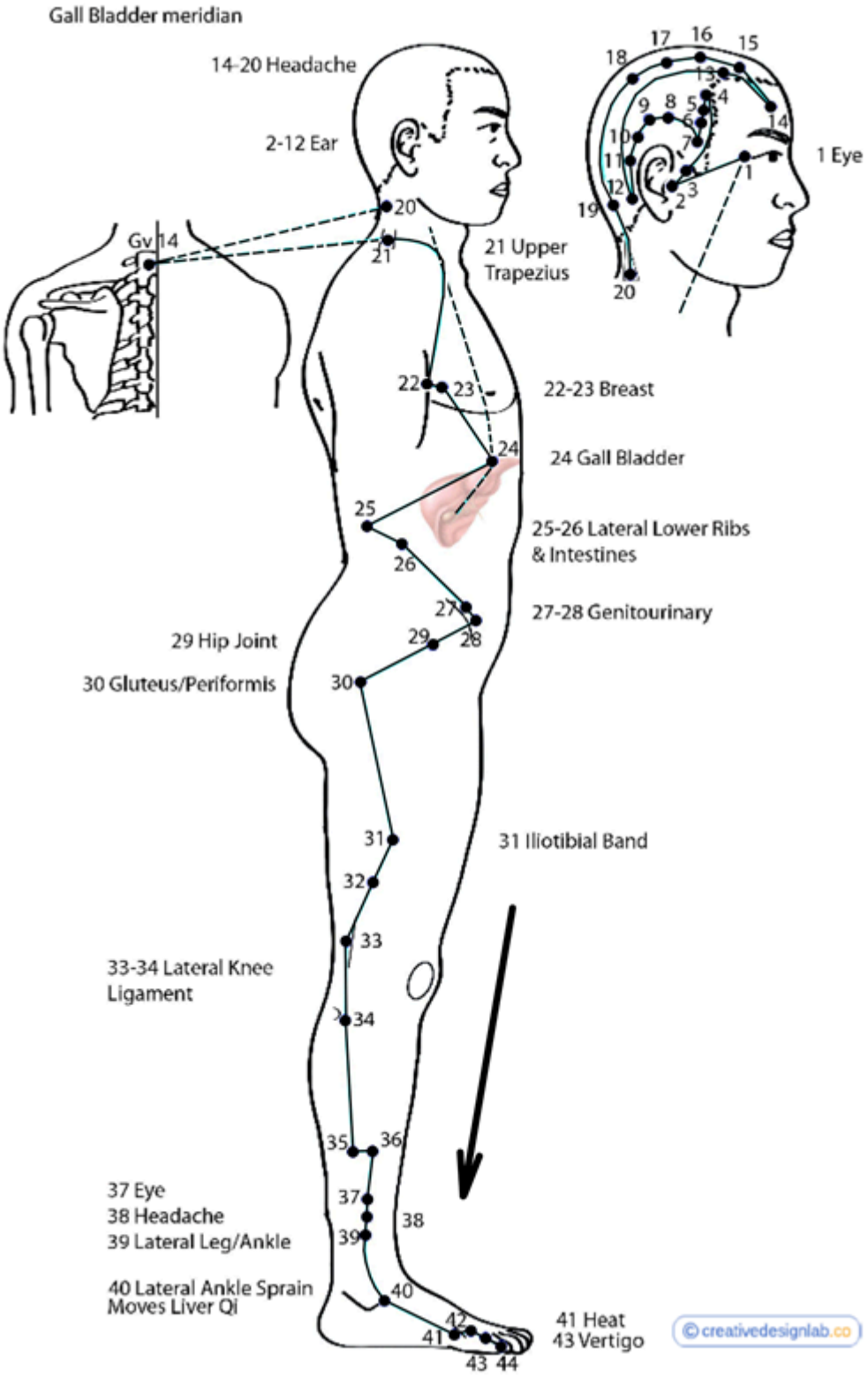
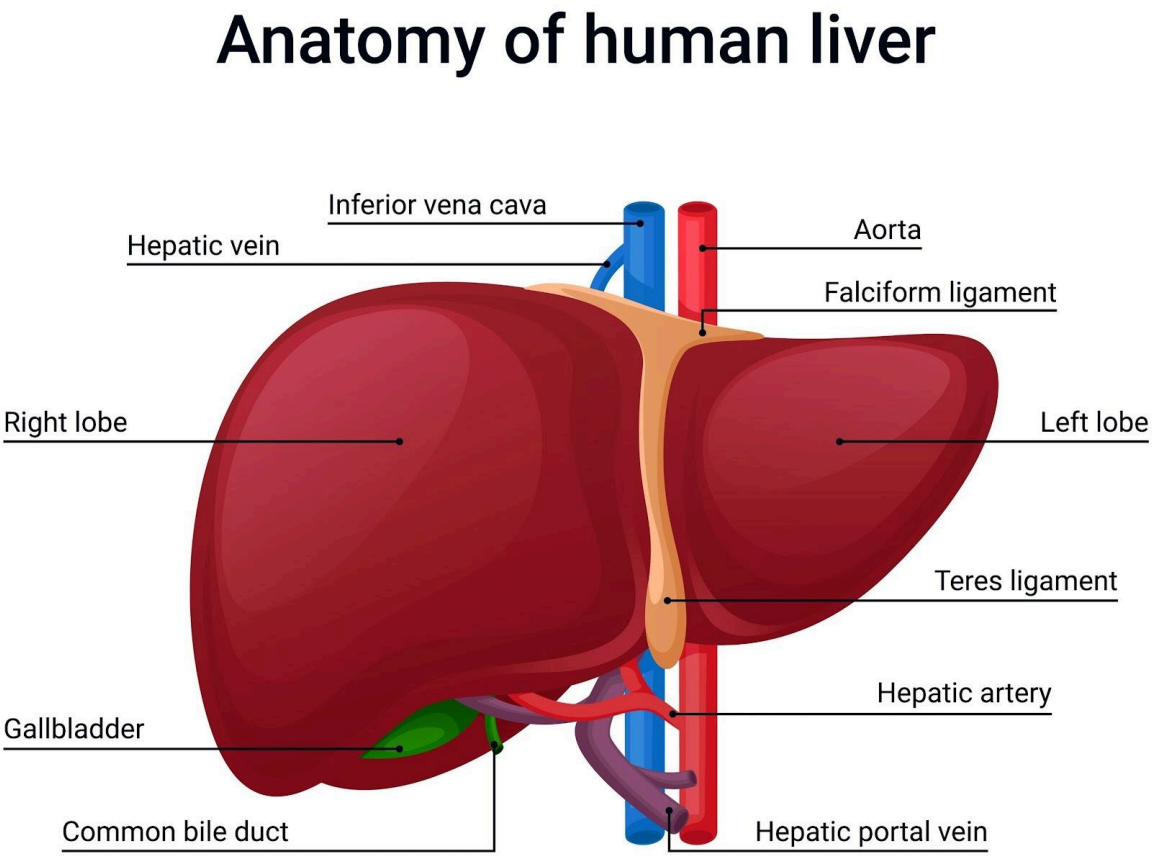
The Gall Bladder Meridian



Gall Bladder Medical Function

Western Medical Function of the Gallbladder 🪨

The gallbladder is a small, pear-shaped organ located just beneath the **Liver**



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. Its sole essential function in Western medicine is to **store and concentrate bile** before releasing it into the small intestine.

Key Functions

1. **Storage:** The gallbladder serves as a reservoir for bile, a digestive fluid continuously produced by the **liver**. It can hold about 30 to 60 milliliters of bile.
2. **Concentration:** It absorbs water and electrolytes from the stored bile, concentrating the bile salts up to 5 to 10 times its original strength. This process makes the bile more effective for digestion.
3. **Release (Contraction):** When partially digested food (specifically fats and amino acids) enters the duodenum (the first part of the small intestine), the intestinal wall releases the hormone **cholecystokinin (CCK)**. CCK stimulates the gallbladder to contract, pushing the concentrated bile through the cystic duct and common bile duct into the small intestine.

Role in Digestion

The bile salts released by the gallbladder are crucial for the **emulsification and digestion of fats**. They break down large fat globules into tiny droplets, allowing the fat-digesting enzyme **lipase** (produced by the pancreas) to efficiently access and break down the fats into absorbable fatty acids.

Clinical Significance

Because its role is mainly storage, the gallbladder is considered a **non-essential organ**. If it develops disease (most commonly **cholelithiasis**, or gallstones), it can be surgically removed (**cholecystectomy**) without major long-term digestive consequences. The liver continues to produce bile, which then flows directly into the small intestine.

TCM Functions of the Gallbladder Meridian (Shaoyang) ⚖️

The **Gallbladder (GB) Meridian** is the primary meridian of the **Shaoyang** (Lesser Yang) channel, paired with the Liver meridian (Foot Jueyin). It is one of the longest and most complex meridians, traveling extensively along the **sides of the body**, head, and limbs.

Its functions reflect the TCM Gallbladder organ's unique role in decision-making and the overall flow of Qi.

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1. Governs Decisiveness and Courage

In TCM, the Gallbladder is the official in charge of **justice and determination**.

- **Function:** It imparts the capacity for **courage, resolve, and clear judgment**. It is the source of "timidity" or "boldness."
- **Imbalance:** Deficiency leads to **indecision, timidity, sighing, and easily being startled**. Excess/Stagnation can lead to irritability and rash decisions.

2. Controls the Lateral Aspect of the Body

The Gallbladder meridian is responsible for the flow of Qi and Blood along the entire side of the body.

- **Function:** It is the primary pathway for treating **side-of-the-body pain and stiffness**, particularly in the head, neck, and ribs.
- **Imbalance:** Stagnation causes **hypochondriac (flank) pain and distention**, stiffness in the neck, and **sciatica** (pain radiating down the side of the leg).

