

足少陰腎經穴

The Hand Shaoyin
Kidney Channel and Points

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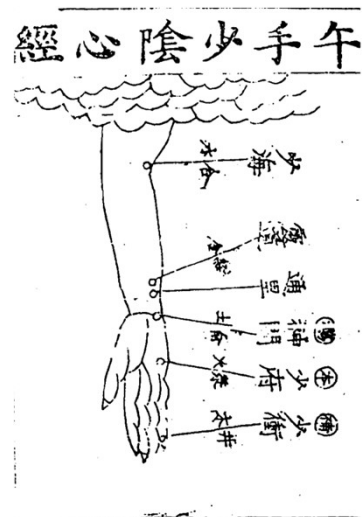
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HE-7
Shén Mén

神門

心經第七穴
Heart Channel
Seventh Point



2

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神 門

Shén

• Spirit

Mén

• Gate

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Shén Mén HE-7 神門 Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 行氣活血，寧心安神。
 - Move qi and invigorate blood, quiet the heart and settle the spirit
- Yáng Jiǎsān 楊甲三 (1986)
 - 益心氣，安神志，通經活絡
 - Increase the heart qi, settle the shen and will, free the channels and invigorate the network-vessels.
- Shí Xuémǐn 石學敏 (1980s)
 - 清心和營，安神定志，
 - Clear the heart and harmonise the ying-nutritive, quiet the spirit and stabilise the will.



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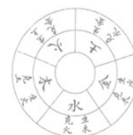
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Shén Mén HE-7 神門

Modern Indications

- Cardiovascular system
 - heart pain, palpitations, heart vexation and absent-mindedness (abstraction), fright palpitations, fearful throbbing.
- Nervous System
 - feeble-mindedness, sorrowful crying with manic laughing, mania and withdrawal, epilepsy, insomnia, forgetfulness.
- Digestive System
 - stomach pain, dry throat and inability to eat, haematemesis, blood and pus in the stool
- Head and EENT
 - headache, dizziness, yellow eyes, red face, loss of voice
- Others:
 - absence pulse, vacuity taxation, malarial disease, aversion to cold, generalised body heat, panting, pain in the hand and arm, heat in the palms, jaundice, enuresis
- Modern Diseases
 - neurasthenia, cardiac hypertrophy, angina, pruritus, dementia, paralysis of the hyoid muscle, endocarditis, postpartum blood loss, lymphadenitis, tonsillitis, etc.
 - This acupuncture point is the key point for the treatment of mental illness and heart disease.



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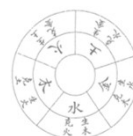
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Shén Mén HE-7 神門

Classical Indications

- 心之心病：心痛數噫，面赤喜笑，掌中熱而腕，狂悲狂笑，心性癡呆，健忘恐悸，少氣不足，手臂寒，心積伏梁。
- Heart diseases of the heart: heart pain with frequent belching, red face with a tendency to laugh, heat in the palms leading to dry retching, manic sorrow and manic laughing, disposition of feeble-mindedness, forgetfulness with fearful palpitations, scantness and insufficiency of qì, cold hands and arms, heart accumulation with deep-lying beams.
- 心之肝病：目黃脇痛，大小人五癇。
- Liver diseases of the heart: yellowing of the eyes with rib-side pain, the five epilepsies of children and adults.



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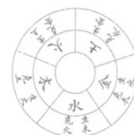
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Shén Mén HE-7 神門 Classical Indications

- 心之脾病：瘧，心煩，甚欲得冷飲，惡寒則欲處溫中，咽乾不嗜食，嘔血吐血。
- Spleen diseases of the heart: malaria, vexation of the heart, extreme desire for cold drinks, aversion to cold with desire for a warm place, dry pharynx with no pleasure in eating, retching and vomiting of blood.
- 心之肺病：喘逆身熱，振寒上氣，遺溺失音。
- Lung diseases of the heart: panting counterflow with generalised heat, shivering with cold and qì ascent, urinary incontinence with loss of voice.



