

Arranged  
Gate

期門

Qī Mén  
LR-14



1

1

期 門

Qī

• Arranged

Mén

• Gate

2

## Qī Mén (LR-14) 期門

### Functions

- Zhèng Kuíshān 鄭魁山 (1977)
  - 疏調肝脾，理氣活血
  - Course and regulate the liver and spleen, rectify the qi and invigorate blood
- Yáng Jiǎsān 楊甲三 (1986)
  - 疏肝健脾，理氣活血。
  - Course the liver and fortify the spleen, rectify the qi and invigorate blood
- Shí Xuémǐn 石學敏 (1980)
  - 疏肝理氣，活血化癥，健脾和胃，化痰消積。
  - Course the liver and rectify qi, invigorate blood and transform stasis, fortify the spleen and harmonise the stomach, transform phlegm and disperse accumulations



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## Qī Mén (LR-14) 期門

### Modern Diseases

- Digestive disorders:
  - diarrhoea, vomiting, eructation, acid swallowing, abdominal distention, hunger with no desire to eat, stomach duct pain
- Respiratory disorders:
  - cough, wheezing and panting (asthma)
- Cardiovascular disorders:
  - heart pain
- Urinary tract disorders:
  - dribbling urinary block, enuresis, difficult urination
- Other disorders
  - pain and swelling of the chest and ribs, heat within the chest, malaria, cold damage that has transferred to channels, heat entering the blood chamber, running piglet, qi counterflow, abdominal hardness, loss of voice with inability to speak, postpartum diseases
- Modern Diseases
  - Intercostal neuralgia, hepatitis, hepatomegaly, cholecystitis, pleurisy, peritonitis, myocarditis, Gastrointestinal neurosis, nephritis, hypertension



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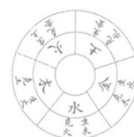
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## Indications of LR-14 from *Míngtáng* (c. 100 CE) Explanations by Yuè Hánzhēn (1693 CE)

- 肝之肝病：脇下積氣，傷寒過經不解，熱入血室。
- Liver diseases of the liver: qì accumulations under the rib-side, cold damage that has failed to resolve after channel passage, and heat entering the blood chamber.
- 肝之肺病：胸脇支滿，男婦血結，胸滿，面赤火燥，口乾消渴，胸中痛，太陽、少陽並病，胸中煩熱。
- Lung diseases of the liver: propping fullness in the chest and rib-sides, blood bind in men and women, chest fullness, fiery and dry red face, dry mouth with dispersion-thirst, pain in the chest, tàiyáng and shàoyáng combined disease, and heat vexation in the chest.



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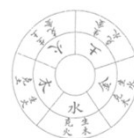
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## Indications of LR-14 from *Míngtáng* (c. 100 CE) Explanations by Yuè Hánzhēn (1693 CE)

- 肝之腎病：賁豚上下，目青而嘔。
- Kidney diseases of the liver: running piglet that moves up and down, and clear-eye [blindness] with retching.
- 肝之脾病：霍亂泄利，腹堅硬不得卧，嘔吐酸，食飲不下，食後吐水。
- Spleen diseases of the liver: sudden turmoil with diarrhoea, abdominal hardness with inability to lie down, retching and vomiting of sour [fluids], inability to get food and drink down, and vomiting of water after eating.
- 肝之心病：傷寒心切痛。
- Heart disease of the liver: cold damage with sharp pain in the heart.



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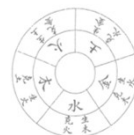
## Qī Mén (LR-14) 期門

Ancestral Knowledge - Lǐ Shìzhēn 李世珍 (1927-2005)



### • LR-14 & BL-18

- LR-14 > Treats manifestations, more commonly reduced
- BL-18 > similar, yet can also treat insufficiency of blood



### • LR-14 & LR-3

- LR-14 > as above
- LR-3 > wider range of applications and more influence of more areas (eyes, genitals, breasts, lower abdomen ,vertex)



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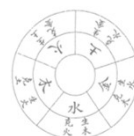
## Qī Mén (LR-14) 期門

Ancestral Knowledge - Lǐ Shìzhēn 李世珍 (1927-2005)



