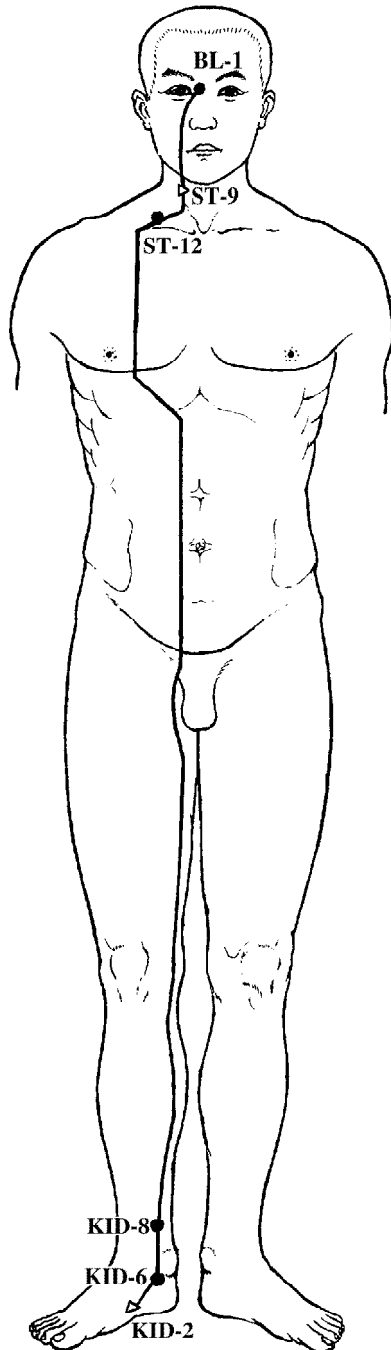


## Qiao Mai/ Heel (Motility) Vessels, part #2

### Yin Qiao Mai. Pathway, Points, Clinic use, Treatments

#### AN ACUPUNCTURE COMPENDIUM (from Davis, 2000)

#### Yin Qiao Mai/ Yin heel (motility) Vessel



#### Yin Qiao Mai

(modified from Shandong, 1982, p. 70)

Yin Qiao Mai commences at KID-6 (Zhao Hai) below the medial malleolus. It ascends along the medial (posteromedial) aspect of the lower limb, penetrates the genital region, then continues Internally up the abdomen and chest. It emerges at the supraclavicular fossa at ST-12 (Que Pen).

From there it ascends along the throat, passing lateral to the thyroid cartilage but anterior to ST-9 (Ren Ying). It continues up the medial aspect of the cheek to the inner canthus, to BL-1 (Jing Ming), where it joins Yang Qiao Mai (Yang heel motility) and the Urinary Bladder Channel of foot Tai Yang. Together these ascend over the head and enter the brain.

Points on this Meridian include: on the Urinary Bladder Channel of foot Tai Yang, BL-1 (Jing Ming); on the Kidney Channel of foot Shao Yin, KID-6 (Zhao Hai), KID-8 (Jiao Xin); on the Stomach Channel of foot Yang Ming, ST-12 (Que Pen).

Other points on this Meridian may include: KID-2 (Ran Gu), ST-9 (Ren Ying) (Matsumoto and Birch, 1986).

#### YIN QIAO MAI SPECIAL POINTS/ COMMAND POINTS

KID-6 (Zhao Hai): Master point

LU-7 (Lie Que): Coupling point

KID-8 (Jiao Xin): Xi-Cleft, Accumulation point

#### FLOW OF QI/ DISTRIBUTION OF POINTS:

**Lower Limb:** KID-2 (Ran Gu), KID-6 (Zhao Hai), KID-8 (Jiao Xin)

**Neck, Face:** ST-12 (Que Pen), ST-9 (Ren Ying), BL-1 (Jing Ming).

**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 to regulate muscular activity in general but particularly of the lower limb.

(Ross, 1995): Regulates sleep, strengthens the legs, regulates the uterus.