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真心主小腸客
True Heart as Host, Small
Intestine as Guest

Great Compendium of Acupuncture and
Moxibustion 《針灸大成》, 1601 CE



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Shén Mén HE-7 神門

True Heart as Host, Small Intestine as Guest

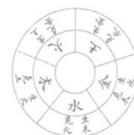
- 少陰心痛並嗝乾，渴欲飲兮為臂厥，生病目黃口亦乾，脅臂疼兮掌發熱，
- For Shǎoyīn heart pain and dry throat, thirst with desire to drink [fluids] as well as reversal [cold] in the arms,
- with the engendered disease of yellowness in the eyes as well as dry mouth, pain in the rib-sides and arm alongside effusion of heat in the palms,
- 若人欲治勿差求，專在醫人心審察，驚悸嘔血及怔忡，神門支正何堪缺。
- If a person seeks treatment for [a disease] that cannot be eliminated, it falls solely upon the physician, who must devote their mind to observe and examine [the patient].
- For fright palpitations, vomiting of blood, as well as fearful throbbing, with Shénmén (HE-7) Zhīzhèng (SI-7), what else does one lack?

- Great Compendium, 1601 CE

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Shén Mén HE-7 神門

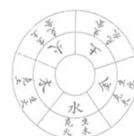
Combinations

- Great Compendium 《大成》 1601 CE
- 第一百四十二
 - Essential Treatment Number 142/151
- 健忘失記：列缺心俞神門少海。
 - Forgetfulness: LU-7, BL15, HE-7 and HE-3.
- 問曰：『此症緣何而得？』
 - Question: what is the aetiology of this pattern?
- 答曰：『憂愁思慮，內動於心，外感於情，或有痰涎灌心竅，七情所感，故有此症。復刺後穴：中脘三里。』
 - Answer: worry and anxiety, thought and preoccupation, internally stirring of the heart, external matters affecting the emotions, are phlegm dousing the heart orifices, the seven emotions will be affected, thus, there will be this pattern. If the above points are ineffective, needle these points: REN-12 and ST-36.

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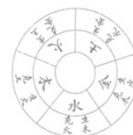


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Shén Mén HE-7 神門

Ancestral Knowledge – Lǐ Shìzhēn 李世珍

- Differentiating
 - HE-7 and PE-7
 - HE-5 and HE-7
- Combinations
 - HE-7 and BL-15
 - HE-7 and SP-6
 - HE-7, SP-6 and LI-4
 - HE-7, SP-6 and BL-15



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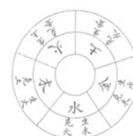
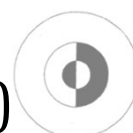
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Shén Mén HE-7 神門

Case Study – Lǐ Shìzhēn 李世珍 (1927-2005)

- Xu, Female, 41 years, first visit on 1973/08/07
- Main complaint
 - Fright palpitations and insomnia for over 2 years.
- Symptoms
 - The aetiology was anger and excessive thought.
 - Over the last 2 years she has had dream-filled sleepless night, paranoia and confusion, random thoughts, easily frightened, palpitations, also occurs when seeing things/objects, numbness over the whole body, twitching of the muscles, shortness of breath and dizziness, abdominal dissention and sloppy stool, after eating the abdomen still feels empty, likes hot drinks, is prone to stomach pain and vomiting when eating raw or cold food, has a pain in the nape, swelling over the whole body, the face looks sallow.
 - Tongue is pale with a white coat,
 - Pulse is deep and moderate.
 - Has previously used both Chinese and Western medicine which has proved ineffective.



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Shén Mén HE-7 神門

Case Study – Lǐ Shìzhēn 李世珍 (1927-2005)



- Differential Diagnosis:
 - Due to the pulse and signs, the aetiology, it connects with the overthinking damaging the heart and spleen, thus it is insufficiency of the heart and spleen.
- Treatment Method
 - Supplement and increase the heart and spleen.
- Prescription
 - Supplement HE-7 and SP-6
- Result
 - After 2nd treatment, the palpitations, fright and hunger and abdominal emptiness had reduced, the sleep improved, hands and feet swelling had reduced
 - After 4th treatment, there was only fright in some evenings, abdominal distension, diarrhoea and shortness of breath and the general swelling all improved
 - After 5th treatment, no more fears when encountering things or random thoughts, but still dizzy
 - After 7th treatment: all symptoms cured
 - Treatments 8-12: consolidate the treatment



