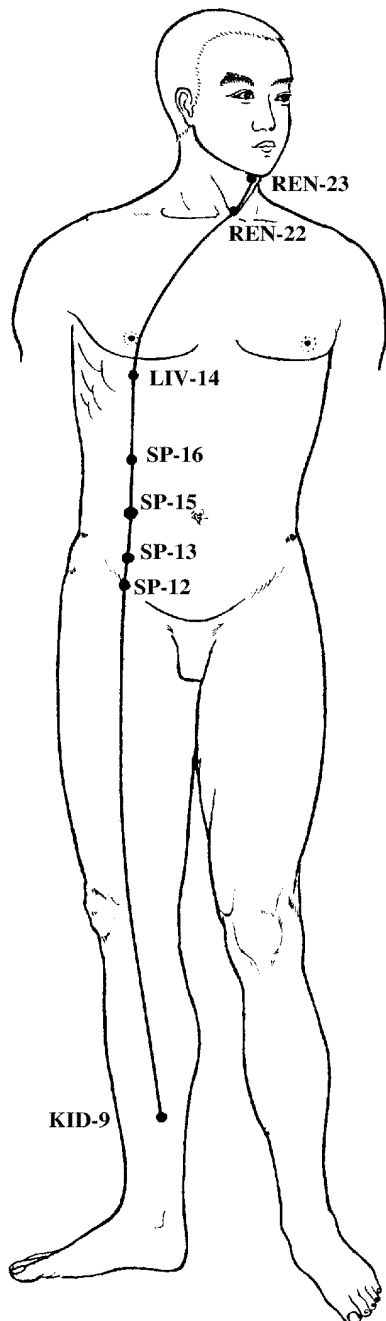


WEI MAI/ LINKING VESSELS; part #2

Yin Wei Mai. Vessel, Points, Clinic use, Treatments.

AN ACUPUNCTURE COMPENDIUM (from Davis, 2000)

Yin Wei Mai/ Yin linking Vessel



Yin Wei Mai begins at point KID-9 (Zhu Bin) on the Kidney Channel of foot Shao Yin on the medial leg. This area is contiguous for all the primary Yin Meridians of the lower limb. It ascends the medial aspect of the lower limb and enters the abdomen where it communicates with the Spleen Meridian. It continues across the chest to the throat where it meets Ren Mai (Conception Vessel).

Yin Wei Mai intersects the Kidney Channel of foot Shao Yin at KID-9 (Zhu Bin), and the Spleen Channel of foot Tai Yin at SP-12 (Chong Men), SP-13 (Fu She), SP-15 (Da Heng), and SP-16 (Fu Ai). It intersects the Liver Channel of foot Jue Yin at LIV-14 (Qi Men), and Ren Mai (Conception Vessel) at REN-22 (Tian Tu) and REN-23 (Lian Quan).

YIN WEI MAI SPECIAL POINTS/ COMMAND POINTS

- PC-6 (Nei Guan): Master point
- SP-4 (Gong Sun): Coupling point
- KID-9 (Zhu Bin): Xi-Cleft, Accumulation point

FLOW OF QI/ DISTRIBUTION OF POINTS:

- Lower Limb:** KID-9 (Zhu Bin)
- Trunk:** SP-12 (Chong Men), SP-13 (Fu She), SP-15 (Da Heng), SP-16 (Fu Ai), LIV-14 (Qi Men)
- Neck:** REN-22 (Tian Tu), REN-23 (Lian Quan).

Yin Wei Mai

(modified from Shandong, 1982, p.74)

Functions:

(O'Connor & Bensky, 1981; Ellis et al, 1988): Yin Wei Mai serves to connect the flows of the primary Yin Channels, reinforcing and balancing their flows, and regulating their activity.

(Ross, 1995): Moves Stagnant Qi and Blood in the throat, Heart, chest and epigastrium. Regulates the balance between the Heart and the Kidneys and calms the Shen.

Indications:

(Shandong, 1982): Fullness and distension of the chest, borborygmus and diarrhoea, regurgitation and belching, abdominal mass, pain of the lower chest in women, angina pectoris, pleurisy.

POINTS OF YIN WEI MAI
KI-9 (*zhú bīn*)

築 *zhú*: to build, to construct; to pound, to attack

賓 *bīn*: guest; to submit

築賓

Guest House

Location: On the medial aspect of the leg, 5 cun superior to KID-3 (Tai Xi) in the muscle belly of the medial head of gastrocnemius muscle. The point is located on a line drawn between KID-3 (Tai Xi) and KID-10 (Yin Gu).

The proportional distance between LIV-7 (Xi Guan) [or SP-9 (Yin Ling Quan)] and KID-3 (Tai Xi) is 13 cun. KID-9 (Zhu Bin) is located 1.5 cun distal to the midway point between these landmarks. It lies directly posterior to LIV-5 (Li Gou).

Features & Categories: Xi-Cleft, Accumulation point of Yin Wei Mai (Yin linking Vessel); Intersection point of Yin Wei Mai on the Kidney Channel.

Functions: Tonifies Kidney Yin; Clears the Heart and transforms Phlegm; settles fright and calms the Shen; resolves toxins and relieves pain; opens the chest; regulates Yin Wei Mai.