**Indications:**

(Ellis, Wiseman & Boss, 1988; O'Connor & Bensky, 1981; Shandong, 1982): Eye diseases, heavy sensation of the eyelids or inability to open the eyes, hypersomnia, watery eyes, lower abdominal pain, pain around the waist extending into the genitals, hernia, leucorrhea, tightness and spasms along the medial aspect of the lower limb with corresponding flaccidity or atrophy along the lateral aspect (possibly due to seizures or paralysis), pain in the urinary bladder, throat obstruction.

**MATSUMOTO & BIRCH (1986)****Symptomology**

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

For the yin qiao mai one can find symptoms of:

- wiriness of the posterior portions of the radial pulses
- epilepsy
- hot or cold symptoms
- numbness of the skin
- pain in the lower abdomen
- pulling pain from the lumbar and iliac crest areas to the sexual organs
- continuous discharge in women

Yin diseases are always hot, even if no heat is apparent. Moxa KI-6 and GB-34. For daytime epilepsy, moxa a point on the yang qiao mai. For night-time epilepsy, moxa a point on the yin qiao mai.

**POINTS OF YIN QIAO MAI****KI-2 (*rán gǔ*)**

然 *rán*: so, however; suddenly; same as 燃, *rán*, burn

谷 *gǔ*: valley

然谷

*Blazing Valley*

**Location:** On the medial aspect of the foot at the instep. The point is located in the depression immediately inferior to the tuberosity of the navicular bone, at the junction of the red and white skin.

**Features & Categories:** Fire, Spring, Gushing-Ying point of the Kidney Channel; Intersection point of Yin Qiao Mai (Yin heel/motility Vessel) on the Kidney Channel.

**Functions:** Resolves Kidney Heat; clears Empty Heat; cools the Blood; enhances the lower Jiao; invigorates Yin Qiao Mai.

**Indications:** Genital itch; cystitis; prolapse of the uterus; irregular menstruation; seminal emission; coughing of blood; pharyngitis; diarrhea; painful swelling of the dorsum of the foot; malar flush; mental restlessness; infantile convulsions.

**Supplementary Indications:** Throat Bi and swelling of the pharynx; spitting of blood; impotence; seminal emission and turbid white urethral discharge; malaria; diarrhea; urinary stoppage; thirst and emaciation; diabetes; jaundice; spontaneous and night sweating; swelling of the dorsum of the foot that prevents walking; Cold hernia with lower abdominal distension; infertility; pain in the lower leg that prevents standing for long periods; no pleasure in eating; vexation Heat diseases; cold feet; heat in one foot and cold in the other; protracted tongue; vexation and fullness; tetanus.

#### **DEADMAN'S COMMENTARY**

Rangu KID-2 'Blazing Valley' is the ying-spring and fire point of the Kidney channel. According to the Classic of Difficulties ying-spring points are indicated for "heat in the body", and in the case of most ying-spring points the emphasis is on clearing excess heat and fire. The Kidneys are unique, however, in that they do not suffer from excess patterns, since the Kidneys store true yin and true yang which can never be in a state of real excess. Rangu KID-2, therefore, is the principal Kidney channel point to clear heat deriving from Kidney yin deficiency.

The Kidneys are the root of the yin and yang of the body. Kidney yin has the functions of nourishing and moistening as well as balancing and restraining the ming men fire. When Kidney yin is deficient, its nourishing and moistening functions will be impaired and additionally the ming men fire may blaze out of control. The forte of Rangu KID-2, as its name implies, is to clear this deficiency heat, rather than nourish the Kidney yin. It is indicated when such heat:

- i. ascends along the Kidney channel to the throat giving rise to throat painful obstruction, dry throat with insufficient saliva and inability to speak,
- ii. floats to the exterior at night giving rise to night sweating, and
- iii. disrupts the Lung giving rise to dyspnoea and coughing of blood. Heat from yin deficiency may also manifest as wasting and thirsting disorder and hot and restless feet.

Rangu KID-2 has a particular action on the lower jiao. Deficiency of yin and consequent heat may give rise to genital itching. When Kidney yin fails to nourish the Conception and Penetrating vessels there may be irregular menstruation and infertility in women. When deficiency heat agitates the gate of essence in men there may be seminal emission or nocturnal emissions, with or without dreams. In both men and women there may also be excessive sexual desire. If the Kidney qi is deficient, there may be uterine prolapse.