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手少陰腎經 Foot Shaoyin Kidney

- Discussion of the heart channel

- Heart points

- KI-2
- KI-3
- KI-6
- KI-7



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《靈樞·經脈·腎足少陰脈》 Lingshu Chapter 10: Channel and Network Vessels

- 腎足少陰之脈，起於小趾之下，邪走足心，
- 出於然谷之下，循內踝之後，別入跟中，以上踰內，
- 出腠內廉，上股內後廉，貫脊，屬腎，絡膀胱；
- 其直者，從腎上貫肝膈，入肺中，循喉嚨，挾舌本；
- 其支者，從肺出絡心，注胸中。



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手少陰腎經脈

Foot Shaoyin Kidney Channel and Network Vessel

- 腎足少陰之脈，起於小趾之下，邪走足心，
- The vessel of the kidney foot shaoyin, it commences below the foot, obliquely departs the centre of the foot,
- 出於然谷之下，循內踝之後，別入跟中，以上踰內，
- It emerges below KI-2, follows behind the inner ankle bone, diverges to enter the heel bone, afterwards ascend along the interior of the calf,
- 出腓內廉，上股內後廉，貫脊，屬腎，絡膀胱；
- It emerges at the inside of the knee, ascends the inner aspect of the thigh, pierces the spine, adjoins to the kidneys, and networks with the bladder
- 其直者，從腎上貫肝膈，入肺中，循喉嚨，挾舌本；
- It travels vertically from the kidneys to ascend piercing the liver and diaphragm, enters into the lungs, follows the throat, to clasp the root of the tongue
- 其支者，從肺出絡心，注胸中。
- A branch emerges from the lung to network with the heart, and pours into the chest.



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What is the correct
pathway of the kidney channel?

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手少陰腎經脈

Foot Shaoyin Kidney Channel and Network Vessel

考證 – Textual Research

- Systematic Classic (Jiayi Jing), Waitai Miyao, Tongren (Upper), Elucidation of the Fourteen Channels
 - KI-2 > KI-3 > KI-4 > **KI-6** > **KI-5** > KI-7 > KI-8
- Sunsi Miao, Tongren (Lower), Supporting Life, Nanjing 1957 Text
 - KI-2 > KI-3 > KI-4 > KI-5 > KI-6 > KI-7 > KI-8
- Another version of the Tongren
 - KI-2 > KI-3 > **KI-5** > **KI-4** > KI-6 > KI-7 > KI-8
- Leijing Appendicies
 - KI-2 > **KI-6** > **KI-3** > **KI-5** > **KI-4** > KI-7 > KI-8
- Yuan Dynasty Pictures of the Brighthall
 - KI-2 > **KI-3** > **KI-6** > **KI-4** > **KI-5** > **KI-8** > **KI-7**



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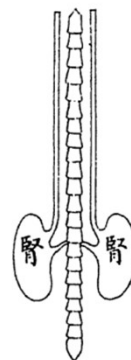
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Blazing
Valley

然谷

Rán Gǔ
KI-2



20

20

然

Rán

- Blazing

谷

Gǔ

- Valley

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Rán Gǔ KI-2 然谷 Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 滋陰補腎，清熱利濕
 - Enrich yin and supplement the kidneys, clear heat and disinhibit dampness
- Yáng Jiǎsān 楊甲三 (1986)
 - 退腎熱，益腎陰，理下焦，利水濕
 - Abate kidney heat, increase kidney yin, rectify the lower jiāo, disinhibit water and dampness
- Shí Xuémǐn 石學敏 (1980)
 - 滋腎陰，清虛熱，利膀胱，理下焦
 - Enrich kidney yin, clear vacuity heat, disinhibit the bladder, rectify the lower jiāo



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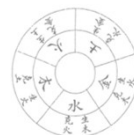
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Rán Gǔ KI-2 然谷