Indications: Nephritis; cystitis; orchitis; pelvic inflammatory disease; menorrhagia; seizures; psychosis; anxiety; mental restlessness; pain on the medial aspect of the lower leg; spasm of gastrocnemius muscle.

Supplementary Indications: Colic; insanity; mania and withdrawal; pain or swelling of the abdomen or scrotum; hernia.

DEADMAN'S COMMENTARY

Zhubin KID-9 is the xi-cleft point of the Yin Linking vessel which connects the yin channels of both hand and foot and the Conception vessel. The Yin Linking vessel has a special action on the Heart, thus the Classic of Difficulties says "When the Yin Linking vessel is diseased, Heart pain will result". The traditional indications of this point do not include Heart pain, but they do clearly reveal a pattern of phlegm or phlegm-fire obstructing the Heart giving rise to madness, mania, mania depression disorder, raving, fury and cursing and vomiting of foamy (watery) saliva. Phlegm and qi coagulating in the neck region give rise to goitre, whilst tongue thrusting (where the tongue is repeatedly thrust out of the mouth like a snake's tongue) may be due to accumulated heat of the Heart and Spleen.

CLASSICAL COMBINATIONS

- Madness with vomiting: Zhubin KID-9, Yanggu SI-5, Houding DU-19, Qiangjian DU-18, Naohu DU-17, Luoque BL-8 and Yuzhen BL-9 (Thousand Ducat Formulas).
- Mania disorder, raving, fury and cursing: Zhubin KID-9 and Juque REN-14 (Thousand Ducat Formulas).
- Vomiting of foamy (watery) saliva: Zhubin KID-9 and Shaohai HE-3 (Supplementing Life).
- Tongue thrusting: Zhubin KID-9 and Taiyi ST-23 (Supplementing Life).

SP-12 (*chōng mén*)

冲 (衝) *chōng*: surge, dash, flush, rinse; thoroughfare, hub
 門 *mén*: gate, door

冲門

Surging Gate

Location: At the lateral end of the inguinal groove, 3.5 cun lateral to Ren Mai point REN-2 (Qu Gu). The point is lateral to the femoral nerve and vessels.

Features & Categories: Intersection point of the Liver Channel of foot Jue Yin and Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Rectifies flow of Qi; clears Heat and resolves Damp; tonifies Yin.

Indications: Abdominal pain; painful hernia; urinary retention; endometritis; orchitis.

Supplementary Indications: Abdominal Cold Qi fullness; painful accumulations and gathering in the abdomen; lactation difficulty; surging of the fetus into the heart region disturbing breathing.

DEADMAN'S COMMENTARY

Chongmen SP-12 is a coalescent point of the Yin Linking vessel. The Classic of Difficulties says "When the Yin Linking vessel is diseased, Heart pain will result". Chongmen SP-12 (Rushing Gate), like Qichong ST-30 (Rushing Qi), is indicated for foetal qi rushing up to the Heart. This condition, described by Zhu Dan-xi, manifests as distention, fullness and pain of the abdomen and Heart in a pregnant woman, and is common in the later stages of pregnancy.

CLASSICAL COMBINATIONS

- Abdominal fullness and abdominal (ji ju) masses: Chongmen SP-12 and Fushe SP-13 (Supplementing Life).
- The five types of painful urinary dysfunction with inability to urinate: Chongmen SP-12 and Dadun LIV-1 (Supplementing Life).
- Post-partum leucorrhoea and uterine bleeding: Chongmen SP-12 and Qichong ST-30 (One Hundred Symptoms).

SP-13 (*fǔ shè*)

府 *fǔ*: mansion, residence; (ancient: 腑 *fǔ*, bowel)
 舍 *shè*: house, abode

府舍

Bowel Abode

Location: At the lateral end of the inguinal groove, 7 fen superio-lateral to SP-12 (Chong Men), 4 cun lateral to the anterior midline.

Features & Categories: Intersection point of the Liver Channel of foot Jue Yin and Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Regulates flow of Qi; soothes the Liver and relieves pain.

Indications: Abdominal pain; painful hernia; glomus; appendicitis; inguinal lymphadenitis; adnexitis.

Supplementary Indications: Pain or swelling of the abdomen or scrotum; acute pain in the thigh; abdominal pain; accumulations and gatherings.

CLASSICAL COMBINATIONS

- Abdominal fullness and abdominal (ji ju) masses: Fushe SP-13 and Chongmen SP-12 (Supplementing Life).

SP-15 (*dà héng*)

大 *dà*: great, big

橫 *héng*: horizontal, crosswise

大橫

Great Horizontal

Location: On the anterolateral abdomen, 4 cun lateral to Ren Mai point REN-8 (Shen Que). The point is located on the mamillary line, on the lateral border of rectus abdominus muscle. [Some texts locate this point 3.5 cun laterally].

Features & Categories: Intersection point of Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Regulates Qi and resolves Damp; strengthens the Spleen; strengthens the limbs; stops pain; promotes the function of the Large Intestine.

Indications: Dysentery; diarrhea; constipation; lower abdominal pain; intestinal paralysis; parasitic worms in the intestines.

Supplementary Indications: Great Wind contraction with counterflow Qi; dysentery; severe diarrhea; Cold pain in the lower abdomen; Cold Deficiency of the Middle Jiao; heat in the lower abdomen.