According to the Complete Works of Jing-yue "Yin and yang are of the same origin ... fire is the ruler of water, water is the source of fire ...". Neither deficiency of Kidney yin nor Kidney yang exist in isolation, and this is reflected in the fact that Rangu KID-2 also clearly has an action on tonifying Kidney yang. This is partly illustrated by the traditional indications, but is reflected most clearly in a variety of classical combinations (see below). Rangu KID-2 therefore may also be treated by moxibustion in cases of spontaneous sweating, coldness of the feet and legs, cold diarrhoea, oedema and impotence.

Finally, the emotion associated with the Kidneys is fear, and when the Kidneys are deficient there may be propensity to fear and fright and a constant feeling of alarm as though one were "about to be apprehended". Rangu KID-2 is indicated for these various feelings of foreboding.

### CLASSICAL COMBINATIONS

- Swelling of the inside of the throat: Rangu KID-2 and Taixi KID-3 (Supplementing Life).
- Throat painful obstruction with chills and fever: Rangu KID-2 and Yongquan KID-1 (Thousand Ducat Formulas).
- Loss of voice: Rangu KID-2, Tiantu REN-22, Lingdao HE-4, Yingu KID-10, Fuliu KID-7 and Fenglong ST-40 (Illustrated Supplement).
- Stiffness of the tongue: Rangu KID-2, Yingu KID-10, Yamen DU-15, Shaoshang LU-11, Yuji LU-10, Erjian L.I.-2 and Zhongchong P-9 (Great Compendium).
- Drooling: Rangu KID-2 and Fuliu KID-7 (Supplementing Life).
- Wasting and thirsting disorder with great desire to drink: Rangu KID-2, Yishe BL-49 and Guanchong SJ-1 (Supplementing Life).
- Wasting and thirsting disorder with great desire to drink: Rangu KID-2, Yishe BL-49, Chengjiang REN-24 and Guanchong SJ-1 (Thousand Ducat Formulas).
- Wasting and thirsting disorder: Rangu KID-2, Chengjiang REN-24, Jinjin (M-HN-20), Yuye (M-HN-20), Renzhong DU-26, Lianquan REN-23, Quchi L.I-11, Laogong P-8, Taichong LIV-3, Xingjian LIV-2, Shangqiu SP-5 and Yinbai SP-1 (Great Compendium).
- Febrile disease with agitation, cold feet and profuse sweating: first needle Rangu KID-2, then Taixi KID-3 (Systematic Classic).
- Stabbing Heart pain: Rangu KID-2, Zhigou SJ-6 and Taixi KID-3 (Thousand Ducat Formulas).
- Apprehension and fear as if about to be apprehended: Rangu KID-2 and Yanglingquan GB-34 (Thousand Ducat Formulas).
- Stone oedema of the upper abdomen: moxa Rangu KID-2, Qichong ST-30, Siman KID-14 and Zhangmen LIV-13 (Thousand Ducat Formulas).
- Seminal emission and retraction of the penis: Rangu KID-2 and Dahe KID-12 (Supplementing Life).
- Impotence: Rangu KID-2, Mingmen DU-4, Shenshu BL-23 and Qihai REN-6 (Illustrated Supplement).
- Cold or damp (dong) diarrhoea with undigested food: Rangu KID-2, Jingmen GB-25 and Yinlingquan SP-9 (Thousand Ducat Formulas).
- Cold of the lower extremities: Rangu KID-2, Shenshu BL-23 and Jingu BL-64 (Supplementing Life).

## KI-6 (*zhào hǎi*)

照 *zhào*: to shine, to reflect

海 *hǎi*: sea

## 照海

*Shining Sea*

**Location:** At the medial ankle in a depression directly inferior to the medial tip of the medial malleolus. The point is located 3-5 fen below the inferior border of the malleolus (depending on the ACU CENTRE, Suites 2 & 11, 219 Balaclava Rd., Caulfield North. Victoria. 3161. Australia

patient's anatomy), on the medial surface of the talus. It lies posterior (and inferior) to the tendon of tibialis posterior muscle. This location is approximately 1 cun directly below the tip of the medial malleolus.