3. Controls Tendons and Joints

Although the Liver controls the tendons, the Gallbladder stores the essential Qi needed for the tendons to move and function smoothly.

- **Function:** Ensures the smooth, flexible movement of all joints, especially those governed by the lateral pathways (hips, knees, ankles).
- **Imbalance:** Problems are often seen as **joint pain, cramps, or stiffness** on the sides of the legs.

4. Harmonizes Shaoyang

The Shaoyang is the "hinge" between the exterior and the interior.

- **Function:** The GB meridian is key to resolving diseases when a pathogen is "half-in and half-out."
- **Imbalance:** Symptoms include **alternating fever and chills** (a key Shaoyang syndrome), bitterness in the mouth, and vertigo.

5. Benefits the Head and Eyes

The meridian travels extensively across the temporal region of the head.

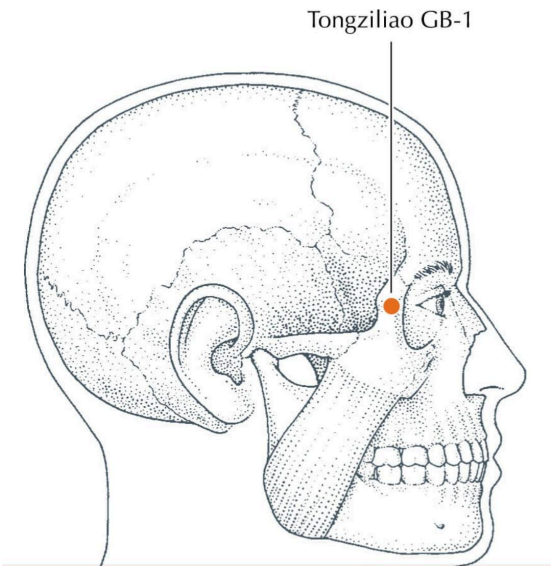
- **Function:** Ensures Qi and Blood are distributed to the side of the head and face.
- **Imbalance:** Often manifests as **migraine headaches** affecting the temples, outer canthus (outer eye corner), and ear, as well as **blurred vision** or eye pain.

The Gall Bladder Meridian Points Used in Clinical Practice

Gall Bladder 1

Pupil Crevice 瞳子髎

Meeting point of the Gall Bladder, Small Intestine and Sanjiao channels.



Chinese Name: Tongziliao (English translation: Pupil Crevice)

Location: On the region of the face, lateral to the outer canthus of the lateral side of the orbit.

TCM Functions and Uses of Gallbladder 1 (Tongziliao - 瞳子髎)

Gallbladder 1 (GB1), known as **Tongziliao** (Pupil Crevice), is the first point on the Gallbladder meridian. It is a local, terminal point located on the face, in the small depression about 0.5 cun lateral (to the side) to the outer canthus (corner) of the eye.

Primary TCM Functions

1. **Benefits the Eyes and Alleviates Pain:** GB1 is a cardinal point for nearly all disorders of the **eye**, especially those affecting the outer region.
    - **Mechanism:** It strongly clears local Wind and Heat stagnation that causes inflammation and pain.
2. **Dispels Wind and Clears Heat:** It is highly effective at releasing external **Wind-Heat** and internal **Liver Fire** that rise to disturb the head and face.

3. **Activates the Channel and Relieves Headache:** It clears stagnation at the beginning of the meridian, alleviating pain in the temporal region.

Medicinal Uses (Indications)

- **Eye Disorders:** Treats **redness, swelling, pain, itching, sensitivity to light (photophobia)**, and **dimness of vision** or visual obstruction.
- **Headaches:** Used for **headaches and migraines** that affect the temple and side of the head, often related to Liver/Gallbladder stagnation or fire.
- **Local Issues:** Addresses **facial paralysis** (Bell's Palsy) and **spasms/twitching** around the eye.

Practical Use: Eye swelling and redness Headache **Functions:** Dispels Wind, benefits the eyes, clears Heat.

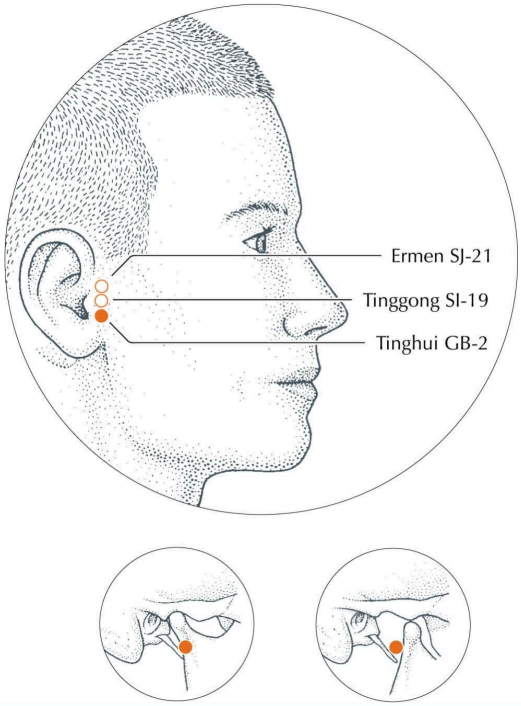
Classification: Crossing point of the Gall Bladder, the Small Intestine, and San Jiao Meridians

Indications:

- Headache, redness swelling and pain of the eye
- Nebula
- Glaucoma

Needling: Subcutaneous insertion .3 - .5 cun.

Meeting of Hearing
聽會



Chinese Name: Tinghui (English translation: Hearing Convergence)

Location: On the face, anterior to the inter-tragus notch, at the posterior border of the condyloid process of the mandible. When the mouth is open, the point is in the depression.

TCM Functions and Uses of Gallbladder 2 (Tinghui - 聽會)

Gallbladder 2 (GB2), known as **Tinghui** (Meeting of Hearing), is a primary local point for disorders of the ear. It is located on the face, in the depression anterior to the intertragic notch (the small indentation below the tragus) and posterior to the condyloid process of the mandible, located with the **mouth slightly open**.

Primary TCM Functions

1. **Benefits the Ears:** GB2 is a cardinal point for nearly all disorders of **hearing and the ear**. The fact that it must be located with the mouth open highlights its action on the surrounding joint and muscle tension.
    - **Mechanism:** It strongly clears local Wind and Heat stagnation and unblocks the meridian to restore sound conduction.

2. **Clears Heat and Disperses Swelling:** It is highly effective at reducing acute local **swelling, pain, and inflammation** around the ear and jaw.
3. **Activates the Channel and Alleviates Pain:** It clears stagnation in the jaw joint and temporal region.

Medicinal Uses (Indications)

- **Ear Disorders:** Treats **tinnitus** (ringing in the ears), **deafness** (especially conductive or sudden), **earache**, and **otorrhea** (ear discharge).
- **Jaw and Facial Pain:** A key local point for **jaw pain, restricted movement, and stiffness** associated with the temporomandibular joint (TMJ) disorders and **trismus** (lockjaw).
- **Headaches:** Addresses **headaches and migraines** in the temporal region due to local stagnation.

Practical Use: Tinnitus Toothache Eyes Trigeminal neuralgia and palsy

Functions: Dispels Wind, benefits the eyes, clears Heat, alleviates pain.

Indications:

- Tinnitus, deafness
- Toothache
- Wry mouth

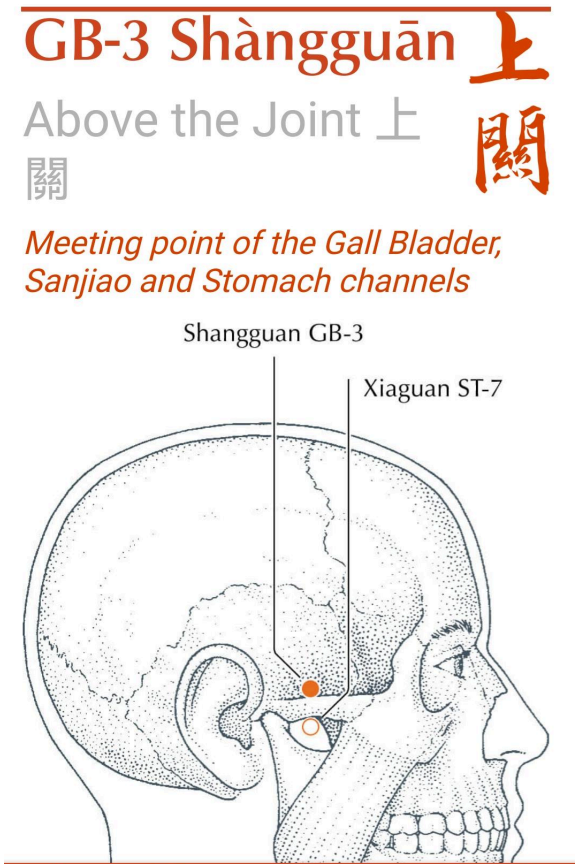
Needling: Perpendicular insertion .5 - 1.0 cun with the mouth open.

How to insert and remove GB 2: We ask the patient to open their mouth wide. We then insert the needle, and they can then close their mouth. To remove the needle, we ask the patient to open their mouth wide. We then remove the needle, and they can then close their mouth.

Practical Use: Used reducing for pain, inflammation, congestion and swelling of the e ars. Part of the *Ear Formula* in combination with TW 3, TW17 and TW 21.

Used reinforcing for loss of hearing.

Gall Bladder 3



Chinese Name: Shangguan (English translation: Upper Gate)

Location: In the front of the ear, directly above ST 7, in the depression on the upper border of the zygomatic arch.

TCM Functions and Uses of Gallbladder 3 (Shangguan - 上關)

Gallbladder 3 (GB3), known as **Shangguan** (Upper Gate or Above the Joint), is a local point located on the face. It is situated directly above the zygomatic arch (cheekbone) and behind the hairline of the temple, in the depression at the highest point of the arch when the mouth is closed.

