

足少陰腎經穴

The Hand Shaoyin Kidney Channel and Points

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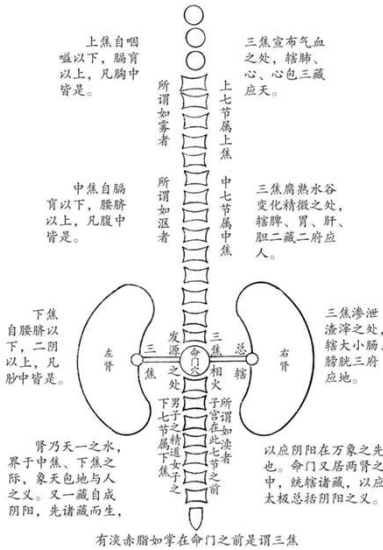
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1

Great
Ravine

太谿

Tài Xī
KI-7



2

2

復

Fù

- Recover

溜

Liū

- Flow

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Fù Liū (KI-7) 復溜 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)
 - 溫腎，利水，調營衛
 - Warm the kidneys, disinhibit water and regulate the ying and wei [qi]
- Shí Xuémǐn 石學敏 (1980)
 - 滋腎強腰，疏利下焦
 - Enrich the kidneys and strengthen the lumbar region, course and disinhibit the lower jiāo



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Fù Liū (KI-7) 復溜

Modern Diseases

- Diseases of the genitourinary system:
 - dribbling urinary block, five stranguries, seminal emission
- Diseases of the digestive system:
 - diarrhoea, rumbling intestines, abdominal distension (bloating), abdominal pain, constipation, pus and blood in the stool, haemorrhoids, dysphagia
- Diseases of the motor system:
 - pain in the lumbar spine, inability to sit up and down, wilting (atrophy) of the feet
- Neurological disorders:
 - anger and excessive speech, inability to speak with a curled tongue
- Other disorders:
 - oedema, swelling of the limbs, weak or faint pulse or sometimes absent pulse, vacuity taxation, generalised body heat, incessant sweating, night sweating, thirst, dry mouth, dry tongue (mouth), nosebleeds, pain in the nostrils, dim vision, malaria, madness, leg qi
- Modern diseases
 - nephritis, orchitis, functional uterine bleeding, urinary tract infection, excessive leucorrhoea, lumbago, myelitis, peritonitis, bleeding haemorrhoids



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Fù Liū (KI-7) 復溜

Classical Diseases

- 腎之本病：腰脊引痛，不得俯仰起坐，足痿不收履，胕寒不自溫，五淋血淋，小便如散火，骨寒熱，脈微細或時無脈。
- Principal diseases of the kidneys: pain that radiates between the lumbus and spine, inability to bend forward and backward or stand and sit, wilting of the legs with inability to contract one's feet, coldness of the lower leg that fails to become warm by itself, five stranguries and blood strangury, urination that feels as though it is scattered fire, heat and cold of the bones, faint and fine pulse or the periodic absence of the pulse.



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Fù Liū (KI-7) 復溜

Classical Diseases

- 腎之脾病：胃熱，蟲動涎出，腹中雷鳴，腹脹如鼓，四肢腫，五種水病，青、黃、赤、白、黑，青取井，赤取榮，黃取腧，白取經，黑取合。如白水，則取此經之經穴，泄後腫，齒齲。
- Spleen diseases of the kidneys: stomach heat, stirring of worms and drooling of spittle, thunderous rumbling in the abdomen, drum-like abdominal distention, and swelling of the four limbs. For the five types of water disease: green-blue, yellow, red, white, or black, when it is green-blue, choose the well point; when it is red, choose the spring point; when it is yellow, choose the stream point; when it is white, choose the river point; when it is black, choose the uniting point. If there is white water [disease], then choose the river point of this channel. [It also treats] swelling after diarrhoea, and tooth decay.



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Fù Liū (KI-7) 復溜

Classical Diseases

- 腎之肝病：目視眊眊，善怒。
- Liver diseases of the kidneys: blurred vision and frequent anger.
- 腎之心病：舌乾多言。
- Heart disease of the kidneys: dry tongue and being overly talkative.
- 腎之肺病：盜汗不止，腸癖，血痔。
- Lung diseases of the kidneys: incessant night sweats, intestinal aggregation, and bleeding haemorrhoids



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Fù Liū (KI-7) 復溜

Case Study - Wáng Jūyì 王居易 (1937-2017)



- Female, Zhao, 53 years, 2011/07/16 initial consult
- Main Complaint
 - Frequent urination accompanied by a hot sensation for one month
- Symptoms
 - Frequent urination, scorching hot urine, sleep is okay.
 - Tongue - White thick tongue coat, with cracks
 - Pulse – Slippery and rapid
 - Also – numbness in the middle finger of the left hand, in 1989 suffered from lupus and takes medicine to control it
- Diagnosis
 - Disease in the shaoyin channel
- Prescription
 - REN-3, KID-6, KID-7 (L)
- Result
 - After first treatment, the frequency and hot sensations reduced, same prescription remove KID-7
 - After second treatment, the frequency was normal, did the same treatment as above to consolidate.