Modern Indications - Yáng Jiǎsān 楊甲三

- Reproductive system diseases
 - Menstrual irregularities, vaginal prolapse, pudendal itch, prolapse of the uterus, infertility, impotence (yang wilting), seminal emission (wet dreams etc), white turbidity (gonorrhea)
- Nervous system diseases
 - Children with umbilical wind, clenched jaw, feelings of fear, epilepsy/madness
- Digestive system diseases
 - Diarrhea, dysentery, no appetite (no pleasure in eating), swollen throat
- Urinary disorders
 - Inhibited urine, dribbling urinary block, lower abdomen distension spreads upwards to the chest
- Respiratory disorders
 - Coughing of blood, throat impediment, loss of voice
- Cardiovascular system diseases
 - Pain in the heart like the stabbing of a needle, spontaneous sweating and night sweats, protracted tongue
- Motor system diseases
 - wilting and impediment of the lower limb(s), foot pain, inability to walk due to swelling [of the foot], cramps, cold-damp leg qi, inability to stand for a long time due to wilting reversal
- Other diseases
 - Dispersion thirst, jaundice, malaria, heat diseases with heart-vexation, swelling and pain of the chest and rib-sides, cold mounting, lower abdominal distension
- Modern Diseases
 - Laryngitis, cystitis, urethritis, orchitis, menstrual irregularities, oligospermia, enuresis, various infertility diseases, itchy pudendal, diabetes, tetanus, myocarditis, tonsillitis, vomiting, night sweats, etc.



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Rán Gǔ KI-2 然谷

Classical Diseases

- 腎之本病：足跗腫不得履地，淋瀝白濁，婦人無子，痿厥，肝痠不能久立，足一寒一熱，男子泄精，陰挺出，月事不調，陰癢，小腹脹，上搶胸。
- Principal diseases of the kidneys: swelling of the instep and foot with inability to step on the ground, dribbling urination and white turbid [urine], infertility in women, wilting reversal, inability to stand for long periods due to aching calves, one foot is cold while the other is hot, seminal discharge in men, vaginal protrusion, irregular menstruation, pudendal itch, distension in the lower abdomen, and surging [sensation] into the chest.



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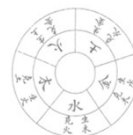
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Rán Gǔ KI-2 然谷 Classical Diseases

- 腎之肝病：心恐懼，如人將捕之，寒疝，小兒臍風口噤。
- Liver diseases of the kidneys: dread and fear in the heart, feeling as if about to be seized by another person, cold mounting, and infantile umbilical wind with clenched jaw.
- 腎之肺病：咽內腫，不能納唾，不能出唾，涎出喘呼少氣，咳唾血，喉痺，自汗盜汗。
- Lung diseases of the kidneys: swelling inside the pharynx, inability to swallow spittle, inability to expectorate drool, expectorating of drool with distressing panting and scantness of qì, coughing of spittle and blood, throat impediment, spontaneous sweating and night sweats.



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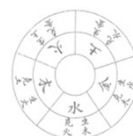
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Rán Gǔ KI-2 然谷 Classical Diseases

- 腎之脾病：消渴。
- Spleen disease of the kidneys: dispersion-thirst.
- 腎之心病：舌縱煩滿，心痛如刺，暴脹，胸脇支滿，無積。
- Heart diseases of the kidneys: protracted tongue with vexation and fullness, heart pain that resembles being stabbed, sudden distension, and propping fullness in the chest and rib-sides but the absence of any accumulations.



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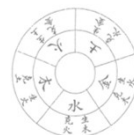
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Rán Gǔ KI-2 然谷 Combinations

- 《針灸大全》腰痛，起止艱難：然谷膏肓委中腎俞【申脈】。
• Complete Works: for pain of the lower back, difficulty getting up and sitting down: KI-2, BL-43, BL-40, BL-24, BL-62
- 《針灸大成》虛陽自脫：心俞然谷腎俞中極三陰交【照海】。
• Great Compendium: for yang vacuity that has spontaneously departed: BL-15, KI-2, BL-23, REN-3, SP-6, KI-6
- 《神應經》陰痿丸騫：陰谷陰交然谷中封大敦。
• Divinely Responding Classic: Impotence and retraction of the testicles: KI-10, REN-7, KI-2, LR-4, LR-1



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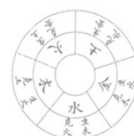
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Rán Gǔ KI-2 然谷 Case Study – Lù Shòuyàn 陸瘦燕 (1909-1969)

