

Tung leg 77.00 region

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Acupuncture principles

陽病，正氣未衰，從陰引陽；

In yang disease, when Zheng qi is still not debilitated, from yin guide yang

陰病，正氣已衰，從陽引陰

In yin disease, when zheng qi already debilitated, from yang guide yin.

CM therapeutics

No facet of Chinese medicine escapes this principles

1. 正氣虛，邪氣實，扶正同時祛邪。
2. 正氣足，邪氣實，祛邪同時護正。
3. 正氣足，邪氣微，祛邪足矣。
4. 正氣虛，邪氣弱，扶正足矣

Qi and blood aspect

- 氣分 vs 血分 diseases
- Qi aspect diseases is marked by disease being in the intangible, in the yang layer, in the bowels.
- Blood aspect diseases is marked by diseases being in the tangible, in the yin layer, in the zang.
- For example:
- Ce san li treats Qi aspect diseases, from Yang guides Yin.
- Ling gu treats Qi aspect diseases, from Yang guides Yin.
- Si ma treats Qi aspect diseases, from Yang guides yin
- Tong xin treats Blood aspect diseases, from Yang guides yin.
- San shi treats Qi aspect diseases, from Yin guides Yang.
- Tong shen treats Blood layer diseases, from Yin guides yang,
- Shang san huang treats Blood aspect diseases, from Yin guides yang.
- Xia san huang treats Blood aspect diseases, from Yin guides yang.

Outer 77 section

- The outer section of the 77 region is often used as a method of Taking unblocking as supplementation 以通為補. We can see this clearly in Si hua as well as San zhong. This concept can be traced to the Suwen idea of Qi Jie 氣街/ Qi thoroughfare. A concept discussed in 4 chapters in the Neijing, chapter on Wei atrophy, chapter on Qi palaces, chapter on Shun and Ni, and chapter on Wei qi (circulation) 《素問·痿論》, 《素問·氣府論》, 《靈樞·逆順肥瘦》, 《靈樞·衛氣》
- As Liu yi elucidates in pages 88-95 of his 董氏針灸注疏 (2011), that these chapters on the Qi thoroughfare reflect the connection of mutual intersection, movement and distribution of the Jingluo system in the human body, represented by the head, chest, abdomen, and lower leg. 以十二經標本為基礎, 反映了經絡系統在人體頭、胸、腹、脛循行分佈中相互交通的關係
- It illustrates the crosswise connection on the Jing luo 主要說明了經絡的橫向聯繫. It ultimately depicts the interconnected relationship of one structure/ body 一體, through the Qi thoroughfare concept. It unites the body's divisions of above and below, represented by the 4 regions of the head, chest, abdomen, and lower legs (pertaining to the Zang fu, organs, and channel points).
- Each section forming and reflecting an individual function. but are intricately connected through this Qi thoroughfare.
- One can visualize it as a type of crosswise circulatory shortcut where the circulatory network of each the 4 regions can directly pour their qi and blood to the exterior, to the Jing mai, and into the Zang fu. 氣街是臟腑和諸經氣血橫向輸注的捷徑。
- The head thoroughfare representing the brain, the chest the heart and lung, the abdomen the liver, spleen, kidney, and six fu. 頭氣街以腦為中心, 胸氣街以心肺為中心, 腹氣街以肝、脾、腎及六腑為中心

Qi Jie continued

- The Qi throughfare theory focuses on explaining that the head, chest, abdomen, and lower leg (shin) are the channels through which the channels and qi converge and travel together. Qi thoroughfare is a network of channels crisscrossed, closely related and extensively connected through the channels, viscera, organs and tissues, and their distinctive yet related pathology and physiology. Concept of Qi throughfare is a crisscross and intersecting network passageway 氣街是縱橫交錯的網絡狀通道 of circulatory dynamic.
- The lower leg/ shin is extensively used area in Tung for these purpose: Hence why there is 5 zang zone in the leg (lung zone, heart zone, liver, zone, etc).
- The circulatory dynamic in the Qi thoroughfare is a movement of yin and yang, for example, the arm is the passageway through which the three yang channels of the hand descend to the head, binding around the shoulder joint. The lower leg is the passageway for the descending of the three yang channels of the foot. When they descend to the back of the feet, they merge with the three yin channels of the foot and go upward. The lower leg happens to be the mutually intersecting and opening pathway of yin yang. This enables yang qi to favorably flow and move downward, subsequently the the yin vessel's qi only then has the motive force to ascend upward. The upward movement of the vessel's qi to the abdomen and brain is precisely the foot three yin's vessel qi. Utilizing the function of yang to generate yin, causing yin and yang to intertwine, and afterwards the spleen and stomach rise and fall normally, this is precisely the mechanism of using the three weights and all the acupoints on the outer side of the tibia/ lower leg. Clinically, many patients with shoulder joint and upper arm pain pertain to spleen vacuity and blood stasis, as well as damp phlegm giving rise to the breast tumors, and ovarian cysts in the right lower quadrant and other diseases,
- 手臂是手三陽脈脈氣下降至頭部的通道，其結合點在肩關節周圍。足脛部為足三陽脈脈氣下降的通道，下降至足後將與足三陰脈相接而向上，足脛部的氣街剛好為陰陽相交關了道路，使陽氣順利下行，則陰脈脈氣才有動力上行。上行至腹部和腦部的陰脈脈氣，就是足三陰之脈氣。利用陽生陰的作用，使陰陽相貫，脾胃升降正常後，就是三重穴以及脛骨外側所有穴位的用穴機理。臨床上很多肩關節、上臂疼痛屬於脾虛有瘀者，以及濕痰流注引起的乳腺瘤，右下腹卵巢囊腫等病症

Zheng jin 正筋, Zheng Zong 正宗, Zheng Shi 正士

- 88.17-88.19 Zheng Jin: Upright/ Correct Tendon, Zheng Zong: Upright Ancestor, Zheng Shi: Upright Scholar
- Shen jing: Commanding Shen jing of the Vertabrae, Commanding Shen jing of the Brain 脊椎骨總神經、腦之總神經
- Functions: Clear heat and awaken the brain, penetrates qi to stop pain 清熱醒腦, 通氣止痛
- Location: These points are found on the Achilles Tendon, Zheng jin 3.5 cun from the base of the foot. Zheng Zong is 2 cun above Zheng Jin. Zheng Shi is 2 cun above Zheng Zong.
- Indications: Waist and vertebral pain, waist sprain, vertebral acute pain, neck bone spur, neck torsion, neck tendon pain, cranium and brain enlargement, hydrocephalus, occipital pain 腰脊椎痛、閃腰、脊椎骨閃痛、頸項骨骨刺、扭轉不靈及頸項筋痛、腦骨脹大、腦積水、後腦頭痛
- Needling: One threads through the Achilles tendon, but one can also come from the side from Taiyang to Shaoyin and viceversa.
- These points can also treat sciatica and ear ringing
- For epilepsy: Combine with Shang San Huang. For concussion: Combine with Zheng Hui. Vertebrae pain: Combine with Er jiao Ming

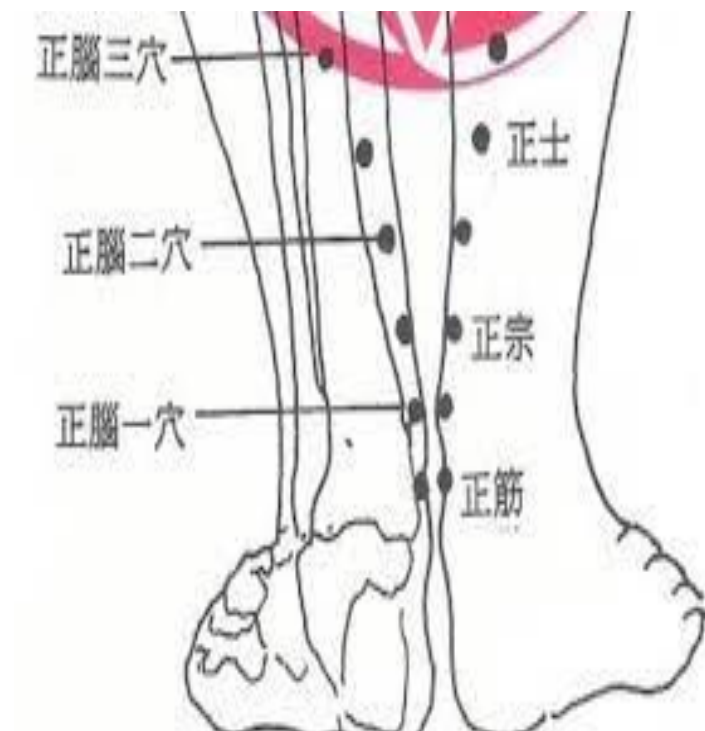
Zheng point locations



Zheng Nao 正腦

- Zheng Nao means Correct Brain. Set of 3 point
- These points are an extension of Zheng jin, Zheng Zong, and Zheng Shi
- Shen Jing: Brain shen jing
- Location: Zheng Nao Yi is 1 cun above Zheng Jin. Zheng Nao Er is 1 cun above Zheng Zong. Zhang Nao San is 1 cun above Zheng Shi.
- Indications: Brain ringing, cranial nerve pain, unceasing cough (immediate effect) 腦鳴, 腦神經痛, 咳嗽不止 (立即見效)

Zheng Nao Location

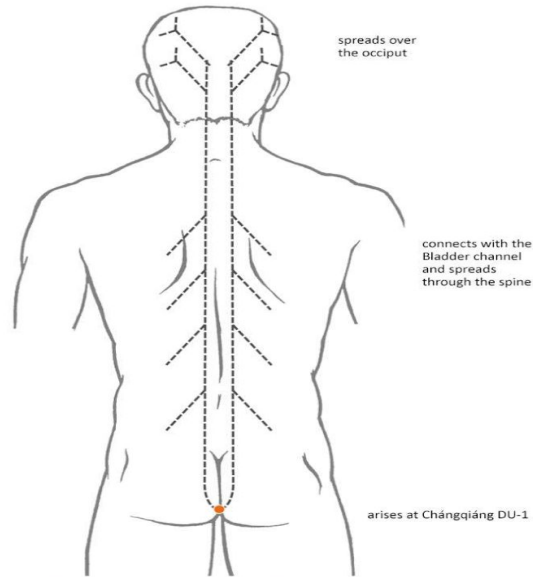


Zheng Jin and Zheng Nao pathomechanism

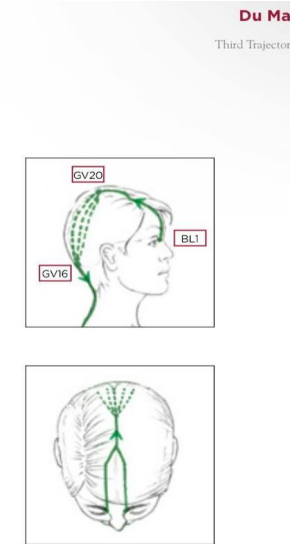
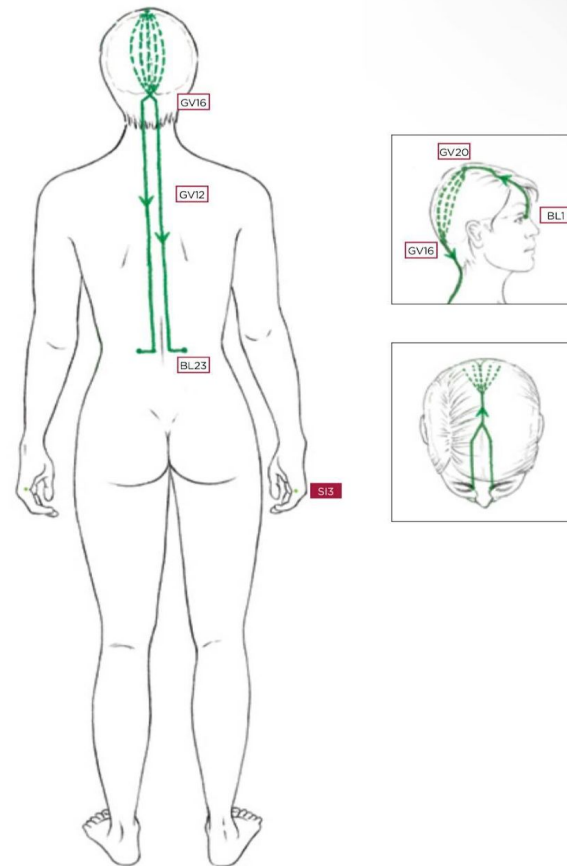
- These points reflect treating on the level of a “Substantive disease 臟器實體”, these can be seen by the Zheng jing associated with it (the brain and vertebrae)
- These points are important in prescriptions of Opening the orifices and awakening the brain 开竅醒腦, an acupuncture strategy popularized by professor Shi Xue Min 石學敏 and his needle methods of Xing nao kai qiao 醒腦开竅針刺法
- These points are between Foot taiyang and Foot shaoyin, represented by Achilles tendon 跟腱, however we take Foot taiyang as the basis, Ling shu chapter 10 states Foot taiyang governs when sinew engender the diseases 是主筋所生病者, with symptoms such as hemorrhoids, malaria, mania, epilepsy, head, fontanel, nape pain, eye yellowing, tears coming out, nose bleeds, nape, back, waist coccyx, knee fossa, heel, foot pain, with dysfunction of the little toe 痔、瘡、狂、癲疾、頭項痛, 目黃、淚出, 鼻衄, 項、背、腰、尻、腳跗、腳皆痛, 小趾不用.
- Foot taiyang is said to enter the brain 膀胱足太陽之脈...其直者, 從巔入絡腦
- Being between Foot Taiyang and Foot shaoyin as its 體 structure signifies it will treat the spine. As Kidney governs the Spine and the Luo mai of the Du mai diverges into Taiyang 督脈之別, 名曰長強。挾脊上項, 散頭上, 下當肩胛左右, 別走太陽, 入貫脊.
- These points stimulate the spinal cord and restore cerebrum function, therefore their usage has wide range of scope.