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手少陰腎經 Foot Jueyin Liver

- Discussion of the liver channel

- Heart points

- LR-2
- LR-3
- LR-13
- LR-14



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《靈樞·經脈·肝足厥陰脈》 Lingshu Chapter 10: Channel and Network Vessels

- 肝足厥陰之脈，起於大趾叢毛之際，
- 上循足跗上廉，去內踝一寸，上踝八寸，交出太陰之後，
- 上膕內廉，循股陰，入毛中，過陰器，
- 抵小腹，挾胃，屬肝，絡膽，上貫膈，布脅肋，
- 循喉嚨之後，上入頑顙，連目系，上出額，與督脈會於巔；
- 其支者，從目系下頰裏，環唇內；
- 其支者，復從肝，別貫膈，上注肺。



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肝足厥陰經脈

Foot Jueyin Liver Channel and Network Vessel

- 肝足厥陰之脈，起於大趾叢毛之際，
- The vessel of the foot juéyín, it commences at the tuft of hair on the big toe,
- 上循足跗上廉，去內踝一寸，上踝八寸，交出太陰之後，
- It follows the upper surface of the foot, from the inner ankle bone 1 cun in front, it ascends above 8 cun, it intersects and merges behind the taiyin
- 上膈內廉，循股陰，入毛中，過陰器，
- It ascends the inner face of the knee, follows the yin-thigh, enters the pubic region, traverses the genitals (yin-organs)
- 抵小腹，挾胃，屬肝，絡膽，上貫膈，布脅肋，
- It reaches the lower abdomen, clasps the stomach, adjoins to the liver, networks with the gallbladder, ascends to pierce the diaphragm, and spreads in the rib-sides
- 循喉嚨之後，上入頭額，連目系，上出額，與督脈會於巔；
- Follows behind the throat, ascends to the cheeks, connects with the eye connector, ascends to emerge at the forehead, and meets with the Du vessel at the vertex
- 其支者，從目系下頰裏，環唇內；
- A branch follows the eye connector and descends to encircle the inside of the lips
- 其支者，復從肝，別貫膈，上注肺。
- A branch from the liver diverges to pierce the diaphragm and ascends to pour into the lungs



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Yi-Liver and Gui-Kidney Have the Same Source (乙癸同源)

- This a famous saying established around the 1600s
- Shelly Ochs wrote an amazing paper called *"The Liver and Kidneys Have the Same Source: Knowing the Theory, Realising the Doctrine"*
- Published by Journal of Chinese Medicine, October 2005 (Number 79)
- The following translations are by Shelly Ochs



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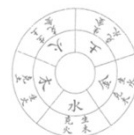
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Yi-Liver and Gui-Kidney Have the Same Source (乙癸同源)

Essential Readings from the Medical Lineage [Yi Zhong Bi Du]

- Treatise on 'Yi and Kui have the same source'
- The ancients said, "Yi and Kui have the same source," and "Liver and Kidneys are treated simultaneously."
- What do these sayings mean?
- Fire can be divided into two types: sovereign [Jun huo] and ministerial [Xiang huo]. The sovereign fire resides above and commands stillness. The ministerial fire is positioned below and commands movement. There is only one sovereign fire; this is the Heart. There are two ministerial fires; these are the Liver and the Kidneys.
- The Kidneys resonate with ren and kui of the northern direction, amongst the hexagrams they are kan. Their image is the dragon. The dragon is submerged at the bottom of the sea, and when the dragon rises, fire follows. The Liver resonates with jia and yi of the eastern direction, amongst the hexagrams it is zhen. Its image is thunder.
- Thunder is hidden within the marsh, and when thunder rises, fire follows. The marsh refers to the sea. It is none other than water and it is none other than what is below. This is why it is said that "yi and kui have the same source."



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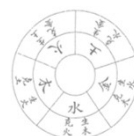
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Yi-Liver and Gui-Kidney Have the Same Source (乙癸同源)

Essential Readings from the Medical Lineage [Yi Zhong Bi Du]

- The wood of the east is not empty [vacuous], it cannot be supplemented. Supplementing the Kidneys is supplementing the Liver. The water of the north is not full [replete]; it cannot be drained.
- Draining the Liver is draining the Kidneys. In spring, things arise, but if the dragon does not appear, the thunder will make no sound. In autumn, things descend, but if the thunder does not retreat, the dragon will not hide.
- In order to make the dragon return to the bottom of the sea, there must not be any sudden eruption of thunder. In order to make thunder hide within the marsh, there can be no soaring dragon. This is why it is said that the Liver and Kidneys are treated simultaneously.
- This is my explanation of these two sayings.



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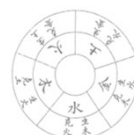
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Yi-Liver and Gui-Kidney Have the Same Source (乙癸同源)

The Connecting Link in Medicine (Yi Guan)

- *Treatise on Fire and Water*
- Kan is qian [yang] water. It is qi, as small as a well, and as large as the sea. Dui is kun [yin] water. It is form, as tiny as a drop of dew, and as vast as the rain.
- One yang [line] between two yin [lines] is kan. Kan is water qi, submerged and moving in the earth. It is the root whereby all things receive life, therefore it is said that what enriches the myriad life forms is none other than this water.
- One yin [line] opening up on top of two yang [lines] is dui. Dui is the water that has form that is generously given to all of the myriad life forms. It is the beneficial marsh that is the storehouse of life. Therefore it is said that what gives joy to the myriad life forms is none other than this marsh. If one understands these two types of water, then one can spontaneously realise the methods for treating fire.



