

# A Comprehensive Understanding of Chǐzé LU-5: Part 2

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## Abstract

Part 2 of this article series continues with an investigation of point prescriptions from the history of Chinese medicine in which Chǐzé 尺澤 LU-5 was combined with other points to treat a variety of diseases.

## Keywords

Chi Ze, Chize LU-5, acupuncture points, classical indications, point functions, acupuncture, Lung channel, point prescriptions, classical Chinese medicine

## Introduction

 This article picks up where the previous one left off, continuing our exploration of the development of additional indications and empirical usages for Chǐzé LU-5. We will examine how this point was combined in prescriptions with other points to treat a variety of diseases. While this list is not exhaustive, I hope it encourages practitioners to incorporate these point prescriptions into their clinical practice or, at the very least, use it as guidance for selecting effective points.

## Point prescriptions in the successional literature<sup>1</sup>

### The Divinely Responding Classic (神應經 Shényìng Jīng)

This work, authored by Chén Huì in 1425 CE, is one of the earliest texts to provide concise acupuncture prescriptions for approximately 20 different conditions, including cold damage, swelling, gynaecological disease, paediatric diseases, sores and disorders of the ear, eye, and throat. These prescriptions continued to be documented in subsequent acupuncture texts, emphasising their significance.

#### Various types of wind

風痺: 天井 尺澤 少海 委中 陽輔  
Wind impediment: Tiānjǐng SJ-10, Chǐzé LU-5, Shǎohǎi

HE-3, Wěizhōng BL-40, Yángfǔ GB-38

驚癇: 尺澤 (一壯) 少衝 前頂 束骨  
Fright epilepsy: Chǐzé LU-5 (1 moxa cone), Shàochōng HE-9, Qiándǐng DU-21, Shùgǔ BL-65

#### Panting and coughing

咳嗽: 列缺 經渠 尺澤 魚際 少澤 前谷 三里 解谿 崑崙 肺俞 (百壯) 膻中 (七壯)  
Cough: Lièquē LU-7, Jīngqú LU-8, Chǐzé LU-5, Yújì LU-10, Shàozé SI-1, Qiángǔ SI-2, Zúsānlǐ ST-36, Jiěxī ST-41, Kūnlún BL-60, Fèishù BL-13 (100 moxa cones), Dànzhōng REN-17 (7 moxa cones)

唾濁: 尺澤 間使 列缺 少商  
Turbid spittle: Chǐzé LU-5, Jiànshǐ P-5, Lièquē LU-7, Shǎoshāng LU-11

唾血內損: 魚際 (瀉) 尺澤 (補) 間使 神門 太淵 勞宮 曲泉 太谿 然谷 太衝 肺俞 (百壯) 肝俞 (三壯) 脾俞 (三壯)  
Spitting of blood with internal injury: Yújì LU-10 (drain), Chǐzé LU-5 (supplement), Jiànshǐ P-5, Shénmén HE-7, Tàiyuān LU-9, Qūquán LIV-8, Tàixī KID-3, Rángǔ KID-2, Tàichōng LIV-3, Fèishù BL-13 (100 moxa cones), Gānshù BL-18 (3 moxa cones), Píshù BL-20 (3 moxa cones)

Various types of accumulations and gatherings<sup>2</sup>

氣逆：尺澤 商丘 太白 三陰交

Qi counterflow: Chǐzé LU-5, Shāngqiū SP-5, Tàibái SP-3, Sānyīnjiāo SP-6

短氣：大陵 尺澤

Shortness of breath: Dàlíng P-7, Chǐzé LU-5

Regions of the arms, legs, lumbar and axilla

挫閃腰疼，脅肋痛：尺澤 曲池 合谷 手三里  
陰陵 陰交 行間 足三里

Wrenching pain of the lumbar region with pain in the rib-sides: Chǐzé LU-5, Qūchí LI-11, Héǔ LI-4, Shǒusānlǐ LI-10, Yīnlíngquán SP-9, Sānyīnjiāo SP-6,<sup>3</sup> Xíngjiàn LIV-2, Zúsānlǐ ST-36

### Complete Compendium of Acupuncture and Moxibustion (針灸大成 Zhēnjiū Dàchéng)

The *Complete Compendium of Acupuncture and Moxibustion* was written and compiled by Yáng Jǐzhōu in 1601 CE. In my opinion, this text is the foremost acupuncture work from the Ming Dynasty. It not only consolidates many of the classical odes (or songs) from earlier texts, but also includes Yáng Jǐzhōu's own commentaries and his own experiential songs and prescriptions. Acupuncture odes were often considered essential learning for classical acupuncturists, examples of such odes are *The Heavenly Star Points of Ma Danyang*, *Ode of the Hundred Diseases* and *Ode of the Orchid River*. Additionally, Yáng incorporated several of his own case studies in Volume 9. We are extremely lucky that volumes 1, 5, 8 and 9 have been translated by the Chinese Medicine Database.