Du mai Luo Mai

Governing Luo-connecting Vessel



- arises at **Chángqiáng DU-1** and ascends bilaterally along the sides of the spine to the nape of the neck and spreads over the occiput.
- at the scapular region it connects with the **Bladder channel** and threads through the spine.



Du mai luo

(十四) 督脉之别

〔循行部位〕 督脉主要的别络,起始处在长强穴。挟脊脊上行到项部,散于头上,下行到肩胛左右,别走足太阳经,入内贯穿脊柱两旁的肌肉(图43)。

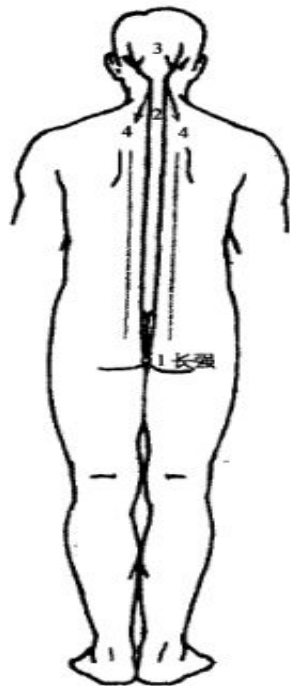
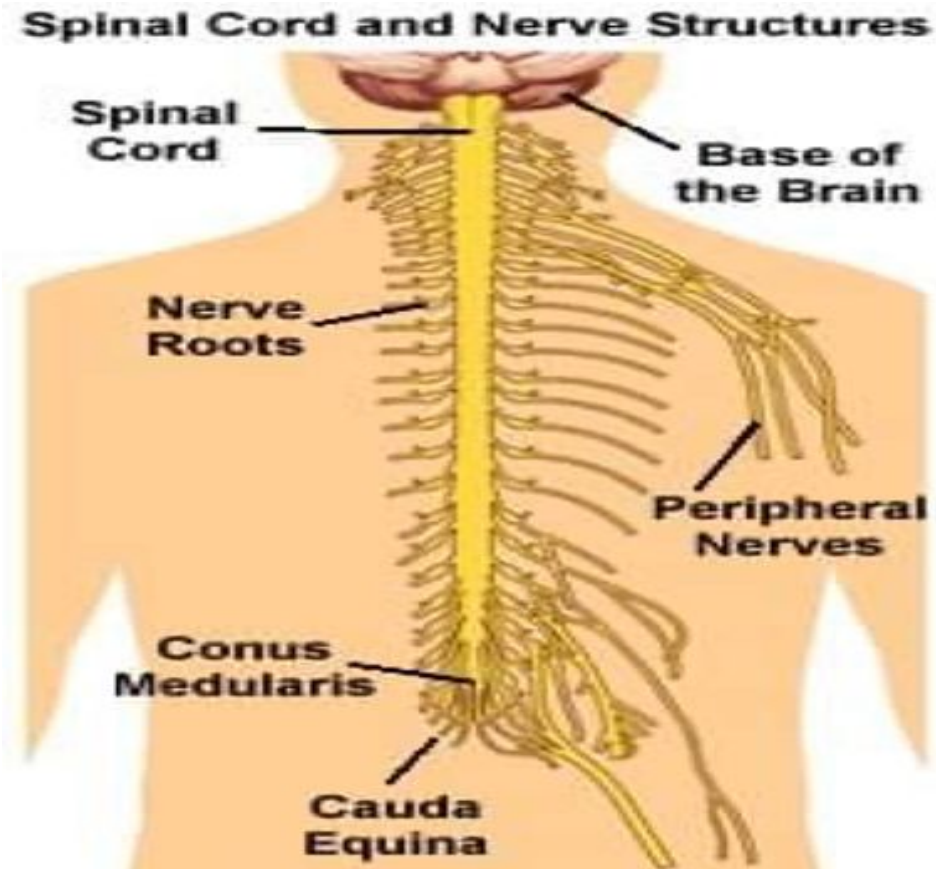


图43 督脉经别络循行示意图

1. 名曰长强; 2. 挟脊上项; 3. 散头上; 4. 下当肩胛左右, 别走太阳, 入贯脊。

Spinal cord and nerve roots



Zheng jin continued

- Since these points lie on Foot taiyang, foot taiyang represents the exterior. It is said Lung represent the Taiyang in the upper jiao, and often used to treat sinew diseases, hence Zhong Zi Zhong Xian.
- Liu Yi states that if no effect after needling, consider there is a heart spleen- fire earth problem.
- Zheng jin group has been used in cases of patients with brain damage after surgery leading to unconsciousness. Often accompanied with local swelling, and urinary and fecal incontinence. These points will shorten recovery, but Liu yi recommends pairing them with Men jin, Fu chang to penetrate the Yangming bowel, and descend the turbid qi. When yangming closes, the brain cannot open and stays closed. One can also think of Cheng qi tangs type of formulas such as Da cheng qi tang or Tao he cheng qi tang.
- Also can also be combined with Shou jie/ Shao fu (shaoyin heart ying spring) to penetrate the pathway of the chamber to the heart brain palace.

Zheng jin further continued

- The name of the points (Zheng jin, Zheng zong, Zheng shi) pertain to the Lung. The term Shi-scholar 士 has the meaning of duty/ management 事. The lung is the chancellor/ office of assistance which governs management. Lung governs management and regulation, so these points penetrate lung qi in order to treat spinal disease, such as all types of pain symptoms from lung qi vacuity.
- The names of the points also symbolize the stratum correspondence, relating to Substantial correspondence 實體對應.
- Lastly, from a Tissue correspondence perspective, Zheng jin area corresponds to the Tendons which relates to the liver. Hence why these points can treat convulsion, brain disease, wind spasm, and neurological damage. We can say this is Liver wood disease of Taiyang. The 19 lines of pathology state: All suddenness, rigidity, and straightening all belong to Wind 諸暴強直, 皆屬於風

Zheng jin and Zheng nao bing ji continued...

- Liu Yi states these points target the Jing jin 經筋 (Sinew channels), referencing Suwen chapter 13 and the sinewchannels that traverse the ankle (Foot taiyang, foot shaoyang, foot shaoyin, foot jueyin, foot taiyin). Stating that the Achilles tendon is the tendon of the 3 yin, and Taiyang. And foot shaoyang sinew also must pass here or at the side. Due to the complexity of the extensive and pathological characteristics of the Sinew channels courses, the Tung ancestors refined and extracted the quintessence of the therapeutics, linking these points to the Spine and Brain.
- A note on the needling of these points. Direct disciple, Yuan Guo Ben, states that needling these points can be uncomfortable therefore Master Tung in strong patients needled them sitting but those with debility laying on their side.
- If patient starts to get dizzy or feeling faint after these points, remove the needles, as this is a vacuity pattern leading to insufficient blood supply to the brain. The Lingshu states: When both yin and yang, and their form qi are insufficient, do not use needling, instead regulate them using sweet medicinals 陰陽形氣俱不足，勿取以鍼而調以甘藥也.
- If not one will commit the harm of Emptying the emptiness 虛虛之弊

Zheng jin continued

- Without the differentiation of vacuity and repletion, and if one just aims for quick effect as the marker of success, although the pain might be lessened but at the cost of Zheng qi. Signs of zheng qi damage include: Paler complexion, pulse becoming weaker, deeper, thinner, the body feeling more fatigue and more vacuous. This is iatrogenic damage. And although one might have expelled the pathogen, one did not protect the Zheng qi, and what's more one can lead to the pathogen internalizing leading to the symptoms disappearing because the pathogen internalized and moved to a different layer. Because although it seems the symptoms abated from the limbs or exterior, it has gone deeper into the Zang fu
- If one does needle vacuous patients, needle them laying on their side with light gentle needling.

Dao of Needling 針道

- Going against the rule of “not emptying what is already empty (vacuity/ deficiency)” is going against the Dao of Piercing/ Needling. The therapeutic effect is only a facet of treatment and relying on it at the cost of Zheng qi is a mistake.
- Zhang Zhong Jing stated: One mistake will prolong the days (of illness), another mistake will hasten the lifespan 一逆尚引日，再逆促命期。
- Ling shu 1 states: Taking away what is insufficient, filling what is surplus, this is the meaning of aggravating a disease 損不足而益有餘，是謂甚病。
- If one does commit the blunder of draining the deficient, we must cultivate their center qi. Liu Yi recommends Xiao jian zhong tang for Spleen yang vacuity, Li zhong tang for Spleen kidney yang vacuity, Bu zhong yi qi tang for qi sinking patterns, and Si ni tang for yang collapse. All these are methods of repairing and restoring the Jue ni 厥逆 (reversal and counterflow)

Jiu ni methods

- For methods of vacuity counterflow, Master Tung lineage emphasizes supplementing the middle jiao. These includes point groups such as light and oblique needling of Xia san huang.
- Tong tian, tong guan to supplement fire to engender earth, or what is also known as supplementing earth to fill fire.
- Jian zhong and Bei mian have the function of supplementing the Dan tian, they are the center of the upper limbs.
- Zhong bai xia bai for spleen collapse.

Bo Qiu 搏球

- 77.04 Catching ball.
- Shen jing: Heart sub branch shen jing 心之分支神經, lung accessory shen jing 肺之副神經
- Indications: Leg cramping, cholera, waist pain, nasal bleeding, occipital pain 腿轉筋、霍亂腰酸背痛、鼻出血, 後腦頭通,
- Paired with: Si hua zhong to treat Cholera, muscle cramping, and kidney depletion 與四花中穴配用, 主治霍亂轉筋及腎虧

Bo Qiu Location

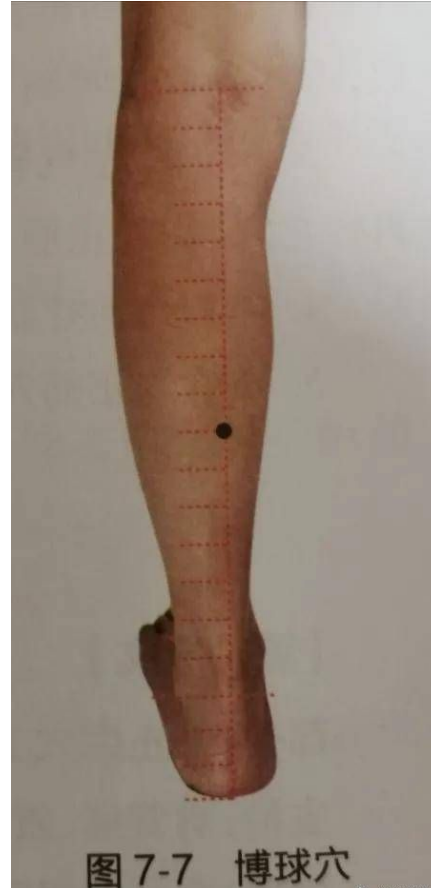


图 7-7 博球穴

Bo Qiu Bing Ji

- The Bo Qiu Name is referring to the Calf muscle. The Calf has the appearance of a fleshy lump, and round like a ball. The strength of this muscle is the Bo component, which reflects potentiality 此处(小腿肚)为块状之肉, 圆鼓如球。此穴在此球之下,其势如搏其球。
- Young Wei Jie explains because this point is on the Bladder trajectory it can treat back pain, and when paired with Zheng Shi it can treat pain by the vicinity of Gao huang 本穴位居膀胱經所行, 能治腰酸背痛, 腰連背痛尤有卓效。與正士互相倒馬治療背痛(尤其是膏肓穴附近痛)或腰背痛效果極佳。
- For chronic stubborn diseases its better to bleed this area. Because this point pertains to a flesh and tendon junction, it can treat pain in different areas of the body. There's a Master Tung case where he began treating shoulder pain by bleeding Bo Qiu.
- This Point is Close to Cheng Shan, and can be used as a Dao ma with Cheng Shan (Bladder 57). This location in the calf can be seen as a Governing tendon point 本穴因鄰近承山穴, 治療腿抽筋亦極有效。與承山倒馬並用, 療效更佳。此處 (小腿肚) 為塊狀之肉,主筋。
- The principle of using Tendon to treat tendon. Its function including soothe sinews and invigorate lu, and attuning Zang fu function, hence its effect on cramps, and a types of traumatic injury 以筋治筋, 本穴有舒筋活絡, 調理臟腑功能, 同承山一樣最可用治腿轉筋及痔疾。對於各種跌打損傷, For injuries First Ashi then using this point to course Qi, guide stagnation, and disperse stasis 均可先針阿是,再針此穴疏氣導滯散瘀,加速痊癒。
- In the case of hemorrhoids, prick nearby blue vein, and pair with blood letting with Wei zhong 本穴附近青筋刺血, 治療痔瘡亦甚有效, 配合委中刺血, 多年痼疾常一-次而愈。
- Can also treat menstrual pain as it corresponds to the Yin anterior 治療月經痛, 本穴對應陰部 (前後陰)
- This point has a Heart branch lung accessory shen jing, therefore it invigorates Blood primarily, and secondarily regulates Qi. Since it works on the muscle and tendon, this effect is principally on Liver spleen based on tissue correspondances.