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

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

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

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

#### **LARRE & ROCHAT**

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

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

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

and dynamise but still remaining in the quality of yin and water. It is the clarity of the mirror reflecting through the water: the reflecting power of the water.

### DEADMAN'S COMMENTARY

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

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

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

The Yin Motility vessel connects with the Yang Motility vessel at the eyes at Jingming BL-1, and Zhaohai KID-6 is indicated for eye disorders such as redness and pain of the inner canthus and disturbance of the vision by spots and stars. According to the Spiritual Pivot, "When the [taiyang Bladder] channel enters the brain it is divided into the Yin Motility and the Yang Motility, it is here that the yin and yang meet; yang enters the yin and yin moves outwards to the yang, meeting at the inner corner of the eye. When the yang is abundant, the eyes are staring open; when the yin is abundant, the eyes will be closed shut". This passage has been interpreted to explain the use of Zhaohai KID-6 for both insomnia (excessive opening of the eyes) and somnolence (excessive closing of the eyes). Zhaohai KID-6 is also classically indicated for night-time epilepsy, and Shenmai BL-62, the confluent point of the Yang Motility vessel, is indicated for day-time epilepsy.

The Kidney primary channel enters the Heart which stores the spirit, whilst the Kidneys store the will. When the Kidneys and the Heart function harmoniously, the spirit and the will mutually support each other. As well as being able to treat epilepsy and sleeping disorders, Zhaohai KID-6 is used to restore communication between the Heart and Kidneys (especially when heat deriving from Kidney

yin deficiency disrupts the spirit) causing a variety of mental and emotional symptoms such as sadness, fright, insomnia and nightmares.

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

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

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

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

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

#### **CLASSICAL COMBINATIONS**

- For most types of acute throat pain: first needle Baihui DU-20 then Taichong LIV-3, Zhaohai KID-6 and Sanyinjiao SP-6 (Ode of Xi-hong).
- Swelling of the throat with inability to swallow: Zhaohai KID-6, Qiangqu SI-2 and Zhongfeng LIV-4 (Thousand Ducat Formulas).
- Night-time epilepsy: moxa Zhaohai KID-6 and Shenmai BL-62 (Glorious Anthology).
- Somnolence: Zhaohai KID-6, Taixi KID-3, Baihui DU-20, Tianjing GB-21, Erjian L.I.-2, Sanjian L.I.-3, Lidui ST-45 and Ganshu BL-18 (Great Compendium).
- Uterine prolapse: Zhaohai KID-6, Shenmai BL-62, Shuiquan KID-5 and Ququan LIV-8 (Supplementing Life).
- Uterine prolapse: Zhaohai KID-6, Shaofu HE-8, Taichong LIV-3 and Ququan LIV-8 (Great Compendium).
- Uterine prolapse: Zhaohai KID-6, Ququan LIV-8 and Dadun LIV-1 (Great Compendium).
- Cold shan disorder: Zhaohai KID-6 and Dadun LIV-1 (One Hundred Symptoms).

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

## KI-8 (*jiāo xìn*)

交 *jiāo*: to connect, intersect; to deliver

信 *xìn*: faith, trust, evidence; true

## 交 信

### *Intersection Reach*

**Location:** On the medial aspect of the distal leg, 2 cun superior to KID-3 (Tai Xi) and 5 fen anterior to KID-7 (Fu Liu), just behind the posterior border of the tibia. The proportional distance between SP-9 (Yin Ling Quan) [or LIV-7 (Xi Guan)] and the tip of the medial malleolus is 13 cun. SP-6 (San Yin Jiao) is located 1 cun proximal to KID-8 (Jiao Xin).

**Features & Categories:** Xi-Cleft, Accumulation point of Yin Qiao Mai (Yin heel/motility Vessel); Intersection point of Yin Qiao Mai on the Kidney Channel.