Additional treatment methods: miscellaneous diseases<sup>4</sup>

This section of the *Complete Compendium of Acupuncture and Moxibustion* is unique because it has symptoms followed by what could be argued as patterns. For example, under lumbar pain it lists patterns such as qi vacuity or blood vacuity, for wilting it lists phlegm, weakness of qi or static blood. Only one of these patterns include Chǐzé LU-5:

心痛：有風寒，氣血虛，食積熱。針太谿然谷尺澤行間建里大都太白中脘神門湧泉。

Heart pain: there is wind-cold, qi and blood vacuity, or heat due to food accumulation. Needle Tàixī KID-3, Rángǔ KID-2, Chǐzé LU-5, Xíngjiàn LIV-2, Jiànǐ REN-11, Dàdū

SP-2, Tàibái SP-3, Zhōngwǎn REN-12, Shénmén HE-7, Yǒngquán KI-1

Summary of the essentials for treating patterns (by Master Yáng)<sup>5</sup>

This section of the *Complete Compendium of Acupuncture and Moxibustion* includes 151 patterns, covering internal, external, geographical and paediatric diseases, as well as conditions affecting the five orifices. While this section is attributed to Yáng Jǐzhōu, the historian Huáng Lóngxiáng argues that these patterns were copied from an earlier text. However, to my knowledge, they do not appear in any acupuncture literature predating the *Complete Compendium of Acupuncture and Moxibustion*. Some of the sections in this chapter include detailed discussions on symptoms and aetiology, as well as strategies for managing relapses if the initial treatment is ineffective.<sup>6</sup>

〔第四十一〕手臂紅腫疼痛：五里曲池通里中渚。問曰：『此症緣何而得？』答曰：『氣血壅滯，流而不散，閉塞經脈不通，故得此症。復刺後穴：合谷尺澤。』

[Pattern 41] For redness, swelling, pain and aches in the hands and arms: Shǒuwǔlǐ LI-13,<sup>7</sup> Qūchí LI-11, Tōnglǐ HE-5, Zhōngzhǔ SJ-3 and Chǐzé LU-5. Question: For what reason do these symptoms arise? Answer: The qi and blood are obstructed and stagnant, they flow [into the hands] but are then unable to disperse, thus these symptoms occur. If they relapse, needle the following points: Héǔ LI-4 and Chǐzé LU-5.

〔第四十三〕手臂拘攣，兩手筋緊不開：陽池合谷尺澤曲池中渚。問曰：『此症從何而得？』答曰：『皆因濕氣處臥，暑月夜行，風濕相搏，或酒醉行房之後，露天而眠，故得此症。復針後穴：肩髃中渚少商手三里。』

[Pattern 43] For hypertonicity of the hand and arm, with inability to open the hand and arm due to tension of the sinew-muscles: Yángchí SJ-4, Héǔ LI-4, Chǐzé LU-5, Qūchí LI-11, Zhōngzhǔ SJ-3. Question: For what reason do these symptoms arise? Answer: This is caused by sleeping in a room with damp qi, summer-heat at night, or when wind and damp [pathogens] are in contention. Or possibly intercourse while drunk, or sleeping outside without coverings, thus, all of these can cause this disease. If they relapse, needle the following points: Jiānyu LI-15, SJ-3, Shàoshāng LU-11 and Shǒusānlǐ LI-10.

## The Complete Compendium is the foremost acupuncture work from the Ming Dynasty

〔第六十〕挫閃腰脅痛：尺澤委中人中。問曰：『此症從何而得？』答曰：『皆因房事過多，勞損腎經，精血枯竭，腎虛腰痛，負重遠行，血氣錯亂，冒熱血不歸元，則腰痛。或因他事所關，氣攻兩脅疼痛，故有此症。復刺後穴：崑崙束骨支溝陽陵泉。』  
[Pattern 60] for wrenching pain (sprain) of the lumbus and rib-sides: Chǐzé LU-5, Wēizhōng BL-40 and Rénzhōng DU-26.<sup>8</sup> Question: For what reason do these symptoms arise? Answer: This is caused by excessive sexual activity, resulting in taxation detriment to the Kidney channel, then the essence and blood become desiccated, this will result in Kidney vacuity lumbar pain. When one carries a heavy load for a long distance, the qi and blood may become disordered, causing reckless hot blood which is unable to return to its source, this will also result in lumbar pain. Or, it could possibly be caused by daily life, the qi attacks both of the rib-sides causing pain, thus there will be these signs. If they relapse, needle the following points: Kūnlún BL-60, Shùgǔ BL-65, Zhīgōu SJ-6 and Yánglíngquán GB-34.