Shang Yu 上俞 Xia Yu 下俞

Shang Yu means Upper transport, Xia Yu means Lower transport

Shen jing: Heart shen jing, Lung branch Shen jing 心之神經、肺分支神經

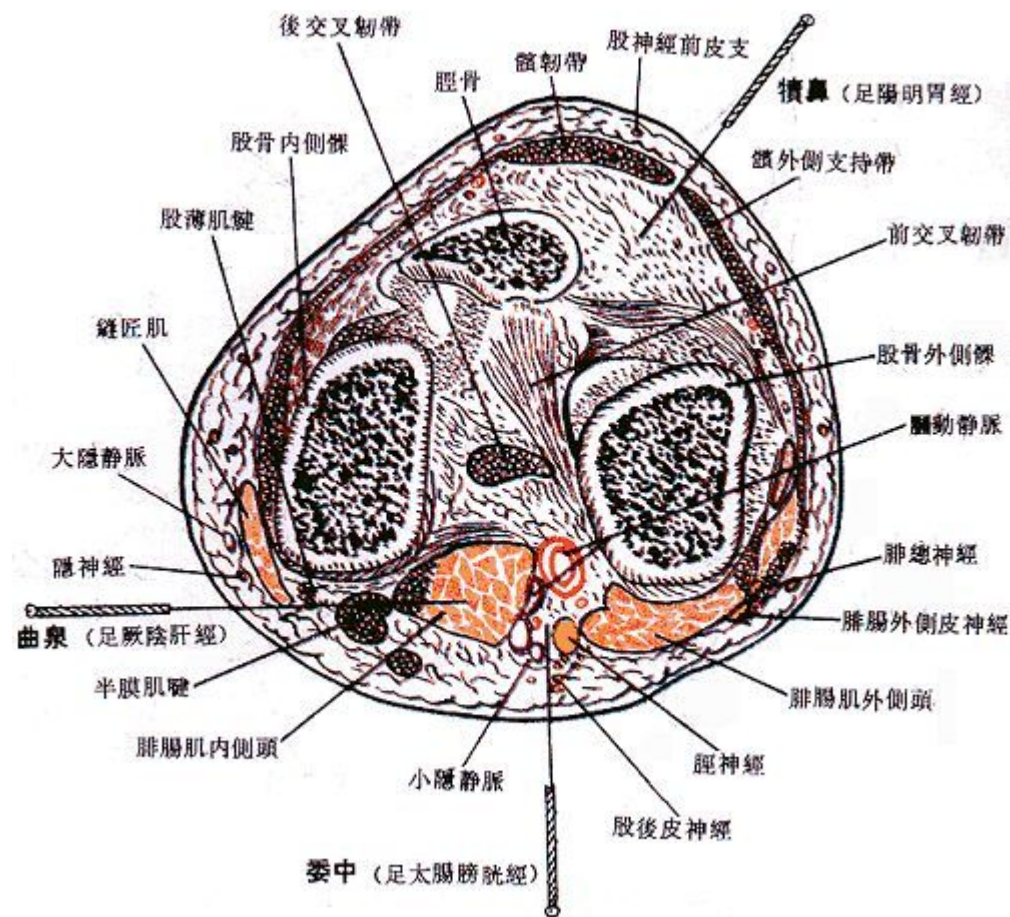
Location: At the center of the posterior knee crease (Bladder 40/ Wei zhong), Shang Yu is 5 fen lateral to Wei zhong and Xia yu is 5 medial to Wei zhong.

Indications: Myocardial infarction, angina, heart enlargement, head pain, waist pain, chest pain, back pain, sciatica. Use a three edge needle to prick black blood for special effect 心臟麻痺、狹心症、心臟擴大、頭痛、腰痛、胸痛、背痛、坐骨神經痛。以三稜針點刺黑血特效。

Shang Xia yu bing ji

- For all intents and purposes these points are Wei zhong, except they are used to treat the Heart and Lung.
- The Zhen Jiu Ju Ying and Zhen Jiu Da Cheng refers to Wei zhong as the Blood Xi-cleft 《針灸大成》稱為血郄 . 血郄(《針灸聚英》)
- Wei zhong is the earth of yang water, when drained it allows Yang water to flourish by taking earth's influence on water allowing Taiyang to cool.
- The ancient canon describes Wei zhong as treating: Strong pain of the waist and spine, body heat lower abdomen hard swelling, inhibited urine, greater trochanter pain, leg knee wind damp (rheumatism), summer heat stroke, epilepsy, unceasing nose bleeding, hemorrhoids, perineum pain, enuresis, lack of eye brightness, tugging and slackening (i.e. clonic spasm), head pain, thigh cramping pain, leg weakness without strength,, heat disease with sweat not coming out, abdominal pain, Yong-ju abscesses emerging in the back, whole body sores, nausea and vomiting, diarrhea, dysentery, maculopapular eruptions/ sand qi, furuncle sores, hairline sores, stroke unconsciousness, mandible tightness, cramping, throat pain
- 古典:腰脊強痛、身熱、少腹堅腫、小便不利、髀樞痛、腳膝風濕、中暑、癰癤、衄血不止、痔、篡痛、遺尿、目不明、癰瘰、頭痛、股膝攣痛、風濕痺痛、半身不遂、腳弱無力、熱病汗不出、腹痛、癰疽發背、渾身瘡癤、嘔吐、泄瀉、痢疾、痧症、疔瘡、髮際瘡、中風昏迷、牙關緊閉、轉筋、咽喉疼痛。
- More Modern time: Acute waist sprain, sciatica, acute gastrointestinal inflammation, gastrocnemius spasm, lower leg paralysis, knee joint pain, wind rash, damp rash, cinnabar toxin, boils, buttocks folliculitis
- 現代:急性腰扭傷、坐骨神經痛、急性胃腸炎、腓腸肌痙攣、下肢癱瘓、膝關節痛、風疹、濕疹、丹毒、癰、臀部毛囊炎
- The Zhen jiu jia yi jing notates that there is an artery here 約紋中動脈, this artery is how Wei zhong is treat the cardiovascular conditions. This has a vessel correspondence, so Heart shen jing means it can move blood and also Lung branch it can regulate Lung qi function (upper jiao function). Heart governs blood, and lung governs Qi 心主血, 肺主氣.

Wei zhong anatomy



Zheng Yang 正陽

- Correct Yang
- Zheng again means Upright, correct, rectify. Yang as in yin and yang
- Shen jing: Heart branch shen jing, lung sub branch, kidney sub branch shen jing
- Set of 3 points.
- Location: Zheng Yang Yi is 1 cun below Wei zhong (center of posterior knee crease). Zheng Yang Er is 1 1 cun lateral to Zheng Yang Yi. Zheng Yang San is 1 cun medial to Zheng Yang yi
- Indications: Heart enlargement, heart oppression, chest distention, gao huang region acute pain, nape tightness, hemorrhoids, excessive gastric acid, head pain, migraine, hand and feet numbness, heart palpitations, shoulder soreness, hemorrhoids. Use a three edge needle to bleed 心臟廣大, 心悶, 胸脹, 胸痛, 背部膏肓處急痛, 項緊痛, 痔瘡, 胃酸過多、胃痛、頭痛、偏頭痛、手腳麻痺、心悸、狹心症、肩酸痛、項強。痔瘡。用三棱針點青筋出血立即見效。

Zheng Yang bing ji

- While Zheng Yang indications are similar to Shang and Xia Yu, there is a different intent. With Shang and Xia Yu as the name implies we are trying to transport, and that's because the point is directly on the popliteal artery. They are more invigorating in nature.
- Zheng Yang as that name implies is trying to rectify the Yang. Hence why there is Kidney sub branch shen jing, in addition to the Heart branch and Lung sub branch.
- But for all intents and purposes, Shang and Xia Yu and Zheng Yang are utilizing the principle of Wei zhong and draining blood from Taiyang.
- Taiyang is seen as having lots of blood and little qi 太陽常多血少氣. This is the Taiyang Channel, however the Heart is also known as the Taiyang within the Yang 心者，生之本...其充在血脈，為陽中之太陽. Therefore the Yang we are correcting is the Qi circulating in the exterior so the Wei qi can internalize into the chest and unobstruct the yin accumulation happening in the chest. When the Wei qi doesn't internalize, then fluids don't transform, then they congeal, this then leads to yin repletion such as blood stasis and this furthers repels Wei qi from internalizing.

(FIRE) Huo Ji 火集, Huo Shan 火山, Huo Ling 火靈. Huo Zhi 火枝
(METAL) Jin Zhi 金枝, Jin Ling 金陵
(WOOD) Mu Zhi 木枝, Mu Ling 木陵

Name:

Huo Ji- Fire accumulation

Huo shan- Fire mountain

Huo Ling- Fire spirit

Huo Zhi- Fire branch

Jin zhi- Metal branch

Jin ling- Metal Mound

Mu zhi- Wood branch

Mu Ling- Wood Branch

Associated Shen Jing:

Lung sub-branch

Liver shen jing, kidney sub-branch

Heart branch, lung sub-branch

Heart shen jing, spine and brain shenjing

Lung accessory

Lung shen jing

Liver sub-branch, kidney accessory

Liver sub-branch, kidney accessory

Locations:

FIRE Locations:

- Huo ji is located 1 cun lateral to He yang (Bladder 55) which is 2 cun distal to the center of the popliteal crease.
- Huo shan is 1 cun medial to He yang.
- Huo ling is 3 cun distal to the center of the popliteal crease (wei zhong- bladder 40).
- Huo zhi is 4 cun distal to the center of the popliteal crease.

METAL Locations:

- Jin zhi is 1 cun lateral to Huo ling, or we can say 3 cun distal to Bladder 40 and 1 cun lateral.
- Jin ling is 1 cun below Jin Zhi (or 4 cun distal and 1 cun lateral)

WOOD locations:

- Mu zhi: 1 cun distal to Huo shan, or 3 cun distal to bladder 40 and 1 cun medial.
- Mu ling 1 cun distal to Mu zhi, or 4 cun distal to bladder 40 and 1 cun medial.

Indications:

Fire:

- Huo ji: Dorsal hand pain, chest pain, flank pain, hemorrhoids, sciatica 手後背痛, 胸痛, 兩脅痛, 痔瘡, 坐骨神經痛
- Huo shan: Hand to arm medial side pain, urethritis, cystitis, gastrointestinal inflammation, impotence, penis pain, abdominal pain, headache, hemorrhoids, excessive stomach acid 手下臂內側痛, 尿道炎, 膀胱炎, 胃腸炎, 陽痿, 陰莖痛, 腹痛, 頭痛, 痔瘡, 胃酸過多
- Huo ling: Headache (long-standing head pain), chest pain, dizziness, chest pain, vertebral pain, sciatica, waist pain, bleeding hemorrhoids (special effects) 頭痛 (久年頭痛) 胸痛, 頭暈, 胸痛, 脊椎骨痛, 坐骨神經痛, 腰痛, 痔瘡出血 (特效)
- Huo zhi: Headache, nape pain, shoulder soreness, back pain, vertebral pain, sciatica 頭痛, 項痛, 肩酸痛, 背痛, 脊椎骨痛, 坐骨神經痛

Metal:

- Jin zhi: Tuberculosis (special effect), pneumonia, chest pain, lower limb numbness, migraine, hand arm pain, fifty year shoulder 肺結核 (特效), 肺炎, 胸痛, 下支麻痺, 偏頭痛, 手臂痛, 五十肩
- Jin ling: Migraine, hemiplegia shoulder arm pain, chest pain, pneumonia 偏頭痛, 半身不遂, 肩臂痛, 胸痛, 肺炎

Wood:

- Mu zhi: Headache (long lasting), nape and head pain, back pain, cranial nerve pain, heart oppression, weak heart, exhaustion, liver pain, bleeding hemorrhoids 久年頭痛, 項頭痛, 背痛, 腦神經痛, 心悶, 心臟無力, 疲勞, 肝痛, 痔瘡出血
- Mu ling: same indications as Mu zhi

Huo Ming 火明

Shui ling 水陵, Shui Yang 水陽, Shui Sheng 水生,

Fei Ling 飛陵

Huo Ming: Fire Brightness

Shui Ling: Water Mound

Shui Yang: Water Yang

Shui Sheng: Water Creation

Fei Ling: Flying Mound (two points)

Associated Shen jing:

Heart Branch, Lung sub-branch

Kidney Accessory

Kidney accessory

Kidney shen jing

Spine Shen jing, and Kidney shen jing

Locations:

Huo Ming: 1 cun below Huo Ling or 5 cun below the center of the Popliteal Crease.

Shui ling: 1 cun below Mu ling or 5 cun distal and 1 cun medial.

Shui yang: 1 cun below Shui ling. 6 cun distal to BL 40 and 1 cun medial.

Shui Sheng: 1 cun below Shui yang. 7 cun distal BL 40 and 1 cun medial.

Fei Ling Yi is 6 cun distal to center of Popliteal crease.

Fei ling er is 7 cun distal, 1 cun below Fei ling yi.

Indications:

- Huo Ming: same as Huo Ling.
- Shui Ling: Urethritis, nephritis, headache, migraine, hemorrhoid pain, chest pain, pharyngitis, stomach pain, lower limb numbness, liver cirrhosis 尿道炎、腎臟炎、頭痛、偏頭痛、痔瘡痛、胸痛、咽喉炎、胃痛。下肢麻痺。肝硬化
- Shui yang: Eye soreness pain, dizziness, eye blurriness, excessive stomach acid, vomiting, migraine, nape tightness, flank pain, chest pain 眼酸痛、頭暈、眼花、胃酸過多、嘔吐、偏頭痛、項緊、肩痛肩緊、兩脅痛、胸痛
- Shui Sheng: Leg soreness and pain, uterus inflammation, urethritis, leg pain, cramping, chest pain, back pain, nape tightness, headache, muddleheaded, dizziness, 脚酸痛, 子宮炎, 尿道炎, 脚痛, 抽筋, 胸痛, 背痛, 項緊痛, 頭昏, 頭暈, 頭痛
- Shui Sheng: Fei ling: Vertebral bone spurs, sciatica, waist and back pain, waist sprain, hemorrhoids, foot neuropathic numbness, muscle cramping 脊椎骨骨刺、坐骨神經痛、腰背痛、閃腰岔氣、痔瘡、足神經麻痺。轉筋。

Jin Fu 金輔, Jin Yang 金陽, Jin Sheng 金生

Name

Associated Shen Jing

Jin fu= Metal Assistance

Lung Accessory

Jin Yang= Metal Yang

Lung sub-branch

Jin Sheng= Metal Birth

Lung accessory

Locations:

Jin Fu: 1 cun distal to Jin ling or 5 cun distal to BL 40 and 1 cun lateral.