**Functions:** Supplements the Kidneys; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); clears Heat and eliminates Damp; disperses masses; resolves abdominal pain; removes obstruction from the Channel; regulates Yin Qiao Mai.

**Indications:** Irregular menstruation; menorrhagia; metrorrhagia; prolapse of the uterus; diarrhea; defecation difficulty; constipation; dysentery; pain and swelling of the testicles.

**Supplementary Indications:** Urinary retention; pain or swelling of the lower abdomen or scrotum; hernia; pain on the medial aspect of the lower limb.

### DEADMAN'S COMMENTARY

Jiaoxin KID-8 is the xi-cleft point of the Yin Motility vessel which originates at Zhaohai KID-6. The xi-cleft points of the yin channels have a special action of treating disorders of blood, especially resolving blood stasis, clearing heat from the blood and stopping bleeding. Although the Yin Motility vessel does not enter the uterus, like all the extraordinary vessels it has a close relationship with the Kidneys, and according to the Essential Questions "the vessel of the uterus connects with the Kidneys". The role played by the Kidneys in holding the uterine blood in place was emphasised by the great Han dynasty doctor Hua Tuo who said of the Kidneys "In males they serve the purpose of shutting in the essence, while in females, of wrapping the blood". Jiaoxin KID-8 is indicated in a variety of menstrual disorders, and most especially uterine bleeding.

Uterine bleeding may be due to a variety of different aetiologies. If the Kidneys are injured by excessively early sexual activity, sexual over-indulgence, multiple pregnancies etc. then either the

Kidney yin or Kidney yang may become deficient leading to infirmity of the Conception and Penetrating vessels. Jiaoxin KID-8 is predominantly indicated in deficiency patterns of uterine bleeding, particularly in cases of Kidney deficiency, but its status as a xi-cleft point and its secondary action of draining damp-heat renders it suitable in the treatment of uterine bleeding due to blood stasis, reckless movement of hot blood and damp-heat.

Jiaoxin KID-8 has a secondary action of draining damp-heat from the lower jiao. In the genital region it can treat such disorders as itching, swelling, sweating and pain of the genitals. In the urinary system it can promote urination and clear heat in the treatment of retention of urine, difficult urination and painful urinary dysfunction, especially qi painful urinary dysfunction. In the intestines it is indicated in the treatment of diarrhoea, dysenteric disorder and difficult defecation.

### CLASSICAL COMBINATIONS

- Profuse and ceaseless uterine bleeding: Jiaoxin KID-8, Yingu KID-10, Taichong LIV-3 and Sanyinjiao SP-6 (Supplementing Life).
- Diminished qi uterine bleeding: Jiaoxin KID-8 and Heyang BL-55 (One Hundred Symptoms).
- Hip pain: Jiaoxin KID-8, Huantiao GB-30, Shugu BL-65, Sanyinjiao SP-6 and Yingu KID-10 (Thousand Ducat Formulas).

## ST-12 (*quē pén*)

缺 *quē*: empty, vacant; imperfect, defective

盆 *pén*: basin, bowl

缺盆

*Empty Basin*

**Location:** At the base of the neck in the middle of the supraclavicular fossa, 4 cun lateral to the anterior midline, REN-22 (Tian Tu). ST-12 (Que Pen) is the highest point of the mamillary line. This is the mid-point of the clavicle.

**Features & Categories:** Intersection point of the Gall Bladder Channel of foot Shao Yang, Large Intestine Channel of hand Yang Ming, San Jiao Channel of hand Shao Yang, Small Intestine Channel of hand Tai Yang and Yin Qiao Mai (Yin heel/motility Vessel) on the Stomach Channel.

Although ST-12 (Que Pen) is nominated by some authorities (Shandong 1982; Rogers 1981) as an intersection point on the Stomach Channel for these Meridians, it is presented by others as not actually participating in their pathways, even though the Channels pass through the supraclavicular fossa (State 1991; Ellis, Wiseman & Boss 1991; O'Connor & Bensky 1981; Cheng 1987). It is probably best thought of as a 'landmark' point.

**Functions:** Diffuses and benefits Lung Qi; frees the Channels and quickens the Connecting Vessels; regulates Qi and the Blood; subdues rebellious Qi.