### LR-14 and the Shanghan Lun 傷寒論 (circa 215 CE)

- 傷寒，腹滿，譫語，寸口脈浮而緊，此肝乘脾也，名曰縱，刺期門。
  - There is cold damage, abdominal fullness, delirious speech the cun-kou pulse is floating and tight, this is the liver overwhelming the spleen, this is known as restraint, pierce LR-14.
- 傷寒發熱，晝晝惡寒，大渴欲飲水，其腹必滿，自汗出，小便利，其病欲解，此肝乘肺也，名曰橫，刺期門。
  - There is cold damage with heat effusion, huddled aversion to cold, great thirst with desire to drink water; there will certainly be abdominal fullness, spontaneous sweating, the disease is about to resolve, this is the liver overwhelming the spleen, this is called rebellion, pierce LR14.
- 太陽與少陽併病，頭項強痛，或眩暈，時如結胸，心下痞硬者，當刺大椎第一間，肺俞、肝俞，慎不可發汗，發汗則譫語。脈弦，五六日，譫語不止，當刺期門。
  - There is taiyang and shaoyang dragover disease, there is stiffness of the nape with headache, or veiling-dizziness, periodic chest bind, hard glomus below the heart, one ought to pierce DU-14, BL-13, BL-18; but be cautious to not promote sweating, if one does promote sweating there will be delirious speech. When the pulse is string-like, after five-six days of incessant delirious speech, one ought to pierce LR-14.
- 婦人中風發熱惡寒，經水適來，得之七八日，熱除而脈遲身涼，胸脅下滿如結胸狀，譫語者，此為熱入血室也，當刺期門，隨其實而取之。
  - When a woman has been struck by wind, there is heat effusion and aversion to cold, the period has not yet arrived, after 7-8 days the heat is now eliminated and the pulse is slow and the body cold, there is fullness in the chest and below the rib-sides which resembles chest-bind, there is delirious speech, the heat has now entered the blood chamber, one ought to needle LR-14 as it is replete.



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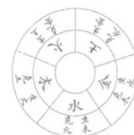
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# Shanghan Lun 傷寒論

## Discussion on Cold Damage

- Written by Zhang Zhongjing 張仲景 around 215 CE
  - Also authored the Jingui 金貴要略
  - Together were called the Shanghan Zabing Lun 傷寒雜病論
- Shanghan Lun Overview
  - Has six core sections (each channel/division/conformation), and two additional sections
- Creator of famous formulae such as
  - Guizhi Tang, Mahuang Tang, Xiao Chaihu Tang, Sisi San, Sini Tang, Xiao Jianzhong Tang, Xiao Qinglong Tang, Zhen Wu Tang, Guizhi Fuling Wan...
- Do we need to know the Shanghan Lun if we are just acupuncturists?



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# 手厥陰心包絡經穴

The Hand Jueyin  
Pericardium Network  
Channel and Points

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## Point Summary

### 厥陰心包絡穴位摘要

- 五輸穴：中衝（井）、勞宮（榮）、大陵（輸）、間使（經）、曲澤（合）
  - Five Transport Points: Zhōng chōng PC-9 (Spring), Láo Gōng PC-8 (Brook), Dà Líng PC-7 (Stream), Jiān Shǐ PC-5 (River), Qū Zé PC-3 (Uniting)
- 原穴：大陵
  - Source Point: Dà Líng PC-7
- 絡穴：內關
  - Network Point: Nèi Guān PC-6
- 郄穴：郄門
  - Cleft Point: Xī Mén PC-4
- 八脈交會穴：內關（通陰維脈）
  - Confluence Point: Nèi Guān (connects with the Yīn Wéi Vessel)



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## 《靈樞·經脈》

### Lingshu Chapter 10: Channel and Network Vessels

- 心主手厥陰心包絡之脈，
- The vessel of the heart governor Jueyin pericardium network,
- 起於胸中，出屬心包絡，下膈，歷絡三焦；
- It commences within the chest, emerges to adjoin to the pericardium network, descends to the diaphragm to pass through the sānjiāo,
- 其支者，循胸出臂，下腋三寸，上抵腋下，
- A branch follows the chest to emerge at the flanks, 3 cun below the axilla where it ascends to the axilla,
- 循臍內，行太陰、少陰之間，入肘中，
- It follows the inside of the arm, moving in between the taiyin and shaoyin it enters the elbow,
- 下臂，行兩筋之間，入掌中，循中指，出其端；
- It descends the forearm in between the two sinew-muscles to enter the palm, follows the middle finger to emerge at the tip,
- 其支者，別掌中，循小指次指，出其端。
- A branch from the middle of the palm follows the little finger to emerge at the tip.