DEADMAN'S COMMENTARY

Daheng SP-15 is an important point for regulating the qi of the Large Intestine. It is indicated for the treatment of diarrhoea, especially of cold or damp type, and due to its ability to move the qi of the Large Intestine is also used in the treatment of constipation due to many different aetiologies. Both Daheng SP-15 and Tianshu ST-25, its neighbouring point, are effective in the treatment of a variety of disorders of the intestines. Clinically, however, Tianshu ST-25 is predominantly used for loose stools, diarrhoea and dysenteric disorder, whilst Daheng SP-15 is favoured for constipation.

Daheng SP-15 is also indicated and included in classical combinations for sadness, weeping and sighing. Whilst there is no special theoretical reason why Daheng SP-15 should have this action, it is interesting to compare it with its neighbouring points Taiyi ST-23 and Huaroumen ST-24 which also have several psycho-emotional indications.

CLASSICAL COMBINATIONS

- Arched back with sorrowful weeping: Daheng SP-15 and Tianchong GB-9 (One Hundred Patterns).
- Constipation: Daheng SP-15, Dachangshu BL-25 and Zhigou SJ-6.

SP-16 (*fù āi*)

腹 *fù*: abdomen

哀 *āi*: to lament, to sympathize with, to pity; sorrow, grief

腹哀

Abdominal Lament

Location: On the superio-lateral abdomen 3 cun superior to SP-15 (Da Heng). The point is located 4 cun lateral to REN-11 (Jian Li) on the lateral border of rectus abdominus muscle. ST-22 (Guan Men)

is located 2 cun lateral to REN-11 (Jian Li), KID-18 (Shi Guan) is 5 fen lateral. [Some texts locate this point 3.5 cun laterally].

Features & Categories: Intersection point of Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Clears Heat and resolves Damp; frees bowel Qi.

Indications: Abdominal pain; untransformed digestate in the stool; indigestion; constipation; dysentery.

Supplementary Indications: Abdominal Cold pain; umbilical pain; dysentery with pus and blood.

CLASSICAL COMBINATIONS

- Undigested food (in the stool): Fuai SP-16 and Taibai SP-3 (Supplementing Life).

LV-14 (*qí mén*)

期 *qí*: period, cycle; one hundred years; expect; one year

門 *mén*: gate, door

期門

Cycle Gate

Location: On the anterior chest in the 6th intercostal space, approximately 4 cun lateral to the Ren Mai. The point is on the mamillary line, one intercostal space above GB-24 (Ri Yue). On males this is usually directly inferior to the nipple. There is considerable variation in thoracic wall anatomy between individuals, which means that differences may be found in the distance this point is located from the midline.

Features & Categories: front Alarm-Mu, Collecting point of the Liver, intersection point of the Spleen Channel of foot Tai Yin and Yin Wei Mai (Yin linking Vessel) on the Liver Channel.

Functions: Transforms and resolves Stagnant Blood; dispels pathogens and Heat from the Blood and Uterus; transforms Phlegm and disperses stasis; calms the Liver and spreads Qi; benefits the Stomach.

Indications: Pain in the chest and lateral costal region; intercostal neuralgia; hepatitis; enlarged liver; cirrhosis; cholecystitis; abdominal distention; thoracic fullness; pleurisy; mastitis; myocarditis; vomiting; hiccough; nervous dysfunction of the stomach; acid regurgitation.

Supplementary Indications: Heat in the chest; swelling of the lateral costal region; cardiac pain; running piglet pattern and abdominal hardness; malarial disease; febrile diseases; tidal fevers; spleen enlargement resulting from prolonged tidal fevers; Cold damage with Heat entering the Blood chamber (uterus) and excessive menstrual flow; abdominal tightness with respiratory difficulty; postpartum illness; retained placenta; desire to eat despite difficult ingestion; visual dizziness; depression.

DEADMAN'S COMMENTARY

Qimen LIV-14 is the last point on the Liver channel and indeed the last point in the great circulation of qi which begins at Zhongfu LU-1 and passes through all the twelve channels, ending one complete cycle at this point. This is reflected in its name 'Cycle Gate'.

Qimen LIV-14 is the front-mu point of the Liver. The term 'mu' means to gather or to collect, and the front-mu points are where the qi of the zangfu gathers and concentrates on the anterior surface of the body. It is in the region of this point that the Liver channel spreads through the lateral costal

region, diaphragm and chest. Its main sphere of action therefore is on regulating the free flow of qi in these areas, and in contrast to Zhangmen LIV-13 which focuses on the middle and lower jiao, Qimen LIV-14 acts primarily on the middle and upper jiao.

The Spiritual Pivot states "With anger the qi rebels upwards and accumulates in the chest". If Liver qi is obstructed in the chest or lateral costal region, there will be pain, distention or fullness, whilst if Liver qi invades the Lung and obstructs its descending function, it will give rise to cough, sighing and dyspnoea. The Liver sinew channel links with the breast, and the entire breast region is strongly influenced by the Liver. If Liver qi is obstructed in the breast region, therefore, there will be pain, distention and even masses, all of which may fluctuate with the menstrual cycle, being most pronounced in the days immediately prior to menstruation. Qimen LIV-14 is an important adjacent point in the treatment of this common condition.