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Yi-Liver and Gui-Kidney Have the Same Source (乙癸同源)

The Connecting Link in Medicine (Yi Guan)

- *Treatise on Fire and Water*
- The fire of the Heart is the fire that has form. The ministerial fire is the fire that is formless. The formless fire heats within, drying up the fluids and humours [jinye] of the body. If one tries to control it with the water of dui contained within the five phases, it will only become more extreme. Our bodies themselves have water as fine as the dew on bamboo before it has fallen to earth. This is qi; it is formless. If formless water is used to irrigate formless fire, it will last a long time because this is true water and true fire. Ascending and descending are harmonised, therefore water and fire benefit. If medical practitioners do not realise the true substance of the pre-heavenly trigram diagram and the subtle use of formless fire and water, then they cannot use the wonderful formulae, Six Flavours and Eight Flavours. In terms of the principles of medicine, they are missing the greater half.



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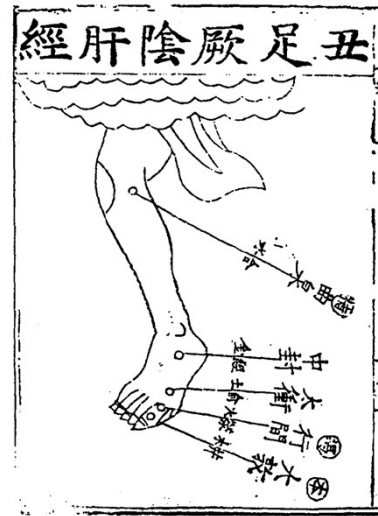
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Moving
Between

行間

Xíng Jiān
LR-2



19

19

行 間

Xíng

Jiān

• Moving

• Between

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Xíng Jiān (LR-2) 行間 Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 舒肝理氣，調經和血，鎮驚止痛
 - Sooth the liver and rectify qi, regulate the period and harmonise blood, settle fright and relieve pain
- Yáng Jiǎsān 楊甲三 (1986)
 - 清肝，涼血，利下焦，熄風活絡。
 - Clear the liver, cool blood, disinhibit the lower jiao, extinguish wind and invigorate the network-vessels
- Shí Xuémǐn 石學敏 (1980)
 - 泄肝火，熄肝風，涼血熱，清下焦。
 - Clear liver fire, extinguish liver wind, cool blood heat, clear the lower jiao



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Xíng Jiān (LR-2) 行間 Modern Diseases (1)

- Reproductive system disorders:
 - excessive menstruation, amenorrhea, dysmenorrhea, leucorrhea, white cloudiness, pain in the pubic area, pain in the penis
- Neurological disorders:
 - wind-stroke, wind-like stroke, epilepsy, convulsions, herpes (hysteria), insomnia, child fright wind, deviated mouth, headache, vertigo, frequent anger
- Urinary tract disorders:
 - enuresis, strangury, mounting (hernia) pains
- Digestive disorders:
 - stomach pain, belching (eructation), vomiting of blood, dry throat, abdominal distention, throughflux diarrhoea (undigested food in stool)
- Motor system disorders:
 - back pain with inability to bend forwards and backwards, redness, swelling and pain of the knee, dry and damp leg qi (swelling and weakness of the leg), swollen and purification (decaying) of the toes.
- Respiratory disorders:
 - cough, vacuity taxation, throat impediment



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Xíng Jiān (LR-2) 行間 Modern Diseases (2)

- Cardiovascular disorders:
 - chest and upper back pain, rib-side pain, heart pain
- External disorders:
 - clove sore, mammary welling-abscess, damp-sores on the leg and feet
- Other diseases:
 - hernia, pain in the abdomen, redness and swelling of the eyes, tearfulness, heavy tongue in children, thirst, etc.
- Modern Diseases:
 - hypertension, glaucoma, intercostal neuralgia, dysmenorrhea, orchitis (testicular swelling), intestinal and/or hernia pain, functional uterine bleeding, paediatric convulsions, neurasthenia, schizophrenia, cerebral haemorrhage, peritonitis, palpitations, indigestion, constipation, pain of the penis, diabetes mellitus, toothache, periodontitis, insomnia, pain of the leg and heel



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Xíng Jiān (LR-2) 行間 Classical Diseases

- 肝之腎病：遺溺，癃閉，莖中痛，腰痛不可俯仰，便溺難，男女小腹腫，面塵脫色，經血過多不止，崩中。
- Kidney diseases of the liver: urinary incontinence, dribbling urinary block, pain in the penis, lumbar pain with inability to bend forwards and backwards, difficulty in defecating and urinating, swelling of the lower abdomen in males and females, dusty complexion with loss of colour, excessive incessant menstruation, and flooding.



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Xíng Jiān (LR-2) 行間 Classical Diseases

- 肝之肝病：善怒，轉筋，小腸氣，暝不欲視，目中淚出，太息，寒疝七疝，中風口喎，肝積肥氣，小兒急驚風。
- Liver diseases of the liver: tendency to anger, cramps, small intestinal qi, dimness of vision with no desire to see, tearing of the eyes, great respiration, cold mounting and seven mountings, wind stroke with deviated mouth, liver accumulation and fat qi, and urgent fright wind in children.
- 肝之心病：肝心痛，色蒼蒼如死狀，癲疾。
- Heart diseases of the liver: liver-induced heart pain, sombre deathlike complexion, and epileptic disease.