Primary TCM Functions

1. **Benefits the Ears and Jaws:** GB3 is an important local point for addressing disorders of the **jaw joint** (Temporomandibular Joint - TMJ) and the tissues surrounding the **ear**.
    - **Mechanism:** It relaxes the local muscles and clears stagnation that causes pain and limited movement in the jaw and ear area.
2. **Dispels Wind and Alleviates Pain:** It is used to drive out **Wind** (both external pathogenic Wind and internal Liver Wind) that affects the face and head, which often causes spasms or sudden pain.
3. **Activates the Channel and Relieves Headache:** It clears stagnation along the Gallbladder channel pathway, specifically targeting pain in the **temporal region**.

Medicinal Uses (Indications)

- **Jaw and Facial Pain:** A key point for **TMJ disorders**, treating **jaw pain, stiffness, and restricted opening** of the mouth. It is also used for **trismus** (lockjaw).
- **Headaches:** Relieves **temporal headaches and migraines** that affect the side of the head.
- **Facial Paralysis:** Used as a local point to treat **Facial Paralysis (Bell's Palsy)** and **spasms/twitching** of the facial muscles.
- **Ear and Eye Issues:** Addresses **deafness, tinnitus** (ringing in the ears), and **eye pain or twitching** caused by local stagnation or rising Wind/Heat.

Practical Use: Tinnitus Deafness Eyes Migraine Lockjaw Trigeminal neuralgia and palsy

Functions: Dispels Wind, benefits the eyes, relieves pain.

Classification: Crossing point of the Gall Bladder, the Stomach, and San Jiao Meridians

Indications:

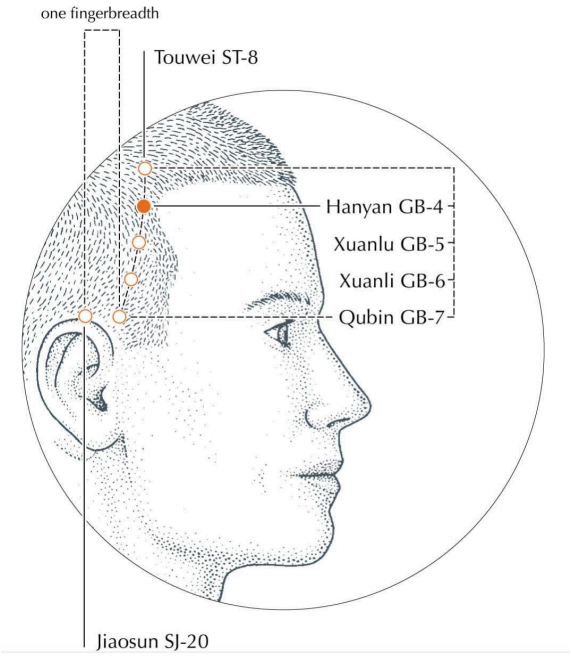
- **Migraine**
- **Tinnitus, deafness**
- **Wry face**
- **Toothache, trismus**

Needling: Perpendicular insertion .5 - 1.0 cun.

Gall Bladder 4

Jaw Serenity 頷厭 慶

Meeting point of the Gall Bladder, Sanjiao and Stomach channels



Chinese Name: Hanyan (English translation: Forehead Fullness)

Location: Within the hairline of the temporal region, at the junction of the upper 1/4 and lower 3/4 of the arc connecting ST 8 and GB 7.

TCM Functions and Uses of Gallbladder 4 (Hanyan - 頷厭)

Gallbladder 4 (GB4), known as **Hanyan** (Jaw Serenity), is a local point located on the head, at the anterior border of the hairline of the temporal region, 0.5 cun posterior to Stomach 8 (Touwei) and superior to Gallbladder 3 (Shangguan).

Primary TCM Functions

1. **Activates the Channel and Alleviates Pain:** GB4 is primarily used to relieve **headaches, migraines, and localized pain** in the temporal region, as it directly clears stagnation along the Gallbladder meridian pathway on the side of the head.
2. **Dispels Wind and Benefits the Jaws:** It is used to drive out **Wind** (both external and internal) that affects the face and head, helping to relieve pain and stiffness in the jaw area.

3. **Benefits the Sensory Orifices (Eyes and Ears):** Due to its proximity and location near the Shaoyang channel's convergence, it helps ensure clear circulation to the eyes and ears.

Medicinal Uses (Indications)

- **Headaches:** A key point for **temporal headaches and migraines** affecting the side of the head.
- **Facial Pain and Paralysis:** Used to relieve **jaw pain, stiffness, and restricted movement** (like TMJ disorders) and is an auxiliary point for **Facial Paralysis (Bell's Palsy)**.
- **Eye Disorders:** Treats **pain, swelling, and redness of the outer corner of the eye** (outer canthus), and is used for toothache in the upper jaw.
- **Epilepsy/Seizures:** Used as an auxiliary point to calm internal wind and clear heat in certain types of **epilepsy**.

Practical Use: Tinnitus Deafness Eyes Toothache Epilepsy

Functions: Dispels Wind, clears Heat, relieves pain.

Classification: Crossing point of the Gall Bladder, the Stomach, and San Jiao Meridians

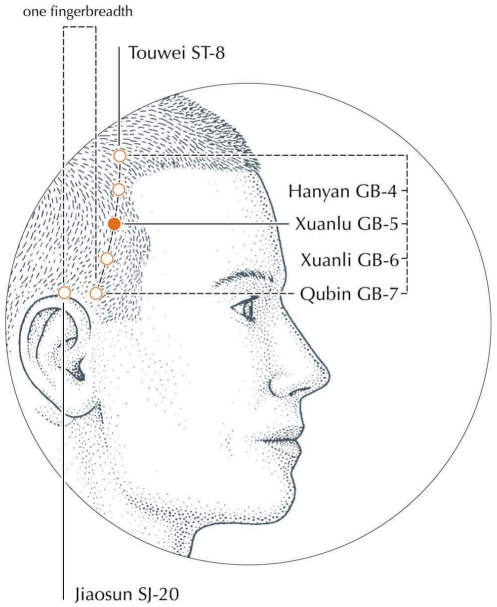
Indications:

- **Migraine, dizziness**
- **Tinnitus**
- **Toothache**
- **Epilepsy**

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 5

Meeting point of the Gall Bladder, Stomach, Sanjiao and Large Intestine channels



Gall Bladder 5

Chinese Name: Xuanlu (English translation: Hanging Skull)

Location: Within the hairline of the temporal region, at the midpoint of the arc connecting ST 8 and GB 7.

TCM Functions and Uses of Gallbladder 5 (Xuanlu - 懸顱)

Gallbladder 5 (GB5), known as **Xuanlu** (Suspended Skull), is a local point located on the head, approximately 0.5 cun directly above Gallbladder 4 (Hanyan), within the hairline of the temporal region. It is one of a series of points on the Gallbladder meridian that traverse the side of the head.

Primary TCM Functions

1. **Activates the Channel and Alleviates Headache:** GB5 is primarily used to relieve **headaches, migraines, and localized pain** in the temporal region. It directly clears local stagnation and obstruction along the Gallbladder channel pathway.
    - **Mechanism:** Its location is key for addressing pain caused by **Liver Yang Rising** or external **Wind** affecting the side of the head.

2. **Dispels Wind and Benefits the Jaws:** It is used to drive out pathogenic **Wind** that affects the face and head, helping to relieve localized stiffness and pain in the jaw area.
3. **Benefits the Sensory Orifices:** It helps clear heat and stagnation that affect the nearby **eyes** and **teeth**.

Medicinal Uses (Indications)

- **Headaches:** A classic point for relieving severe **temporal headaches and migraines** on the side of the head.
- **Facial and Jaw Pain:** Used for **jaw pain, stiffness, and restricted movement** (like TMJ disorders) and **trismus** (lockjaw).
- **Dental Issues:** Treats **toothache** in the upper jaw and surrounding facial muscles.
- **Eye Disorders:** Addresses **pain, swelling, and redness** of the outer corner of the eye, often when related to the channel.

Practical Use: Migraine Swollen Eyes Toothache

Functions: Dispels Wind, clears Heat, relieves pain.

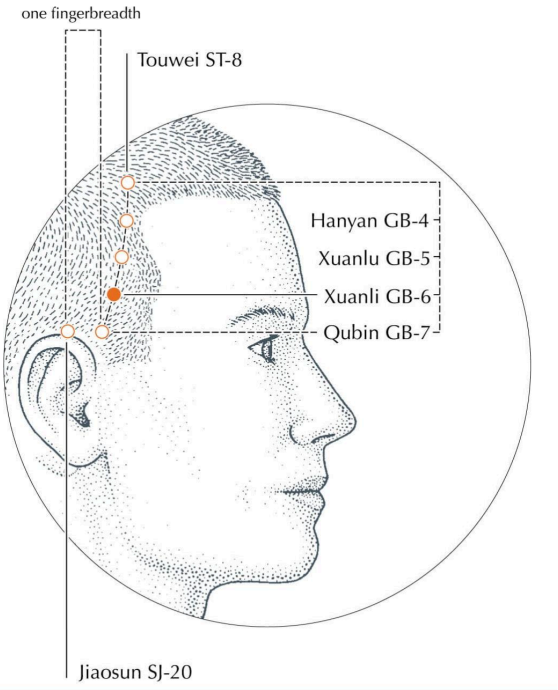
Indications:

- **Migraine**
- **Redness, swelling and pain of the eye**
- **Toothache**

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 6

Meeting point of the Gall Bladder, Stomach, Sanjiao and Large Intestine channels



Chinese Name: Xuanli (English translation: Suspended Hair)

Location: Within the hairline of the temporal region, at the junction of the upper 3/4 and lower 1/4 of the arc connecting ST 8 and GB 7.
TCM Functions and Uses of Gallbladder 6 (Xuanli - 懸釐)

Gallbladder 6 (GB6), known as Xuanli (Suspended Hair), is a local point located on the head, in the temporal region, 1 cun directly above Gallbladder 5 (Xuanlu) and 1.5 cun superior to the apex of the ear.