The intimate relationship between qi and blood is clearly expressed in the saying "Qi is the commander of blood ... when qi moves, blood moves". Severe or prolonged qi stagnation, therefore, will lead to blood stasis manifesting as hardness or masses with cutting pain in the chest, lateral costal region, abdomen or hypogastrium. Qimen LIV-14, by virtue of its ability to circulate both qi and blood, is indicated in all these situations. Qimen LIV-14 is also specifically indicated for cutting or stabbing pain of the Heart, reflecting its status as a meeting point of the Liver channel with the Yin Linking vessel. According to the Classic of Difficulties "When the Yin Linking vessel is diseased, Heart pain will result".

According to ZhangJing-yue "If anger occurs during or after eating it injures the Stomach and Spleen". This vital observation emphasises the great importance ascribed to a peaceful and harmonious state of mind during mealtimes. If instead there is disturbance, conflict, frustration, resentment or outright anger they may wreak turmoil in the digestive system. If Liver qi transversely invades the Stomach in this way and impairs its descending function, the Stomach qi will stagnate or rebel upwards leading to epigastric distention and pain, acid regurgitation, vomiting and hiccup. Qimen LIV-14 is an essential local point in the treatment of this pattern of Liver-Stomach disharmony. If Liver qi transversely invades the Spleen and impairs the Spleen transportation and transformation function, there will be abdominal distention and diarrhoea, although Qimen LIV-14 is less used clinically in this situation than Zhangmen LIV-13.

A specific indication for Qimen LIV-14 is 'injury by cold leading to heat which enters the blood chamber'. This refers to attack and penetration of cold during menstruation or after childbirth. The cold transforms to heat and gives rise to alternating fever and chills, hardness and fullness in the lower abdomen, chest and lateral costal region, and clear consciousness during the day with disordered speech at night. This pattern was first described in the Treatise on Injury by Cold by Zhang Zhongjing who recommended the administration of Xiao Chai Hu Tang (Minor Bupleurum Decoction) and needling Qimen LIV-14, especially in the case of manic raving. The Tang dynasty author Xu Xue-shi, a scholar of the works of Zhang Zhongjing, in his discussion of the Treatise on Injury by Cold said "Concerning heat entering the blood chamber in women, when Xiao Chai Hu Tang is too slow, needle Qimen LIV-14". Qimen LIV-14 is also indicated for uterine bleeding.

Finally, like Zhangmen LIV-13, Qimen LIV-14 is an important point in the treatment of running piglet qi (see Zhangmen LIV-13 for a fuller discussion).

CLASSICAL COMBINATIONS

- Pain of the Heart with shortness of breath: Qimen LIV-14, Changqiang DU-1, Tiantu REN-22, Xiabai LU-4 and Zhongchong P-9 (Thousand Ducat Formulas).
- Stabbing pain of the Heart: Qimen LIV-14 and Burong ST-19 (Thousand Ducat Formulas).
- Chest pain: Qimen LIV-14, Feishu BL-13, Yunmen LU-2, Zhongfu LU-1, Yinbai SP-1, Hunmen BL-47 and Daling P-7 (Thousand Ducat Formulas).
- Heat in the chest: Qimen LIV-14 and Quepen ST-12 (Thousand Ducat Formulas).
- Chest pain due to injury by cold: Qimen LIV-14 and Daling P-7 (Great Compendium).
- Dyspnoea with inability to walk: Qimen LIV-14, Zhongwan REN-12 and Shanglian L.I.-9 (Great Compendium).
- Rebellion of qi with cough, fullness of the chest, shortness of breath with pain that radiates to the back: 50 moxa cones each on Qimen LIV-14 and Jueque REN-14 (Thousand Ducat Formulas).
- Distention of the lateral costal region: Qimen LIV-14, Guanyuan REN-4 and Shaoshang LU-11 (Thousand Ducat Formulas).
- Difficult ingestion: Qimen LIV-14, Yanggang BL-48, Shaoshang LU-11 and Laogong P-8 (Thousand Ducat Formulas).
- Post-partum belching: Qimen LIV-14 and Xiangu ST-43 (Supplementing Life).
- Running piglet qi in women: Qimen LIV-14, Guanyuan REN-4, Zhongji REN-3, Sanyinjiao SP-6, Shimen REN-5 and Xuehai SP-10 (Supplementing Life).
- Stiffness of the nape of the neck due to injury by cold: Qimen LIV-14 and Wenliu L.I.-7 (One Hundred Symptoms).
- Involuntary erection with difficult urination: Dadun LIV-1, Qimen LIV-14, Yingu KID-10, Weizhong BL-40 and Weiyang BL-39 (Supplementing Life).

CV-22 (*tiān tú*)

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

天突

Celestial Chimney

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

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

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

Indications: Cough; dyspnea; asthma; acute and chronic bronchitis; sudden loss (or hoarseness) of voice; profuse phlegm; sore, swollen or dry throat; pharyngitis; chronic mucus production in throat;

hiccup; difficulty in swallowing; goitre; nervous vomiting; spasm and diseases of the esophagus; spasms of the diaphragm; diseases of the larynx.

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

CV-23 (*lián quán*)

廉 *lián*: ridge; corner; aspect

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

廉泉

Ridge Spring

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

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

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

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

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

PC-6 (*nèi guān*)

內 *nèi*: inner, inside

關 *guān*: gate, passage; to shut, to close

內關

Inner Pass

Location: On the anterior forearm 2 cun proximal to the transverse wrist crease between the tendons of palmaris longus and flexor carpi radialis muscles. The point is on a line drawn between PC-3 (Qu Ze) at the elbow and PC-7 (Da Ling) at the wrist.