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# The Pericardium and the True Heart

## 心包絡和真心

《邪客》 Lingshu 71: Visiting Evils

- 黃帝曰：手少陰之脈，獨無俞，何也？
  - Huangdi asked: the vessel of the hand shàoyīn, it alone does not have transport [points], why is this?
- 岐伯曰：少陰，心脈也。心者，五藏六府之大主也，精神之所舍也，其藏堅固，邪弗能容也。
  - Qibo replied: the shàoyīn [vessel], it is the heart vessel. Regarding the heart, it is the great governor of the five zang and six fu, it is where the essence-spirit reside, for the zang to stable and strong, evils are not allowed to visit.
- 容之則心傷，心傷則神去，神去則死矣。
  - When [an evil] visits then the heart will be damaged, when the heart is damaged then the spirit departs, when the spirit departs then there will be death.
- 故諸邪之在於心者，皆在於心之包絡。包絡者，心主之脈也，故獨無俞焉。
  - Thus, for all evils that are within the heart, they are all actually located within the protector-network of the heart. The protector-network, it is the vessel of the heart governor, thus, it alone does not have transport [points] on it.



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## Intermediary Courier

## 間使

Jiān Shǐ  
PC-5



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# 間使

**Jiān**

- Intermediary

**Shǐ**

- Courier

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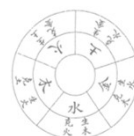
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## Jiān Shǐ (PC-5) 間使 Functions

- Zhèng Kuíshān 鄭魁山 (1977)
  - 清熱化痰，寧心安神
  - Clear heat and transform phlegm, quiet the heart and spirit.
- Yáng Jiǎsān 楊甲三 (1986)
  - 益心氣，清神志，調腸胃，理經血。
  - Increase the heart qi, clear the spirit and will, regulate the intestines and stomach, regulate the period.
- Shí Xuémǐn 石學敏 (1980)
  - 養心定神，寬胸化痰，開竅啟閉
  - Nourish the heart and stabilise the spirit, relax (open) the chest and transform phlegm, open the orifices (and blocks)



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## Jiān Shǐ (PC-5) 間使 Modern Indications (Yáng Jiǎsān, 1986)

- Cardiovascular disorders:
  - heart pain, palpitations, sensation around the heart as if hungry, cold damage with a knotted pulse
- Neurological disorders:
  - madness/withdrawal, epilepsy patterns, wind strike (stroke), convulsions in children
- Digestive system disorders:
  - stomach pain and vomiting, sudden turmoil (cholera) and diarrhoea
- Gynaecological disorders:
  - irregular menstruation, vaginal discharge, amenorrhea (menstrual block), blood clots (in the period)
- Other ailments:
  - febrile diseases, vexation in the heart, sore throat, inability to speak, prolonged malaria, swelling in the armpits, pain in the arms, hypertonicity of the elbows, heat in the palms, redness of the face with yellowing of the eyes, sores and scabs over the whole body
- Common modern disorders:
  - rheumatic heart disease, myocarditis, endocarditis, epilepsy, hysteria, schizophrenia, stroke with hemiplegia, gastritis, malaria, measles, laryngitis, endometritis,



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## Indications of PC-5 from *Míngtáng* (c. 100 CE) & Explanations by Yuè Hánzhēn (1693 CE)

- 心包之心病：卒心痛，多驚，掌中熱。
- Heart diseases of the pericardium: sudden heart pain, frequent fright, and heat in the palms.
- 心包之肺病：傷寒結胸，心中如饑，卒狂，胸中憺憺，惡風寒，嘔沫。
- Lung diseases of the pericardium: cold damage with chest bind, a sensation of scarcity in the heart, sudden mania, stirring discomfort in the chest, aversion to wind and cold, and vomiting of foam.