Jin yang: 1 cun lateral to Fei ling yi or 6 cun distal to BL 40 and 1 cun lateral.

Jin Sheng: 7 cun distal to BL 40 and 1 cun lateral

Indications

Jin Fu: Foot sprain, lung tuberculosis (special effect), pneumonia, lower leg numbness, hand and wrist sprain, migraine 腳扭傷、肺結核(特效)、肺炎、下肢麻痺、手腕扭傷、偏頭痛

Jin yang: Tuberculosis, pneumonia, lung disease, lower limb numbness, migraine, shoulder and arm pain, back pain, nape tightness pain 肺結核、肺炎、肺病、下肢麻痺、偏頭痛、肩臂痛、背痛、項緊痛

Jin Sheng: Hand and arm pain, waist soreness and waist pain, migraine, lower limb numbness, shoulder pain, hand numbness, headache, hemorrhoids 手臂痛、腰酸腰痛、偏頭痛、下肢麻痺、肩膀酸痛、手麻。頸項痛(有卓效)、頭痛。痔瘡

Wai Ling 外陵, 内陵

Wai Ling- Exterior Mound. Nei Ling- Interior Mound

Shen Jing:

Wai Ling: Lung Accessory.

Nei Ling- Kidney accessory

Locations:

Wai Ling: Distal 8 cun to the popliteal crease and lateral 1.5 cun to Bladder 57 (Cheng Shan)

Nei Ling: Distal 8 cun to popliteal crease and medial 1.5 cun to Bladder 57

Indications:

- Wai Ling: Foot sprain, Foot pain, atrophy, lower leg numbness 腳扭傷、腳痛、痿症、下肢麻痺
- Nei Ling: Medial foot sprain, foot pain, atrophy, lower limb numbness, nephritis 腳內側扭傷、腳痛、痿症、下肢麻痺。腎臟炎

四花 Si hua- 4 Flowers

Si Hua consists of 7 points

- Si Hua Shang 四花上= Upper Flower.
- Si Hua Li 四花裡= Inner 4 Flower.
- Si Hua Zhong 四花中= Center 4 Flower.
- Si Hua Fu 四花副-= Accessory 4 Flower.
- Si Hua Xia 四花下 Lower 4 Flower
- Si Hua Wai 四花外= Outer 4 Flower
- Fu Chang 腑腸- Bowel intestine

Associated Shen Jing:

Lung and Heart branch shen jing.

Lung zone branch shen jing. Heart branch shen jing.

Lung and Heart sub-branch shen jing. Six fu accessory shen Jing

Lung and Heart sub-branch. Six fu accessory shen jing.

Six fu shen jing. Lung accessory and kidney accesory

Lung branch shen jing. Six fu shen jing.

Six fu shen jing. Lung accessory. Kidney shen jing. Heart accesory

Locations:

- Si hua shang: 3 cun below Xi Yan (Stomach 35), on the edge of the Tibia. 1 cun medial to Zu san li
- Si hua li: 4.5 cun below Si hua shang or 7.5 below Xi yan.
- Si hua zhong: 1.2 cun lateral to Si hua li
- Si hua wai: 1.5 cun lateral to Si hua zhong
- Si hua fu: 2.5 cun below Si hua zhong, or 10 cun distal to Xi yan
- Si hua xia: 2.5 cun below Si hua fu, or 12.5 cun distal to Xi yan
- Fu chang: 1.5 cun distal to Si hua xia or 14 cun distal to Xi yan

Locations:



Indications:

Si hua shang: Asthma, tooth pain, palpitations, oral tumors, dizziness, heart disease, cramping sinew, cholera, duodenal ulcer (special effect), gastric ulcer (special effect) 哮喘、牙痛、心悸、口內生瘤、頭暈、心臟病、轉筋霍亂、十二指腸潰瘍(特效)、胃潰瘍(特效)。

Si hua li: Acute or chronic stomach disease, heart disease, heart palpitations, cramping sinews cholera (nausea, vomiting), myocardial infarction 急慢胃病、心臟病、心悸、轉筋霍亂(嘔吐)、心臟麻痺。。

Si hua zhong: Asthma, eyeball disease (aching, keratitis, conjunctivitis, cataract) endocarditis, angina (heart muscle blockage, special effect) atherosclerosis (special effect) (bilateral heart pain), myocardial infarction (difficult heart oppression, uneasy sitting and rest) acute gastroenteritis (immediate effect) reduces bone swelling, lung cancer, emphysema, pneumonia (extraordinary effect) 哮喘、眼球病(酸痛、角膜炎、結膜炎、白內障)、心臟內膜炎、狹心症(心肌梗塞)(特效)、心臟血管硬化(有卓效)、(心兩側痛)、心臟麻痺、(心悶難過、坐臥不安)。急性胃腸炎(立即見效)、消骨頭之腫脹。肺癌、肺氣腫、肺炎(奇效)

Si hua wai: Acute enteritis, teeth pain, migraine, facial palsy, rib membranitis. 急性腸炎、牙痛/偏頭痛、臉部神經麻痺(口歪眼斜)、肋膜炎。

Si hua fu: Same indications as Si hua zhong

Si hua xia: Enteritis, abdominal distention, stomach pain, lower limb edema, grinding teeth during sleep 腸炎、腹脹、胃痛、下肢浮腫、睡中咬牙

Fu chang: Same indications as Si hua xia (Used with Si hua xia as a pair)

Si hua bing ji

- In Ling shu 75, we are introduced to the 5 types of regulations 五節:
 1. Shaking off dust 一曰振埃
 2. Unveiling ignorance 二曰發蒙
 3. Removing a nail 三曰去爪
 4. Removing the covering 四曰徹衣
 5. Dispelling confusion 五曰解惑

These are defined as followed:

Shaking off dust is pricking the external channels to remove yang evils. (External channels referring to the vessels in the surface)

Unveiling ignorance is pricking the Bowel/ repository points, to remove bowel/ repository disease.

Removing a nail is pricking the collaterals of the joints and limbs.

Removing covering is pricking all the singular transport of all the yang

Resolving confusion is exhaustively knowing how to attune yin and yang, supplementing and draining surplus and insufficiency relocating qi to another.

振埃者，刺外經去陽病也；發蒙者，刺府俞，去府病也；去爪者，刺關節肢絡也；徹衣者，盡刺諸陽之奇俞也；解惑者，盡知調陰陽，補寫有餘不足，相傾移也

Si hua bing ji

- Si hua reflects a number of these principles, of unblocking the yang. Particularly Shaking off dust and unveiling ignorance.
- The chapter further elucidates: The criterion of the application of needles, lies in attuning the Qi. When the qi accumulates in the stomach, in order to penetrate nutritive and wei. Each moving their (respective) path. When ancestral qi remains in the sea, those that are downward pour into the Qi street. Those that are upward move to the paths of breathing Therefore, when there is Reversal in the feet, zong qi is not descending, the blood in the vessel have congealed and stopped 用鍼之類，在於調氣，氣積於胃，以通營衛，各行其道。宗氣留於海，其下者，注于氣街，其上者，走於息道。故厥在於足，宗氣不下，脈中之血，凝而留止

Si hua bing ji continued

- LS 75 also states that if “A channel has repletion above, there will be lower vacuity and inability to penetrate, this inevitably means there is horizontal luo-collaterals surplus imparting into the Big channels, making [move] the obstruction, one inspects [the channel] and drains it. This is what is called resolving a knot 一經上實下虛而不通者，此必有橫絡盛加於大經，令之不通，視而寫之，此所謂解結也。
- Si hua follows the principle of Taking penetration as supplementing 以通為補. This is what is called supplementing within draining 瀉中之補.
- This means that the Si hua region 穴區, pricking blood is primary 刺血為主 method of treatment

Si hua bing ji continued

- As we see with the Lingshu quote above, the congealment of Qi in the yang can affect even the connection between ancestral qi and the Qi street. This means that stasis in this region can lead to blood stasis in the whole body. Therefore, it is said that Yang in the exterior is yin's emissary 陽在外為陰使也
- Furthermore if we pay attention to the leg zones in Tung acupuncture, Si hua corresponds to the Lung zone and Heart zone. Also the liver zone is in the heart zone. Hence Si hua is very important for chest conditions and unblocking blood movement of whole body.
- When one pricks the vessels, the exuberant yang qi that was congealing the blood circulation by not uniting with the yin by not descending, then the yang qi descends and the yin vessels can ascend.
- When yang qi does not descend it leads to Yin excess, as warmth is not descending into the interior causing stasis of yin (Repletion) which further prevents yang from descending.

Si hua continued

- Si hua helps restore the 機 mechanism of Yang descent, and yin ascent 陽降陰升.
- It is easy to see how Si hua region can lead to stasis since Yangming is abundant in qi and abundant in blood 陽明常多氣多血
- It is important to notate that Yangming in Kai he shu theory (Opening, closing, pivot) belongs to closure. Hence this area easily stagnates leading to closure in the abdomen and chest. This closure often affects the heart mechanism, leading to derangement of the mind and brain. Often yangming is treated when a person goes unconscious or mad, this is clearly elucidated in the Shang han lun in the yangming chapter, in conditions such as “Heat in the blood chamber, delirious ravings, seeing ghost”. Like in the formula Tao he cheng qi tang.
- The heart governs spirit, governs the spirit will. And yang ming function also lies in the heart. Yangming is earth, the child steals the mother’s qi when the function of yangming closure function is low, directly stealing it’s the qi and blood its Heart mother, showing a type of image of heart vacuity
- 心藏神，主神志，而陽明的作用又在於心。陽明為土，陽明之合功能底下的子盜母氣，直接稻取心母之氣血，表現出一脈心虛之象

Si hua continued

- When yangming closure is excessive and obstructed, then the qi of the heart mother cannot smoothly descend and then congested, often appearing as a type of repletion pattern (mental illness), therefore by regulating the bowels and pricing blood from the leg, entirely can from the child regulate the mother.
- 陽明之合太過而不通，則心母之氣不能順利下行而雍塞，常出現一脈實證（神志疾患）所以通腑和足脛部的刺血，都能從子調母
- In Hu Bing Quan's 胡丙權 "Wu xing ci luo liao fa 五行刺絡療法" he illustrates how the Tung lineage segmentalizes the leg into various zones 區. Such as Ear zone, Lung zone, tooth zone, lateral head zone, frontal head zone, stomach zone, heart zone, liver zone, kidney and bladder zone, occipital zone, anterior thigh zone, posterior thigh zone. All zones in the lower leg.
- For English reference see bloodletting zones of the Trunk and Lower Limbs in chapter 10 of Henry Mccan bloodletting book, chapter on Tung Bloodletting.

Liu yi and Young Wei jie clinical experience

- In Liu Yi clinical experience, Si hua shang and Si hua zhong are needled deeply 3 cun 深刺三寸 for cardiac patterns. Particularly for 水氣凌心 water qi insulting the heart. Also paired with Men jin to treat pediatric high fever. If needled two cun, can open the chest and regulate the lung qi 開胸理肺氣, treating chest oppression 胸悶
- Si hua fu and Si hua xia are used to treat all types of Abdominal pain.
- Lai jin xiong paired Si hua wai and Shen guan to treat posterior superior iliac spine pain 髂後上棘疼痛, also for frozen shoulder
- These points can also lower cholesterol and blood pressure

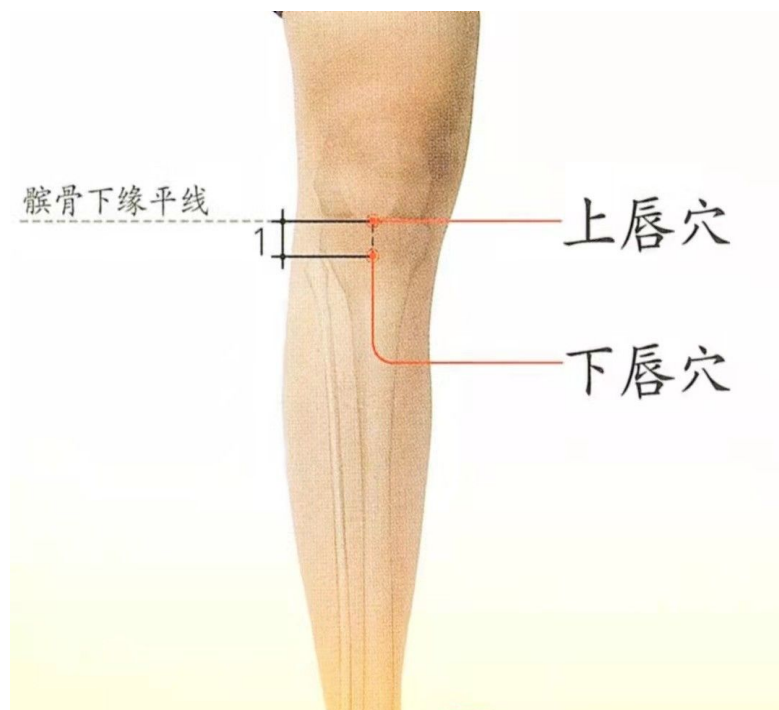
Shang chun 上唇, Xia Chun下唇

- Upper Lip and Lower Lip
- Shen jing: Extraordinary point outside the channels 經外奇穴

Hu wen zhi classifies it as Kidney shen jing

- Location: At the lower edge of the patella of the knee, on the patellar ligament is Shang chun, Xia chun is 1 cun below
- Indication: Lip pain, white mouth syndrome (vitiligo, thrust, candidiasis, oral herpes) 唇痛, 白口症
- These points must be bled

Location:



Bing ji of Upper and Lower Lip

- The spleen-stomach are said to bloom in the lips.
- Spleen is said to open in the mouth 開竅於口
- These points lie in Foot Yangming. These points are by Stomach 35/ Du Bi. The ode of spiritual illumination says Du bi treats Wind evil pain《靈光賦》：犢鼻治療風邪痛
- White mouth syndrome in Ancient disease names was referred to as: Rotten mouth, mouth sores, mouth Gan 口糜”“口瘡”“口疳”
- Sores in the mouth one often thinks of Heart opens into the tongue, spleen opens in the mouth, all pain, sores and abscess belong to the heart 心開竅於舌」、「脾開竅於口」、「諸痛瘡瘍皆屬於心
- This heart- stomach-spleen sores in the oral cavity is akin to Gan cao xie xin tang that has erosions in the upper part of the body 蝕於上部...甘草瀉心湯主之
- In TCM, Herpes being viral often has a latent heat component in the blood and is rooted in liver damp heat, however the flares happen due to stomach heat and wind heat.
- For sores combine with Shou jie and Huo ying Huo zhu

Bing ji continued

- The patella is in general an image of the face.
- We have various points here that have an affinity to the face (Jin qian, San quan, Shi yin)

雙龍 Shuang Long

Double Dragon. Set of two points. One of Tung's 72 extinguishing points.