Features & Categories: Connecting-Luo point of the Pericardium Channel, connecting to the San Jiao Channel of hand Shao Yang; Master point of Yin Wei Mai (Yin linking Vessel), Coupling point of Chong Mai (Penetrating Vessel). General Luo-Connecting point of the Yin. Regional Command point of the chest and lateral costal region.

Functions: Clears Heat and eliminates vexation; Calms the Shen; opens the chest; regulates Heart Qi and Blood; downbears counterflow and stops vomiting; harmonizes the Stomach and relieves pain; regulates Jue Yin and the San Jiao.

Indications: Cardiac and chest pain; palpitations; shock; angina pectoris; stomach and abdominal pain; nausea; retching; irritability; mania and withdrawal; migraine headache; hysteria; insomnia;

dizziness; hyperthyroidism; epilepsy; swollen and painful throat; pain and hypertonicity of the elbow and arm; febrile diseases; malaria.

Supplementary Indications: Gastric reflux; splenogastric disharmony; vomiting; tidal fever; jaundice; diseases of the chest and ribs; hot, red face; red eyes; prolapse of the rectum; poor memory and derangement; lump glomus; concretions; Wind strike, apoplexy.

DEADMAN'S COMMENTARY

The Pericardium primary channel originates in the chest, its divergent channel enters the chest and its sinew channel disperses in the chest and over the anterior and posterior ribs. Neiguan P-6, a point of the Pericardium channel, is also the confluent point of the Yin Linking vessel which ascends through the chest. According to the Classic of Difficulties⁹ "When the Yin Linking vessel is diseased, Heart pain will result". In the Ode of the Obstructed River the use of Neiguan P-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, Neiguan P-6 is indicated for disorders of the chest. The Investigation into Points Along the Channels by the Ming dynasty author Yan Zhen-shi says "Neiguan P-6 treats all kinds of pain of the zangfu, chest and lateral costal region". Furthermore, Neiguan P-6 was included among the 'six command points' (a grouping derived by later commentators from Gao Wu's 'four command points') for its pre-eminent effect on diseases of the chest and lateral costal region. Neiguan P-6, therefore, has long been considered the single most important distal point for the treatment of pain and stiffness of the chest and it is one of the primary points in acupuncture analgesia for chest surgery. Its range of actions extends not only to the Heart, but also to the Lung.

Pain and stiffness of the Heart and chest may result from various aetiologies including:

- i. Heart qi and yang deficiency,
- ii. accumulation of cold,
- iii. accumulation of phlegm,
- iv. blood stasis,
- v. constrained Liver qi,
- vi. traumatic injury.

Whatever the pattern, Neiguan P-6 forms an essential part of any point combination. In the treatment of angina pectoris, however, certain doctors emphasise the use of Ximen P-4 (the xi-cleft point of the Pericardium channel) during acute attacks and Neiguan P-6 during remission. Neiguan P-6 is also effective to treat other disorders of the chest such as asthma and cough, as well as pain in the lateral costal region and hypochondrium. These last two symptoms reflect not only the pathway of the Pericardium sinew channel, but also the relationship of Neiguan P-6 to stagnation of Liver qi, explained by the paired relationship of the Pericardium and Liver jueyin channels. Neiguan P-6, therefore, is especially effective in treating stagnation of Liver qi anywhere in the upper and middle jiao.

The Pericardium is the 'wrapping' of the Heart which stores the spirit, and the Pericardium luo-connecting channel links Neiguan P-6 directly with the Heart. The action of Neiguan P-6 on regulating the Heart zang and calming the spirit emphasises its dual effect on both the physical and

emotional aspects of the Heart. It is an important point in the treatment of palpitations, pounding of the Heart and disorders of Heart rhythm, and is also one of the main acupuncture points for regulating and calming the spirit and treating a wide range of emotional disorders whatever the underlying pattern. It is therefore indicated for insomnia, epilepsy, mania, poor memory, loss of memory following windstroke, fright, sadness, fear and apprehension.

The Investigation into Points Along the Channels, echoing many other classical texts, states that Neiguan P-6 is indicated "for disharmony of the Stomach and Spleen". The Pericardium primary and divergent channels both descend through the diaphragm to connect with the middle and lower jiao, and this explains the powerful effect of Neiguan P-6 on the function of the middle jiao. Neiguan P-6 is the pre-eminent point to treat nausea and vomiting due to any aetiology, including vomiting of pregnancy and the side-effects of chemotherapy and radiotherapy. Its considerable effect in the treatment of such side-effects has rendered it the subject of more research in recent years than any other acupuncture point. Neiguan P-6 is further indicated for distention, fullness and pain of the epigastrium and abdomen, and is often combined with Gongsun SP-4, the confluent point of the Penetrating vessel, for this purpose.

The Pericardium channel belongs to fire, and like many other points of the channel Neiguan P-6 is indicated for a variety of manifestations of heat, including fevers, jaundice, red face with hot skin, painful urinary dysfunction, cracked and bleeding tongue etc.