Primary TCM Functions

1. **Activates the Channel and Alleviates Headache: GB6 is primarily used to relieve headaches, migraines, and localized pain in the temporal and parietal regions. As part of the ascending Gallbladder meridian, it effectively clears local stagnation and obstruction.**
    - **Mechanism: It addresses pain often associated with the rising of Liver Yang or the invasion of external Wind along the side of the head.**
2. **Dispels Wind and Benefits the Jaws: It is an auxiliary point for dispelling pathogenic Wind that affects the face, contributing to the relief of pain and stiffness in the jaw area.**

3. **Calms Internal Wind: By clearing heat from the channel, it helps subdue internal Wind that can cause symptoms like vertigo or epilepsy.**

Medicinal Uses (Indications)

- **Headaches and Migraines: A key point for relieving severe temporal and vertex (top of head) headaches and migraines on the side of the head.**
- **Facial and Jaw Pain: Used for jaw pain, stiffness, and restricted movement (TMJ disorders) and trismus (lockjaw).**
- **Ear and Eye Issues: Addresses local issues like tinnitus (ringing in the ears), earache, and pain or redness of the outer corner of the eye.**
- **Epilepsy/Seizures: Used as an auxiliary point in treating certain forms of epilepsy and vertigo related to Liver Wind.**

Practical Use: Migraine Swollen Eyes Tinnitus

Functions: Dispels Wind, clears Heat, relieves pain.

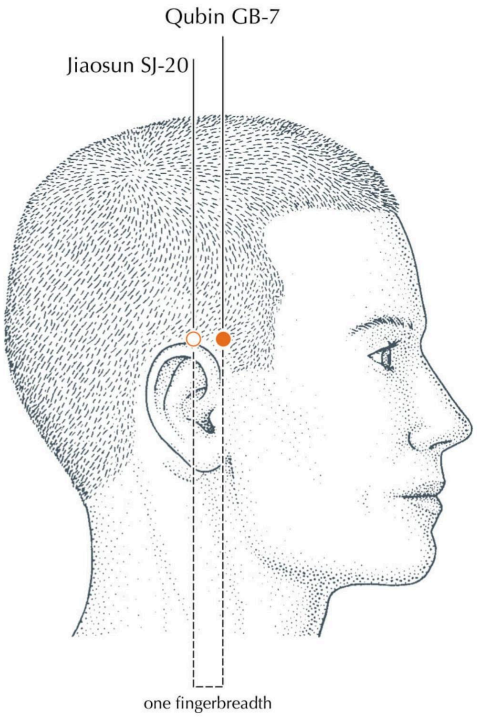
Classification: Crossing point of the Gall Bladder, the Stomach, and San Jiao Meridians

Indications:

- **Migraine**
- **Redness, swelling and pain of the eye**
- **Tinnitus**

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 7



Chinese Name: Qubin (English translation: Temporal Hairline Curve)

Location: Within the hairline of the temporal region, at the junction of the upper 3/4 and lower 1/4 of the arc connecting ST 8 and GB 7.

TCM Functions and Uses of Gallbladder 7 (Qubin - 曲鬢)

Gallbladder 7 (GB7), known as **Qubin** (Curve of the Hairline), is a local point located on the side of the head, above the root of the auricle (ear), at the junction of the vertical line through the anterior border of the ear and the horizontal line through the apex of the ear.

Primary TCM Functions

1. **Activates the Channel and Alleviates Pain:** GB7 is primarily used to relieve **headaches and migraines** along the temporal and parietal regions, as it effectively clears local Qi and Blood **stagnation and obstruction** along the Gallbladder channel.
    - **Mechanism:** Its location is crucial for addressing pain caused by **Liver Yang Rising** or external **Wind-Heat** affecting the side of the head.
2. **Dispels Wind and Benefits the Jaws:** It is used to drive out pathogenic **Wind** that affects the face, contributing to the relief of **pain and stiffness in the jaw** area.
3. **Benefits the Teeth and Ears:** It helps clear heat and stagnation that affect the sensory orifices and surrounding structures.

Medicinal Uses (Indications)

- **Headaches and Migraines:** A key point for relieving severe **temporal headaches** and **migraines** on the side of the head.
- **Facial and Jaw Pain:** Used for **jaw pain, stiffness, and restricted movement** (TMJ disorders) and **trismus** (lockjaw).
- **Dental Issues:** Treats **toothache** (especially in the upper jaw) and gum swelling.
- **Ear and Eye Issues:** Addresses local issues like **tinnitus** (ringing in the ears), **earache**, and **pain or redness of the outer corner of the eye**.

Practical Use: Migraine Toothache Lockjaw Acute Hearing Loss

Functions: Dispels Wind, clears Heat, relieves pain.

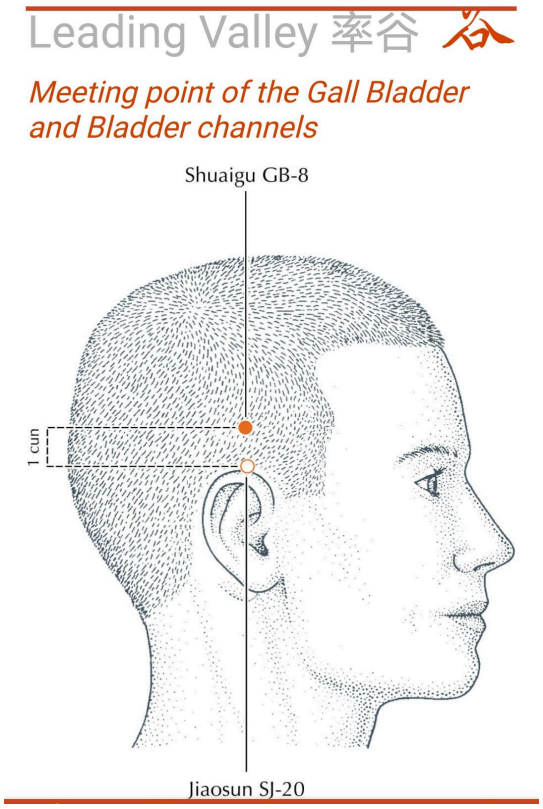
Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridians

Indications:

- **Headache**
- **Toothache, trismus, acute aphonia**

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 8



Chinese Name: Shuaigu (English translation: Leading Valley)

Location: On the head, directly above the apex of the auricle and SJ 20, 1.5 cun within the hairline.

TCM Functions and Uses of Gallbladder 8 (Shuaigu - 率谷)

Gallbladder 8 (GB8), known as **Shuaigu** (Leading Valley or Valley Leading), is an important local point located in the temporal region of the head, directly above the apex (tip) of the ear, 1.5 cun superior to the hairline.

Primary TCM Functions

1. **Activates the Channel and Alleviates Pain (Headaches):** GB8 is a classic and highly effective empirical point for treating all forms of **headaches** and **migraines** on the **side of the head** (temporal region).
    - **Mechanism:** It strongly clears local Qi and Blood stagnation and addresses external **Wind** or internal **Liver Yang Rising** along the Gallbladder meridian pathway.
2. **Dispels Wind and Benefits the Head:** It is used to drive out pathogenic **Wind** that invades the head, which can cause both pain and internal symptoms.

3. **Treats Alcohol-Related Disorders (Hangovers):** GB8 is particularly famous in TCM for its ability to **alleviate dizziness, nausea, and headache** caused by excessive alcohol consumption (Damp-Heat/Phlegm in the head).

Medicinal Uses (Indications)

- **Headaches and Migraines:** A key point for relieving severe **temporal headaches** and **migraines**.
- **Vertigo and Dizziness:** Treats spinning sensations and lightheadedness, especially when related to Liver Wind or Phlegm.
- **Hangovers:** Used clinically to treat the specific constellation of symptoms associated with **alcohol intoxication**.
- **Facial and Jaw Pain:** Addresses local issues like **jaw pain** and stiffness (TMJ disorders).

Practical Use: Migraine Vertigo Vomiting Convulsion

Functions: Dispels Wind, benefits the head, relieves vomiting, relieves pain.

Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridians

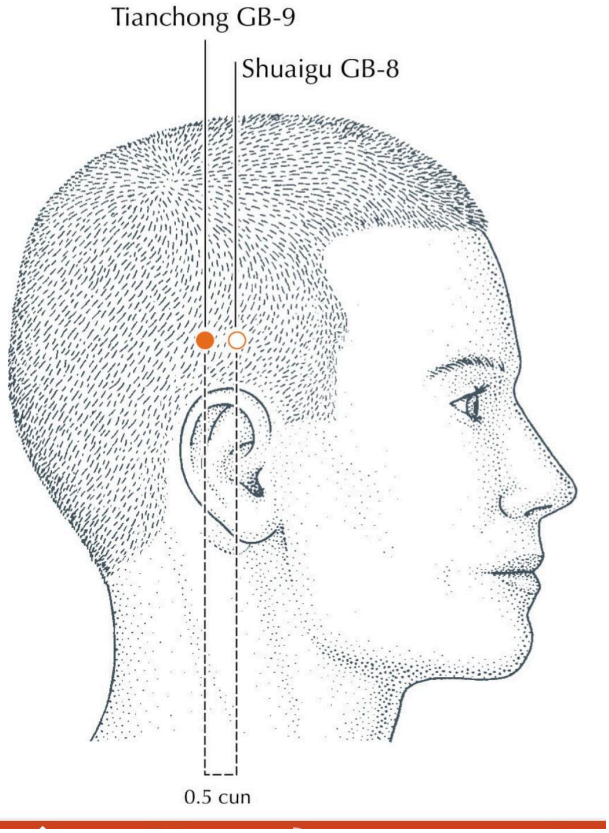
Indications:

- **Migraine, vertigo, vomiting**
- **Infantile convulsion**

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 9

Meeting point of the Gall Bladder and Bladder channels



Chinese Name: Tianchong (English translation: Celestial Rushing)

Location: On the head, directly above the posterior border of the auricle, 2 cun within the hairline, .5 cun posterior to GB 8.