Shen jing: Lung branch shen jing (Hu Wen Zhi)

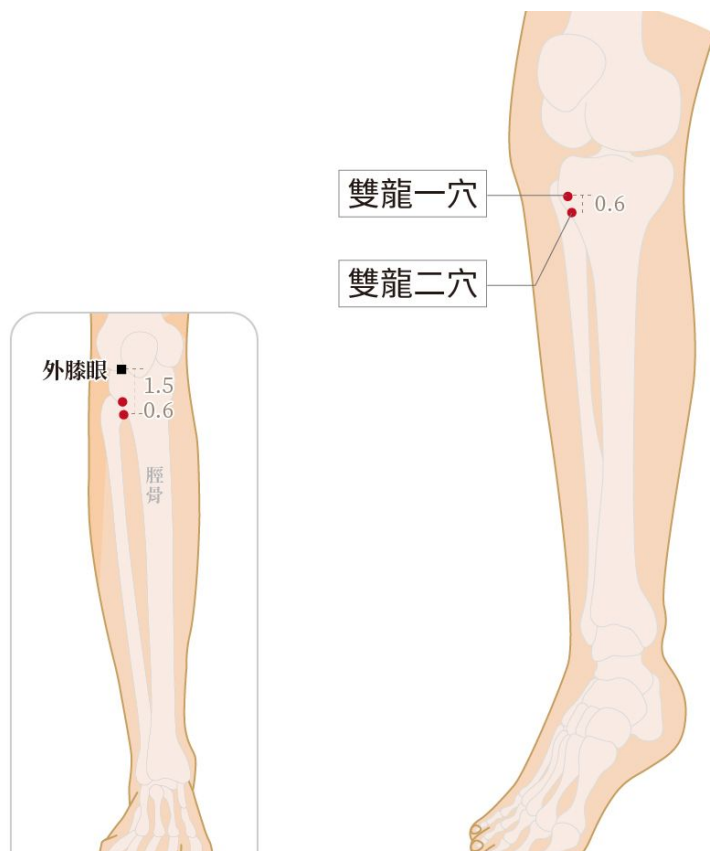
Li Guo Zheng also adds in a Liver shen jing 肝支神經

Functions: Disperse swelling, stop pain, course and penetrate the channels and collaterals 消腫止痛, 疏通經絡。

Location: Shuang Long Yi is 1.5 cun below the outer Xi yan/ Knee eye. In a depression. Shuang Long Er is 6 fen below Shuang Yi, in a depression.

Indications: Breast cancer, breast tumor, mammary gland inflammation/ mastitis, 乳癌, 乳瘤, 乳腺炎, 乳頭炎

Location:



Bing ji

- Shuang long form/ structure is in foot yangming and its function is in the Lung. Often breasts condition are treated through the Yangming vessel, or sometimes shaoyang, and also often the yangming points has a Lung shen jing.
- For example, Shuang long often combined with Jian feng 肩峰, which is 0.5 cun below Jian yu/ LI 15 for breast cancer, mastitis, and inflammatory breast condition. Jian Feng has a Lung branch and heart accessory zhen jing 肺支神經、心副神經
- Neijing states that Foot yangming moves to connect with the breast center 足陽明胃經，行貫乳中

It is said in Males the nipples belong to the liver, and the breast to the kidney. In Females, the Nipple belongs to liver, and the breast to the stomach 男子乳頭屬肝，乳房屬腎；女子乳頭屬肝，乳房屬胃

Shuang long continued

- Points in Tung that have Lung affinity that affect the breast include Si ma, Shuang Long, Jian Feng, Wai san Guan, etc.
- The Lung governs the Chest, all qi distention and depression belongs to the Lung. In classical physiology the Lung governs Qi. When metal is depressed, then wood also becomes constrain since metal controls wood.
- This dynamic of Qi depression and how it leads to festering is poignantly expressed in Lü Shi Chun Qiu《呂氏春秋》where it says: When the form does not move, then the essence does not flow, when the essence does not flow, subsequently there's Qi depression 形不動則精不流, 精不流則氣鬱. In another section it states: The staying of disease, is the the birth of harm, it is the depression of essence qi. Ergo, as water is depressed then there is defilement, when the trees depression then there is worm decay, when the grass depressed there is festering, the country also has (qi) depression 病之留、惡之生也, 精氣鬱也。故水鬱則為污, 樹鬱則為蠹, 草鬱則為蕘。國亦有鬱

Shuang long bing ji continued

- The Hand taiyin Lung is said to be related to the upper diaphragm 上膈屬肺 (Ling shu 10), when there is Qi depression there is diaphragmatic blockage 胸膈不利, this leads to Qi depression in the chest, since Lung cannot descend then it counterflows into earth or cannot control wood, which then overwhelms earth which cannot engender metal which then cannot control wood. This perpetual cycle between Metal, wood, and earth.
- It is stated Qi depression engenders phlegm 氣鬱生痰. When the Qi mechanism is unsmooth, then qi depression causes stasis. 氣機不暢, 氣鬱則瘀
- This phlegm congealment 痰凝滯 when it combines with Qi is known as Phlegm and Qi mutually binded 痰氣互結
- Yangming is abundant in Qi and blood, so Qi depression and blood stasis can often affect Yangming. Yangming is associated with Metal.
- Hu Wen Zhi, also looks for distended vessels in the Lung zone or dull purple skin to bleed 肺區尋找怒張的血絡或皮膚暗紫處. Lung zone is in the lateral anterior leg

Ce san li 側三里

Besides 3 Miles. Set of two points. Ce san li shang and Ce san li xia

Shenjing: Lung sub-branch, teeth shenjing

Location: Ce san li shang is 2.5 cun lateral to Si hua shang or 1.5 cun lateral to Zu san li (Stomach 36). Ce san li xia is 2 cun inferior to Ce san li shang.

Indications: Teeth pain, facial nerve pain, intercostal neuralgia, trigeminal neuralgia, migraine pain, stops appendicitis pain 牙痛、顏面神經痛、肋間神經痛、三叉神經痛、偏頭痛。止盲腸炎疼痛

Location



Bing ji

- To understand Ce san li which is between Foot Shaoyang and Foot yangming 界於少陽陽明之間, foot shaoyang drains and foot yangming supplements. Therefore, Ce san li has a dual effect of supplementation and draining 補瀉雙向調節的方法 ... So called even technique 平補平瀉法
- Ce san li treats 氣分 diseases, shaoyang governs Qi based illness. But Qi illness can affect the blood. Like when we see the sides of the tongue have purple petichae with purple lips, this is Shaoyang qi disease entering the blood layer, bringing about blood stasis 兩邊舌質有瘀斑、脣紫, 說明少陽病氣分入於血分, 造成瘀血。
- Also Yang ling quan follows the principle of From yang guide yin 從陽引陰
- Ce san li is between the He sea points of Gallbladder and Stomach, Yang ling quan and Zu san li, therefore treats counterflow and bowel disease. Yang ling quan is the earth point of Yang wood, and Zu san li is the earth point of Yang earth. Additionally, to understand the scope of Ce san li one has to understand Yang ling quan (GB 34) and Zu san li (ST 36).

Wudang Daoist, Fei Yi 非遺, on Yang Ling Quan

- Yang ling quan is Shaoyang gallbladder channel's Yang qi ascending and effusion, Gallbladder is shaoyang, its qi is warm. To then warm yang, and disinhibit water. If one uses the supplementing method, then its effect is like Gui zhi, having an effect of raising yang, transforming water, evaporating and raising to heaven. Its like the Azure dragon of the Eastern direction, bestowing shaoyang the qi of the east ascending rising sun. When the sun ascends, then it can move clouds and distribute rain, evaporating earth's qi and water qi to ascend upwards transforming and becoming mist.
- If one uses the draining method, then one can clear heat and disinhibit damp in the two channels of gallbladder and stomach. Or if treating the damp heat pattern of the warm disease school, the damp heat of Heaven also emerges out of the mist, rain, and damp qi of heaven.
- This point supplemented can warm and ascend and moistens from shaoyang. Draining it then cools and ascends and dries from yangming.
- "Qian Jing Fang states: Yang ling quan governs enuresis and incontinence, with lack of self-awareness" Enuresis and incontinence is Yang vacuity with lack of transformation of water rheum. Yang ling quan has an effect of warming yang and transforming water.
- 陽之陵泉者，為少陽膽經陽氣升發（膽為少陽，其氣溫），進而溫陽利水穴。如用補法，則其效如桂枝，有昇陽化水蒸騰於天之功，一如東方之青龍，秉少陽旭日東昇之氣，日昇則能行雲布雨，蒸騰地氣與水氣上升化為雲氣；如用瀉法，則可於膽胃二經清熱利濕，或治療溫病學之濕溫證，天之濕熱者，亦出於天之雲雨濕氣。
- 此穴補則溫升而潤從少陽，瀉之則涼降而燥從陽明。
- 《千金方》：“陽陵泉主遺尿失禁不自知。”此遺尿失禁為陽虛不化水飲也，陽陵泉有溫陽化水之功。

Wu dang Daoist, Fei Yi 非遺, on Zu san Li

- Zu san li is the lower He-confluence point of the stomach, in humanity is the Center. If humanity lies in the center of Heaven Earth, this is Human harmony 足三里為胃之下合穴，在人為中。如同人位於天地之中，是為人和。

The Li-interior, is Li-rectification. It can attune and rectify the Qi of Heaven Earth Humanity and the three talents. On account of the stomach location in the middle jiao and governing the center, it serves as the meeting and birth of Above and Below, Heaven and Earth, Yin and Yang, and two qi. Also can [bring] union and peace (Tai hexagram of Heaven below-Earth above) in Heaven Earth, Yin and Yang, and two Qi, by causing Yin and Yang to harmonize without partiality. Zu san li is the earth point of Center earth, is it the point of True earth. Also known as the Lower confluence of the Stomach channel corresponding with the Root bowel of the Stomach. Therefore, this point for the treatment of stomach of disease is the most common point. Its effect excels in treating stomach root bowel diseases. Ling shu chapter 4 states: As for stomach disease, the abdomen swells. The stomach duct at its center has pain. Above propping fullness in the flanks, diaphragmatic and throat obstruction, food and drink cannot descend, choose Zu san li. This is Nei jing is treatment of interior bowels choosing the He-confluent

- 裡者，理也，可以調理天地人三才之氣。因為胃位於中焦主中，為上下天地陰陽二氣交合而生，亦能交泰天地陰陽二氣，以使陰陽中和無偏。足三里為土中土穴，是為真土之穴，又為胃經下合穴，對應胃之本腑，所以此穴為治療胃病最常用的穴位。其功效長於治療胃本腑疾病。《靈樞邪氣臟腑病形篇第四》：“胃病者，腹真脹，胃脘當心而痛，上支兩脅，膈咽不通，食飲不下，取之三里也”。此為內經“治內腑取之於合”。

-

Zu san li continued

- Stomach disease refers to when the stomach root bowel has disease, the disease symptoms lies in the stomch and not in the yangming channel. Abdominal swelling, is the idea of the abdominal region with distention and fullness. That is the region of the middle jiao and stomach cavity have abdominal fullness and uncomfortable (sensation). Suwen chater 5 states: When the clouds turbid qi exists above then it engenders abdominal distention. When the turbid qi properly descends, the clear yang properly ascends. When the stomach's turbid qi cannot harmonize and descend becoming abdominal distention Can use Zu san li. Zu san li can strengthen spleen and harmonize the stomach. Eliminate food (stagnation) and descend qi, unblocking and descending the acquiescent bowel qi of the intestines and stomach. 胃病者，指胃本腑有病，病症在胃而不是在陽明經。腹真脹，為腹部脹滿的意思，也就是中焦胃脘部位脹滿不舒。《陰陽應像大論》雲“濁氣在上，則生真脹”。濁氣當下降，清陽當上升，胃中濁氣不能和降則為腹脹，可取足三里。足三里可健脾和胃，消食降氣，通降腸胃之腑氣和順。