Finally the Great Compendium of Acupuncture and Moxibustion gives specific indications for excess and deficiency of the luo-connecting points. In the case of Neiguan P-6 these are sudden Heart pain (excess); stiffness [and pain] of the head [and neck] (deficiency).

CLASSICAL COMBINATIONS

- Oppression of the chest: Neiguan P-6 and Jianli REN-11 (One Hundred Symptoms).
- Pain of the Heart and chest: Neiguan P-6, Quze P-3 and Daling P-7 (Great Compendium).
- Fear and fright with Heart pain: Neiguan P-6, Shenmen HE-7, Shaochong HE-9 and Yanglingquan GB-34 (Compilation).
- Epilepsy: Neiguan P-6, Houxi SI-3, Shenmen HE-7, Xinshu BL-15 and Yinbai SP-1 (Complete Collection).
- Sudden turmoil disorder, headache, chest pain and dyspnoeic rales: Neiguan P-6, Renying ST- 9, Guanchong SJ-1, Sanyinjiao SP-6 and Zusanli ST-36 (Compilation).
- Difficult ingestion: Neiguan P-6, Yuji LU-10 and Zusanli ST-36 (Great Compendium).
- For quickly treating abdominal disease: Neiguan P-6 and Zhaohai KID-6 (Ode of the Jade Dragon).
- Abdominal pain: Neiguan P-6 and Gongsun SP-4 (Ode of Xi-hong).
- Abdominal pain: Neiguan P-6, Zusanli ST-36 and Zhongwan REN-12 (Great Compendium).
- Cracked and bleeding tongue: Neiguan P-6, Taichong LIV-3 and Yinjiao REN-7 (Miscellaneous Diseases).
- Red (bloody) dysenteric disorder: Neiguan P-6, Tianshu ST-25, Neiting ST-44, Yinbai SP-1, Qihai REN-6 and Zhaohai KID-6 (Great Compendium).
- Insufficient lactation due to Liver qi stagnation: Neiguan P-6, Rugen ST-18, Shanzhong REN-17, Shaoze SI-1 and Taichong LIV-3.

SP-4 (gōng sūn)

公 gōng: grandfather; public; a surname

孫 sūn: grandson; a surname

公孫

Yellow Emperor

Location: On the medial aspect of the foot, in the depression just distal to the base of the first metatarsal bone, at the junction of the red and white skin. This is approximately 1 cun posterior to SP-3 (Tai Bai). The point is located between the metatarsal bone and abductor hallucis muscle.

Features & Categories: Connecting-Luo point of the Spleen Channel connecting to the Stomach Channel of foot Yang Ming; Master point of Chong Mai (Penetrating Vessel), Coupling point of Yin Wei Mai (Yin linking Vessel).

Functions: Supports the Spleen and Stomach; pacifies the Stomach; rectifies flow of Qi; regulates the sea of Blood; stops bleeding; regulates Chong Mai.

Indications: Stomach pain; vomiting; irregular menstruation; endometritis; borborygmus; abdominal pain or distension; acute and chronic enteritis; diarrhea; dysentery; pain in the medial foot or ankle.

Supplementary Indications: Stomachache; abdominal pain; intestines hard 'like a drum'; vomiting and diarrhea; tidal fevers; seizures.

DEADMAN'S COMMENTARY

Gongsun SP-4 is the luo-connecting point of the Spleen channel and the confluent point of the Penetrating vessel. Its principal actions are to harmonise the middle jiao, fortify the Spleen, regulate stagnant qi and transform dampness. One explanation of the name 'Grandfather Grandson' refers to its status as the luo-connecting point, the Spleen channel being the grandfather and the Stomach channel the grandson. An alternative explanation is that it refers to the Yellow Emperor, whose family name was Gongsun and who ruled under the earth phase, emphasising the significant action of this point on both the Spleen and the Stomach.

The Stomach and Spleen (which together comprise the middle jiao) are intimately related and their functions and nature complement each other. The 'rotting and ripening' of food and drink in the Stomach, the first stage of the digestive process, is ultimately governed by the Spleen. The Spleen ascends whilst the Stomach descends; the Spleen abhors dampness whilst the Stomach abhors dryness. Gongsun SP-4 connects with the Stomach channel (via the luo-connecting channel) and with the Stomach and intestines themselves (via the primary and luo-connecting channels). It is ideally suited, therefore, to harmonise the relationship between this paired zang and fu, and is indicated on the one hand for vomiting, cold in the Stomach, no pleasure in eating and oesophageal constriction, and on the other hand for borborygmus, diarrhoea, dysenteric disorder, tenesmus etc. It is also indicated for sudden turmoil disorder - the sudden and acute onset of simultaneous diarrhoea, vomiting and abdominal discomfort or pain. This disease is associated with eating unclean food, or with attack of cold, summerheat, dampness or epidemic qi.

The Spleen channel meets with the Conception vessel on the abdomen both below and above the umbilicus (Zhongji REN-3, Guanyuan REN-4 and Xiawan REN-10), whilst the Penetrating vessel passes through all the Kidney channel points of the lower and upper abdomen. In clinical practice, Gongsun SP-4 is an important point to treat upper and lower abdominal distention or pain due to qi

stagnation, blood stasis or obstruction by dampness. According to the discussion of the 'eight therapeutic methods' in the Ode of the Obstructed River, Gongsun SP-4 is particularly indicated for abdominal pain below the umbilicus. Other sources emphasise its effectiveness for both epigastric pain and periumbilical pain. Whilst all sources therefore agree on its ability to treat abdominal pain, the variance in opinion on its precise sphere of action reflects both its effect on the Stomach in the upper abdomen and the intestines (via the Spleen) in the lower abdomen, and the pathways of the channels which it influences.