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Xíng Jiān (LR-2) 行間 Classical Diseases

- 肝之脾病：咳逆嘔血，洞泄，四肢滿，腹中脹，四肢逆冷，痲瘧。
- Spleen diseases of the liver: cough and counterflow with retching of blood, throughflux diarrhoea, fullness of the four limbs, distension of the abdomen, counterflow cold of the four limbs, and intervallic malaria.
- 肝之肺病：消渴嗜飲，胸脇痛，短氣，嗌乾煩渴。
- Lung diseases of the liver: dispersion-thirst with strong desire to drink [fluids], pain in the chest and rib-sides, shortness of breath, dry pharynx with vexation and thirst.



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Xíng Jiān (LR-2) 行間

Ancestral Indications and Combinations

- 《百症賦》行間湧泉主消渴之腎竭。
 - *Ode of a Hundred Patho-conditions*
 - LR-2 and KI-1 govern kidney exhaustion manifesting as dispersion-thirst
- 《勝玉歌》行間可治膝腫病。
 - *Song [of Treatments] that Surpass Jade*
 - LR-2 is able to treat the disease of swollen knee(s).



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Xíng Jiān (LR-2) 行間

Case Study - Wáng Jūyì 王居易 (1937-2017)

- Liu, Female, 42 years, came 2012/04/11
- Main Complaint
 - Dysmenorrhea for over 20 years, became severe in the last years
- Symptoms
 - Dysmenorrhea started 3 years after menarch, presents with breast pain and abdominal cramping approximately 1 week before each period, and which continues up until the period, on the second day of the period the pain becomes intense mainly around the lower abdomen, which is painful upon palpation (cannot be pressed), it has moved to the lower right abdominal region, the pain feels like stabbing or cutting, it decreases when warmth is applied
 - Tongue – red, thin yellow coating
 - Pulse – Left is deep and fine, right is deep and string-like
 - History of endometriosis and pelvic inflammatory disease
- Diagnosis
 - Disease is located in the Liver Jueyin Channel and Chong Vessel
- Prescription
 - LR-8, SP-4, LR-6



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Xíng Jiān (LR-2) 行間

Case Study - Wáng Jūyì 王居易 (1937-2017)



- Second Diagnosis
 - After the treatment, she felt a warm sensation in both feet. At that time, it was 1 week prior to menstruation, there was sweating, fear of cold and wind. There was a sagging dissention in the lower abdomen accompanied by a desire to defecate, there was no breast tenderness. There was also irritability and restless at night
 - Tongue – light red and thin yellow coat
 - Pulse – string-like and thin
 - Same prescription as above add PE-7
- Third and Fourth Diagnosis (after approx. 2 weeks)
 - After the period came, it was with dark colour, lots of blood clots, medium volume, there was pain in the lower abdomen radiating to the lumbar region which was like sitting in ice, there was no nausea or vomiting, took ibuprofen to help with the pain
 - Dysmenorrhoea remained until the 3rd day of the period, however the pain was less severe than prior, and was taking ibuprofen twice a day to help with the pain, the period ended after 6 days.
 - Tongue – dark red with teeth marks, thin white coat
 - Pulse – slippery and rapid
- Prescription
 - SP-4, LR-3, SP-8, SP-6



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Xíng Jiān (LR-2) 行間

Case Study - Wáng Jūyì 王居易 (1937-2017)



- Fifth and Sixth Diagnosis
 - Periodic palpitations and anxiety, profuse dreaming at night, dry mouth was relieved, heart in the heart of the palms and soles, reduced food in take, would go to the toilet once a day, would occasionally have abdominal distension
 - Tongue – light red with thin white coat and scant fluids
 - Pulse – string-like and fine
 - Diagnosis – abnormalities in the hand taiyin and hand jueyin
 - Prescription: SP-8, PE-5, LR-2, SP-6, REN-4
- Seventh Diagnosis – 19th May
 - The period arrive, there was reduced abdominal pain, reduced menstrual flow, dark in colour.
 - Sleeping and dry mouth both improved.
 - Tongue – light red and white coat
 - Pulse – string-like
 - Prescription – SP-4, SP-8 and LU-7
 - Formula – Guizhi 10g, Chibaishao 10g, Mudanpi 10g, Taoren 10g, Fuling 10g, Wuyao 10g, Huainiuxi 10g, Chuanlianzi 10g → 7 packets
- After 7 treatments, the symptoms were relieved, had 3 more treatments to consolidate



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Supreme
Surge

行間

Tài Chōng
LR-3



31

31

太

Tài

• Supreme

衝

Chōng

• Surge

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Tài Chōng (LR-3) 太衝

Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 舒肝理氣，調經和血，鎮驚熄風
 - Soothe the liver and rectify qi, regulate the period and harmonise blood, settle fright and extinguish wind.
- Yáng Jiǎsān 楊甲三 (1986)
 - 平肝泄熱，清頭目，理下焦
 - Calm the liver and drain heat, clear the head and eyes, rectify the lower jiao.
- Shí Xuémǐn 石學敏 (1980)
 - 泄肝火，清頭目，行氣血，化濕熱
 - Drain liver fire, clear the head and eyes, move qi and blood, transform damp-heat.