TCM Functions and Uses of Gallbladder 9 (Fengchi - 風池)

Gallbladder 9 (GB9), known as **Fengchi** (Wind Pool), is a key local point located in the temporal region of the head, 1 cun posterior to GB8 (Shuaigu). It is positioned within the hairline, 2.5 cun above the apex (tip) of the ear.

Primary TCM Functions

1. **Activates the Channel and Alleviates Headache:** GB9 is primarily used to relieve **headaches, migraines, and localized pain** in the temporal and parietal regions. It strongly clears local Qi and Blood **stagnation and obstruction** along the Gallbladder channel pathway.

    - **Mechanism:** Its location is effective for addressing pain caused by the rising of **Liver Yang** or the invasion of external **Wind-Heat** affecting the side of the head.
2. **Dispels Wind and Benefits the Jaws:** It is an auxiliary point for dispelling pathogenic **Wind** that affects the face, contributing to the relief of **pain and stiffness in the jaw** area.
3. **Calms Internal Wind:** By clearing heat from the channel, it helps subdue internal Wind that can cause symptoms like **vertigo** or **epilepsy**.

Medicinal Uses (Indications)

- **Headaches and Migraines:** A frequent choice for relieving **temporal headaches** and **migraines** on the side of the head.
- **Vertigo and Dizziness:** Used to treat spinning sensations and lightheadedness related to channel stagnation or Liver Wind.
- **Facial and Jaw Pain:** Addresses local issues like **jaw pain** and stiffness (TMJ disorders).
- **Ear and Eye Issues:** Addresses local issues like **tinnitus** (ringing in the ears), **earache**, and **pain or redness of the outer corner of the eye**.

Practical Use: Headache Deafness Tinnitus Gum Disease

Functions: Clears Heat, calms the Shen, removes obstructions from meridian.

Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridians

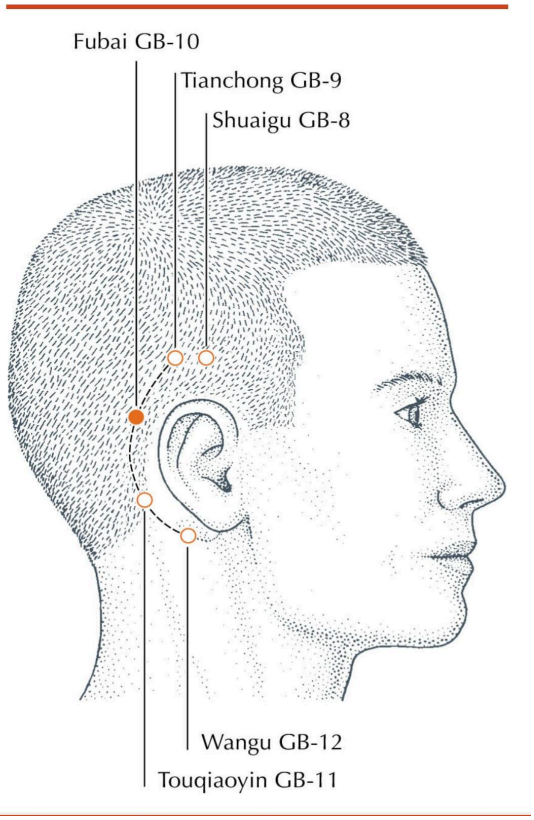
Indications:

- Headache
- Deafness, tinnitus
- Mania
- Swelling and pain of the gums

Functions: Clears Heat, calms the Shen, removes obstructions from meridian.

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 10



Chinese Name: Fubai (English translation: Floating White)

Location: On the head, posterior to the auricle, posterior and superior to the mastoid process, at the junction of the middle 1/3 and upper 1/3 of the arc connecting GB 9 and GB 12.

TCM Functions and Uses of Gallbladder 10 (Fubai - 浮白)

Gallbladder 10 (GB10), known as **Fubai** (Floating White), is a local point located on the side of the head, 1 cun posterior and superior to GB9 (Fengchi), within the hairline. It is situated in the mastoid process region.

Primary TCM Functions

1. **Benefits the Ears:** GB10 is an important auxiliary point for treating disorders of the **ear and auditory canal**, especially when related to an obstruction in the surrounding channels.
    - **Mechanism:** It helps clear local stagnation and Heat that ascend to the ear.

2. **Dispels Wind and Clears Heat from the Head:** It is used to drive out pathogenic **Wind-Heat** that invades the side of the head and causes local symptoms.
3. **Activates the Channel and Alleviates Pain:** It relieves **headaches** and **migraines** along the temporal and occipital regions, as it works to clear stagnation along the entire posterior/lateral pathway of the Gallbladder meridian.

Medicinal Uses (Indications)

- **Ear Disorders:** Treats **tinnitus** (ringing in the ears), **deafness**, and **earache** due to external Wind or rising internal Heat/Fire.
- **Headaches and Vertigo:** Used for **headaches and migraines** on the side of the head, often combined with other local points to relieve the pressure and pain. Also treats **vertigo** (dizziness) related to internal wind or phlegm.
- **Local Stagnation:** Addresses local **pain and stiffness** in the neck and mastoid region.

Practical Use: Headache Deafness Tinnitus Eyes Goitre

Functions: Clears Heat, activates the meridian, relieves pain.

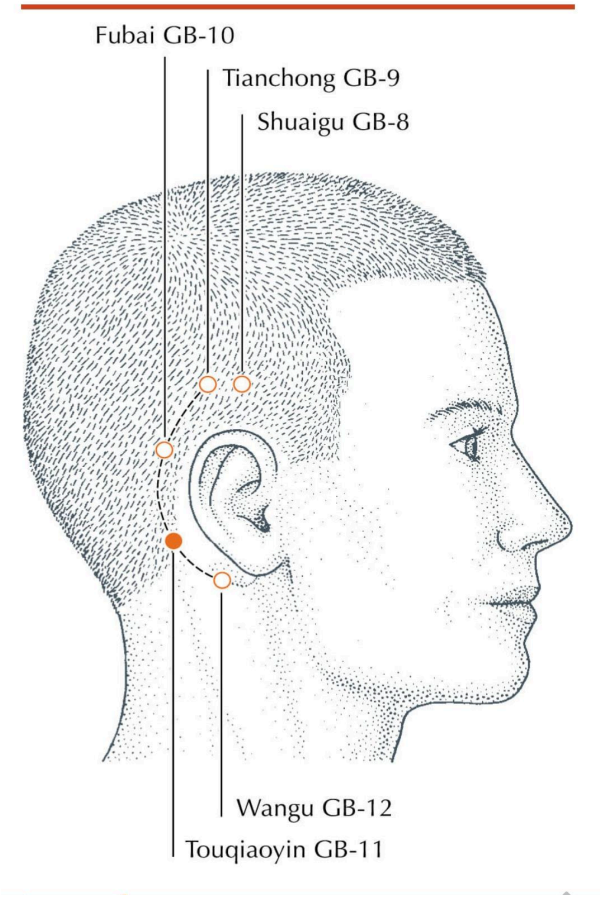
Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridians

Indications:

- Headache
- Deafness, tinnitus
- Eye pain
- Goiter

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 11



Chinese Name: Touqiaoyin (English translation: Head Portal Yin)

Location: On the head, posterior to the auricle, posterior and superior to the mastoid process, at th**TCM Functions and Uses of Gallbladder 11 (Touqiaoyin - 頭竅陰)**

Gallbladder 11 (GB11), known as **Touqiaoyin** (Head Portal Yin), is a local point located on the head, behind the mastoid process (the bony prominence behind the ear), between the mastoid and occipital bone.

Primary TCM Functions

1. **Benefits the Ears and Sensory Orifices:** GB11 is a key point for treating disorders of the **ears** and general sensory orifices of the head, as its name suggests ("Portal Yin" refers to the auditory portal).
    - **Mechanism:** It helps clear local stagnation, Wind, and Heat that ascend to the ear and auditory region.
2. **Dispels Wind and Alleviates Pain:** It is used to drive out pathogenic **Wind** and relieve **headaches** and **migraines** along

the posterior-lateral aspect of the head (the Gallbladder and Bladder meridian pathways).
3. **Calms Internal Wind and Relieves Vertigo:** By clearing heat and stagnation from the head, it helps subdue internal Wind that can cause symptoms like **vertigo** (dizziness) or **shaking**.

Medicinal Uses (Indications)

- **Ear Disorders:** Treats **tinnitus** (ringing in the ears), **deafness**, and **earache**, often combined with other local ear points.
- **Headaches and Vertigo:** Used for **occipital (back of head) and temporal headaches** and **migraines**. It is a common point for treating **vertigo** related to Liver Wind rising.
- **Local Stagnation:** Addresses **pain, stiffness, and tenderness** in the mastoid and neck region.
- **Tongue Issues:** Used for **stiffness or difficulty moving the tongue**.

e junction of the middle 1/3 and lower 1/3 of the arc connecting GB 9 and GB 12

Practical Use: Headache Deafness Tinnitus Ear Pain **Functions:** Clears the head, activates the meridian, relieves pain.

.