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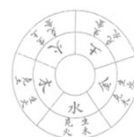
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## Indications of PC-5 from *Míngtáng* (c. 100 CE) & Explanations by Yuè Hánzhēn (1693 CE)

- 心包之脾病：寒中少氣，鬼邪霍亂，乾嘔。
- Spleen diseases of the pericardium: cold in the centre with scantness of breath, ghost evil with sudden turmoil, and dry retching.
- 心包之肝病：中風氣逆，涎上昏危，瘖不得語，咽中如梗，腋腫肘攣，小兒客忤，婦人月水不調，血結成塊。
- Liver diseases of the pericardium: wind strike with counterflow qì, rising drool and critical clouding, loss of voice with inability to speak, sensation of blockage in the pharynx, swelling of the armpit and hypertonicity of the elbow, child visiting hostility, irregular menstruation, and bound blood that forms into clots.



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Huang Zhuzhai  
黃竹齋  
1885-1960



Authored six books

- Most famous for his classical formulae (Jingfang)
- His complete collection
  - Collected Commentaries of the SHL
  - Collected Commentaries of the JGYL
  - Extensive Understanding of the SHZBL
  - Extensive Undersatnding of the Nanjing
- Other works
  - Acupuncture Case Studies
  - Examination and Pictures of Acupuncture Channels and Points

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面黃病也肺主氣張飛  
喘曰邪在氣為是動  
病(重脈)肺脈 缺盆中痛 缺盆乃手足陽明脈所發肺病則胃 甚則交兩手  
而脊此為臂厥 普茂真神三音臂(甲乙)作變(音)脊麻木不仁也手太陽脈出中府出  
於外而病見於內也 是主肺所生病者(類經)手之太 陰脈所生病也 效上氣喘渴煩心  
胸滿膈臂內前廉痛厥掌中熱 音知○是主肺藏所生之病而外見於經也  
故欲面上氣滿而煩心肺主氣而為水之生原肺乃心之妻也病源諸臂痛掌  
中熱此經脈所循之部而為病也(類經)太陽之別直入掌中故為痛厥掌熱 氣盛有餘  
則肩背痛風寒汗出中風小便數而欠(對音期)有因於外感風寒以致氣  
肺為腎母中風邪傷其氣故小便數而欠少也 氣虛則肩背痛寒少氣不足  
以息溺色變 諸病皆氣化不行而溺色黃赤病及子也○溺色變下(甲乙)氣虛也  
三 黃氏圖書藏書之印

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從肺系橫出腋 腋 素問王註作掖系音  
鳩尾後十一椎周圍相著所以通隔  
而氣不使上聚心肺也屬者所部之謂  
喉以通氣下通於肺肺之下膈之上  
曰腋俗名脇肢腋腋下即中府之旁  
天府穴白 行少陰心主之前 少陰心經也心主手厥陰心包絡經也手  
之次也 肺臂也屬與臂之交 循臂內 (止字通)自肩至肘曰臂(正)肱臂臂也  
曰臂內手肘面背為臂外 循臂內 肱古文作 蓋上肢自肩至腕之統名俗名曰肘腕手腕面  
循行孔竅列缺經脈之次 接小指者為下骨廉側也 入寸口 止住手  
旁動脈為肺動脈為寸口脈從從 上骨下廉 接小指者為上骨 掌後高骨  
手掌手背分際之邊上魚 出大指之端 上魚 肉隆起如魚腹者統謂之魚 循魚際  
際穴在大指本節後內側 欠手太陽經正脈止於此 其支者從腕  
後直出次指內廉出其端 通之絡如樹木旁出之支故曰支也腕者臂與掌之交  
處腋之大筋為經交經者為絡其旁而支行者此本經之別絡從列缺分行於  
腋後循谷上循食指陰面之側而出其端以交於手陽明大腸經之陽穴是動 動變也

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## Jiān Shǐ (PE-5) 間使

### Case Study – Huang Zhuzhai (1885-1960)

- Qiao, Female, 59 years
- Arrived 1957/10/05
- Symptoms
  - She had clouding collapse at her house, afterwards she was unable to speak, both eyes could only look straight, she was in a state of delirium (possibly coma), had phlegm rale in the throat
  - Pulse was large and tight
- Diagnosis
  - phlegm reversal with hysteria
- Treatment
  - Needle PC-5, DU-26, after a little while she became more aware, had to be carried back to the ward, prescribed 1 each of Su He (Xiang) Wan and and Di Tan Tang (Phlegm-Flushing Decoction), after 6 hours she was able to speak. The next day she was prescribed Di Tan Tang again.
  - After seven days he recovered, and she was able to leave the hospital by walking herself.