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Tài Chōng (LR-3) 太衝

Modern Diseases

- Neurological disorders:
 - headache, dizziness, child fright-wind, epilepsy, pain syndromes, insomnia, wilting or impediment of the lower limbs, thirst.
- Genito-urinary system disorders:
 - dribbling urinary block (retention of urine), enuresis, strangury, inhibited urination, irregular menstruation, spotting, retracted genitals, hernia disorders, postnatal incessant sweating, menstrual block (amenorrhoea)
- Digestive disorders:
 - rumbling in the abdomen, abdominal distension (bloating), cough and reflux with inability to eat, clear diarrhoea, difficulty in passing stools (constipation)
- Diseases of the five senses:
 - painful redness and swelling of the eyes, sore throat, dry throat, throat impediment
- Cardiovascular diseases:
 - heart pain, sombre white facial complexion (pale face), fullness and pain of the chest and rib-sides
- External conditions:
 - saber sores and scrofula, mammary welling-abscess (acute mastitis)
- Other conditions:
 - pain in the rib-sides, lumbar pain radiating to the lower abdomen and encircling the umbilicus, pain in the inner aspect of the knee and lower leg, aching of the lower legs, swelling of the foot, pain and cold in the foot, difficulty in walking, absence of strength (weakness) of the feet, warm epidemic toxins, jaundice, vacuity taxation with puffy swelling



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Tài Chōng (LR-3) 太衝

Classical Diseases

- 肝之腎病：腰引小腹痛，兩丸騫縮，遺溺，陰痛，小便淋，小腸疝氣痛，癰疽，小便不利，小兒卒疝，女子漏下不止，大便難，便血。
- Kidney diseases of the liver: lumbar pain that radiates to the lower abdomen, retraction of both testicles, enuresis, genital pain, strangury, small intestine mounting qì with pain, slumping mounting, inhibited urination, sudden mounting in children, incessant spotting in females, difficulty in defecation, and blood in the stool.
- 肝之肝病：跗腫內踝前痛，足寒，淫瀝脛痠，腋下馬刀。
- Liver diseases of the liver: swelling of the instep and pain in front of the inner ankle [bone], cold feet, pain and weakness with aching of the lower legs, and sabre lumps in the armpit.



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Tài Chōng (LR-3) 太衝

Classical Diseases

- 肝之脾病：虛勞浮腫，溏泄，嘔血，嘔逆發寒。
- Spleen diseases of the liver: vacuity taxation with puffy swelling, sloppy diarrhoea, retching of blood, and vomiting counterflow with chills.
- 肝之心病：心痛脈弦，心痛色蒼蒼如死狀，終日不得息。
- Heart diseases of the liver: heart pain with a stringlike pulse, heart pain with sombre deathlike complexion, and inability to catch the breath all day long.
- 肝之肺病：嗌乾善渴，馬黃瘟疫，肩腫吻傷。
- Lung diseases of the liver: dry pharynx with frequent thirst, [jaundice that is the] colour of a yellow horse caused by scourge epidemic, swelling of the shoulder and damage to the corners of the mouth.



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Tài Chōng (LR-3) 太衝 Four Gates 四關

- 《靈樞•九針十二原》：「十二原出於四關，四關主治五臟。」
 - Lingshu Chapter 1: the twelve source points emerge on the four joints, the four joints govern the treatment of the five zang-viscera.
 - 《類經》：臟腑之氣，表裏相通，故五臟之表有六腑，六腑之外有十二原，十二原出於四關。四關者，即兩肘兩膝，乃周身骨節之大關也。故凡井榮腧原經合穴，皆手不過肘，足不過膝。而此十二原者，故可以治五臟之疾。
- 《標幽賦》：「寒熱痛痺，開四關而已之。」
 - Song to Elucidate Mysteries (1115-1368 CE)
 - For alternating chills and fevers; pain and impediment, one only needs to open the four gates.
- 《針灸大成》：「四關者，六臟有十二原，出於四關，太衝、合谷是也。」
 - Great Compendium 1601 CE
 - Regarding the four gates, the six zang-viscera have twelve source points which emerge on the four joints, these are LR-3 and LI-4.



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Tài Chōng (LR-3) 太衝 Four Gates 四關

The Principles behind the Four Gates by Yáng Téngfēng 楊騰峰

- He Gu LI-4
 - It is the source point of the hand large intestine yangming, as yangming is the channel that has copious qi and blood,
 - it has the capacity to regulate and harmonise the qi and blood, move qi and open the orifices, course wind and release the exterior
 - Free and regulate the intestines and stomach, calm fright and quieten the spirit, clear heat and drain depressed and knotted lung qi
- Tai Chong LR-3
 - It is both the stream point and source point of the foot liver juéyīn, as juéyīn is the channel with copious blood and scant qi,
 - It has the capacity to regulate and harmonize the qi and blood, soothe the liver and rectify qi, calm the liver and extinguish wind
 - The ode on the nature of acupuncture points states "LR-3 is able to free the channels and move stasis, it is especially adapt at clearing [heat from] the blood, cool blood and securing the blood."
- In summary, LI-4 belongs to yang and governs qi, it is clear and light, upbears and disperses; LR-3 belongs to yin and governs blood, it is heavy and turbid, downbears and circulates.
 - The points together, one is yang and one is yin, one is qi and one is blood, one upbears and one downbears, they mutually restrict each other, they mutually seve each other, together they harmonise the qi and blood, regulate and correct the mechanism and function, the mutually benefit and prosper together
 - Nanjing 66 states, "When the five zang and six fu are diseased, in all cases choose the source points."



