
- Swelling of the axilla: Zulinqi GB-41, Yangfu GB-38, Diwuhui GB-42, Weiyang BL-39, Shenmai BL-62 and Tianchi P-1 (Thousand Ducat Formulas).
- Swelling of the axilla: Zulinqi GB-41, Qiuxu GB-40 and Yangfu GB-38 (Great Compendium).

- Sabre lumps of the axilla: Zulinqi GB-41, Yuanye GB-22, Zhigou SJ-6 and Waiguan SJ-5 (Illustrated Supplement).
- Scrofula: Zulinqi GB-41, Shaohai HE-3, Tianchi P-1, Zhangmen LIV-13, Zhigou SJ-6, Yangfu GB-38, Jianjing GB-21 and Shousanli L.I.-10 (Great Compendium).
- Swelling of the supraclavicular fossa [Quepen ST-12]: Zulinqi GB-41, Shangyang L.I.-1 and Taixi KID-3 (Great Compendium).
- Heart pain: Zulinqi GB-41, Jueyinshu BL-14 and Shenmen HE-7 (Supplementing Life).
- Chest painful obstruction and Heart pain: Zulinqi GB-41 and Tianjing SJ-10 (Supplementing Life).
- Fullness of the chest: Zulinqi GB-41 and Yangjiao GB-35 (Supplementing Life).
- Fullness of the abdomen and lateral costal region: Zulinqi GB-41, Yanglingquan GB-34 and Shanglian L.I.-9 (Great Compendium).
- Swelling of the breasts in women: Zulinqi GB-41 and Shaoze SI-1 (Divine Moxibustion).
- Breast abscess: Zulinqi GB-41, Xiajuxu ST-39, Zusanli ST-36, Xiashi GB-43, Yuji LU-10, Weizhong BL-40 and Shaoze SI-1 (Great Compendium).
- Inhibited menstruation: Zulinqi GB-41, Sanyinjiao SP-6 and Zhongji REN-3 (Great Compendium).
- Pain of the hip with difficulty in walking and pain of the skin of the lateral aspect of the leg: Zulinqi GB-41 and Sanyinjiao SP-6 (Thousand Ducat Formulas).
- To stop lactation: Zulinqi GB-41 and Guangming GB-37.

MATSUMOTO & BIRCH: CLINICAL APPLICATIONS

Zhen Jiu Ju Ying - Yang Wei Mai Treatments

Treat SJ-5 then GB-41 for:

- swelling and pain of the four limbs and joints: kidney
- arms cold and painful: triple warmer
- epistaxis: lung
- heat of the hands and feet: triple warmer
- inability to stretch or bend the fingers with joint pain: triple warmer
- pain in the bone around the eyes {caused by external wind heat, mucus, dampness stagnating between the eyebrows, possibly rhinitis or sinusitis}: bladder
- pain in the hands and feet: stomach
- dread of wind after labor: kidney, stomach
- shanghan, injury by cold with spontaneous sweating: stomach, lungs
- head wind: bladder
- inability to move the four limbs smoothly: gallbladder, stomach
- muscle, tendon or bone pain: liver, kidney
- tearing in a wind: liver
- sore, red eyes: liver, heart
- swelling and pain of the lumbar and back: kidney
- numbness, pain and weakness of the arms and legs: stomach
- swollen eyes: heart

- head wind with shaking and pain: bladder
- shanghan, injury by cold with superficial fever: bladder
- tetanus: liver, stomach
- pain of the hand and arm: large intestine, triple warmer
- pain of the head and back of the neck: small intestine
- night sweating: master of the heart
- shadow on the eyes {cataract}: liver
- body swollen after labor: stomach, kidney
- pain in the lumbar area and hip joint: kidney
- thunder head wind: gallbladder

Zhen Jiu Da Chen; Yang Wei Mai Treatments

The Zhen Jiu Da Cheng gives the following treatments for this pair of points.

For the yang wei mai, SJ-5 controls wind, cold, muscular luo {superficial diseases that affect the muscles} and skin diseases. SJ-5 and GB-41 together can treat:

- joints of the four limbs swollen and painful with coldness of the knees
- cold knees
- inability to raise the four limbs with head wind
- bone or muscle problems of the back and groin
- pain on the head, back of the neck and around the eyes
- hands and feet hot and numb with night sweats
- red, swollen and infected eyes {associated with tetanus}
- shanghan with spontaneous sweating, the patient feels hot superficially

Zhen Jiu Da Chen; Yang Wei Mai Treatment Combinations

The Zhen Jiu Da Cheng gives the following combination treatment schedules for yang wei mai. Yang wei mai treatment combinations:

- both arms, from the shoulders down, are red and swollen, joints sore: SJ-5 and LI-12, LI-15, SI-4
- redness, swelling and pain of the internal ankle bone: SJ-5 and KI-3, GB-40, GB-41, BL-60
- finger joints painful, unable to bend or stretch: SJ-5 and SI-4, SI-5, LI-4, wu hu
- toe joint pain, unable to walk: SJ-5 and ST-44, LV-3, BL-60
- congested, knotted heat of the five yin organs, vomiting blood: SJ-5 and BL-13, BL-15, BL-17, BL-18, BL-20, BL-23
- congested, knotted heat of the six yang organs, reckless blood: SJ-5 and BL-17, BL-19, BL-21, BL-22, BL-25, BL-27, BL-28
- epistaxis that does not stop, reckless bleeding: SJ-5 and SI-1, BL-15, BL-17, KI-1
- vomiting blood, dizziness, unconsciousness, almost comatose: SJ-5 and BL-18, BL-17, HT-5, LV-1
- weakness, no energy, rebellious qi, vomiting blood that does not stop: SJ-5 and BL-38, BL-17, dantian {the area around CV-4, CV-5, CV-6}, BL-18

- vomiting blood, epistaxis, yang overcomes the yin, hot blood, reckless blood: SJ-5 and PC-9, BL-18, BL-17, ST-36, SP-6,
- cold blood, vomiting blood, yin overcomes the yang (vomiting blood is related to the heart and lung meridians): SJ-5 and LU-11, BL-15, HT-7, BL-13, BL-17, SP-6
- tightness, stiffness of the tongue, difficulty speaking, white buds on the tongue: SJ-5 and SJ-1, PC-9, CV-24, juquan
- heavy, swollen puffy tongue, very high fever, unable to speak: SJ-5 and shi xuan, haiquan, jin jin, yu ye
- sore or abscess inside the mouth: SJ-5 and GV-27, SJ-6, CV-24, shi xuan
- vomiting that will not stop ("strong yang"): SJ-5 and KI-1, GV-27, HT-9, HT-7
- tongue contracted, difficulty speaking ("strong yin"): SJ-5 and BL-15, CV-17, haiquan
- lips split and bleeding, dryness and soreness of the skin of the lips: SJ-5 and CV-24, LU-11, SJ-1
- lump on the neck {such as tuberculosis in the lymph nodes of the throat. Usually lung and kidney yin deficient related, it begins at bean size and is without pain, then enlarges and becomes painful, sometimes filling with pus}: SJ-5 and SJ-10, GB-20, zhou jian, ST-12, shi xuan
- lump that extends from the front of the chest down to the armpit {tuberculosis of the lymph nodes}: SJ-5 and GB-21, CV-17, PC-7, SJ-6, GB-34
- swelling near the left ear lobe, on palpation one can feel a knot or lump inside {tuberculosis of the lymph nodes}: SJ-5 and SJ-17, SI-3, zhou jian
- swelling near the right ear lobe, on palpation one can feel a knot or lump inside {tuberculosis of the lymph nodes}: SJ-5 and SJ-17, ST-6, SI-3, LI-4
- earlobe red, swollen and painful: SJ-5 and LI-4, SJ-17, ST-6
- redness and swelling of the neck that will not go away: SJ-5 and GV-16, GB-21, CV-24
- infection of the surface of the eyes {conjunctivitis}, unable to open the eyes: SJ-5 and BL-1, LI-4, BL-18, shi xuan
- following exposure to wind, the eyes are swollen, itchy and tearing: SJ-5 and BL-2, SJ-23, LI-2, xiao gukong
- following exposure to wind, the eyes are red, swollen, spots in the eyes, small pimples of flesh appear on the outer canthi of the eyes: SJ-5 and SJ-22, BL-1, BL-2, BL-18, BL-54, LI-4, zhou jian, KI-6, LU-7, shi xuan
- toothache, both sides of the chin swollen and painful: SJ-5 and GV-26, LI-4, lu xi
- pain in the upper canine teeth, unable to open the mouth: SJ-5 and LU-9, ST-6, LI-4, lu xi
- pain in the lower canine teeth, cheeks and neck red and swollen: SJ-5 and LI-5, CV-24, ST-6, KI-3
- deafness, qi stagnation and pain in the ear: SJ-5 and GB-2, BL-23, ST-36, SJ-17
- ringing, itchiness or soreness in the ear: SJ-5 and GB-3, LI-4, GB-2
- thunder head wind, dizziness, fullness in the chest, pressure in the heart with diaphragm problems {caused by spleen deficient mucus or damp spleen}: SJ-5 and GV-20, CV-12, LU-9, BL-12
- deficient kidney headache, heavy head, unable to lift the head: SJ-5 and BL-23, GV-20, KI-3, LU-7
- "mucus rebellious head and eye dizziness", vertigo: SJ-5 and LV-1, BL-18, GV-20

- pain on the top of the head: SJ-5 and GV-23, GV-20, GB-19, KI-1, LI-4
- eyes red, painful, hot: SJ-5 and BL-2, LI-4, LI-20

"Yang overcomes the yin" would refer to an excess of yang overwhelming yin. "Mucus rebellious head and eye dizziness" would mean a severe dizziness caused by mucus obstruction.

Dr. Yang's Yang Wei Mai Treatments

- spasms and numbness following apoplexy: SJ-5 and SJ-3, SJ-4, LI-11, ba xie.