- Liao, Male, 30 years, soldier
- Main Complaint
 - Impotence,
- Symptoms
 - The penis is unable to become erect, has had poor libido for over 3 years, the four limbs are cold, easily catches a cold, the disease is related to fear.
 - The classic states "fear damages the kidneys," once the kidney qi becomes damaged, the original yang becomes debilitated and vacuous, this causes impotence
 - The pulse is small and string-like
 - Tongue has a thin and glossy coat.
- Diagnosis and treatment
 - Increase the kidney and support the yuan, warm the gallbladder and supplement fire.
- Prescriptions (alternating)
 - 1) Supplement KI-2, SP-6, KI-3, BL-19, DU-4
 - 2) Supplement REN-4, REN-6 and KI-12
- After 12 treatments, diagnosed after 4 months, he reported that he was cured.



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Great
Ravine

太谿

Tài Xī
KI-3



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太 谿

Tài

Xī

• Great

• Ravine

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Tài Xī (KI-3) 太谿

Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 滋陰補腎，清熱利濕
 - Enrich yin, supplement the kidneys, clear heat and disinhibit dampness
- Yáng Jiǎsān 楊甲三 (1986)
 - 滋腎陰，退虛熱，壯元陽，理胞宮，強腰膝
 - Enrich kidney-yin, abate vacuity heat, strength original yang, rectify the womb, strengthen the lumbar and knees
- Shí Xuémǐn 石學敏 (1980)
 - 滋補下焦，調理沖任，清肺止咳
 - Enrich and supplement the lower jiāo, regulate and rectify the chong and ren [vessels], clear the lung and stop cough



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Tài Xī (KI-3) 太谿

Modern Indications - Yáng Jiǎsān 楊甲三

- Genitourinary system disorders:
 - irregular menstruation, dewlap (sagging skin of the genitals), seminal emission, impotence, frequent urination, yellow urine, etc.
- Neurological disorders:
 - insomnia, forgetfulness, etc.
- EENT Disorders:
 - headache, dizziness, sore throat, toothache, deafness, tinnitus, etc.
- Respiratory system diseases:
 - cough, asthma (wheezing), haemoptysis (coughing of blood), chest pain, propping fullness in the chest, spitting of thick sputum, etc.
- Diseases of the locomotor system:
 - pain in the lumbar spine, pain in the lower extremities, coldness in the extremities, swelling and pain in the inner ankles and heels, etc.
- Digestive system diseases:
 - cholera, diarrhea, difficult defecation, etc.
- Cardiovascular system diseases:
 - heart pain like stabbing of an awl
- Other diseases
 - fever with ability to sweat, taciturnity and somnolence, thirst, cold mounting (hernia), sores, canker sores, wet and itchy sores on the inner side of both legs,
- Modern diseases
 - nephritis, cystitis, irregular menstruation, seminal emission, enuresis, toothache, chronic laryngitis, stomatitis, tinnitus, emphysema, cough, wheezing, neurasthenia, lumbago, lower limb paralysis, heel pain, first aid, cold extremities after fever, endocarditis, pleurisy, mastitis, diaphragm spasm, vomiting, constipation, etc.



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Tài Xī (KI-3) 太谿

Classical Diseases

- 腎之本病：熱病汗不出，默默嗜卧，溺黃，傷寒手足厥冷，大便難，消瘴。
- Principal diseases of the kidneys: febrile disease with absence of sweating, taciturnity with somnolence, yellow urine, cold damage with reversal cold of the hands and feet, difficult defecation, and pure-heat dispersion [thirst].
- 腎之肝病：寒疝，胸脇痛，瘦瘠，寒熱，久瘧咳逆。
- Liver diseases of the kidneys: cold mounting, pain of the chest and rib-side, emaciation and frailty, chills and fever, enduring malaria with cough and counterflow.