**Indications:** Cough; dyspnea; breathlessness; asthma; sore, swollen throat; pain in the supraclavicular fossa; intercostal neuralgia.

**Supplementary Indications:** Fullness in the chest, dyspnea and cough; stiff neck; scrofulous lumps; throat Bi; hiccoughs; pain in the shoulder reaching the neck; coughing of blood; lumbar pain preventing movement; Heat in the chest; ascites.

### DEADMAN'S COMMENTARY

Quepen ST-12, is a meeting point of the Stomach channel with all the primary yang channels except the Bladder, and its principal function is to descend rebellion of qi. This is reflected both by its ability to treat rebellion of Lung qi manifesting as cough, dyspnoea and fullness of the chest, as well as by the traditional observation that it is contraindicated in pregnancy. The Essential Questions includes Quepen ST-12 among the eight points (bilateral Quepen ST-12, Dazhu BL-11, Zhongfu LU-1 and Fengmen BL-12) to clear heat from the chest.

Quepen ST-12 is also indicated for pain of the supraclavicular fossa, pain of the shoulder that radiates to the neck, and numbness and pain of the upper limb.

#### CLASSICAL COMBINATIONS

- Cough: Quepen ST-12, Shanzhong REN-17 and Juque REN-14 (Thousand Ducat Formulas).
- Coughing and spitting blood: Quepen ST-12, Xinshu BL-15, Ganshu BL-18, Juque REN-14 and Jiuwei REN-15 (Supplementing Life).
- Heat in the chest: Quepen ST-12 and Qimen LIV-14 (Thousand Ducat Formulas).
- Pain of the shoulder and back: Quepen ST-12, Tianyou SJ-16, Shendao DU-11, Dazhu BL-11, Tiantu REN-22, Shuidao ST-28 and Jugu L.I.-16 (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.

## 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).

## LU-7 (*liè quē*)

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

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

# 列缺

*Broken Sequence*

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

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

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

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

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

### DEADMAN'S COMMENTARY

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

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

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

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

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

Lieque LU-7 is an important point in the treatment of wind disorders, whether of exterior or interior origin. According to both the Spiritual Pivot and the Essential Questions "Taiyin is the opening, jueyin is the closing and shaoyin is the pivot". The Lung (taiyin), which communicates directly with the exterior via respiration, and indirectly through its close relationship with the skin of the whole body, is the most open and vulnerable of the zang to attack by exterior pathogens. When exterior pathogenic wind, in combination with heat, cold or dryness, attacks the superficial portion of the body, it has three principal effects:

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

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

"Wind is characterised by upward and outward dispersion". This saying of Chinese medicine means that wind tends to attack both the upper and exterior portions of the body. As well as releasing

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

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

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

Lieque LU-7 is the confluent point of the Conception vessel, which ascends along the anterior midline of the body and is closely related to the uterus and the genito-urinary organs. By opening and regulating the flow of qi in the Conception vessel, Lieque LU-7 is able to treat such symptoms as retention of the lochia and dead foetus, pain of the genitals and urinary disorders. Its effect on a wide range of urinary disorders such as blood in the urine, and hot, painful and difficult urination, further reflects the important function of the Lung in regulating the water passages, especially descending fluids to the Bladder.

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

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

#### **CLASSICAL COMBINATIONS**

- Acute dyspnoea: Lieque LU-7 and Zusanli ST-36 (Song of Points).

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

## **MATSUMOTO & BIRCH: CLINICAL APPLICATIONS**

### **Zhen Jiu Ju Ying - Yin Qiao Mai Treatments**

Treat KI-6 then LU-7 for:

- throat swollen and feels closed: stomach
- cold pain with urination: kidney, liver
- rough, dripping urination that won't pass: bladder
- blood dizziness in women: liver, kidney
- stagnant bladder qi with pain {possibly cystitis}: bladder
- retained afterbirth: liver
- pain of the umbilicus and abdomen: spleen
- small intestine swollen and full: small intestine
- bleeding from the wall of the intestine: large intestine
- food and fluids immediately vomited, "upside down" stomach: stomach
- alcoholism in males, lump on one side {cirrhosis or hepatitis} and stagnation of food: lungs, liver
- borborygmus, diarrhea, abdominal pain: large intestine
- feeling of fullness and discomfort in the abdomen: stomach
- undigested food {in the stools}: stomach
- following labor, stagnation of blood causes pain in the lower abdomen: stomach, liver