### The Eight Methods<sup>9</sup>

In my view, there are two primary schools of thought regarding the points of the Eight Extraordinary Channel Vessels (奇經八脈). These schools are not mutually exclusive and demonstrate some textual crossover between them. Firstly, there is the school that emphasises the channel pathways. I consider this school to be the older of the two, as it bases its understanding on the channel pathways as outlined in the *Classic of Difficulties* (難經)<sup>10</sup> and the meeting points of the Eight Extraordinary Vessels<sup>11</sup> as derived from the *Luminous Hall Classic* (明堂經).<sup>12</sup> This perspective is also reflected in significant texts such as *Elucidation of the Fourteen Channels* (十四經發揮) and *An Exposition of the Eight Extraordinary Vessels* (奇經八脈考). Notably, this school does not appear to include the Confluence Points of the Eight Vessels (八脈交會穴)<sup>13</sup> in their discussions.

The second school focuses on the Eight Confluence Points, as detailed in the *Guidebook to the Acupuncture Classics* (針經指南, 1295 CE). In this text, each point combination is associated with treating a range of diseases. The *Comprehensive Collection of Acupuncture and Moxibustion* (針灸大全, 1439 CE) built upon these dual point treatments by adding additional points to these prescriptions as seen below. Furthermore, the *Complete Compendium of Acupuncture* added additional diseases to those covered in the earlier *Comprehensive Collection*. Here, I present a small selection of prescriptions that include Chǐzé LU-5.

手足攣急，屈伸艱難：三里、曲池、尺澤、合谷、行間、陽陵泉。

Hypertonicity of the arms and legs, with difficulty bending and extending:

[SI-3 & BL-62]<sup>14</sup> together with Sānlǐ ST-36/LI10, Qūchí LI-11, Chǐzé LU-5, Hégǔ LI-4, Xíngjiàn LIV-2, Yánglíngquán GB-34

手指拘攣，伸縮疼痛：手十指節握拳指尖（小麥炷，灸五壯）尺澤陽谿中渚五虎。

Hypertonicity of the fingers and hand, with pain when moving them: [GB-41 & SJ-5] together with Joints of the 10 Fingers [on the proximal interphalangeal and metacarpophalangeal joints], Chǐzé LU-5, Yángxī LI-5, Zhōngzhǔ SJ-3, Wǔhǔ (Five Tigers).<sup>15</sup>

老人虛損，手足轉筋，不能舉動：承山陽陵泉臨泣太衝尺澤合谷。

For elderly people with vacuity detriment, hypertonicity of the hands and feet with inability to walk: [Zhàohǎi KI-6 & Lièquē LU-7] together with Chéngshān BL-57, Yánglíngquán GB-34, Zúlínqì GB-41,<sup>16</sup> Tàichōng LIV-3, Chǐzé LU-5 and Hégǔ LI-4

霍亂吐瀉，手足轉筋：京骨三里承山曲池腕骨尺澤陽陵泉。

For sudden turmoil presenting with vomiting and diarrhoea, with cramping in the hands and legs: [Zhàohǎi KI-6 & Lièquē LU-7] together with Jīnggǔ BL-64, Zúsānlǐ ST-36/Shòusānlǐ LI-10,<sup>17</sup> Chéngshān BL-57, Qūchí LI-11, Chǐzé LU-5, Yánglíngquán GB-34.

### The Illustrated Wings of the Categorized Canon (類經圖翼 Lèijīng Túyì)

Although Zhāng Jǐngyuè is most renowned for the *The Categorized Classic* (類經) and the *The Complete Compendium of Jǐngyuè* (景岳全書), which focus on classical literature and herbalism, he also made significant contributions to acupuncture literature. In his work *The Illustrated Wings of the Categorized Canon*, published in 1624 CE, he was the first to compile information from the various songs and odes organised according to specific acupuncture points. This method of presentation has since become standard in modern acupuncture literature.

### Wind strike

〔風痺不仁〕天井 尺澤 少海 陽輔 中渚 環跳 太衝。

Wind Impediment with Insensitivity: Tiānjǐng SJ-10, Chǐzé LU-5, Shàohǎi HE-3, Yángfǔ GB-38, Zhōngzhǔ SJ-3, Huántiào GB-30, Tàichōng LIV-3

Accumulations, gatherings, glomus and lumps

〔肺積〕名息奔，在右脅下。尺澤 章門 足三里。  
For Lung accumulation, also known as rushing respiration, located under the right rib-side: Chǐzé LU-5, Zhāngmén LIV-13, Zúsānlǐ ST-36.

Heart, abdomen, chest and rib-side pain and distension

〔肺心痛〕臥若伏龜。：太淵（五壯。） 尺澤（五壯。） 上腕 膻中（胸痹痛。）  
Lung and heart pain, they resemble a hunched turtle when they are lying down: Tàiyuān LU-9 (5 moxa cones), Chǐzé LU-5 (5 moxa cones), Shàngwǎn REN-13, Shānzhōng REN-17 (for chest impediment pain).