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Tài Xī (KI-3) 太谿

Classical Diseases

- 腎之脾病：嘔吐痰實，口中如膠，善噫，痿，牙齒痛，痿痺。
- Spleen diseases of the kidneys: vomiting and spitting of replete phlegm, gluey sensation in the mouth, frequent belching, wilting, toothache, strings and aggregations.
- 腎之心病：心痛如錐刺，心脈沉，手足寒至節，喘息者死，唾血。
- Heart diseases of the kidneys: heart pain that resembles being stabbed by an awl, deep heart pulse, and cold sensation from the hands and feet to the joints; those who pant will die, and there will be spitting of blood.
- 腎之肺病：咳嗽不嗜食，咽腫。
- Lung diseases of the kidneys: cough with no pleasure in eating, and swollen pharynx.



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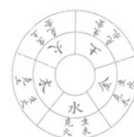
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Tài Xī (KI-3) 太谿 Combinations

- 回陽九針歌 Points to Return Yang from the Great Compendium
《大成》 1601 CE
- 啞門勞宮三陰交，湧泉太谿中脘接，
- 環跳三里合谷並，此是回陽九針穴。
 - Yǎ Mén (DU-15), Láo Gōng (PE-8), Sān Yīnj Jiāo (SP6);
 - Together with Yǒng Quán (KI-1), Tài Xī (KI-3) and Zhōng Wǎn (REN-12);
 - In addition to Huán Tiào (GB-30), Sān Lǐ (ST-36) and Hé Gǔ (LI-4);
 - These are the nine points to needle that return yáng.



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Hè Pǔrén
賀普仁
1926-2015



Wrote several of his own books

- Utilizing acupuncture odes
- Treating pain

Also organized classical literature

- Has a series of 12 books from Song to Qing
- Has two other sets of 15 books each, one for Ming dynasty and one for Qing Dynasty

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Tài Xī (KI-3) 太谿

Case Study – Hè Pǔrén 賀普仁 (1926-2015)



- Li, Male, 65 years old
- Main Complaint
 - Tooth pain for 1 day.
- Symptoms
 - The pain in the tooth on the upper left side started yesterday, it is vague and intermittent. The patient was reluctant to go to the dentist for fear of tooth extraction, thus requested acupuncture to relieve the pain.
 - Tongue: red and little coating
 - Pulse: stringlike and thin.
- Diagnosis
 - Insufficient kidney-yin with vacuity fire flaming upward.
- Treatment principle
 - enrich yin and supplement kidneys, free the collaterals and stop pain.
- Prescription
 - ST-6 (affected side), LI-4 and KI-3.
- Methods
 - Supplement method on KI-3, draining method on ST-6 and LI-4, needles retained for 30 minutes.
- Result
 - After acupuncture, the pain was reduced and after two treatments it had disappeared.



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Tài Xī (KI-3) 太谿

Case Study - Tián Cónghuō 田從豁 (1930)



- Zhang, Male, 45 years, first diagnosis 1998/9/27.
- Main Complaint
 - Seminal emissions
- History
 - The patient had seminal emission which was caused by fatigue from work 1 year ago, once every 2 to 3 days, amounting to about 7 to 8 mL, which was aggravated by fatigue and relieved by rest, and had taken Liuwei Dihuang Wan with poor effect. Half a year ago, he had acupuncture treatment, which was significantly improved the condition, seminal emission now was occurring once every 7 to 8 days, and fatigue was also reduced. Now he has seminal emission once every 4 to 5 days. Also has shortness of breath, weakness, more sweating, abdominal cramps. There is tinnitus, lumbar and knee weakness, mental lethargy, restlessness at night, difficulty in sleeping, easy to wake up. Eats a small amount, stool is normal.
 - Pale tongue with teeth marks, thin white fur
 - Weak pulse
- Western Diagnosis
 - Seminal emissions 遺精
- Chinese Medicine Diagnosis
 - Seminal emissions 遺精 (Spleen and Kidney yang vacuity)
- Treatment principle
 - Increase the kidneys and fortify the spleen, warm the yang, securing and astringing [the essence].



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Tài Xī (KI-3) 太谿

Case Study - Tián Cónghuō 田從豁 (1930)

- Prescription
 - BL-23, BL-26, BL-52, KI-3, SP-6 and ST-36
- Method
 - Supplementing method, also moxa applied to points on the back and sacral area
- Treatment
 - Patient was treated 3 times a week, after 2 treatments the patient did not have any seminal emissions, his shortness of breath, sweating and fatigue were all reduced.
 - He still had back pain, tinnitus and restless sleep.
 - After 8 treatments, there was still no seminal emission, only mild lumbar pain and tinnitus
 - After had 10 treatments to consolidate the results
 - After six months they followed up, and there was no recurrence of symptoms.