Zu san li further continued

- “The stomach duct at its center has pain. Above propping fullness in the flanks, diaphragmatic throat obstruction, and food and drunk unable to descend” This section also is seen in chapter 71 of the Suwen: The outbreak of oppressed wood [qi is as follows]: The Great Void is darkened by dust; cloudy things are disturbed. Strong winds arrive. They tear open houses and break trees. The wood undergoes changes. Hence the people suffer from pain in the stomach duct, exactly in the heart [region]. Above there is propping [fullness in] the two flanks. The diaphragm and the gullet are impassable; food and beverages do not move down In severe cases, [patients hear] a ringing [sound] in the ears and [they experience] dizziness and vertigo. Their eyes fail to recognize other persons. They tend to suddenly fall” (Unschuld translation). What is meant by the outbreak of oppressed wood qi? When wood is extreme, then it will outbreak. Biding its time until emerging. That is liver depression transforms to fire. Qi heat then ascends, liver wood wind qi greatly moves, horizontally overwhelming center earth, causing the stomach duct to manifest at its center pain. From clinical observation, as for when the left side liver wood excessively ascends and outbreaks, it overwhelms the right-side spleen and stomach causing right side spleen and stomach disharmony. When the spleen cannot ascend the clear and stomach cannot descend the turbid, the principle treatment lies in pacifying the left side liver wood, Choose Tai chong (liver 3). Harmonize the right side stomach earth, and choose San li. The symptom of stomach duct at its center has pain, the stomach duct is the region of the intersection of the cardia and stomach. Approximately at the location of the upper abdomen. This pain in modern medical diagnosis is stomach ulcers, its treatment lies in softening the live and harmonizing the stomach, relaxing urgency and stopping pain as the governing (principle).
- 胃脘當心而痛，上支兩脅，膈咽不通，食飲不下。此段經文亦見於《素問六元正紀大論篇》：“木鬱之發，太虛埃昏，雲物以擾，大風乃至，屋發折木，木有變。故民病胃脘當心而痛，上支兩脅，膈咽不通，食飲不下，甚則耳鳴眩轉，目不識人，善暴僵仆”。何謂木鬱之發呢？“岐伯曰：鬱極乃發，待時而作業”。也就是木氣鬱極而復，肝升發之氣大盛。也就是肝鬱化熱，氣熱而升，肝木風氣大行，橫克中土，導致胃脘出現當心而痛等症。從臨床上看，為左側肝木升發太過，克制右側脾胃，導致右側脾胃不和，脾不升清胃不和降。其主治當平左側肝木取太衝，和右側胃土而取三里。“胃脘當心而痛”，胃脘當心為賁門與胃相交的地方，大約在上脘部位，此處疼痛現代醫學多診斷為胃潰瘍，其主治以柔肝和胃，緩急止痛為主。

Zu san li summation

- Ling shu chapter 22 states: “When evil in the spleen and stomach, then there is diseases such as pain in the muscles and flesh. When yang qi has superabundance, the yin is insufficient, causing heat in the center and tendency to hunger. When yang qi is insufficient and yin qi has superabundance, it causes cold in the center with intestinal rumbling, abdominal pain. When both yin and yang have superabundance or both are insufficient, it causes sometimes cold sometimes heat, all can be attuned/ regulated with Zu san li.” Evidently, from this passage, regardless if there is yang qi superabundance of yangming, or a hot center of yin qi insufficiency of the spleen channel, or if there is spleen yin qi superabundance, a cold center of yang qi insufficiency of the stomach channel. Or if there is unregulated cold and heat of sometimes cold, sometimes hot, all are appropriate to choose Zu san li. One can observe Zu san li regulates the exterior and interior, spleen and stomach, yin and yang and the cold heat complex caused by a loss of regulation of the center burner’s ascending and descending. San li point can be used to calm it. Zu san li can regulate the Qi of Heaven, Earth, Humanity, and Three talents. This is the most important point to balance yin and yang.
- 《靈樞五邪第二十》：“邪在脾胃，則病肌肉痛，陽氣有餘，陰氣不足，則熱中善飢；陽氣不足，陰氣有餘，則寒中腸鳴、腹痛；陰陽具有餘，若俱不足，則有寒有熱，皆調於三里”。從這段經文可知，不管是陽明的陽氣有餘、脾經的陰氣不足的熱中，還是脾中陰氣有餘、胃經陽氣不足的寒中；或有寒有熱的寒熱不調，皆當取足三里。可見足三里調和表裡脾胃陰陽與中焦升降失調導致的寒熱夾雜，三里穴皆可以平之。足三里可調和天地人三才之氣，是為平衡陰陽第一要穴。
- In Shang han lun prescriptions point pairing 单玉堂伤寒论针灸配穴 from Shan Yu Tang 单玉堂.
Zu san li is often with Guan Yuan, for Yuan qi insufficiency 元氣不足. Zu san Li treating the Postnatal and Guan Yuan treating the Prenatal.

Ce san li continued

- Lingshu chapter 1 states: If the disease is high and exterior, choose Yang ling quan 疾高而外者，取之陽之陵泉也。
- For one sided, diseases, diseases in the yang, these two points can diminish the fire of yangming and shaoyang.
- When the disease is in the Yin yet the zang are not vacuous, from Yang we guide yin 病在陰而臟不虛者，從陽引陰
- These points can regulate the spleen and supplement qi 脾、補氣.
- Wang Chuan Min uses it for teeth pain, migraine, when a side of body feels obstruction particularly for 少陽 disease, with 侮 insult from liver to lung, from lung vacuity. Therefore Assisting metal to control wood 佐金克木, from the perspective from Yang guiding Yin. Then combining it with Tai chong/ Liver 3, the earth point of yin wood 陰木之土穴, to conclude the treatment of Liver spleen, and treat dampness, from Yin guiding Yang.

Zu qian jin 足千金

Zu wu jin 足五金

Zu Qian Jin: Foot Thousand Gold. Zu Wu Jin: Foot 5 gold.

Shen Jing: Lung sub-branch, Kidney sub-branch, Side of throat (thyroid gland)
shen jing

Location:

Zu Qian Jin: 5 fen lateral to Ce san li xia and also 2 cun inferior/ distal.

Zu Wu Jin: 2 cun distal to Zu qian jin.

- Indications: Acute enteritis, fish bone stuck in the throat, shoulder and back pain (special effect), throat sores, laryngitis (fire moth disease) tonsillitis, goiter, appendicitis 急性腸炎、魚骨刺住喉管、肩及背痛(特效)、喉嚨生瘡、喉炎(火蛾病)(特效)、扁桃腺炎、甲狀腺腫、盲腸痛。When treating thyroid disease, use both points bi-lateral.

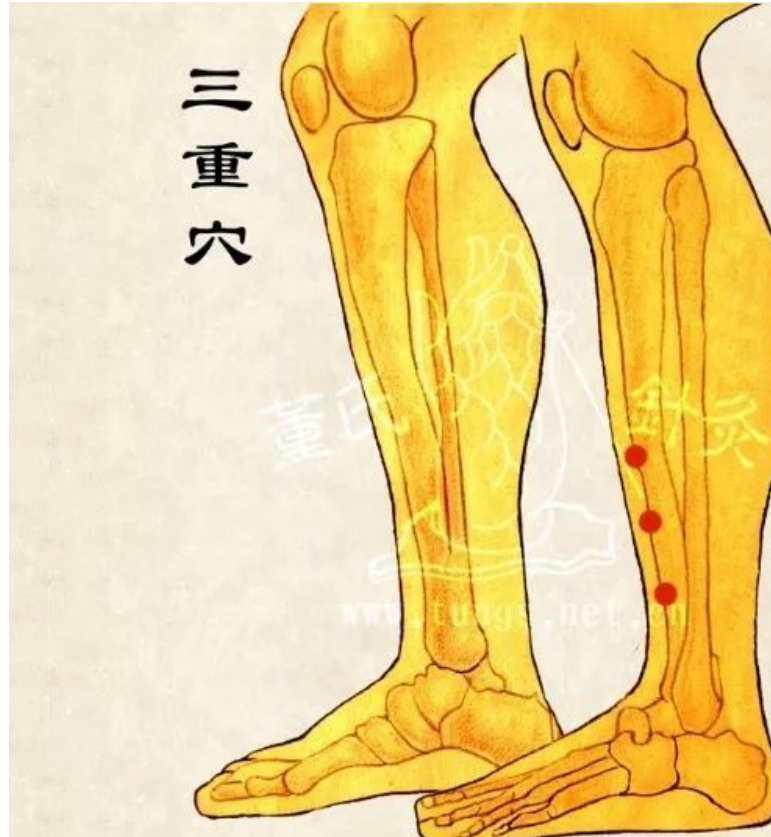
Bing ji

- These points have a special affinity to the throat.
- The names of the point signify its related to Metal, i.e. the qi of dryness. There is a case study where Master combines these points with Men jin in order to treat dry constipation.
- These points main Zheng jing is the Lung, these two points an open the the upper source of water, leading the water of the upper source to move below 開水之上源, 引高原之水下行. Paired with Men jin it leads that water to the Stomach and duodenum since Men jin governs those viscera.
- These points also have a Kidney zheng jing, and kidney is the lower source of water.
- These points can be located either in Yangming or shaoyang depending on the action and function one desires. Yangming is for more dryness, shaoyang for more wind
- Shang han lun states: In shaoyang disease, there is bitter taste, dry throat, and dizzy vision

San zhong 三重

- 3 Weights or alternatively can be called 3 severities. Set of 3 points
- Shen Jing: Spleen shen Jing, Heart sub-branch, Lung sub-branch
- Location: San zhong yi is 3 cun superior to the lateral malleolus and 1 cun anterior. San zhong er is 2 cun superior to San zhong Yi. San zhong san is 2 cun superior to San zhong er.
- Indications : Swollen glands (caused by heart disease, special effect). Eye protruding out, tonsilitis, crooked mouth and deviated eyes (bell palsy-extraordinary effect), migraine, lumps, liver disease, brain cancer (outstanding effect), meningitis, laryngitis, spleen swelling (special effect), spleen inflammation 腺腫大(心臟病引起)(特效)、眼球突出、扁桃腺炎、口歪眼斜(顏面神經麻痺)(奇效)、偏頭痛、痞塊、肝病、腦瘤、腦癌(有卓效)、腦膜炎。喉炎。脾腫大(特效)、脾臟炎。

Location:



Bing ji

All dampness, swelling, and fullness belong the spleen 諸濕腫滿，皆屬於脾

All pain, itch, and sores belong the heart 諸痛痒瘡，皆屬於心

All qi distention and depression belong to the lung 諸氣臍鬱，皆屬於肺。

These 3 pathophysiological lines represent San zhong in a nutshell. San zhong main Zheng jing is the spleen, dampness causing an obstruction, this is not for spleen qi vacuity but spleen damp exuberance, which might have a factor of Qi vacuity as a root. This damp exuberance obstructions blood (Heart) and Qi (Lung) leading to Qi depression and blood stasis, a recipe for stroke, tumors, brain occlusion. Spleen is the child of fire and the mother of metal, signifying heart shen cannot circulate due to damp obstruction and metal cannot descend leading to replete yang ascending upward generating fire (wind phlegm). It is said Phlegm is fire with form. Additionally we can include: All wind, shaking, dizziness, belong to the liver 諸風掉眩 皆屬於肝

Lung governs Qi, Heart governs blood. Both are in the upper burner. Spleen governs transformation and is the root of postnatal. Can regulate the Qi and blood of Spleen's ascending and descending and then transform phlegm and blood stasis diseases.

Bing ji continued

- In Spleen conditions such as Spleen swelling we use the right side 脾家病用針以右邊為主. Often combined with Mu dou mu liu if there is liver spleen disharmony adding another pathological bing ji into the mix.
- Its form lies between foot yangming and foot shaoyang, hence it can treat a condition of a dual nature in both channels 三重穴位在少陽(膽)、陽明(胃)之間, 治療少陽、陽明兩經合併之病.
- Conditions of dual nature include migraines, trigeminal neuralgia, bell palsy, facial numbness, wind stroke.
- It is said Shaoyang governs Wind and Yangming governs phlegm, its able to treat symptoms of Wind phlegm 少陽主風, 陽明主痰, 主治以風痰之症

Zhong 重 meaning

- The word Zhong can pertain to layers representing the complexity of a condition, hence why it has 3 zheng jing, representing three pathological dynamics happening at the same time. This trinity also represents a condition that can affect the jing, qi, and shen at the same time. Jing representing the Spleen, hence why the spleen is called Extreme yin/ Zhi yin 至陰 in the Suwen. Heart representing the Shen, and Lung representing the Qi.
- Zhong also refers to something serious, hence its indications in tumors.
- The word weight can also represent the image of dampness, swelling, and fullness.