上氣胸背滿痛：肺俞 肝俞 雲門 乳根 巨關 期門 梁門 內關 尺澤

Qi ascent with fullness and pain in the chest and upper back: Fèishù BL-13, Gānshù BL-18, Yúnmén LU-2, Rùgen ST-18, Jùquè REN-14, Qīmén LIV-14, Liángmén ST-21, Nèiguān P-6, Chǐzé LU-5

Various types of cough, panting, vomiting, retching and qi counterflow

〔熱痰嗽〕肺俞 膻中 尺澤 太谿  
Phlegm-heat cough: Fèishù BL-13, Dànzhōng REN-17, Chǐzé LU-5, Tàixī KID-3

嘔吐氣逆：膈俞 三焦俞 巨關（不下食。） 上腕 中腕（三七壯，治嘔吐不思飲食。） 氣海 章門 大陵（嘔逆。） 間使（乾嘔吐食。） 後谿（吐食。） 尺澤 太衝（冷氣嘔逆不食。）

Sudden turmoil with qi counterflow: Géshù BL-17, Sānjiāoshù BL-22, Jùquè REN-14 (for inability to get food down), Shàngwǎn REN-13, Zhōngwǎn REN-12 (21 moxa cones, this is for vomiting and no thought of food and drink),<sup>18</sup> Qìhǎi REN-6, Zhāngmén LIV-13, Dàlíng P-7 (for vomiting counterflow), Jiànshǐ P-5 (for dry retching and vomiting of food), SI-3 (vomiting of food), Chǐzé LU-5, Tàichōng LIV-3 (cold qi [pain] with vomiting counterflow and inability to eat)

氣短：大椎（不語。） 肺俞（不語。） 肝俞（不語。） 天突 肩井 氣海（氣短陽脫。） 內關 尺澤（氣短不語。） 足三里 太衝

Shortness of breath: Dàzhuī DU-14 (inability to speak), Fèishù BL-13 (inability to speak): Gānshù BL-18 (inability to speak), Tiāntú REN-22, Jiānjǐng GB-21, Qìhǎi REN-6 (for shortness of breath due to

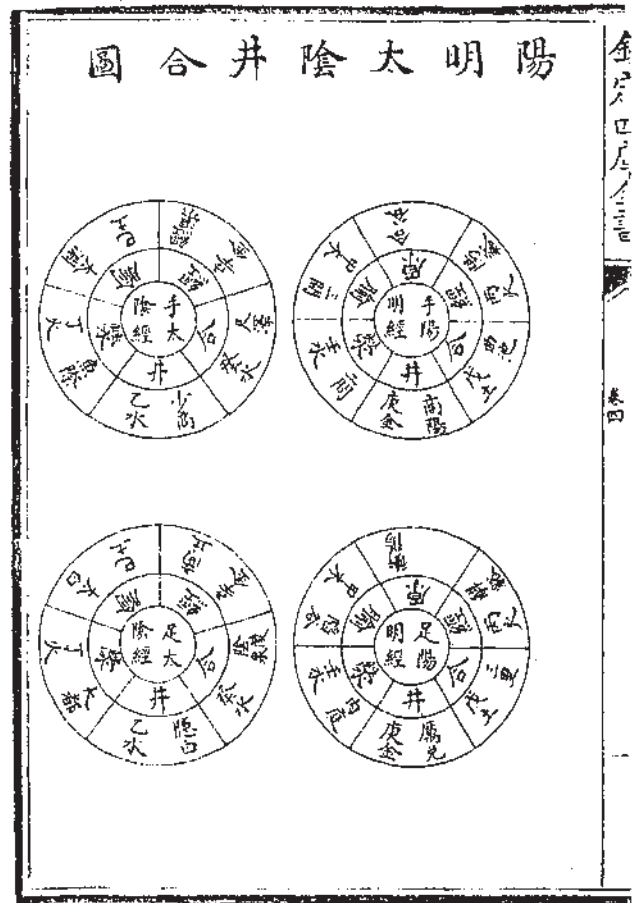


Image 1: The Illustrated Wings of the Categorized Canon, 1624 CE (類經圖翼 Lèijīng Túyì) – Five Transport Pictures

yang desertion), Nèiguān P-6, Chǐzé LU-5 (shortness of breath with inability to speak), Zúsānlǐ ST-36, Tàichōng LIV-3

Hand and foot diseases

〔受濕手足拘攣〕曲池 尺澤 腕骨 外關 中渚  
Hypertonicity in the hands and feet due to affliction of dampness: Qūchí LI-11, Chǐzé LU-5, Wangu SI-4, Wàiguān SJ-5, Zhōngzhǔ SJ-3