In common with the other luo-connecting points of the yin channels (Lieque LU-7, Tongli HE-5, Dazhong KID-4, Neiguan P-6 and Ligou LIV-5) Gongsun SP-4 has a pronounced effect on emotional disorders. The Spleen channel connects with the Heart, and when phlegm and dampness accumulate and transform into phlegm-heat, this may be carried upwards to obstruct the Heart and agitate the spirit giving rise to mania-depression, manic raving, insomnia, restlessness and epilepsy. Alternatively, if Spleen qi is deficient, the source of blood will be weak and the Heart and spirit will lack nourishment resulting in insomnia and restlessness. Unusually for a Spleen channel point, Gongsun SP-4 is also indicated for Gall Bladder deficiency and much sighing. For a fuller discussion of this pattern, see Danshu BL-19.

The Penetrating vessel disperses in the chest, whilst the Spleen channel connects with the Heart, chest and lateral costal region. The Complete Collection of Acupuncture and Moxibustion recommends Gongsun SP-4 for the 'nine types of Heart pain' as well as for low-grade pain of the chest. Neiguan P-6, the confluent point of the Yin Linking vessel is frequently combined with Gongsun SP-4, the confluent point of the Penetrating vessel, to enhance the latter's ability to treat Heart and chest pain, as well as to calm the spirit and regulate qi in the middle jiao and hence treat pain, distention and nausea.

The Penetrating vessel (known as the sea of blood) originates in the lower abdomen and has a specific effect on the uterus. The Classic of the Jade Dragon states that Gongsun SP-4 may be used for 'all gynaecological disorders'. Despite this recommendation, however, it is notable that other gynaecological indications in both classical and modern texts are relatively few.

One pathway of the Penetrating vessel ascends to the face, and Gongsun SP-4 is indicated (and included in various classical combinations) for oedema, especially swelling of the face.

Finally the Great Compendium of Acupuncture and Moxibustion gives specific indications for excess and deficiency of the luo-connecting points. In the case of Gongsun SP-4, these are cutting pain of the intestines (excess); drum distention (deficiency).

CLASSICAL COMBINATIONS

- Abdominal pain: Gongsun SP-4 and Neiguan P-6 (Ode of Xi-hong).
- Stagnation of food in the mid-abdomen, stabbing pain that does not cease: Gongsun SP-4, Jiexi ST-41, Zhongwan REN-12 and Zusanli ST-36 (Complete Collection).
- Borborygmus: Gongsun SP-4, Taibai SP-3, Dachang shu BL-25 and Sanjiaoshu BL-22 (Supplementing Life).
- Vomiting phlegm and watery saliva, dizziness that does not cease: Gongsun SP-4, Fenglong ST-40, Yangxi L.I.-5 and Shanzhong REN-17 (Complete Collection).

- Sudden turmoil disorder: Gongsun SP-4, Jujue REN-14, Guanchong SJ-1, Zhigou SJ-6 and Jiexi ST-41 (Systematic Classic).
- Chronic malaria with no pleasure in eating: Gongsun SP-4, Neiting ST-44 and Lidui ST-45 (Great Compendium).
- Pain of the lateral costal region: Gongsun SP-4, Zhigou SJ-6, Yanglingquan GB-34 and Zhangmen LIV-13 (Complete Collection).
- Swelling of the face and head: Gongsun SP-4 and Yanglingquan GB-34 (Supplementing Life).

MATSUMOTO & BIRCH: CLINICAL APPLICATIONS

Zhen Jiu Ju Ying - Yin Wei Mai Treatments

Treat PC-6 then SP-4 for:

- full condition with discomfort on the inside: heart, stomach
- shanghan: master of the heart
- stagnation and fullness in the heart and chest: liver, stomach
- irregular vomiting: spleen, stomach
- feeling of fullness in the chest {pressure in the heart caused by a deficient, damp spleen with mucus}: lung, heart
- abdominal pain: stomach
- watery diarrhea or frequent loose stools: large intestine
- alcohol mucus, stagnant pain in the upper part of the middle warmer {painful, rebellious, full condition with bad smelling belches}: master of the heart
- inability to transform rice and grains: stomach
- lump in the inguinal crease {or severe muscle tension between the scapulae, or severe tension at the side of the navel, caused by cold wind invading the uterus}: liver, stomach
- anal prolapse in children: master of the heart
- pain in the sides and rib cage: liver, gallbladder
- blood stabbing pain in women: heart, liver
- borborygmus: large intestine
- lump pain: liver in males, problem below the ribcage on one side caused by alcohol: spleen, lung
- "two diaphragm" {a feeling of fullness and distension around the diaphragm} and stagnation below the sternum {with lump and pain}: heart, spleen, stomach
- diaphragm qi and food cannot pass {stagnation in the throat and esophagus causing difficulty swallowing, the feeling of something rising and bad smelling belches}: stomach, heart, lungs
- heart and ribcage swollen and painful: spleen, stomach, master of the heart
- intestine wind and bleeding from the anus: large intestine
- shanghan knot in the chest {evil qi is knotted in the chest, when the knot appears it causes pain below the sternum that is tight on palpation}: stomach
- anus painful following a bout of diarrhea: small intestine
- stagnant food at the diaphragm: master of the heart, stomach