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Tài Chōng (LR-3) 太衝

Four Gates 四關

Wang Lei-Ting (1895-1984)

- Hégǔ and Tàichōng are named the Four Gates. What is called “gate”, it is the place where the jīng-essence gathers, it is a location of crucial importance.
 - Hégǔ is the source point of the hand yángmíng channel, Tàichōng is the source point of the foot juéyīn liver channel, when the two source points are combined and the four gates are full and exuberant, the jīng-essence, blood, qì and yīng-nutritive will be abundant.
 - Hégǔ belongs to yáng, governs qì, Tàichōng belongs to yīn, governs blood, “qì is the commander of blood, blood is the mother of qì,” when qì and blood conform to each other, yīn and yáng are harmonious and regulated.
 - Furthermore, Hégǔ is able to ascend and disperse, while Tàichōng can course, dredge, open, and abduct.
- They govern the treatment of the seven emotions and the six depressions, hysteria, clouding with collapse, mania, withdrawal, epileptic signs, as well as patterns such as liver yáng and liver wind.
- Thus, by opening the four gates, one is able to track down wind 搜風 and dispel dampness 祛濕, unblock the channels 通經 and move stasis 行瘀.



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Tài Chōng (LR-3) 太衝

Four Gates 四關

• Combinations

- Sì Guān + Bǎi Huì (DU-20) (or Scalp Acupuncture Motor Zone): Unilateral wind-stroke
- Sì Guān + Yì Fēng (SJ-17) (or Qiān Zhèng (Ex)): facial paralysis
- Sì Guān + Zhōng Wǎn (REN-12): Stomach Duct Pain
- Sì Guān + Guān Yuán (REN-4): Yáng Wilting (Impotence)
- Sì Guān + An Mián (Ex): Sleeplessness (Insomnia)
- Sì Guān + Fú Tū (LI-18): Thyromegaly (Goitre)
- Sì Guān + Sānyīnjiāo (SP-6): Colic pain in the kidneys
- Sì Guān + Tài Yuan (LU-9): Wheezing and Panting (Asthma)
- Sì Guān + Tiān Shū (ST-25): diarrhoea
- Sì Guān + Nèi Guān (PE-6): headache and epilepsy, hypertension, tachycardia



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Tài Chōng (LR-3) 太衝

Case Study - Lù Shòuyàn 陸瘦燕 (1909-1969)

- Han, Female, 30 years, office work, arrived 1963/08/07
- Main Complaint
 - Heart palpitations
- Symptoms
 - Suffering from impediment pain of the four joints for over 10 years, inability to bend the fingers, especially severe pain in the spine, recently has had heart palpitations, glomus in the chest, rapid breathing, puffy swelling of the surface of the foot and face
 - Pulse is soggy, fine and rapid
 - The tongue is crimson and has a thin tongue fur
- Diagnosis
 - Wind-damp evils invading and flowing in the joints, due to failing never recovering the zang-fu received these evils; treatment is to settle the heart and tranquilize the spirit, eliminate the impediment and diffuse the network-vessels
- Prescription
 - Drain: PE-6, PE-4, LI-11, LI-4, LR-3, DU-14, BL-11
 - Supplement: ST-36
 - Method: twirling supplementation and drainage



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Tài Chōng (LR-3) 太衝

Case Study - Lù Shòuyàn 陸瘦燕 (1909-1969)

- Second diagnosis (2 days after)
 - After acupuncture, the palpitations eased, could sleep all she wanted, the limbs still felt achy and weak, was unable to sit for long periods, the spirit-essence was fatigued
 - Pulse was soggy, fine and rapid
 - Tongue was crimson with a thin tongue fur
 - Treatment: was based on the original formula
 - Reduce: PE-5, PE-4, LI-11, ST-36, LI-4, LR-3
- Third diagnosis (3 days after second)
 - The palpitations had entirely settled, the glomus also settled, they pain of the four joints and back were all relieved, the treatment was effective, as this was a chronic treatment, the pulse was string-like, fine and rapid, the tongue coat was glossy, thus the previous treatments were utilized for another three treatments.



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Tài Chōng (LR-3) 太衝

Case Study - Hè Pǔrén 賀普仁 (1926-2015)



- Shi, Female, 29 years old
- Main complaint
 - Stomach pain
- Symptoms
 - Stomach pain for over 2 months, sometimes it is mild and sometimes it is severe, oppression and congestion in the chest, vexation, agitation and easily angered
 - Tongue has a white coat
 - Pulse is string-like, slippery and rapid
- Diagnosis
 - Effulgence of wood causing horizontal counterflow invading the spleen-earth.
- Prescription
 - REN-12, PE-6, ST-36, LI-4, LR-3
 - Draining method, needles retained for 40 minutes
- Outcome
 - After 3 sessions the patient had recovered.



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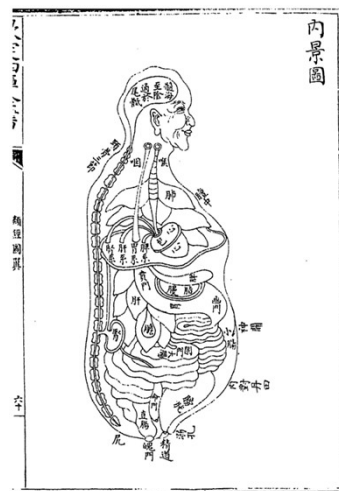
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Timber
Gate

章門

Zhāng Mén
LR-13



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44

章

Zhāng

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Zhāng Mén (LR-13) 章門 Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 疏調肝脾，清熱利濕，活血化瘀
 - Course and regulate the liver and spleen, clear heat and disinhibit dampness, invigorate blood and transform stasis.
- Yáng Jiǎsān 楊甲三 (1986)
 - 疏肝健脾，清熱利濕，理氣散結
 - Course the liver and fortify the spleen, clear heat and disinhibit dampness, rectify qi and disperse binds/knots.
- Shí Xuémǐn 石學敏 (1980)
 - 疏肝氣，調五臟，和脾胃，化積滯
 - Course liver qi, regulate the five zang, harmonise the spleen and stomach, transform accumulations and stagnation