- difficult labor: kidney, liver
- watery diarrhea: spleen nausea and vomiting: stomach
- yin lump caused by alcohol {cirrhosis or hepatitis}: spleen
- pulling qi pain in the muscles below the ribs (or severe muscle tension between the scapulae, or severe tension at the side of the navel caused by cold wind invading the uterus): stomach
- qi lump {movable stagnant gas lump with dull pain in the intestines}: spleen, liver, kidney
- bi symptoms caused by alcohol: stomach, liver
- stagnant qi in the upper part of the middle warmer: master of the heart
- constipation: large intestine
- deficient spleen with food lump, stagnant food, skin becomes dirty yellow, face puffy, legs swollen, mouth bitter, legs sore, abdomen swollen, diarrhea: spleen, stomach
- hot feet: master of the heart

### **Zhen Jiu Da Cheng - Yin Qiao Mai Treatments**

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

KI-6 mainly treats diseases of the yin and yang organs. KI-6 and LU-7 together can treat:

- the feeling of something stuck in the throat
- urinary incontinence, bladder qi pain
- borborygmus
- alcohol lump in the abdomen and around the umbilicus {cirrhosis or hepatitis}
- vomiting and diarrhea
- stomach is upside down {painful stomach} and hard stools {could be physically hard stools or difficulty passing stools}
- difficult labor causing coma or lumps
- wind in the intestines {bloody stools} and bleeding from the anus
- inside the diaphragm it feels [un]comfortable and there is a feeling of plum pit qi in the throat {usually seen in hysteria}

### **Zhen Jiu Da Cheng, Yin Qiao Mai Treatment Combinations**

- incontinence of urine or a feeling of stagnation; the urine drips but does not stream: KI-6 and SP-9, SP-6, SJ-1, LI-4
- cold pain of the lower abdomen, voluminous urination: KI-6 and CV-6, CV-4, BL-23, SP-6
- seven kinds of strong, acute pain in the bladder, with "running piglet" {a lump related to the kidneys that causes a sensation of something rising}: KI-6 and LV-1, the area around CV-6, KI-1, SP-6, BL-20, PC-7, a point three divisions up from LV-8. These seven kinds of strong, acute pain of the bladder are often liver related. These may come one day before weather changes; the patient will be susceptible to the weather. Often, when palpating the abdomen, one will find tightness below the ribs (chest distress) or tightness to the side of the navel. On palpation the sensation radiates to the inguinal joint or into the testicles.