Infant Disease Category 小兒病

急慢驚風：百會（五七壯。） 凶會 上星 率谷（三壯。） 水溝 尺澤（慢驚。） 間使 合谷 太衝（五壯。）

Acute or chronic fright wind: Bǎihuì DU-20 (35 moxa cones), Xīnhuì DU-22, Shàngxīng DU-23, Shùgǔ GB-8 (3 moxa cones), Réngzhōng DU-26, Chǐzé LU-5 (chronic fright), Jiànshǐ P-5, Héngǔ LI-4, Tàichōng LIV-3 (5 moxa cones)

## A Study of Chinese Acupuncture and Moxibustion (中国针灸学讲义 Zhōngguó Zhēnjiū Xué Jiǎngyì)

Chéng Dàn'ān's revolutionary *Study of Chinese Acupuncture and Moxibustion*, first published in 1941 CE, set a precedent for future acupuncture works. An exceptionally well-read physician, Chéng wrote a commentary on the *Discussion of Cold Damage* (傷寒論), which includes equivalent point prescriptions for famous formulas. His groundbreaking *Study of Chinese Acupuncture and Moxibustion* covers techniques, points, and, most importantly, diseases and their treatments.

In his approach to disease treatment, Chéng organised his material under four major headings: symptoms, aetiology, treatment and rationale. Since this article focuses solely on treatment, in the excerpts below I have omitted the aetiology sections and only translated the sections on symptoms, treatment and rationale. Due to space constraints, the Chinese text for these sections has not been included. It is also worth noting that only this particular edition of Chéng's text contains the rationale section; all other editions I have viewed do not include it.<sup>19</sup>

### Warm-heat category 溫熱

#### Wind-warmth 風溫

*Symptoms:* Slight aversion to cold, heat effusion, headache, cough, chest oppression, spontaneous sweating, possibly nose bleeds, white or yellow tongue [coating], floating and rapid pulse.

*Treatment:* Qūchí LI-11, Lièquē LU-7, Chǐzé LU-5, Èrjiān LI-2. (Draining technique)

*Rationale:* Yújì LU-10 is the brook point<sup>20</sup> of the taiyin [Lung], it has the function of resolving exterior heat. Jīngqú LU-8 is the river point of the Lung, it has the function of treating cough and eliminating [aversion] to cold and heat [effusion]. Chǐzé LU-5 is the uniting point<sup>21</sup> of the Lung, hence it is able to drain evil within the Lung that has resulted from a strike by wind-heat. The Lung and Large Intestine are designated as an exterior-interior pair, thus choose Èrjiān LI-2, the brook point of the large intestine to drain heat. Moreover, this point [Chǐzé LU-5] is also capable of diffusing and draining the Lung qi, hence needle it in order to assist the various other points in achieving the function.

#### Autumn Dryness 秋燥

*Symptoms:* At the onset there will be aversion to wind and cold, heat effusion, absence of sweat, vexation and agitation, phlegm cough, oppression in the chest, dry lips and mouth with thirst, dry tongue with absence of coat. In severe

cases there will be hasty panting, cough and counterflow, expectoration of blood, pulling and contracting pain in the chest and rib-sides, with inability to turn sides.

*Treatment:* Shàoshāng LU-11, Yújì LU-10, Chǐzé LU-5, Nèitíng ST-44, Jīnjīn Yùyè (M-HN-20).<sup>22</sup>

*Rationale:* Shàoshāng LU-11 is the well point of the Lung; when it is needled it will drain dry heat of the Lung, in addition to treating the pain in the area of the rib-side. Yújì LU-10, Chǐzé LU-5 and Hégǔ LI-4 all clear and drain Lung heat; they are particularly effective at ceasing expectoration of blood. Nèitíng ST-44 is utilised to clear the heat within yangming. Jīnjīn Yùyè (M-HN-20) has the function to engender fluids and provide relief from dryness. This combination of points is miraculously effective at clearing dry heat, moistening the Lung and ceasing [expectoration of] blood.

#### Scourge epidemic 溫疫

*Symptoms:* Heat effusion with aversion to cold, thirst, heart vexation, dizziness, sore throat, red complexion, red tongue tip, chest oppression, fatigued body, in severe cases there will be clouded spirit, delirious speech, black tongue [coating], parched lips and swelling and ulceration of the throat. The above symptoms not only correspond to epidemic warm disease, but should also be regarded as critical symptoms for anyone suffering from other warm-heart patterns.

*Treatment:* Bleed either the twelve well points or the ten diffusing points (Shíxūān M-UE-1),<sup>23</sup> and needle Dàzhū DU-14, Hégǔ LI-4, Shénmén HE-7, Nèiguān P-6, Chǐzé LU-5.