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Zhāng Mén (LR-13) 章門

Modern Diseases

- Digestive system diseases:
 - abdominal pain, diarrhoea, constipation, abdominal distension (bloating), intestinal rumbling, stomach pain, vomiting, lack of appetite, indigestion, children's gan accumulation, all kinds of all accumulations, gatherings and glomus lump, damage by food (excessive eating), hiccups, dry mouth.
- Respiratory diseases:
 - cough, wheezing (asthma), shortness of breath,
- Urinary system disorders:
 - excessive urination, white turbid urine, a shifted bladder causing inability to urinate
- Other conditions:
 - pain in the chest, pain in the lumbar spine, body convulsions/spasms, fatigue (lassitude of spirit and fatigued limbs), emaciation, jaundice, vexation-heat (irritability), easily angered
- Modern diseases:
 - hepatosplenomegaly, hepatitis, enteritis, vomiting, abdominal distension, indigestion, chest pain, peritonitis, jaundice, hypertension



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Zhāng Mén (LR-13) 章門

Classical Diseases

- 肝之肝病：脇痛不得卧，善恐少氣，厥逆，肩臂不舉。
- Liver diseases of the liver: rib-side pain with inability to lie down, susceptibility to fear with scantness of qì, reverse flow, and inability to raise the shoulder and arm.
- 肝之脾病：腸鳴食不化，煩熱口乾，不嗜食，吐逆飲食都出，傷飽身黃。
- Spleen diseases of the liver: rumbling intestines with indigestion, heart vexation with dry mouth, no pleasure in eating, vomiting with counterflow ejection of all food and drink, and generalised yellowing caused by satiation damage.



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Zhāng Mén (LR-13) 章門

Classical Diseases

- 肝之腎病：腰痛不得轉側，腰脊冷痛，溺多白濁，貴豚積聚，脊強，四肢懈惰，疝病。
- Kidney diseases of the liver: lumbar pain with inability to turn to the sides, cold pain in the lumbar spine, urine that is often white and turbid, running piglet with accumulations and gatherings, stiffness of the spine, slackness and laxness of the four limbs, and mounting disease.
- 肝之肺病：胸脇支滿，喘息心痛而嘔。
- Lung diseases of the liver: propping fullness in the chest and rib-sides, and panting with retching due to heart pain.



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Zhāng Mén (LR-13) 章門

Hui Meeting Point according to Li Shizhen

- From Nanjing Difficulty 45
 - :四十五難曰：經言八會者，何也？
 - Difficulty 45 states: the classic states they are eight meetings, what are they?
 - 然：府會大倉，藏會季脅，筋會陽陵泉，髓會絕骨，血會鬲俞，骨會大杼，脈太淵，氣會三焦外一筋直兩乳內也。熱病在內者，取其會之氣穴也。
 - Answer: the fu-bowels meet at REN-12, the zang-viscera meet at LR-13, the sinews meet at GB-34, the marrow meets at GB-39, the blood meets at BL-17, the bones meet at BL-11, the pulse [meets] at LU-9, the qi meets at between the two breasts (REN-17).
 - When there is a heat disease in the body, choose the respective meeting of qi points.



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Zhāng Mén (LR-13) 章門

Hui Meeting Point according to Li Shizhen

- Hua Shou states
 - This point is LR-13, it is located on the outside of SP-15, it is the collecting-point of the spleen, as the five zang-viscera rely on endowment from the spleen, thus is it the meeting of the five zang-viscera.
- Li Shizhen says (Clinical Application of Commonly used Acu Points)
 - Some books state that LR-13 can be used to treat disorders of all five zang-viscera, but in clinical practice it is mainly used to disorders for the liver and spleen
 - As collecting point of the spleen, it should be a commonly used point to treat spleen, however spleen patterns are mostly vacuity and these point mainly treats replete patterns, as a result there is not much opportunity to use it
 - In patterns of vacuity and repletion, it can be used, draining method first and then supplementing to dredge/course the liver and fortify the spleen, dispel pathogenic factors and support the zheng qi



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Zhāng Mén (LR-13) 章門

Case Study – Zhang Jingyue 1563-1640

- I once treated an extended family member. At the time, he was at the prime of his life with vigorous strength, he drank alcohol often in his daily life, he also neglected his hunger frequently and injured himself by overeating.
- One day, on one occasion, he suffered from great pain in the rib-sides after meals, and he took medications by himself to move qi and transform stagnation; afterwards, he further utilized ejection method to eject all the food and drink. After ejecting, the counterflow qi ascended upwards; even though the rib-side pain was relieved, the upper congestion and distending pain in the chest and diaphragm became more severe; in addition, he also experienced more retching and vomiting.
- I prescribed him various medications to move stagnation and break qi. The retching and pain were gradually relieved; however, one lump formed below his left rib cage, with distension, repletion, and refusal of pressure. The umbilicus and abdomen were obstructed and blocked, so that [food and drink] could not move downwards. Every day at xū, hài, zǐ, and chǒu double-hours, the distension became intolerable.
- As his retching and vomiting had already been relieved, I was allowed to prescribe medicinals such as Dà Huáng, Máng Xiāo, [Sān] Léng, E [Zhú], and Bā Dòu, as well as methods such as Luó Bó Zǐ, Pò Xiāo, Dǎ Suàn, Jú Yè, and compress with pounded [medicinals]. I exhausted all [types of methods] but could not produce even the slightest effect; moreover, the more I attacked, the more distended he felt.