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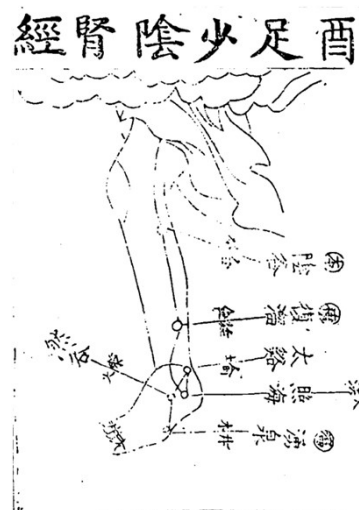
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Great
Ravine

照海

Zhào Hǎi
KI-6



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照海

Zhào Hǎi

• Shining

Hǎi

• Sea

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Zhào Hǎi (KI-6) 照海 Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 滋陰補腎，清熱利濕
 - Enrich yin and supplement the kidneys, clear heat and disinhibit dampness
- Yáng Jiǎsān 楊甲三 (1986)
 - 滋腎陰，清虛熱，利小便，寧神志，調經血
 - Enrich kidney yin, clear vacuity heat, disinhibit urination, quiet the spirit and will, regulate menstruation
- Shí Xuémǐn 石學敏 (1980)
 - 調經和營，清利下焦，清心安神，利咽止痛
 - Regulate the channel and harmonise the yīng qì, clear and disinhibit the lower jiāo, clear the heart and settle the spirit, disinhibit the throat and stop pain.



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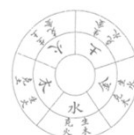
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Zhào Hǎi (KI-6) 照海

Modern Indications - Yáng Jiǎsān 楊甲三

- EENT disorders
 - Dry throat, clenched jaw and throat wind, black face, red eyes, swelling and pain.
- Urinary tract diseases
 - Frequent urination, yellow urination, excessive urination
- Obstetrics and gynaecology disorders
 - Menstrual disorders, dysmenorrhea, red and white vaginal discharge, vaginal protrusion, pudendal itch, difficult childbirth, postpartum abdominal pain, retention of lochia, vacuity of qi and blood, **vexing heat in the five hearts**, heavy head and clouded vision, pain in the limbs, cramping of tendons in the hands and feet, generalised swelling and pain, **puffy swelling** of the limbs
- Other diseases
 - Constipation, running piglet, hernia with sagging of one testicle, heat and pain in the lower abdomen, oppression in the chest with absence of sweating, congestion of phlegm, somnolence, lethargy in the limbs, no desire to eat despite hunger, **leg qi**
- Modern diseases
 - chronic pharyngitis, tonsillitis, neurasthenia, addiction, epilepsy, menstrual disorders, uterine prolapse, constipation, etc.



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Zhào Hǎi (KI-6) 照海

Classical Diseases

- 腎之本病：小腹痛，小腹偏痛，淋。
- Principal diseases of the kidneys: pain in the lower abdomen, unilateral pain in the lower abdomen, and strangury.
- 腎之脾病：嘔吐嗜卧，唏。
- Spleen diseases of the kidneys: retching and vomiting, somnolence, and gasping.
- 腎之肺病：咽乾，心悲不樂。
- Lung diseases of the kidneys: dry pharynx, sorrow and unhappiness in the heart.



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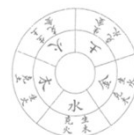
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Zhào Hǎi (KI-6) 照海

Classical Diseases

- 腎之肝病：卒疝，不寐，大風默默不知所痛，視如見星，婦女經逆，月水不調，四肢淫瀦，四肢怠惰，陰暴跳起或癢，漉清汁，陰挺出，目赤痛自目内眦始。
- Liver diseases of the kidneys: sudden mounting, sleeplessness, great wind with taciturnity and lack of awareness to pain, vision as if seeing stars, menstrual counterflow, irregular menstruation, pain and weakness of the four limbs, fatigue of the four limbs, sudden erection and possibly genital itchiness, dripping of clear [vaginal discharge], vaginal protrusion, pain and redness of the eyes that originate from the inner canthus.