*Rationale:* The twelve well points and the ten diffusing points are pricked to bleed, which will drain the toxic heat that is within the blood aspect and prevent the inward fall [of the evil]. Dàzhū DU-14, Qūchí LI-11<sup>24</sup> and Hégǔ LI-4 all abate generalised body heat. Shénmén HE-7, Nèiguān P-6 and Chǐzé LU-5 are chosen to clear heat from the Heart and Lung, which will treat clouded spirit and delirious speech.

#### Cough 咳嗽

##### Phlegm-heat cough 痰熱咳嗽

*Symptoms:* Generalised body heat, cough with counterflow and inhibited [breathing], expectoration of thick phlegm, dry mouth, chest oppression, red tongue with a yellow coat, floating and rapid pulse.

*Treatment:* Jīngqú LU-8, Chǐzé LU-5, Yújì LU-10, Jiěxī ST-41, Tàodào DU-13, Fēnglóng ST-40.

**Rationale:** Jīngqú LU-8 is the river point of the Lung, it is capable of treating cough and counterflow. Chǐzé LU-5 is the uniting point of the Lung, it is capable of draining Lung heat. Yújì LU-10 is able to abate generalised heat [effusion]. Jiěxī ST-41 and Fēnglóng ST-40 both drain phlegm-heat, while Tàodào DU-13 is able to course and disperse the wind-heat evil. This combination of points has the function of resolving exterior heat and transforming turbid phlegm, thus utilise it to treat phlegm-heat cough.

### Welling-abscess of the Lung 肺癰<sup>25</sup>

**Symptoms:** For cough with foul-smelling phlegm, dull pain in the chest, nasal polyps and inability to detect smells, spontaneous sweating, rapid breathing; in severe cases there is ceaseless panting with rale<sup>26</sup> and eversion of the lips.<sup>27</sup> If one expectorates pus and blood, the colour of which resembles spoiled brine and is unusually foul smelling, this indicates utter defeat of the upright qi as they are unable to even experience pain,<sup>28</sup> inability to lie down, difficulty eating and drinking, purple and curved nails, palms resembling dry bark and pale white in colour, red cheeks, hoarse voice and flaring of the nostrils – this patient is beyond treatment.

**Treatment:** Yújì LU-10, Shàoshāng LU-11, Chǐzé LU-5, Fēnglóng ST-40, Zúsānlǐ ST-36, Fēngmén BL-12, Fèishù BL-13, Hégǔ LI-4.

**Rationale:** Yújì LU-10, Shàoshāng LU-11 and Chǐzé LU-5 all clear and drain Lung heat. Fēnglóng ST-40 and Zúsānlǐ ST-36 descend qi and transform turbid phlegm. Fēngmén BL-12, Fèishù BL-13 and Hégǔ LI-4 all drain Lung qi and treat rapid panting. For acute cases, needling these points can be effective, however if the disease is chronic then it may not be sufficient.

### Strangury-turbidity 淋濁

#### Five types of strangury 五淋

**Symptoms:** For stone strangury, there will be pain radiating between the umbilicus and abdomen and difficulty urinating; in moderate cases it will be like urinating sand, in severe cases they will urinate stones, it could be yellow-red or turbid and cloudy; there is no fixed colour; at the time of urinating there will be a cutting pain that ascends to the Heart and Lung [region], causing the person to feel extreme discomfort.

For taxation strangury, there will be onset of dribbling urinary block after the person has endured taxation, the body will be exhausted, there will be frequent pain when urinating and distension radiating from the abdomen to the anus. If the taxation is mild there will be slight strangury, but if the taxation is severe the strangury will



Image 2: A picture of the Lung Channel from A Study of Chinese Acupuncture and Moxibustion by Cheng Dàn'ān

be exacerbated. For blood strangury, there is painful urination with blood, the blood is bright red and the pulse is rapid.

For qi strangury, there is fullness and pain of the lower abdomen, with dribbling of urine.

For heat strangury, the patient will tend to have a more robust constitution; damp-heat flows down to the lower burner, and they frequently get symptoms during the humid periods of summer. Those with more slender constitutions tend towards yin vacuity and withered fluids, so the heat intensifies, which leads to strangury.

In all cases, there is heat and pain in the genitals,<sup>29</sup> hot and red urine, thirst with desire to drink water, and possibly vexation heat.

**Treatment:** Shènshù BL-23, Sānjiāoshù BL-22, Xiǎochángshù BL-27, Pángguāngshù BL-28, Yínlíngquán SP-9, Zhōngjí REN-3, Hégǔ LI-4, Chǐzé LU-5.

For stone strangury: Guānyuán REN-4, Tàixī KID-3, Tàixī KID-3.

For taxation strangury: Guānyuán REN-4.

For blood strangury: needle SP-10, Sānyīnjiāo SP-6.

For qi strangury: Qìhǎi REN-6.

For heat strangury: needle Yongquan KID-1.