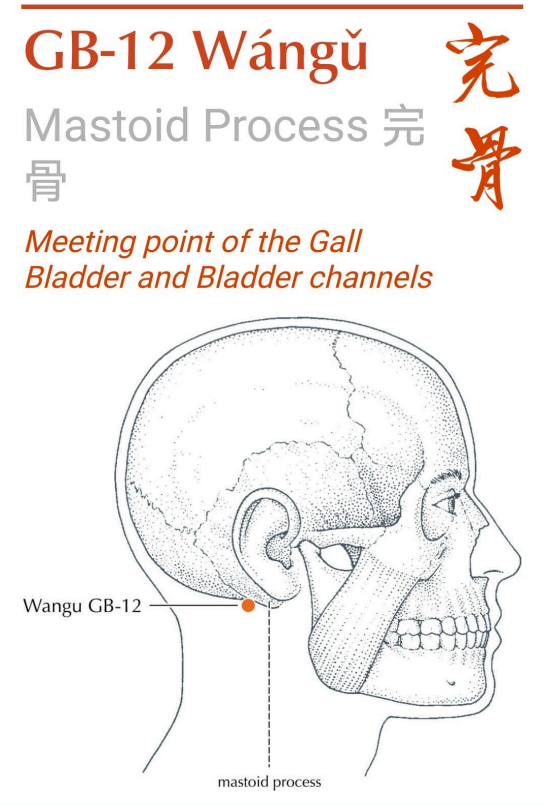
Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridians

Indications:

- Headache
- Tinnitus, deafness, ear pain

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 12



Chinese Name: Wangu (English translation: Mastoid Bone)

Location: On the head, posterior to the auricle, in the depression posterior and inferior to the mastoid process.

TCM Functions and Uses of Gallbladder 12 (Wangu - 完骨)

Gallbladder 12 (GB12), known as **Wangu** (Mastoid Process), is a key local point located in the depression posterior and inferior to the mastoid process (the bony prominence behind the ear), at the level of the lower border of the earlobe.

Primary TCM Functions

1. **Dispels Wind and Benefits the Head and Neck:** GB12 is crucial for clearing external **Wind-Cold** or **Wind-Heat** that invades the posterior-lateral neck region. It relieves stiffness and pain caused by these pathogens.

    - **Indications:** Stiffness, pain, and restricted movement in the **neck** and **occipital (back of the head) region**.
2. **Activates the Channel and Alleviates Pain:** It directly clears local stagnation and obstruction along the Gallbladder meridian pathway, providing relief for headaches that wrap around the side and back of the head.
3. **Calms the Spirit (Shen) and Resolves Phlegm:** It helps settle the mind and address issues related to **Phlegm** and **Internal Wind** rising to the head.
    - **Indications: Insomnia, anxiety, mental restlessness, and vertigo** (dizziness).

Medicinal Uses (Indications)

- **Neck Pain and Stiffness:** Highly effective for **acute or chronic neck pain, muscle spasms**, and difficulty turning the head.
- **Headaches:** Treats **occipital and temporal headaches** and **migraines**.
- **Facial/Dental Issues:** Used for **facial swelling, facial paralysis**, and **toothache** in the lower jaw.
- **Insomnia and Anxiety:** Used as an important auxiliary point for **calming the mind** and promoting sleep.

Practical Use: Headache Neck Pain Cheek Swelling

Functions: Dispels Wind, benefits the head, calms the Shen, activates the meridian, relieves pain.

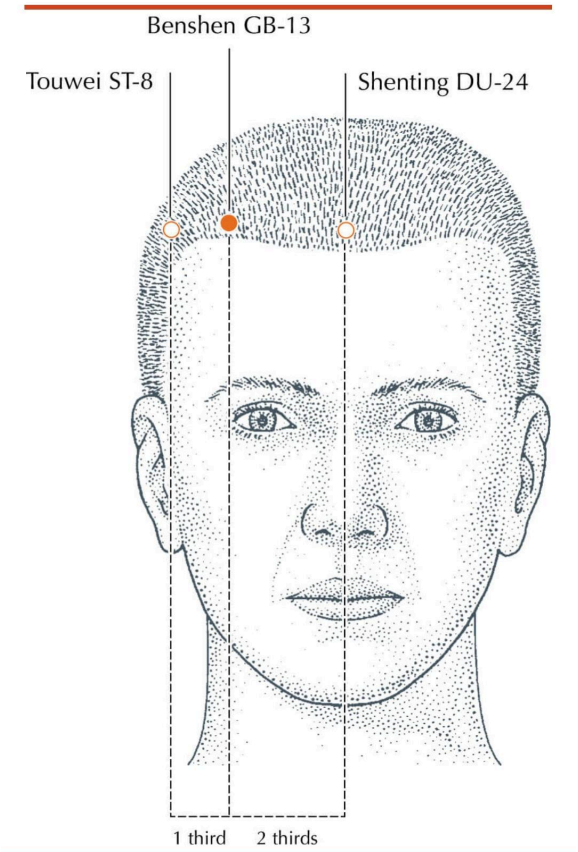
Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridians

Indications:

- Headache, stiffness and pain of the neck
- Toothache, swelling of the cheek

Needling: Oblique insertion .5 - .8 cun.

Gall Bladder 13



Chinese Name: Benshen (English translation: Root Spirit)

Location: On the head, .5 cun within the anterior hairline of the forehead, 3 cun lateral to DU 24, at the junction of the medial 2/3 and the lateral 1/3 of the line connecting DU 24 and ST 8.

TCM Functions and Uses of Gallbladder 13 (Benshen - 本神)

Gallbladder 13 (GB13), known as **Benshen** (Root of the Spirit or Root of the Mind), is a key point located on the forehead, 0.5 cun within the anterior hairline and 3 cun lateral (to the side) to the midline. It is located at the corner of the forehead.

Primary TCM Functions

1. **Calms the Spirit (Shen) and Settles the Mind:** As its name suggests, GB13 is a crucial point for addressing issues of the mind and spirit. It helps to settle agitated states and clear mental confusion.

    - **Mechanism:** It subdues internal **Wind** and clears **Phlegm** that can obstruct the orifices of the mind, allowing the spirit to be rooted.
2. **Dispels Wind and Alleviates Pain:** It is used to drive out external pathogenic **Wind** and internal **Liver Wind** that invades or rises to the head.
    - **Indications:** Headaches, dizziness, and seizures related to wind or stagnation.
3. **Activates the Channel and Relieves Headache:** It clears local Qi and Blood stagnation along the beginning of the Gallbladder meridian on the forehead.

Medicinal Uses (Indications)

- **Mental/Emotional Disorders:** Treats **insomnia, severe anxiety, mental confusion, disorientation, fright, and mania/epilepsy** where internal wind or phlegm is obstructing the mind.
- **Headaches:** Used for **frontal and temporal headaches** and **migraines**.
- **Local Stagnation:** Addresses **pain and stiffness** in the neck and head.
- **Vertigo:** Used for **dizziness and vertigo** related to Liver Wind rising.

Practical Use: Headache Dizziness Convulsions

Functions: Dispels Wind, calms the Shen, resolves phlegm, treats epilepsy.

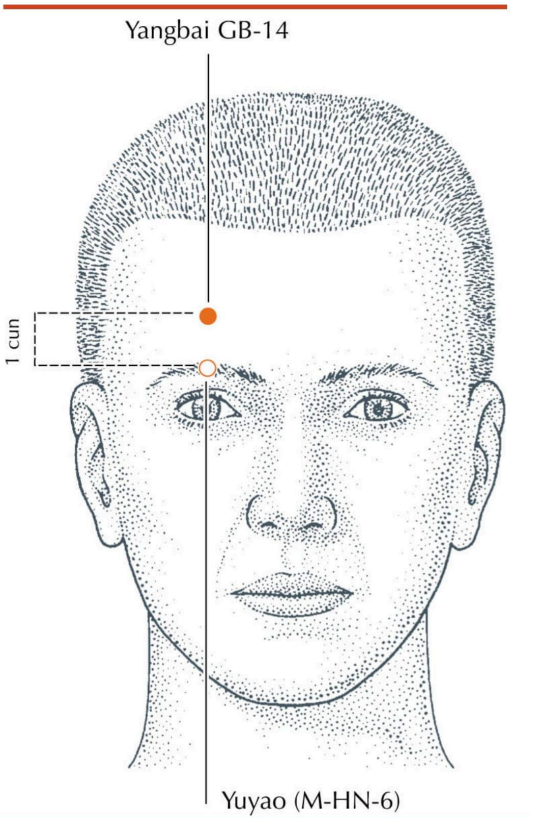
Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

Indications:

- **Headache, dizziness**
- **Epilepsy**
- **Infantile convulsion**

Needling: **Subcutaneous insertion .5 - .8 cu**

Gall Bladder 14



Chinese Name: Yangbai (English translation: Yang White)

Location: On the forehead, directly above the pupil of the eye, 1.0 cun superior to the eyebrow.

TCM Functions and Uses of Gallbladder 14 (Yangbai - 陽白)

Gallbladder 14 (GB14), known as **Yangbai** (Yang White), is a crucial local point located on the forehead, 1 cun directly above the center of the eyebrow, on the anterior hairline. It is the meeting point of the Gallbladder, Yangming (Stomach), and Ren (Conception) meridians.

Primary TCM Functions

1. **Dispels Wind and Benefits the Eyes:** GB14 is a primary point for treating nearly all disorders of the **eye and surrounding muscles**. It strongly clears pathogenic **Wind** (both external Wind-Cold/Heat and internal Liver Wind) from the face and head.

2. **Activates the Channel and Alleviates Pain:** It clears local stagnation and obstruction, providing effective relief for **headaches and migraines** affecting the frontal and temporal regions.
3. **Treats Local Stagnation and Spasms:** It relaxes the facial muscles and clears inflammation in the forehead area.

Medicinal Uses (Indications)

- **Eye Disorders:** Treats **pain, redness, swelling, and itching of the eyes**, as well as **photophobia** (light sensitivity) and **twitching of the eyelids**.
- **Headaches:** A fundamental point for relieving **frontal headaches** and **migraines** in the temporal area, often combined with points like Yin Tang or Tai Yang.
- **Facial Issues:** Used widely for **Facial Paralysis (Bell's Palsy)**, **trigeminal neuralgia**, and **pain/spasm** in the forehead and eye area.
- **Vertigo:** Addresses **dizziness and vertigo** related to Wind.