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Zhāng Mén (LR-13) 章門

Case Study – Zhang Jingyue 1563-1640

- As I suspected that the spleen qì was injured, I felt inappropriate to utilize supplementation. At that time, he had not been able to ingest water and fluids for more than twenty days. I was at my wit's end; in my considerable embarrassment, I was simply waiting for his death, and I could only massage the area of his [distension]. Then, he reported that there was one point below the ribcage; once it was pressed, [he would feel] pain that radiated to the chest and abdomen. So, I at once palpated and probed it carefully; it was located right at the point Zhāng Mén!
- Zhāng Mén is the alarm [point] of spleen and the meeting [point] of zàng-viscera; moreover, it is located in the intercostal space below the breast, which is precisely at the great network-vessel of Xū Lǐ. This is the pathway where the stomach qì emerges, and this qì actually connects to Zhāng Mén. Because of that, I realized that as [his conditions] were mild in daytime and serious in nighttime, fundamentally, it indicated that it was not an accumulation of tangible substances. As [the pain] radiated to other areas upon pressing, the disease was without any doubt in the qì aspect!
- In principle, treating qì disease with medicinal decoction alone was not inadequate; however, as the qì of [medicinal decoction] dissipated after going through cooking by flame, its strength [alone] was insufficient to reach [the disease].



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Zhāng Mén (LR-13) 章門

Case Study – Zhang Jingyue 1563-1640

- Therefore, I prepared Shén Xiāng Sǎn and made him take it 3 – 4 times a day. At the same time, I performed 14 cones of moxibustion on Zhāng Mén, so that the bound and stagnated stomach qì could be expelled and dispersed. In less than three days, sure enough, the distension gradually settled down. He steadily gained appetite. Finally, he was able to be saved.
- For this [case], both the pattern and treatment were unordinary; truly, they were difficult to assess. During the spring this year, one neighbor suddenly suffered from painful distension and food obstruction, which was completely identical to this [case]. The group of physicians exhausted all ways to attack; in the end, it led to the person's death. They truly did not comprehend the method. Therefore, I recorded this [case] here so that it would serve as a precedent for the later generations.

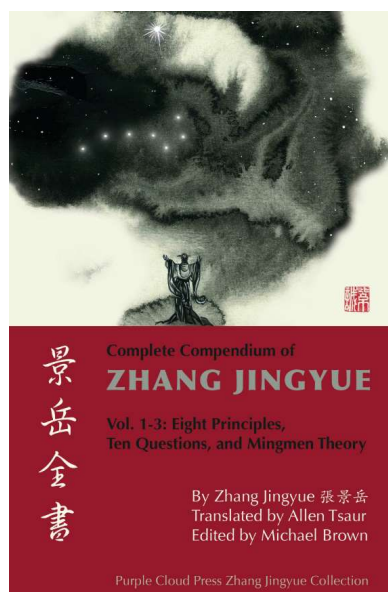
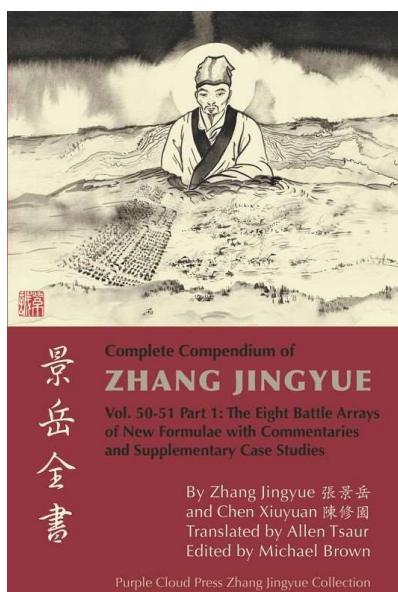


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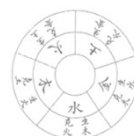
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Zhāng Mén (LR-13) 章門

Case Study – Yang Jizhou 楊繼洲 1601 CE

- 己卯歲，因磁州一同鄉，欠俸資往取，道經臨洛關，會舊知宋憲副公，云：『昨年長子得一瘡疾，近因下第抑鬱，疾轉加增，諸藥不效，如之奈何？』
- In the year of Jimao (circa 1579 CE), as a fellow townsman from Cizhou [prefecture] owed me recompense, I travelled there to pick it up. On my way, I passed by Luo pass, where I met with my old acquaintance the respected elder, Song Xianfu.
- He said, "Last year, my eldest son got a glomus disease. Lately, due to failing the imperial exam, he became depressed, and the disease became increasingly severe. All medications proved ineffective, what can be done?"
- 余答曰：『即刻可愈。』
- I replied, "I could cure him right away."
- 余即針章門等穴，飲食漸進，形體清爽，而腹塊即消矣。
- I immediately needled LR-13 and other points. His intake of food and drink increased progressively, his body felt refreshed, and the lumps in the abdomen also dispersed.
- 歡洽數日，偕親友送至呂洞賓度盧生祠，不忍分袂而別。
- We spent happy and harmonious times together for several days. [The respected elder] brought his relatives and friends to send me off at the Shrine where Lu Dongbin enlightened Lushen. With reluctance, they bid me farewell as I departed.



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