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Inner Pass

内關

Nèi Guān  
PE-6



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Nèi

• Inner

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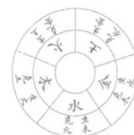
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## Nèi Guān (PC-6) 内關

### Functions

- Zhèng Kuíshān 鄭魁山 (1977)
  - 理氣降逆，寧心安神，鎮痙止痛
  - Rectify qi and descend counterflow, quiet the heart and spirit, settle tetany and relieve pain.
- Yáng Jiǎsān 楊甲三 (1986)
  - 益心安神，和胃降逆，寬胸理氣，鎮靜止痛
  - Increase the heart and quiet the spirit, harmonise the stomach and descend counterflow, relax the chest and rectify qi, settle tetany and relieve pain
- Shí Xuémǐn 石學敏 (1980)
  - 寬胸安神，清熱除煩，和胃止痛，降逆止嘔。
  - Relax the chest and quiet the spirit, clear heat and eliminate vexation, harmonise the stomach and stop pain, descend (downbearing) counterflow and checking (stopping) vomiting.



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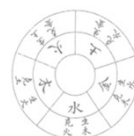
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## Nèi Guān (PC-6) 内關

### Modern Indications (Yáng Jiǎsān, 1986)

- Cardiovascular system disorders
  - Heart pain, fearful throbbing, palpitations, chest pain,
- Neurological disorders
  - insomnia, forgetfulness (amnesia), withdrawal-epilepsy, epilepsy, acute fright wind, depression, unilateral headache, vertigo, dizziness, redness of the face, redness of the eyes, blurred vision, wind stroke, hemiplegia.
- Digestive system disorders
  - Stomach pain, flatulence, vomiting, belching, spleen and stomach disharmony, abdominal distension, diarrhoea, hard lumps, blood in stool,
- Respiratory disorders
  - cough, asthma, chest tightness, shortness of breath
- Obstetrical and gynaecological conditions
  - irregular menstruation, pregnancy maladies, postpartum blood dizziness
- Other diseases
  - febrile disease with absence of sweating, vacuity taxation, heat stroke, malaria, jaundice, foot-qi, prolapse, axillary swelling, pain and hypertonicity of the elbow, arm and wrist, bleeding from tongue fissures, seminal emission



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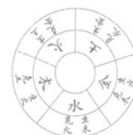
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## Nèi Guān (PC-6) 內關

### Modern Indications (Yáng Jiǎsān, 1986)

- Modern disease
  - Rheumatic heart disease, myocarditis, endocarditis, angina pectoris, tachycardia, bradycardia, arrhythmia, shock, pulselessness, hyperaemia, stroke, hemiplegia, gastritis, gastric spasm, enteritis, dysentery, diaphragm spasm, vomiting, acute biliary tract disorders, worm epilepsy, hypochondria, insomnia, asthma, pharyngitis, hyperthyroidism, vascular headache, thromboangitis obliterans, polyneuritis, malaria,
- One of the most common points used for pain.



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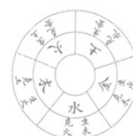
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## Indications of PC-6 from *Míngtáng* (c. 100 CE) & Explanations by Yuè Hánzhēn (1693 CE)

- 心包之心病：失志心痛，實則心暴痛，虛則頭強。
- Heart diseases of the pericardium: loss of will with heart pain, when replete there is sudden heart pain, and when vacuous there is stiffness of the head.



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- 心包之肝病：目赤，支滿，肘攣，手中風熱。
- Liver diseases of the pericardium: red eyes, propping fullness, hypertonicity of the elbow, and wind-heat in the hands.