San zhong continued

- San zhong also represent the continuation of unblocking the Qi jie/ Qi throughfare, and since San zhong is between yangming and shaoyang it can regulate Yangming and shaoyang pivoting, therefore restoring the Gallbladder's ability to engender and effuse the qi of shaoyang 生发少陽之氣
- The Neijing states for Hemiplegia, select Yangming 治痿者，獨取陽明. Yangming is the sea of 5 zang and six fu, connecting to the Zong jin, to the Chong mai, into the Qi Jie, into the Dai mai, and netting with the Du mai. 陽明者，五藏六府之海，主潤宗筋，宗筋主束骨而利機關也。衝脈者經脈之海也，主滲灌谿谷，與陽明合於宗筋，陰陽總宗筋之會，會於氣街，而陽明為之長，皆屬於帶脈，而絡於督脈。故陽明虛則宗筋縱，帶脈不引，故足痿不用也
- Therefore San zhong was one of the chief points selected for hemiplegia. Lai Jin Xiong will combine with Liu wan. And stated it can Break qi and move blood 破氣行血, and recommended it has divine effect for the brain, particular concussion headaches, which belong to blood stasis types.
- The concept of Qi Jie is important to grasp and elucidated by Liu Yi in his San zhong commentary. When one unblocks the throughfare in the leg, the qi and blood in the yang can circulate and pour into the 3 yin. If this doesn't happen this leads to spleen vacuity and stasis, as there is no Shaoyang to propel spleen yang to rise, leading to phlegm damp circulating into the breasts, into the shoulders, into the ovaries.
- Mu dou and Mu liu are often paired with San zhong for stiff tongue, with difficulty to speak, as well various tongue diseases, since shaoyin which governs the tongue, its qi and blood belongs to the 3 yin propelled by the movement of the Qi street. 黃帝曰：少陰之脈獨下行，何也？岐伯曰：不然，夫冲脈者，五藏六府之海也，五藏六府皆稟焉。其上者，出于頰頰，滲諸陽，灌諸精；其下者，注少陰之大絡，出于氣街，循陰股內廉入臍中，伏行胛骨內，下至內踝之後屬而別。其下者，並于少陰之經，滲三陰

Wai san guan 外三關

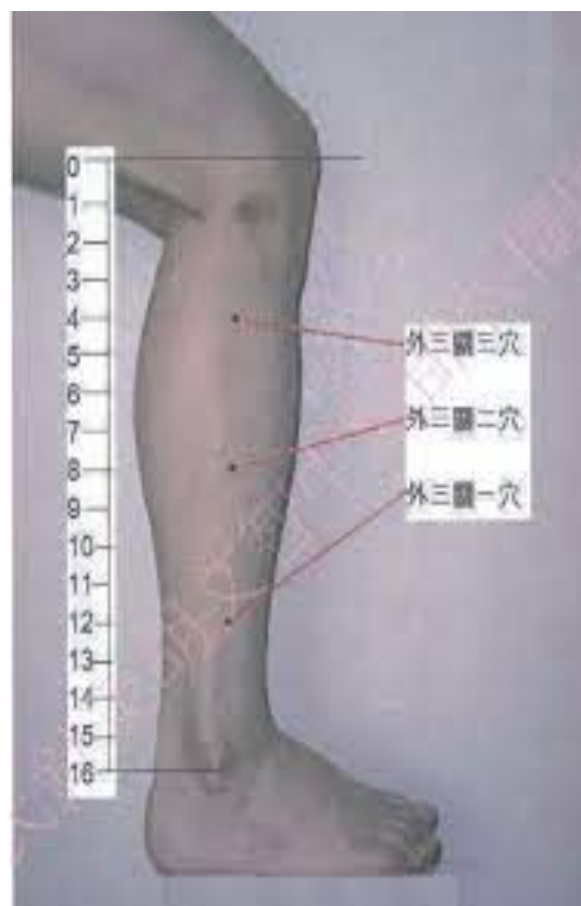
- Outer 3 gates. Set of 3 points. One of Tung's 72 extinguishing points.
- Lung shen jing
- Location: On the straight line between the tip of the lateral malleolus and the lateral high bone of the knee. Wai san guan er is in the center between these two junctions. Wai san guan yi is at the center between Wai san guan er and lateral malleolus. Wai san guan san is between Wan san guan er and High bone of knee.
- Indications: Tonsillitis, tumors, cancer 扁, pharyngitis, throat cancer (special effect), lung cancer (extraordinary effect), mumps, shoulder pain, all types of tumors, red nose (special effect), acne, pimples, scrofula (special effect) 桃腺炎、瘤、癌、喉炎、喉癌(特效)、肺癌(有奇效)。腮腺炎、肩臂痛、各種瘤、紅鼻子(特效)。青春痘、粉刺(效佳)。瘰(特效)

When treating Uterine cancer: Pair with San Fu ke

Scrofula: Pair with San zhong

Malignant cancers: Pairing with San zhong, Jiu li, ling gu has divine effect 神效

Location



Bing ji

- Wai san guan can treat fire toxin.

Wai san guan 用 yong is in the lung, and its ti 體 is in the gallbladder channel

- Wai san guan covers the whole shaoyang channel in the lateral foot, by fibula. This incorporates (Yang liao, Wai qiu, Yang fu, Xuan zhong, etc), the xi cleft points of the Gallbladder, Yang wei mai, as well as fire point of the Gallbladder and the confluent point for the marrow.
- Gallbladder governs wind, which propels ministerial fire (Xiang huo).
- The 病機 of these points reflect first and foremost the Lung: As Lung qi governs descending. The Zheng jing of these points are in the Lung. 肺主降
- Liver qi ascends on the left, gallbladder qi descend on the right 肝氣左升, 膽氣右降.

When the lung fails to descend, gallbladder qi cannot descend leading to wind and subsequently ministerial fire stagnation. This generates fire toxin from wood stagnated in the middle jiao.

Wai san guan bing ji continued

1. All Qi distention and constrain belong the Lung 諸氣臏鬱，皆屬於肺。 Main pathophysiology of Wai san guan
Based on diseases Wai san guan treats, we can include secondary pathomechanisms, most related to fire onto metal.
2. All pain, itch, and sores belong to the heart 諸痛痒瘡，皆屬於心。 Wai san guan is often treating dermatological afflictions, including acne, severe itch, tumors and abscesses
3. All counterflow and surging upward belongs to fire 諸逆衝上，皆屬於火

The Bing ji of Wai san guan therefore lies in the Heart, gallbladder, and Lung.

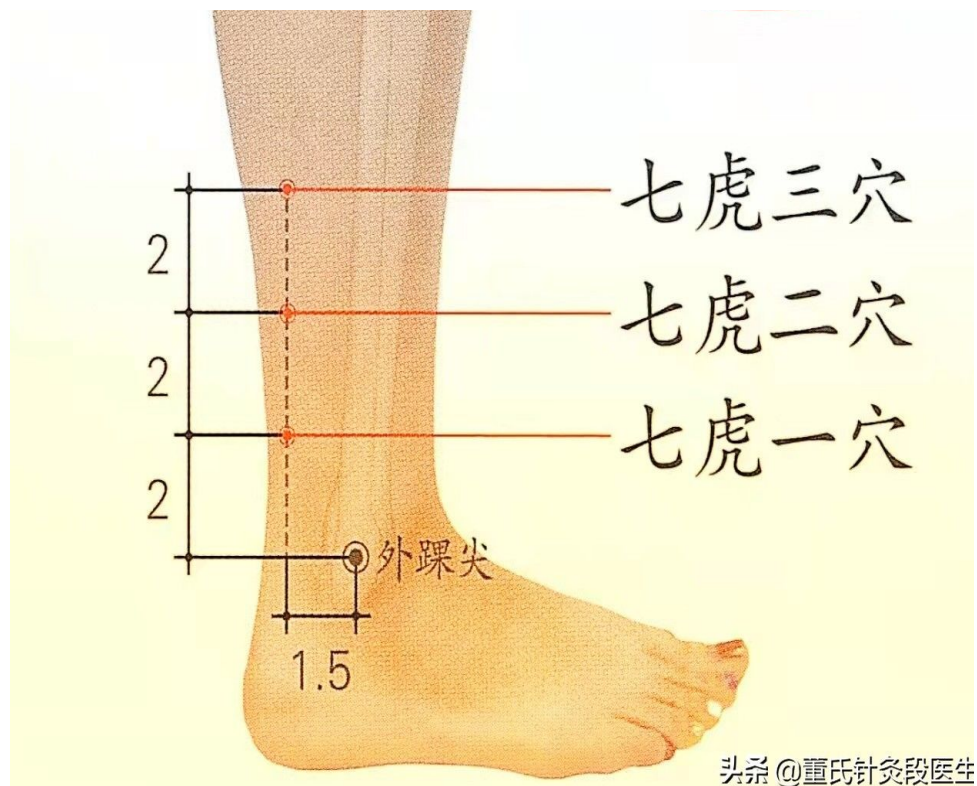
Lung is the sensitive canopy so when yang counterflows, metal receives the punishment of fire's revolt. The metal domain corresponds to the throat, to the nose, to the skin, to the chest, including breasts, etc.

Gallbladder channel can circulate in the half-exterior and half-interior, therefore the fire toxin can lodge there. Since Gallbladder channel also can go into into the brain and marrow, the fire toxin can go into the sea of marrow.

Qi hu 七虎

- 7 tigers. Set of 3 points.
- Shen jing: Chest rib shen jing
- Location: 1.5 cun posterior to lateral malleolus and 2 cun superior is Qi hu yi. 2 cun above is Qi hu er. Another 2 cun above is Qi hu san.
- Indication: Shoulder pain, clavicle inflammation, sternum pain and swelling, rib membrane inflammation, neck sprain (special effect) 肩骨痛、鎖骨炎、胸骨痛及腫脹、肋膜炎。頸項筋扭痛(特效)

Location



Bing ji

- In Tung naming convention, there are a number of points named after animals:
- Wu hu, Qi hu are the tiger points. These points have an effect of dispelling wind and stopping pain. Wu hu treats pain in the Yin. And Qi hu pain in the yang.
- There is Si ma, the horse represents the image of dryness
- There is Jiu hou and shi er hou, the monkey represents the earthly branch of metal 支為申金
- There is Shuang long, double phoenix, which represents the image of fire. Just like the Fire vermilion bird.

Qi hu is located by Foot taiyang so can treat Taiyang sinew channels diseases. Liu Yi makes the argument since Qi hu is actually outside Taiyang and behind shaoyang, therefore can also treat Shaoyang sinew diseases.

Albeit Taiyang is said to govern Sinew diseases in Ling shu chapter 10.

He links it to the 肉里脈 Rou li mai, one of the miscellaneous vessels described in the back pain chapter, which is outside Taiyang and behind shayoyang,

Qi hu can be combined with Yang ling quan for various sinew diseases.

The image of the Tiger represents the West, the lung, which represents the exterior.

Tian huang 天皇, Tian huang fu 天皇副, Di huang 地皇, Ren huang 人皇, Si zhi 四肢

Name:

Tian huang: Heaven emperor

Tian huang fu: Heavenly emperor assistant*

Di huang- Earth emperor

Ren huang: Human emperor

Si zhi: 4 limbs

Shen Jing:

Kidney shen jing, Six fu shen jing, heart sub-branch

Six Fu shen jing

Kidney shen jing

Kidney sub-branch, lung sub-branch

Heart branch, 4 limb shen jing, kidney sub-branch

*Tian huang fu is also called Shen Guan 腎關 (Kidney Gate)

Location and Indications

- Tian Huang: At the knee, one cun inferior/ distal to the lower edge of the medial tibia. One cun distal to Yin ling quan (Spleen 9)
- Tian Huang fu: 1.5 cun below Tian Huang
- Di huang: 7.5 cun above the medial malleolus
- Ren huang: 3.5 cun above medial malleolus (5 fen above San yin jiao/ Spleen 6)
- Si zhi: 4.5 cun above the medial malleolus
- Tian huang: Excessive stomach acid, vomiting (inverted food syndrome), nephritis, diabetes, proteinuria, cystitis. Tian huang paired with Tiang huang fu to treat inverted food syndrome 胃酸過多, 反胃(倒食症)、腎臟炎、糖尿病、小便蛋白質、膀胱炎。天皇穴配天皇副穴治倒食症, 胃酸過多
- Tian huang fu (Shen guan)- Excessive stomach acid, inverted food syndrome, eyeball deviation, astigmatism, anemia, epilepsy, psychosis, eyebrow bone ache, nasal bone pain, dizziness, kidney detriment, sciatica, waist pain 胃酸過多、倒食症、眼球歪斜、散光、貧血、癲癇病、精神病、眉陵骨酸痛、鼻骨痛、頭暈。腎虧、坐骨神經痛、腰痛
- Di huang- Nephritis, 4 limb edema, diabetes, strangury, impotence, nocturnal emission, premature ejaculation, proteinuria, blood urine, uterus tumor, menstrual irregularity, kidney detriment waist pain 腎臟炎、四肢浮腫、糖尿病、淋病、陽萎、早泄、遺精、滑精、夢遺、蛋白尿、小便出血、子宮瘤、月經不調、腎虧之腰痛。
- Ren huang- Uterus tumor Strangury, impotence, premature ejaculation, nocturnal emission, slippery essence, waist and spine pain, dizziness, hand numbness, diabetes, blood urine, pyelitis, cystitis, kidney detriment back pain, spine pain. 子宮瘤。淋病、陽萎、早萎、遺精、滑精、腰脊椎骨痛、頭暈、手麻、糖尿病、小便出血(尿血)腎盂炎、膀胱炎、腎虧之腰痛、背痛
- Si zhi- 4 limb pain, head and nape pain, diabetes 四肢痛、頸項痛、糖尿病

Xia san huang bing ji

We can breakdown xia san huang as its Ti 體 pertaining to Foot taiyin spleen, and its yong 用 pertaining to kidney (腎陽-kidney yang)

Spleen governs the postnatal, and Kidney governs the prenatal.

However, the inner medial leg is where three yin foot vessels cross 肝脾腎足之三陰脈所過.

Lingshu description of Foot Jueyin 肝足厥陰之脈...去內踝一寸，上踝八寸，交出太陰之後

Foot Taiyin: 脾足太陰之脈...上內踝前廉，上踰內，循脛骨後，交出厥陰之前

Here we see that there is an intersection with Foot taiyin at 8 cun, which we call the ancient San yin jiao 古老三陰交. This is close to Di huang 地黃, where one can intersect at the 3 yin. Also depending on needle angle, one can affect either one of the three vessels, not just necessarily foot taiyin. We must consider as Liu Yi implores the three dimensional aspect of the Jing mai, and not simply the linearity of the vessels, but also the depth, width, thickness, which invariably gives rise to the concept of pathway intersection.

The state of Qi and blood of the vessels also changes, from the vantage point of physiology and pathology. This can be seen in the Neijing, one in the Suwen and one in the Lingshu, where the amount of qi and blood is discussed for the Three yang and Three yin channels. And both chapters have contradictory amounts of qi and blood for certain vessels, particularly Foot Taiyin and Shaoyin.