**Rationale:** Although strangury has five types, they all present with slow, painful and rough [voiding of urine], thus they belong to depressed and bound heat evil in the Kidneys and Bladder; hence one cannot only [use the methods to] percolate and drain. Thus, needle Shènshù BL-23 and Pángguāngshù BL-28 to diffuse and unblock the qi transformation. Sānjiāoshù BL-22 and Shènshù BL-23 are utilised to clear heat. Zhōngjí REN-3 stimulates the qi transformation of the lower jiao. It is assisted by Yīnlíngquán SP-9 to free and disinhibit urination. Héǔ LI-4 and Chǐzé LU-5 combine to open the Lung qi and regulate the water pathways.

For stone strangury, Xíngjiàn LIV-2, Sānjiān LI-3 and Wěizhōng BL-40 are added to clear heat and nourish yin.

For taxation strangury, Guānyuán REN-4 is used with moxa to increase the yuan qi in the lower [jiao].

For blood strangury, Guānyuán REN-4 and Sānyīnjiāo SP-6 are added to clear [heat] in the blood.

For qi strangury, Qìhǎi REN-6 is used with moxa to regulate qi.

For heat strangury, Yóngquan KID-1 is added to clear heat.

### Dribbling urinary block 癃閉<sup>30</sup>

#### Urinary block 小便癃閉

**Symptoms:** Regarding [urinary] block, it is when the urine is blocked so that not even a drop comes out. Regarding dribbling block, it is when the patients repeatedly goes to urinate and it drips, occurring dozens of times a day, so frequent it cannot be measured.<sup>31</sup>

For those that pertain to repletion heat, there will be vexation and oppression, red tongue, constipation, urinary stoppage, pain in the genitals.

For those that pertain to vacuity cold, there will be abhorrence of cold with preference for warmth, counterflow cold of the hands and feet, the lower abdomen will be ice cold, softly spoken, absence of internal heat signs, no thirst, pale red tongue.

However, there is always abdominal distension and tension, glomus and fullness in the stomach and abdomen, and in severe cases chest oppression and shortness of breath. **Treatment:** Qìhǎi REN-6, Guānyuán REN-4, Zhōngjí REN-3.

For those with repletion heat, add Yīnlíngquán SP-9, Sānyīnjiāo SP-6 and Qūquán LIV-8.

For those with vacuity cold, add Shènshù BL-23 (moxa) and Pángguāngshù BL-28.

For those whose Lung qi is failing to diffuse, add Héǔ LI-4 and Chǐzé LU-5.

**Rationale:** Qìhǎi REN-6, Guānyuán REN-4 and Zhōngjí REN-3 are all used to assist qi transformation in the lower jiao to assist with the diffusing [of fluids]. Once there is stimulus of the qi transformation then the urine will flow.

For those with replete heat, points such as Yīnlíngquán SP-9 are added to clear heat which enables disinhibition of urine.

For those with vacuity cold, points such as Shènshù BL-23 are added to rouse the yang.

For those whose Lung qi is failing to diffuse, points such as Héǔ LI-4 are added to open and spread the Lung qi; when the upper orifices open then the lower orifices will naturally be disinhibited.

If [urinary block] is caused by corrupt essence<sup>32</sup> or static blood, then these tend to predominantly belong to the pattern of depressed heat, therefore treat in accordance with the replete heat pattern.

### Mouth and tongue 口舌

#### Dry mouth and swollen lips 口乾、唇腫

**Symptoms:** The lips pertain to the Stomach and Spleen, and the Spleen opens at the mouth.<sup>33</sup> Thus, when the mouth is dry or lips are swollen, these both indicate presence of heat in the Spleen and Stomach. If the lips are swollen and develop white peeling skin with cracks that resemble a silkworm cocoon, this [disease] is called cocoon lips;<sup>34</sup> this can also be caused by counterflow ascent of Heart and Spleen fire.

**Treatment:**<sup>35</sup> It is appropriate to choose Héǔ LI-4, Èrjiān LI-2, Zúsānlǐ ST-36, Sānyīnjiāo SP-6, Shàoshāng LU-11 and Shāngyáng LI-1. For cocoon lips, add points such as Dàlíng P-7, Shénmén HE-7 and Chǐzé LU-5 to clear Heart heat.

### Chest and abdomen 胸腹

#### Liver and Stomach qi pain 肝胃氣痛

**Symptoms:** This condition is predominantly caused by vacuity and weakness of the Spleen and Stomach, which allows Liver qi to overwhelm them.<sup>36</sup> This results in distension and pain of the stomach duct region, excessive salivation, frequent and repeated vomiting and loss of appetite. In severe cases there will be inhibition of both urination and defecation, reversal cold of the hands and feet, and a deep or hidden pulse. The pain occurs intermittently and is often a chronic disease.