Practical Use: Headache Eye Pain and Blurring Palsy Ptosis Wryness & Face Paralysis

Functions: Dispels Wind, benefits the eyes and head, relieves pain.

Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

Indications:

- Facial paralysis, ptosis of the lower eyelid, difficulty in closing eyes
- Blurring of vision, eye pain
- Forehead pain, vertigo

Needling: Subcutaneous insertion .3 - .5 cun.

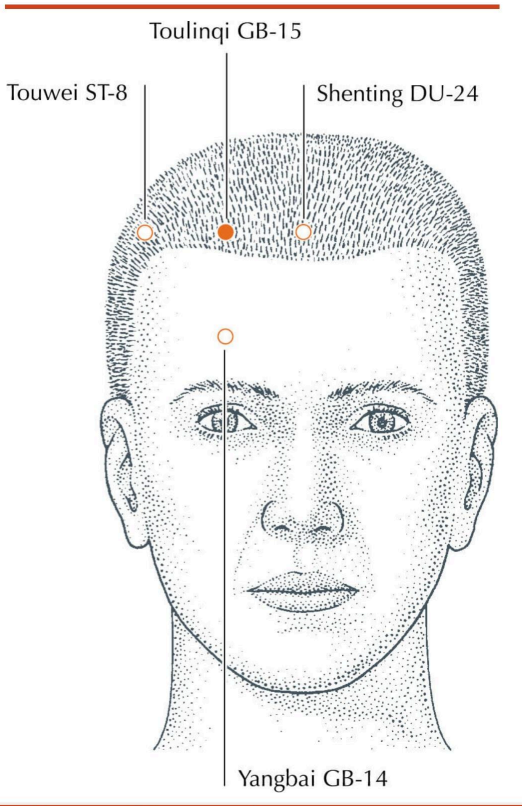
How to insert GB 14: We pinch and lift the skin to be able to insert the needle subcutaneously in the direction of Extra Point HN-6 (Yu Yao).

Practical Use: Used reducing for headache and all eye problems.

This point is part of the *Clear Wind Formula:*

Reduce: BL 10, GB 20, BL 11 CUP, BL 12 CUP, GV 14, GV 16, GB 31 and GB 14

Gall Bladder 15



Chinese Name: Toulinqi (English translation: Head Overlooking Tears)

Location: On the head, directly above the pupil of the eye, .5 cun within the anterior hairline, at the midpoint of the linTCM Functions and Uses of Gallbladder 15 (Toulinqi - 頭臨泣)

Gallbladder 15 (GB15), known as Toulinqi (Head Governor of Tears or Head Overlooking Tears), is a crucial local point located on the forehead, directly above the pupil when the eyes look straight forward, 0.5 cun superior to the anterior hairline.

Primary TCM Functions

1. **Dispels Wind and Benefits the Eyes: GB15 is a primary point for treating eye disorders, particularly those related to external invasion or internal**

stagnation. Its name refers to clearing issues that cause excessive tearing or pain.
    - **Mechanism: It strongly clears pathogenic Wind and Heat from the head and face, which are common causes of eye inflammation.**
2. **Activates the Channel and Alleviates Headache: It clears local stagnation and obstruction along the Gallbladder and Stomach meridian pathways on the forehead and temple, providing effective relief for frontal and temporal headaches.**
3. **Calms Internal Wind and Relieves Vertigo: It helps subdue internal Liver Wind that can ascend to the head, causing dizziness and related visual disturbances.**

Medicinal Uses (Indications)

- **Eye Disorders: Treats pain, swelling, redness, and itching of the eyes, as well as lacrimation (excessive tearing) and dimness of vision.**
- **Headaches and Migraines: A key point for relieving severe frontal headaches and migraines on the side of the head, especially when eye pain is a chief complaint.**
- **Facial Paralysis: Used as a local point for addressing Facial Paralysis (Bell's Palsy) and spasms/twitching in the forehead area.**
- **Vertigo: Addresses dizziness and vertigo related to Wind or Phlegm rising.**

e connecting DU 24 and ST 8.

Practical Use: Headache Nose Tears Relax Convulsions

Functions: Dispels Wind, benefits the eyes, nose and head, calms the Shen, relieves pain.

Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridian and the Yang Wei Vessel

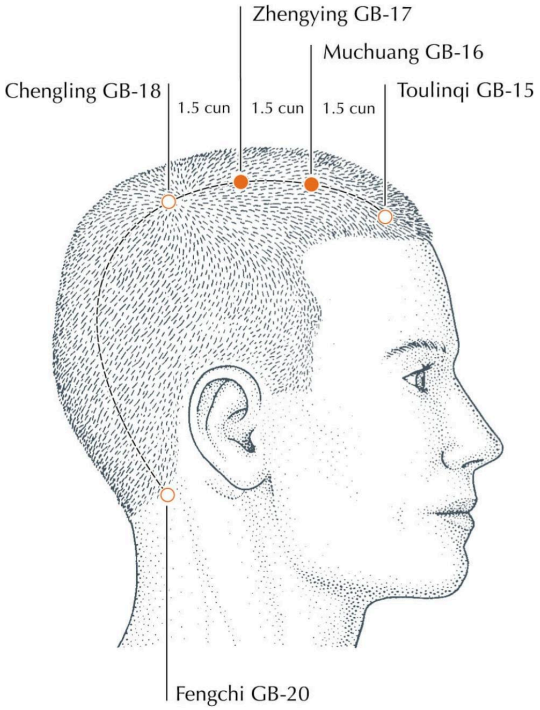
Indications:

- **Headache, nasal congestion**
- **Dizziness, lacrimation**
- **Infantile convulsion**

Needling: Subcutaneous insertion .3 - .5 cun.

Gall Bladder 16

Meeting point of the Gall Bladder channel with the Yang Linking vessel



Chinese Name: Muchuang (English translation: Eye Window)

Location: On the head, 1.5 cun posterior to the anterior hairline, 2.25 cun lateral to the midline of the head.

TCM Functions and Uses of Gallbladder 16 (Muchuang - 目窗)

Gallbladder 16 (GB16), known as **Muchuang** (Eye Window), is a local point located on the head, 1 cun posterior to GB15 (Toulinqi) and 2.25 cun lateral (to the side) to the midline, within the hairline.

Primary TCM Functions

1. **Benefits the Eyes and Sensory Orifices:** As its name suggests, GB16 is a primary auxiliary point for treating various disorders of the **eye**, especially those related to stagnation or heat along the channel.
    - **Mechanism:** It helps clear pathogenic **Wind** and **Heat** that ascend from the Liver/Gallbladder channel to the eye.

2. **Activates the Channel and Alleviates Headache:** It clears local stagnation and obstruction along the Gallbladder meridian pathway on the side of the head, providing effective relief for **temporal and frontal headaches**.
3. **Calms Internal Wind and Relieves Vertigo:** It helps subdue internal **Liver Wind** that can ascend and disturb the head, causing symptoms like dizziness.

Medicinal Uses (Indications)

- **Eye Disorders:** Treats **pain, swelling, redness, and dimness of vision** due to Heat or Wind invading the head.
- **Headaches and Migraines:** Used for relieving **frontal and temporal headaches** and **migraines** on the side of the head, often when eye pain or visual disturbances are present.
- **Vertigo:** Addresses **dizziness and vertigo** related to Wind or Phlegm rising.
- **Insomnia:** Used as an auxiliary point to calm the mind when **internal agitation or heat** prevents sleep.

Practical Use: Headache Eyes Nose Facial Swelling Convulsions

Functions: Dispels Wind, benefits the eyes and head, relieves pain.

Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

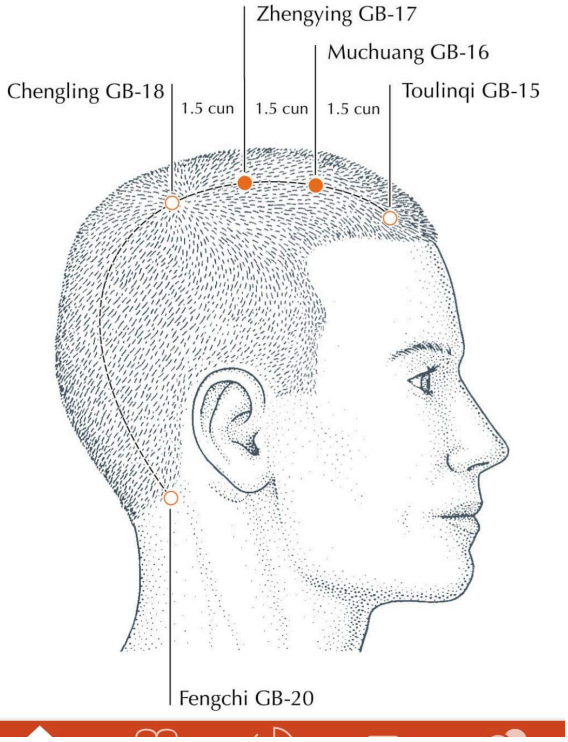
Indications:

- **Blurring of vision, glaucoma, redness, swelling and pain of the eye**
- **Headache, nasal congestion, swelling of facial region**
- **Epilepsy**

Needling: Subcutaneous insertion .3 - .5 cun.

Gall Bladder 17

Meeting point of the Gall Bladder channel with the Yang Linking vessel



Chinese Name: Zhengying (English translation: Upright Construction)

Location: On the head, 2.25 cun posterior to the anterior hairline, 2.25 cun lateral to the midline of the head.