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陰維內關穴主治歌  
Ode for Yīnwéi Treatment and  
Governance by Nèi Guān

Yi Zong Jin Jian 《醫宗金鑑》 1724 CE



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## 陰維內關穴主治歌

### Ode for Yīnwéi Treatment and Governance by Nèi Guān

- 中滿心胸多痞脹，腸鳴泄瀉及脫肛，食難下膈傷於酒，積塊堅硬橫脅旁，
- For centre fullness, frequent glomus and distension in [below] the heart and chest, rumbling intestines, diarrhoea and prolapse of the rectum, difficulty for food to descend past the diaphragm, damage incurred by alcohol, hard and solid accumulation lumps across the rib-sides,
- 婦女脅疼並心痛，裏急腹痛勢難當，傷寒不解結胸病，瘧疾內關可獨當。
- For rib-side pain with heart pain in women, abdominal urgency and abdominal pain with such force that is unbearable, unresolved cold damage resulting in chest bind, and malaria, Nèi Guān (PC-6) is alone is befit.
- Yī Zōng Jīn Jiàn 《醫宗金鑑》 1724 CE



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## Quick Overview of the 8 Extras

- Huangdi Neijing – Han Dynasty
- Nanjing – 100 CE
- Mingtang Jing – 100 CE
- Maijing – c. 300 CE
- Zhenjiu Zhinan – 1312 CE
- Zhenjiu Daquan – c. 1500 CE
- Qi Jingba Maikao – 1578 CE
- Zhenjiu Dacheng – 1601 CE
- Jingxue Jie – c. 1693 CE
- Yizong Jinjian – 1742 CE
- Modern Authors...



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## 三焦主包絡客 The Host Sānjiāo with the Guest Pericardium

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

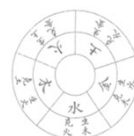


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## 三焦主包絡客 The Host Sānjiāo with the Guest Pericardium

- 三焦為病耳中聾，喉痹咽乾目腫紅，耳後肘疼並出汗，脊間心後痛相從，
- When the sānjiāo is diseased there will be deafness; throat impediment, dry throat and red and swollen eyes, aching behind the ear and elbow as well as sweating, aching radiating between the spine and heart,
- 肩背風生連膊肘，大便堅閉及遺癰，前病治之何穴愈，陽池內關法理同。
- Wind diseases which begins at the shoulder and upper back and travels to the arm and elbow, a hard stool and constipation as well as dribbling urinary block, which points treat these diseases? Yáng Chí SJ-4 and Nèi Guān PC-6 share the same method and principle.
- Great Compendium of Acupuncture and Moxibustion 《針灸大成》, 1601 CE



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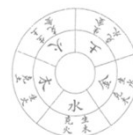
## Medical Record 1 on using Nèi Guān (PC-6) by Hè Pǔrén 賀普仁 (1926-2015)

- Yu, Male, 39 years old (No date)
- Main complaint
  - Oppression in the chest for half a year
- Symptoms
  - for over half a year, the patient has been experiencing oppression in the chest with a sensation of suffocation. It is relieved by rest, worsened by stress or exhaustion. An electrocardiogram was performed and diagnosed with "myocardial ischaemia". He has poor food intake, sleeps soundly and his bowels are regular.
  - Tongue is pale with a thin-white coat.
  - Pulse: string-like and fine.
- Diagnosis
  - devitalised heart yang with qi vacuity and blood stasis
- Principle of Treatment
  - stimulate the heart yang, supplement the qi and invigorate blood.
- Prescription
  - PC-6 threatened to PC-4
- Needling Method
  - Using a 3-4cun fine needle, used supplementing method.
- After the treatment, the patient reported a feeling of comfort through their entire body, the chest felt broad (i.e. relaxed).
- After 5 treatments, there was no signs of oppression of the chest, or discomfort after exertion.

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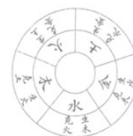
## Medical Record 2 on using Nèi Guān (PC-6) by Hè Pǔrén 賀普仁 (1926-2015)

- Wang, Female, 25 years old (No date)
- Main complaint
  - hiccoughs/belching
- Symptoms
  - There appears no obvious cause, it started 1.5 years ago, frequently occurs. It is accompanied by belching and bloating. Food intake is fine, but after eating there is discomfort around the stomach duct (REN-12). The stool is dry, every 3 days she passes one.
  - Tongue is pale and thin white coat
  - Pulse sting-like and slippery
  - Auscultation – frequent and erratic sounding hiccoughs
- Diagnosis
  - constrained liver depression, stomach qi counterflow ascent
- Treatment principle
  - course the liver and rectify qi, harmonise the stomach and descend counterflow
- Prescription
  - PC-6
- Method
  - Even draining and supplementing, then retain for 10 minutes. Treatment every day. After the treatment the hiccoughs had ceased.
- At the second consultation, the patient reported that although the hiccoughs had come back, the frequency and force were reduced. Same method as before
- At the third consultation, the patient reported that the hiccoughs had reduced by half.
- After the fifth, the spontaneous episode had ceased and the patient was cured.