**Treatment:**<sup>37</sup> It is appropriate to needle Qīmén LIV-14, Xíngjiàn LIV-2, Yánglíngquán GB-34 (in order to course and drain the Liver qi), Zhōngwǎn REN-12, Qìhǎi REN-6 (in order to regulate the qi of the Spleen and Stomach), Nèiguān P-6 and Zúsānlǐ ST-36 (to move qi and cease vomiting, retching and counterflow). If the pain is severe,

in addition to a hidden pulse, cold limbs, constipation and inhibited urination, one can perform bloodletting at the veins at Chizé LU-5 and Wēizhōng BL-40.

## Conclusion

As we conclude this article, I encourage readers to consider incorporating some of these prescriptions into their clinical practice. Additionally, I urge you to document and publish your cases, so we can collectively advance our understanding and record the efficacy of acupuncture. In the next article, we will explore the approaches of three contemporary clinical masters and their utilisation of this point in practice. 醫

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## Endnotes

1. Successional literature refers to works written after the classics, also known as canons. This term is often used when contrasting classical formulae (經方) with successional formulae (時方, also translated as post-antique formulae).
2. For more information on these diseases, see *Classic of Difficulties* (難經), Difficulties 57 and 58.
3. While REN-7 is called Yīnjāo 陰交, this is likely referring to Sānyīnjāo SP-6.
4. From Chapter 8 of the *Complete Compendium*.
5. From Chapter 9 of the *Complete Compendium*.
6. All 151 of these patterns are translated in Yáng Jìzhōu (trans. Wilcox, L) (2011). *Complete Compendium of Acupuncture and Moxibustion* Volume IX. Chinese Medicine Database.
7. Liver 10 is also called Wūlǐ, however, as this is a disease of the upper limb it is likely referring to the Large Intestine point, Shǒuwūlǐ LI-13.
8. 人中 Rénzhōng is an alternate name for Shuǐgōu 水溝 (DU-26).
9. From Chapter 5 of the *Complete Compendium of Acupuncture and Moxibustion*.
10. See *Classic of Difficulties* 27-29.
11. These channel pathways and points of the Eight Extraordinary Channel Vessels can be seen in the *Channels and Categories: The Pathways Of The Eight Extraordinary Vessels* chapter in *A Manual of Acupuncture* (Deadman P., Al-Khafaji M., Baker K. (2001). *A Manual of Acupuncture*. Journal of Chinese Medicine Publications: Hove).
12. This text was included in the *Systematic Classic* (甲乙經).
13. *A Manual of Acupuncture* translates these points as 'confluent points'.
14. The two confluence points are bracketed because they are discussed at the beginning of this section. Although they are not explicitly mentioned in the Chinese text, their inclusion is implied.
15. The Five Tigers (UEX-UE-27) are located on the dorsal surface of the index finger and ring finger; in front of the base joint, on the tip of the bone, [there is] one point for each [finger]; make a fist to locate it.
16. This point could also be GB-15, but as it is treating the hands and feet it is likely GB-41.
17. This point is usually differentiated with 手 hand or 足 foot.
18. le poor appetite.
19. This edition of the text was published by Xueyuan Chubanshe in 2016, edited by Yáng Kèwèi 杨克卫
20. Also frequently translated as spring point.
21. Also commonly known as hé-sea point.
22. Jīnjīn Yù yè 玉液金津 (M-HN-20) are located beneath the tongue on either side of the frenulum, with Jīnjīn on the left and Yùyè on the right; they are bled.
23. The ten diffusing points (十宣穴) are located at the very tips of the fingers, just below the midpoint of the curve of the nail.
24. Qūchí LI-11 was not in the prescription yet is included in the rationale.
25. This is also called pulmonary welling-abscess, and is first discussed in *Essential Prescriptions of the Golden Cabinet* (金匱要略).
26. Rale is the audible noise made by people with severe asthma-type diseases exhibit when breathing.
27. This disease appears to be similar to the biomedical disease of eclabium, which means a turning outwards of the lip.
28. As the upright qi of the body is completely debilitated, the body even lacks the ability to feel pain.
29. While 莖 jīng appears to specifically mean 'penis,' in these patterns it is clear that means the genitals.
30. While this category is called dribbling urinary block, constipation is also included. However, it is not mentioned in the article because Chizé LU-5 is not utilised.
31. The two disease characters lóngbì 癰閉 are often written together to describe the disease 'dribbling urinary block.'
32. This is essence that has been affected by cold, damp or heat pathogens and has become turbid and corrupt.
33. Can also be rendered as, 'The orifice of the Spleen opens at the mouth.' From *Sùwèn* Chapter 4.
34. Though the plural form is used, it may also be a singular lip.
35. No rationale was provided in the text.
36. le the Spleen and Stomach.
37. The rationale for this treatment for some of the points appears in brackets, and not in a separate section.