- swollen testicle {caused by mucus dampness, stagnant blood or liver heat}: KI-6 and LV-1, LV-8, KI-2, SP-6, ST-29, the point three divisions up from LV-8, BL-28, BL-23
- breast problem {where the breast develops raised lines that radiate out from the nipple} with acute pain in the lower abdomen or back {hernia related} that sometimes causes pain in heart: KI-6 and GB-26, KI-1, KI-3, LV-1
- incontinence of urine with blood in the urine and sexual organ pain {urinary infection}: KI-6 and KI-10, KI-1, SP-6
- spermatorrhea with white, unclear sperm and frequent urination: KI-6 and CV-4, BL-30, KI-3, SP-6
- dreams of sex with a {Chinese} demon, spermatorrhea: KI-6 and CV-3, BL-38, BL-15, KI-2, BL-23
- difficult labor, during and after labor the baby disturbs the mother's mind and spirit; retention of parts of the afterbirth: KI-6 and CV-14, LI-4, SP-6, BL-67 (moxa)
- women with constipation: KI-6 and BL-62, SP-9, SP-6, KI-3
- pain in the abdomen and umbilicus following labor, with constant discharge: KI-6 and CV-9, CV-4, BL-38, SP-6
- in women, spleen qi problems; blood worms, water worms, qi worms, stone worms: SJ-6, SP-6; KI-6 and CV-17, CV-9 for water worms; CV-4, CV-6, ST-36, LV-2 for blood worms; SP-4 for qi worms; ST-44 for stone worms
- "separated blood", "simple abdomen", "qi panting": KI-6 and CV-10, CV-17, CV-6, ST-36, LV-2
- in women the blood and qi become weak, head and eyes dizzy: KI-6 and BL-23, GV-20, BL-38, LI-11, LI-4, GB-39
- in old people, weak energy, arms and legs hard to move, especially hard to lift: KI-6 and BL-57, GB-34, GB-41, KI-3, LU-5, LI-4
- delirium, vomiting or diarrhea, arms and legs cramping: KI-6 and BL-64, ST-36, BL-57, LI-11, SI-4, LU-5, GB-34
- cold damp beri-beri, fever with much pain: KI-6 and LV-3, BL-54, SP-6
- deficient kidney beri-beri, redness and swelling, high fever that will not pass: KI-6 and ST-30, KI-3, SP-4, SP-6, SP-10, BL-54
- dry beri-beri, patella, internal ankle, all fingers and/or toes painful: KI-6 and LV-7, BL-60, GB-39, BL-54, GB-34, SP-6
- whole body swollen, full and puffy {water}: KI-6 and CV-6, ST-36, LI-11, LI-4, ST-44, LV-2, SP-6
- heart and abdomen swollen and big: KI-6 and CV-12, CV-17, CV-9, SP-6
- the lower abdomen is swollen like a drum, "qi panting": KI-6 and CV-17, CV-6, CV-9, ST-36, LV-2, SP-6
- four limbs face and eyes swollen: KI-6 and GV-26, LI-4, ST-36, GB-41, LI-11, SP-6
- weakness in women, skinny body, red and white discharge: KI-6 and bai lao, BL-23, CV-4, SP-6
- chronic coldness of the uterus with sterility: KI-6 and ST-25, SP-6, the uterus point (three divisions lateral to CV-3)

- in women, the water meridians pass correctly, but they suffer from headache, dizziness, pain in the kidney and lower abdomen areas: KI-6 and GB-35, ST-44, LI-4
- uterus and monthly water imbalance {monthly distension or edema}, pain in the umbilicus or abdomen: KI-6 and BL-23, SP-6, CV-4
- difficult labor, baby does not deliver: KI-6 and LI-4, SP-6, du yin

The reference to the mother's mind and spirit states that the child "squeezes, holds the mother's mind so that it cannot descend", describing a mother whose attention cannot leave the child and who is thus unable to relax.

The term "worm" refers to one of three problems:

1. Tapeworm that causes a lump formation injuring the liver and spleen; the luo vessels stagnate and protrude.
2. Heat and pain in the lower abdomen with white unclear urine.
3. Male sexual disease (more psychological than physical, such as excessive thoughts about sex).

"Separated blood" could refer to septicemia or blood poisoning. The symptoms are: very high fever, coma, delirium, vomiting blood, epistaxis, bloody stools. These may be related to problems of the heart, liver and kidney. The "simple abdomen" is a problem in the lower part of the abdomen. "Qi panting" is likely shortness of breath, dyspnoea.

### **Dr. Yang's Yin Qiao Mai Treatments**

- both qi and blood worms {any of the three worm symptoms described above}: KI-6 and LV-2, CV-4, CV-9, SP-4, CV-6, GB-41
- heat in the five hearts: KI-6 and PC-6, KI-1, shi xuan, PC-7, LI-4, BL-17, BL-19
- chest pain, feeling of qi pushing or pressing: KI-6 and HT-5, PC-7
- suffering with a feeling of pressure and uncomfortableness in the heart, stressed {suffers shock}: KI-6 and BL-15, PC-6, HT-7
- the esophagus and trachea feel stagnant like something is stuck: KI-6 and LU-11, GB-20, KI-6 (again)
- deficient yang, the patient is like a corpse: KI-6 and BL-15, KI-2, BL-23, CV-3, SP-6