Zhen Jiu Da Cheng; Yin Wei Mai Treatments

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

For the yin wei mai, PC-6 can balance diseases of the heart, gallbladder, spleen and stomach. PC-6 and SP-4 together can treat:

- a feeling of fullness, stagnation and swelling inside the chest and the heart
- borborygmus
- watery diarrhea
- anal prolapse
- difficulty swallowing because of diaphragm stagnation, with further damage when alcohol is consumed
- a hard, tight (yin) lump at the sides of the body in the abdomen in women, the lump is painful, with heart pain
- knot in the chest (pain below the sternum, heart) that feels tight and full on palpation
- after much diarrhea, the anus is painful and spasming
- the feeling of a knot, tightness or pain in the chest associated with shanghan
- nue disease

Zhen Jiu Da Chen; Yin Wei Mai Treatment Combinations

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

- feeling of fullness and discomfort {in the middle warmer} associated with shanghan and discomfort in the stomach {stomach flu}: PC-6 and CV-12, PC-7, ST-36, CV-17
- middle warmer feels full and stagnant with stabbing pains at both sides of the ribs: PC-6 and SJ-6, LV-13, CV-17
- spleen and stomach have deficient cold symptoms, vomiting and nausea: PC-6 and ST-44, CV-12, CV-6, SP-4
- spleen and stomach qi deficient {weak digestion}, heart and abdomen swollen and full: PC-6 and SP-3, ST-36, CV-6 and CV-9
- pain at the lower lateral edges of the ribs, stabbing pain inside the stomach and heart: PC- 6 and CV-6, LV-2, GB-34
- stagnation or lump that will not disperse, deep pressure pain in the heart: PC-6 and PC-7, CV-12, SP-6
- stagnant food that will not disperse, slow wasting of the body: PC-6 and SI-3, BL-20, SP-4
- increasing congestion of food (imbalance between the spleen and stomach with fullness around CV-12 that is uncomfortable to the touch, constipation and acid regurgitation), lump caused by bleeding, hidden {deep} pain in the abdomen: PC-6 and BL-20, LV-2, CV-6
- five kinds of yin organ lumps or qi lumps {fluid or gas lumps in the intestines}, or blood lumps {with fixed sharp pain} on one side of the abdomen causing stagnation of food: PC-6 and BL-17, BL-18, LV-1, KI-6

- yin and yang organs deficient and cold, both sides of the body painful: PC-6 and SJ-6, HT-5, BL-20, GB-34
- congealed, stagnant qi, easily loses control, too much thinking, melancholic, sad, stabbing pain in the heart and abdomen: PC-6 and BL-12, CV-17, PC-8, ST-36
- large intestine deficient and cold, anal prolapse: PC-6 and GV-20, GV-4, GV-1, BL-57
- difficulty passing stools, straining to pass stools causing anal prolapse: PC-6 and KI-6, GV-20, SJ-6
- organ poisoning, swollen pain, blood in the stools that does not stop: PC-6 and BL-57, BL-18, BL-17, GV-1
- five kinds of hemorrhoids, the pain feels as if it is on the outside: PC-6 and BL-55, GV-1, BL-57
- five kinds of epilepsy, bubbly saliva in the mouth: PC-6 and SI-3, HT-7, BL-15, gui yan, SP-1, LU-11 bilaterally and simultaneously.
- "heart type" of idiot, unending sadness and crying: PC-6 and HT-5, SI-3, HT-7, KI-4
- madness, "heart surprised," cannot distinguish friend or foe: PC-6 and HT-1, HT-9, BL-15, CV-12, shi xuan
- forgetfulness, mental unclarity (like senility): PC-6 and BL-15, HT-5, HT-9
- heart qi deficient or lost, laughing or singing, the patient seems to be losing their mind: PC- 6 and HT-4, BL-15, HT-5
- "heart surprised," babbling, speech unclear: PC-6 and HT-3, HT-8, BL-15, SI-3
- deficiency in the heart, paranoid all the time, shen and thinking are anxious: PC-6 and ST-18, HT-5, BL-15, BL-19
- "heart surprised," leading to collapse and coma: PC-6 and PC-9, GV-20, LV-1
- heart and gallbladder deficient, attacked by shock, surprise, upset, or stress causing palpitations: PC-6 and HT-6, BL-15, HT-5
- heart deficient and gallbladder cold, whole body shivering: PC-6 and BL-19, HT-5, GB-41

The poetic descriptions of some of the emotional symptoms require some explanation. "Easily loses control" indicates that the patient easily becomes angry or emotional. The "heart type" of idiot is someone who is idiotic and displays heart syndrome symptoms. "Heart surprised" is used to indicate that the heart suffers from nervous shock perhaps severe enough to lead to collapse and coma; this may be a shock-induced cerebrovascular accident or cardiac infarction.

To treat SP-1 and LU-11 bilaterally and simultaneously the procedure recommended was to tie the toes together and moxa SP-1 at both sides. Then, tie the thumbs together and moxa LU-11 in tandem.