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# Medical Record 3 on using Nèi Guān (PC-6) by Hè Pǔrén 賀普仁 (1926-2015)

- Long, Male, 28 years old.
- Main Complaint
  - Stomach duct Pain
- Symptoms
  - Has had stomach duct pain for a year; thin sloppy stool, he was diagnosed with "superficial atrophic gastritis". Patient reported not success with various formulas. The patient presented with vague pain in the stomach duct, repeated belching, visible abdominal distension, no desire to drink water, no desire to eat food, scant urine, the stool is not fully formed, face is yellow and emaciated. Tongue is white Pulse is thin
- Diagnosis
  - The liver has lost the ability to outthrust, wood is depressed overwhelming earth, qi stagnation of the middle jiao have caused the stomach pain.
- Treatment Principle
  - To course liver and rectify qi, regulate and rectify the middle and earth, free the channels and stop pain
- Treatment Method
  - Drain PC-6, supplement ST 36, retain for 20 minutes. Every day is one treatment. After the treatment, reported the pain had stopped, the patient asked for return visits.
- After the first treatment the patient reported that the pain had come back upon returning home, but was significantly reduced. The same method was applied.
- After the third treatment, the pain disappeared, the belching and bloating improved, she was able to eat and drink, and her bowels had improved.
- After 10 treatments, all the symptoms had disappeared, the patient was able to eat and her bowel movements were regular.

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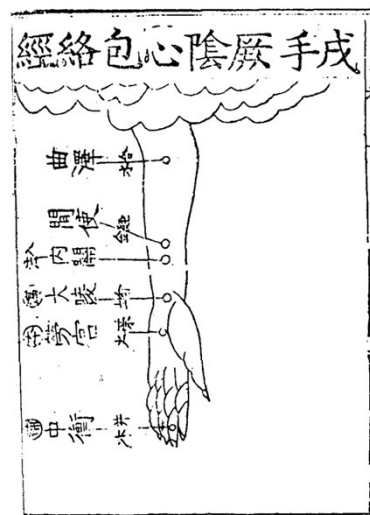


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Great  
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大陵

Dà Líng  
PC-7



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# 大 陵

Dà

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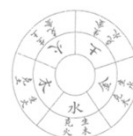
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## Dà Líng 大陵 (PC-7) Functions

- Zhèng Kuíshān 鄭魁山 (1977)
  - 理氣活血，寧心安神，清熱散邪。
  - Rectify qi and invigorate blood, quiet the heart and spirit, clear heat and disperse evils
- Yáng Jiǎsān 楊甲三 (1986)
  - 寧心安神，調胃腸，和營血，通經絡。
  - Quiet the heart and spirit, regulate the stomach and intestines, harmonise the ying-blood, free the channels and network-vessels.
- Shí Xuémǐn 石學敏 (1980)
  - 清心寧神，和胃寬胸，清營涼血
  - Clear the heart and quiet the spirit, harmonise the stomach and relax the chest, clear the ying-[qi] and cool blood



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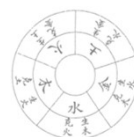
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## Dà Líng 大陵 (PC-7) Modern Diseases (Yáng, 1986)

- Cardiovascular diseases:
  - heart pain, palpitation, oppression in the chest, shortness of breath, chest and rib-side pain, etc.
- Neurological disorders:
  - palpitation, epilepsy, laughter; grief, fear, anger, nervous disorders, etc.
- Digestive system disorders:
  - stomach pain, vomiting, intestinal welling-abscess, sudden turmoil (cholera), vomiting of blood, halitosis (bad breath)
- Dermatological disorders:
  - eczema, scabs and lichen, sores/ulcers
- Other ailments:
  - headache, generalised heat effusion and absence of sweating, heart-vexation due to summerheat, painful and redness of the eyes, pain in the tongue, mammary welling-abscess, throat impediment, mounting disease, swelling of the instep of the foot, hypertonicity of the elbow and arm, pain and aching in the in the wrist joint, heat in the palms
- Modern Diseases:
  - Myocarditis, endocarditis, tachycardia, gastritis, gastric bleeding, tonsillitis, axillary lymphadenitis, pharyngitis, neurasthenia, intercostal neuralgia, schizophrenia, wrist and peripheral soft tissue disorders, foot and heel pain, scabs and lichen