Xia san huang meaning

- The term Huang translated as emperor has specific connotations. The Shuowen Jiezi states: Huang means Great. The character derives from Zi/ self and Shi/ begins. 皇：大也。从自。自，始也。
- The beginning emperor, were the three emperors, the Great gentlemen 始皇者，三皇，大君也。

The classification of the three emperors are as followed: Sui ren, Fu xi, shen nong 燧人、伏羲、神农. Sui ren being the inventor of fire. Other sources state the three emperors are Fu xi, Nu wa, and Shen nong 伏羲、神農、女媧. And others will state Fu xi, Huang di, Shen nong as the three emperors, and so on. The idea is that these points represent the mythological culmination of the embodiment of three emperors that fostered Chinese civilization.

The placement of the three emperors into the earth channel, is because the Earth is seen as the center and the mother of the ten thousand phenomena 土乃萬物之母，藏于四季之中. Earth is seen also to control water 土克水, and therefore regulate the phenomena of water. The emperor is seen as part of the 中 intermediary between Heaven and earth 天地 (Fire and water).

Xia san huang bing ji

- Each of the three emperors represent a specific governance of a jiao, as represented by the image of Tian, Di, Ren. Tian representing the upper jiao, Di representing the middle, and Ren representing the lower jiao.
- Tian huang is a diagnostic region for the brain and upper region, and also why it has the added Zheng jing of the Heart (upper jiao)
- Di huang is most important the abdomen, since the 3 foot yin travel to the abdomen. The abdomen is seen as Earth 腹部為地.
- Ren huang is Master Tung choice for male premature ejaculation, impotence and gynecological disease, “The great virtue of heaven and earth is called Birth 天地之大德曰生”. From a vessel standpoint, Ren huang is more of an intersection site of Foot Jueyin and Foot Taiyin, as Foot shaoyin traverses closer to 8 cun.
- Investigating the usage of the Xia san huang region, one ought to consider and explore “the diseased channel, disease location, disease nature 病經, 病位, 病性”. This is a culmination of palpation, and exploration through symptomatology.

Location



Guang Ming 光明

Name: Bright Illumination 77.28

Shenjing: Eye shenjing, Liver spleen shen jing

Functions: Course the Liver and Brighten the eyes 疏肝明目

Location: 1 cun above Tai xi (Kidney 3), between Fu Liu (Kidney 7) and Tai xi.
Locate Tai xi 1 cun posterior to the medial malleolus.

Note* Some books equate with Fu liu.

Indications: Astigmatism, amblyopia, cataract, eye soreness, stroke, hemiplegia 眼散光, 弱視, 白內障、眼酸痛、中風、半身不遂

Note: Lung spleen shen jing was added 肺脾神經 and Lai Jin Xiong corrected it to Liver, Spleen, Kidney, eye branch (賴金雄師兄經驗錄刪增為: 肝脾腎神經、眼分支神經)

Location



Bing ji

- This point corresponds to (Ti) at foot shaoyin, and Yong-function focused on the Eyes.
- This focus on the eyes has correspondence to the Jing. Lingshu 10 states Foot shaoyin the “eyes see into the void 目無所見”.
- While it is Liver which opens into the eye and since the liver stores the blood, then eyes are expression of liver blood. However, the eyes as a structure are a reflection of the dissemination of Jing essence. The Great confusion chapter of the Ling shu states the Essential qi of the 5 zang and six fu all ascend to concentrate into the eye becomes its essence. The nest of the essence is the eye 五藏六府之精氣，皆上注于目而為之精，精之窠為眼
- It is stated that blood and essence share the same source, as it the kidney essence that becomes the basis of liver blood.
- Fu liu is the mother point of water (metal). It engenders water essence that will serve as the basis of liver blood, and also metal checks wood allowing both the regulation of metal dryness and wood wind from consuming liver blood.
- Fu liu alternate names are Prosperous yang, hidden white, exterior destiny. 复溜穴，出自《針灸甲乙經》，《黃帝內經靈樞·本輸》名复留，別名昌陽、伏白、外命。复溜是足少陰腎經五輸穴的經穴，也是腎經的母穴，五行屬金。“复”為重返、輪迴，“溜”通“流”

Bing ji continued

- The name Fu liu represents the return of flow, this signifies the return of Yang qi to propel accumulated yin upwards. “From yin we guide yang”.
- As yang qi returns, the fluids and static blood in the legs (and yin vessels) can disseminate upwards.
- The eyes in the Neijing are referred to as Mingmen 命門者, 目也. The eyes/ Mingmen are where Foot taiyang binds 太陽根起於至陰, 結於命門. Foot Taiyang and Foot shaoyin share an exterior and interior relationship, as the basis of the wei qi of Taiyang is rooted in the warmth and the fluids of foot shaoyin. Wei qi is the yang that circulates peripherally and allows the circulates of fluids into the skin, orifices, and even membranes.
- Nanjing says Kidney governs fluids, and as it enters the liver it becomes tears 腎主濕, 入肝為泣.
- The aging of the eyes is decline in Yang, decline of blood (dryness) and accumulation of fire and stasis. Fu liu restores yang circulation, nourishes water, and as water is nourished it checks fire that will exacerbate dryness.
- Pair with Shen guan for treating kidney vacuity eye diseases. Liu Yi states one must remove the phlegm rheum first for these points to have effect in eye diseases. It is why for glaucoma, Wu xiong zhi 吳雄志 recommends Ling gui zhu gan tang, as this is water disease counterflowing upward leading to darkness (Water attribute)

Shui Zhi 水枝 Shui Ming 水明 Shui Qing 水清 Shui Zhen 水珍 Shui Yin 水陰 Shui Quan 水泉

- Name: Shen Jing
- Shui Zhi- Water Branch Kidney shen jing, Six fu shen jing
- Shui Ming- Water Illumination Kidney shen jing, Six fu shen jing
- Shui Qing- Water Purity Kidney shen jing, Six fu shen jing
- Shui zhen- Water Pearl Kidney shen jing, Six fu shen jing
- Shui Yin- Water Yin Kidney shen jing, Six fu shen jing
- Shui quan- Water Spring Kidney shen jing, Six fu shen jing

Location and Indication:

- Location:

Shui zhi: 2 cun posterior to medial malleolus and directly superior 6 cun (1 cun above Zhu bin- Kidney 9)

Shui Ming: 1 cun above Shui zhi (7 cun)

Shui Qing: 1 cun above Shui Ming (8 cun)

Shui Zhen: 1 cun above Shui Qing (9 cun)

Shui Yin: 1 cun above Shui Zhen (10 cun)

Shui Quan: 1 cun above Shui Yin (11 cun)

Same indications: Chronic nephritis, cystitis, urethritis, menstrual irregularities, menstrual pain, uteritis, ovaritis, headache, migraine (special effect) nape tightness, chest pain, peritonitis, heart oppression, hemorrhoids (extraordinary effect) 慢性腎臟炎、膀胱炎、尿道炎、月經不調、經痛、子宮炎、卵巢炎、頭痛、偏頭痛(特效)、項緊痛、背痛。胸痛。腹膜炎。心悶。痔瘡。(奇效)

Shui Ming also treats: Ear ringing, Ear Deafness.

Shui Qing also treats: Shoulder pain

Shui Zhen also treats: Hand and feet numbness

Shui yin also treats: cranial nerve atrophy

Shui quan also treats: Excessive stomach acid

Bing ji

- These point are in Leg shaoyin thus there Structure is in Kidney jing mai.
- Ling shu 10 states:
- When shaoyin vessels stirs, face resembles lacquered wood, there's coughing and spitting of blood, shouting and panting, sitting with desire to stand, eyes stare at the void, heart feels suspended as if they are hungry. When the qi is insufficient, then there's proclivity to fear, the heart is alarmed as if a person about to snatch them. This is Bone jue-reversal. This are diseases generated by the kidney: Mouth heat, tongue dryness, throat swelling, ascending qi, throat dryness and pain, vexed heart, heart pain, yellow jaundice, diarrhea, the back and the posterior edge of the inner side of the thigh ache. Loss of function with receding [qi]. A desire to sleep. The lower side of the feet is hot and aches

是動則病飢不欲食，面如漆柴，咳唾則有血，喝喝而喘，坐而欲起，目如無所見，心如懸若飢狀。氣不足則善恐，心惕惕如人將捕之，是為骨厥。是主腎所生病者，口熱，舌乾，咽腫，上氣，噎乾及痛，煩心，心痛，黃疸，腸澼，脊股內後廉痛，痿厥，嗜臥，足下熱而痛。為此諸病

Zhu bin 筑宾

- These points are in spatial relation to Zhu bin/ Kidney 9 as a reference point, the Yin wei mai xi-cleft point.
- Zhu bin has the functions of Regulating the lower jiao, clearing the spirit and settling the will, harmonizing the stomach and transforming the stomach, descending counterflow and stopping vomit 調理下焦、清神宁志、和胃化痰、降逆止呕

Zhu bin

- According to the historical literature:
- Zhen jiu jia yi jing: Zhu bin governs great hernia and the termination of child
築賓主大疝絕子《針灸甲乙經》
- Bei ji qian jin yao fang states It governs Epilepsy and vomiting《備急千金要方》:築賓...主癲疾、嘔
- Mania, epilepsy nausea and vomiting《外台秘要》:狂,癲疾,嘔吐
- Zhen jiu zi sheng jing: Governs vomiting and spitting foam《針灸資生經》:築賓...治嘔吐涎沫
- Zhen jiu da cheng: Governs collapsing hernia, pediatric hernia pain without lactation, epilepsy, and mania, absurd speech and verbal abuse, vomiting, spittle, foot and calf pain《針灸大成》:主頰疝,小兒胎疝,痛不得乳,癲疾狂易,妄言怒罵,嘔吐涎沫,足腓痛.

Yin wei mai pathway 陰維脈

Coalescent points 交會穴

築賓(郄, 足少陰), 衝門、府舍、大橫、腹哀(足太陰), 期門(足厥陰), 天突、廉泉(任脈)。此外, 手厥陰心包經的絡穴內關穴通於陰維。

KI9 / Zhubin / 筑宾– Chong Men SP12 / Fushe / 府舍

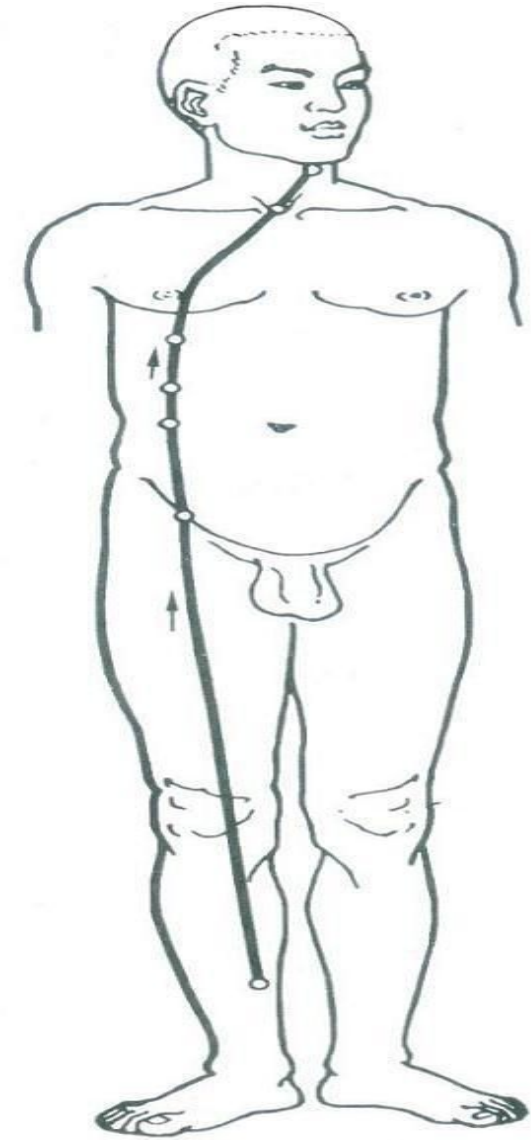
SP15 / Daheng

SP16 / Fuai / 腹哀

LR14 / Qimen / 期门

CV22 / Tiantu / 天突

CV23 / Lianquan / 廉泉



Yin wei mai symptomatology

- Yin wei mai disease one suffers heart pain 陰維為病苦心痛
- Yin linking links in the yin, when yin yang cannot naturally link together, then there is disappointment, frustration, and loss of will. Slowness one cannot control 陰維維於陰，陰陽不能自相維，則悵然失志，溶溶不能自收持
- 溶溶，緩慢貌
- Yin wei mai formulas, for Taiyin disease one thinks Li zhong tang, for Shaoyin one thinks of Si ni tang, for Jueyin one thinks dang gui si ni tang, and wu zhu yu tang. 治在三陰之交。太陰證則理中湯，少陰證則四逆湯，厥陰證則當歸四逆湯、吳茱萸湯主之
- Zhang Jie Gu 張潔古 stated: Ying is Yin, governs interior. When Yin wei mai contracts evil, it becomes disease in the interior, therefore causing one to suffer heart pain 營為陰，主裡，陰維受邪為病在裡，故苦心痛
- Furthermore, heart pain relates to the Qi of Shaoyin, Jueyin, and Ren mai surging upwards 心痛多屬少陰、厥陰、任脈之氣上沖而然
- Yin Wei mai pulse is described as from Shaoyang slanting to Jue yin 從少陽斜至厥陰. Shaoyang is in the lateral aspect of the chi and Jueyin in the inner aspect of the cun 後如外者，足少陽也...前如內者，足厥陰也，representing a pulse that deviates laterally to medially as one follows the artery from chi to cun. A yang qiao mai pulse would be the opposite, from chi to cun deviating medially to laterally.