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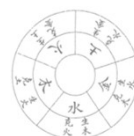
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Zhào Hǎi (KI-6) 照海

Combinations

- 《席弘賦》：若是七疝小腹痛，照海陰交曲泉針。
 - *Ode of Xí-Hóng*: If there are seven mountings and lower abdominal pain, needle KI-6, REN-7 and LR-8.
- 《玉龍賦》：照海、支溝，通大便之秘。
 - *Ode of the Jade Dragon*: KI-6 and SJ-6 will free the obstructed stool.
- 《席弘賦》：咽喉最急先百會，太沖照海及陰交。
 - *Ode of Xí-Hóng*: For all tension in the throat first seek DU-20, LR-3, KI-6 and SP-6.



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陰蹺照海穴主治歌

The Poem for Diseases Governed By KI-6 of the Yinqiao

Yi Zong Jin Jian 《醫宗金鑑》 1724 CE



图 405 阴蹺照海穴图

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陰蹺照海穴主治歌

The Poem for Diseases Governed By KI-6 of the Yinqiao

- 喉閉淋澀與胸腫，膀胱氣痛並腸鳴，食黃酒積臍腹痛，嘔瀉胃翻及乳癰，
- For throat impediment, strangury and rough [voidings of urine], swelling (enlargement) of the chest, bladder qì pain and rumbling intestines,
- Jaundice caused by food, accumulations due to alcohol, and abdominal, vomiting and diarrhoea, reflux and breast pain,
- 便燥難產血昏迷，積塊腸風下便紅，膈中不快梅核氣，格主照海針有靈。
- Dry stool, difficult delivery [of child] and blood [vacuity] confusion, accumulation lumps, intestinal wind and bloody stool,
- unease in the diaphragm, plum-pit qi, for each of these Zhào Hǎi KI-6 is miraculous.
- Yi Zong Jin Jian 《醫宗金鑑》 1724 CE



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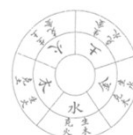
Zhào Hǎi (KI-6) 照海

Ancestral Discussions 王云凯 Wang Yunkai



Six Treatment Strategies and Methods for Zhào Hǎi (KI-6) 照海

- Heavy head and clouded vision, sore red swollen eyes, clenched jaw, dry mouth and thirst, vexing heat in the five hearts
- Sore dry throat, dry cough, coughing of blood, wheezing and panting (asthma)
- Menstrual irregularities, morbid leucorrhoea, vaginal protrusion (i.e. prolapse), pudendal itch, seminal emissions
- Bound stool (i.e. hard stool), frequent urination, excessive or scant urination, water-swelling
- Diseases which occur at night, unsettled due to fear or fright, sleeplessness, depression and agitation of the essence and mind, tendency to sorrow and unhappiness
- Mounting (hernia) with sagging of one testicle, wilting of the legs, pain of the foot and heel, stiffness and pain of the back



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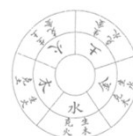
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Zhào Hǎi (KI-6) 照海

Case Study – Hè Pǔrén 賀普仁 (1926-2015)



- Ma, Female, 13 years
- Main Complaint
 - Hypertrophy of the tonsils (enlarged tonsils) for 4-5 years.
- Symptoms
 - The patient had enlarged tonsils for 4-5 years, frequently had colds, swollen and feverish throats, each time taking an injection of penicillin. In the past 3 days, she has had slight pain in the throat, also dryness of the mouth, in addition to not wanting to drink anything.
- Diagnosis
 - Chronic heat within the body causing withering and damage to the yin-fluids, and obstruction and stagnation of the channels and network-vessels.
- Treatment method
 - drain heat and protect yin, free the channels and disinherit the throat.
- Prescription
 - KI-6 and Aishi points (around the areas of the swollen throat)
- Method
 - used a filiform form needle on KI-6, a fire needle for aishi points around the swollen tonsils to allow the malignant blood to flow, she coughed it out and gargled with clean water.
- Result
 - The patient was treated twice a week, after 3 sessions the swollen tonsils had disappeared and the throat was relieved.



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