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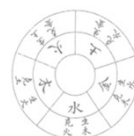
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## Indications of PC-7 from *Míngtáng* (c. 100 CE) & Explanations by Yuè Hánzhēn (1693 CE)

- 心包之心病：熱病汗不出，手心熱，肘臂攣痛，腋腫，善笑不休，煩心，心懸若饑，心痛掌熱，善悲泣驚恐，嘔哕無度，狂言不樂，癰瘡疥癬。
- Heart diseases of the pericardium: febrile disease with absence of sweating, heat in the centre of the palms, hypertonicity and pain of the arm and elbow, swelling of the armpit, frequent incessant laughing, vexation of the heart, heart that feels suspended as if one is famished, heart pain with heat in the palms, frequent sorrowful weeping with fright and fear, uncontrollable dry retching, manic ravings and unhappiness, and metacarpophalangeal sores with scabs and lichen.



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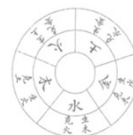
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## Indications of PC-7 from *Míngtáng* (c. 100 CE) & Explanations by Yuè Hánzhēn (1693 CE)

- 心包之肺病：喉痺口乾，身熱頭痛短氣，胸脇滿。
- Lung diseases of the pericardium: throat impediment with dry mouth, generalised heat with headache and shortness of breath, fullness of the chest and rib-side.
- 心包之肝病：目赤目黃，小便如血。
- Liver diseases of the pericardium: red eyes with yellowing of the eyes, and urine that appears bloody.



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### 包絡主三焦客 The Host Pericardium with the Guest Sānjiāo

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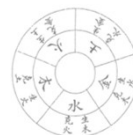
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## 包絡主三焦客

### The Host Pericardium with the Guest Sānjiāo

- 包絡為病手攣急，臂不能伸痛如屈，胸膈脅滿腋腫平，心中淡淡面色赤，
- Diseases of pericardiac network are hypertonicity of the hand, pain and inability to extend the arm as if it is [permanently] bent, fullness of the chest and flanks, swelling of the axilla, agitation of the heart with a red complexion,
- 目黃善笑不肯休，心煩心痛掌熱極，良醫達士細推詳，大陵外關病消釋。
- Yellowing of the eyes, frequent incessant laughing, vexation or pain of the heart, utmost heat in the palms, a skilful doctor or an adept of thorough understanding will meticulously examine these, use Dà Líng PC-7 and Wài Guān SJ-5 to dispel these diseases.
- Great Compendium of Acupuncture and Moxibustion 《針灸大成》，1601 CE



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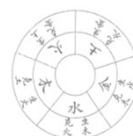
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## Dà Líng 大陵 (PC-7)

### Case Study – Xiào Shǎoqīng 肖少卿 (1923)

- Tan, Female, 46 years old, from Jiangning
- Arrived 1981/07/18
- Main complaint
  - numbness and pain in the left hand
- Symptoms:
  - She reported numbness and pain in her left hand and fingers, the finger joints were swollen, she was unable to make a fist. The pain worsened on rainy days.
  - Pulse: floating and moderate
  - Tongue: slimy (greasy) white coat
- Diagnosis
  - Impediment (Bi) syndrome
- Treatment Method
  - free the channels and network vessels and invigorate the blood, diffuse the impediment and settle pain.
- Prescription
  - PC-7, Ba Xie (Eight Evils), PC-6 pierced through to SJ-5. Used fine needles and moxibustion everyday for 10 day is one course of treatment.
- After five sessions, the numbness and pain reduced, after another five treatments, the swelling had subsided and numbness was eliminated.
- A further 3 sessions was used to consolidate the treatment. After 13 sessions she was cured.



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## Conclusion

- Recognizing multiple ways to view an acupuncture point
- Understanding how these points have been used in the past and in modern times
- Applying the points with guidance from modern physicians
- What next?



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