TCM Functions and Uses of Gallbladder 17 (Fengchi - 風池)

Gallbladder 17 (GB17), known as **Fengchi** (Wind Pool), is a major, highly important acupuncture point, though note that it is often mistakenly associated with the earlier point of the same name (which is **GB20**, the most famous Wind Pool). GB17 is located on the occipital bone (back of the head), 1 cun superior to the hairline, and 2.25 cun lateral to the midline.

Primary TCM Functions

1. **Activates the Channel and Alleviates Pain:** GB17 is primarily used to relieve **headaches, migraines, and localized pain** in the **occipital (back of the head) and temporal regions**. It works by clearing local Qi and Blood stagnation.
2. **Dispels Wind and Clears Heat:** It helps resolve external pathogenic **Wind** and internal **Liver Wind/Heat** that ascend to the head and cause pain or visual disturbances.

3. **Benefits the Eyes and Sensory Orifices:** It helps clear heat and stagnation affecting the eyes and nearby sensory organs.

Medicinal Uses (Indications)

- **Headaches and Migraines:** A key point for relieving **occipital and temporal headaches** and **migraines** on the side and back of the head.
- **Eye Disorders:** Treats **pain, swelling, redness, and dimness of vision** due to Heat or Wind invading the head.
- **Vertigo and Dizziness:** Addresses **dizziness and vertigo** related to Wind or Phlegm rising.
- **Local Stagnation:** Used for **pain and stiffness** in the neck and upper trapezius muscles.

Practical Use: Headache Dizzy Toothache Lips

Functions: Dispels Wind, benefits the head, relieves pain.

Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

Indications:

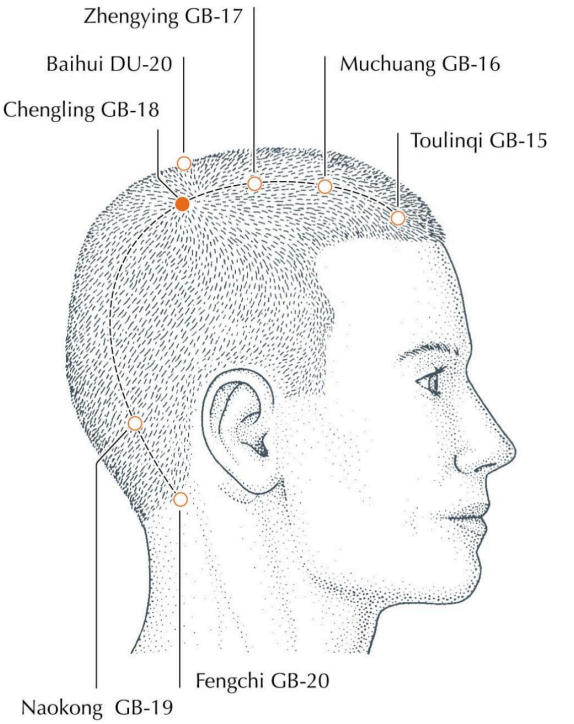
- **Headache, dizziness, acute stiffness of the lips**
- **Toothache**

Needling: Subcutaneous insertion .3 - .5 cun

Gall Bladder 18

← GB-18 Chénglíng

Meeting point of the Gall Bladder channel with the Yang Linking vessel



Chinese Name: Chengling (English translation: Spirit Receiver)

Location: On the head, 4 cun posterior to the anterior hairline, 2.25 cun lateral to the midline of the head.

TCM Functions and Uses of Gallbladder 18 (Chengling - 承靈)

Gallbladder 18 (GB18), known as **Chengling** (Spirit Support), is a local point located on the head, 4 cun posterior to the anterior hairline and 2.25 cun lateral (to the side) to the midline (Du Mai). It is situated on the posterior-lateral aspect of the scalp.

Primary TCM Functions

1. **Dispels Wind and Alleviates Pain:** GB18 is primarily used to relieve **headaches, migraines, and localized pain** in the temporal and parietal regions.
    - **Mechanism:** It works to clear stagnation and obstruction along the Gallbladder channel, effectively addressing pain caused by the invasion of external **Wind** or the rising of internal **Liver Yang**.

2. **Benefits the Sensory Orifices:** It helps clear heat and stagnation that ascend to the head and disturb the sensory organs.
3. **Calms Internal Wind and Relieves Vertigo:** By clearing heat and promoting circulation, it helps subdue internal **Liver Wind** that can ascend to the head, causing symptoms like dizziness.

Medicinal Uses (Indications)

- **Headaches and Migraines:** A key point for relieving **temporal and parietal headaches** and **migraines** on the side of the head.
- **Vertigo and Dizziness:** Addresses **dizziness and vertigo** related to Wind or Phlegm rising to the head.
- **Nasal Congestion:** Used as an auxiliary point to treat **stuffy nose** (nasal congestion) and discharge due to the presence of Wind-Cold or Wind-Heat.
- **Eye Disorders:** Treats **pain, swelling, and redness of the eyes** due to Heat or Wind ascending to the head.

Practical Use: Headache Dizzy Eyes Nosebleed

Functions: Dispels Wind, benefits the head, clears Heat relieves pain.

Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

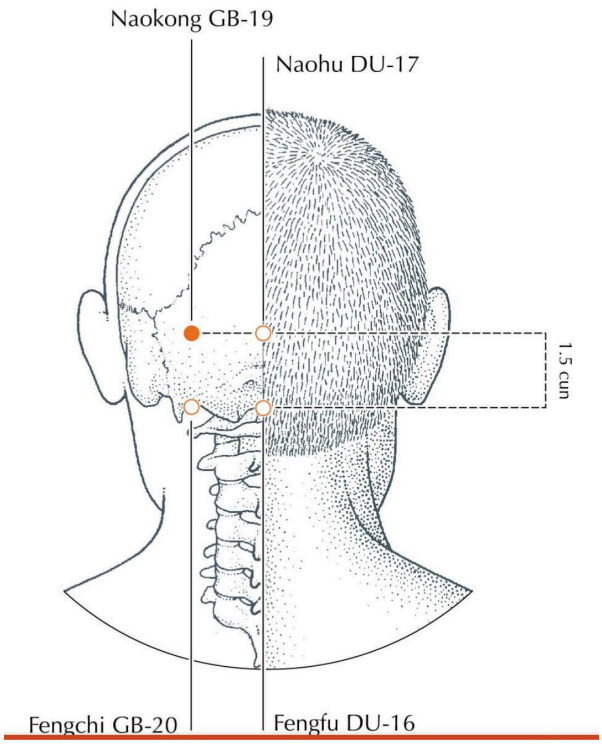
Indications:

- **Headache, dizziness, eye pain**
- **Nasal congestion, epistaxis**

Needling: Subcutaneous insertion .3 - .5 cun.

← GB-19 Nǎokōng

Meeting point of the Gall Bladder channel with the Yang Linking vessel



Chinese Name: Naokong (English translation: Brain Hollow)

Location: On the region of the head, on the lateral side of the superior border of the external occipital protuberance, 2.25 cun lateral to the midline of the head.

TCM Functions and Uses of Gallbladder 19 (Naokong - 腦空)

Gallbladder 19 (GB19), known as **Naokong** (Brain Hollow or Brain Void), is a key point located on the posterior aspect of the head, 1.5 cun directly above Gallbladder 20 (Fengchi) and 2.25 cun lateral (to the side) to the midline (Du Mai). It is situated in the occipital bone region.

Primary TCM Functions

1. **Dispels Wind and Benefits the Head and Neck:** GB19 is primarily used to clear external pathogenic **Wind** and internal **Liver Wind** that invades or rises to the head. It effectively relieves **stiffness and pain** in the posterior neck.

2. **Activates the Channel and Alleviates Pain:** It clears local stagnation and obstruction along the Gallbladder meridian pathway, targeting **occipital and temporal headaches** and **migraines**.
3. **Calms Internal Wind and Benefits the Brain:** The name "Brain Hollow" suggests its action on the internal brain substance. It helps settle **Internal Wind** and clears **Phlegm** that can obstruct the brain and lead to instability.
    - **Indications: Vertigo** (dizziness), **epilepsy/seizures**, and **severe headaches** associated with internal agitation.

Medicinal Uses (Indications)

- **Headaches and Migraines:** A key point for relieving severe **occipital and temporal headaches** and **migraines** on the side and back of the head.
- **Neck Pain and Stiffness:** Used to relieve **acute and chronic neck pain, stiffness**, and restricted movement.
- **Vertigo and Seizures:** Addresses **dizziness, vertigo**, and is used as an auxiliary point in treating **epilepsy** related to internal Wind or Phlegm.
- **Eye Disorders:** Treats **pain, swelling, and redness of the eyes** due to Heat or Wind ascending to the head.

Practical Use: Headache Dizzy Neck Mania Convulsions Temperature

Functions: Dispels Wind, benefits the head, cools Fire, opens the portals, relieves pain.

Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

Indications:

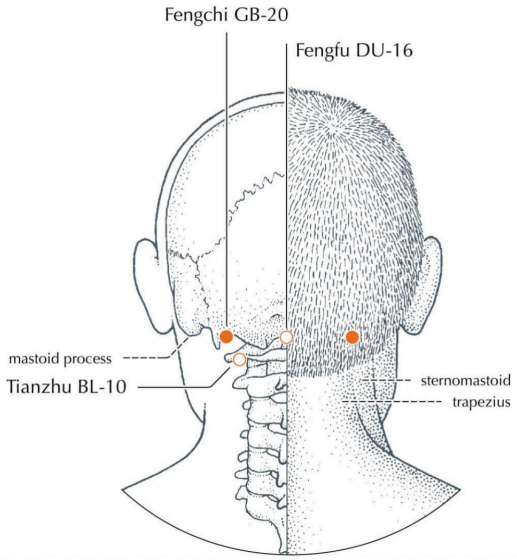
- **Headache, dizziness**
- **Rigidity and pain of the neck**
- **Manic psychosis, epilepsy**

Needling: Subcutaneous insertion .3 - .5 cun.

← GB-20 Fēngchí

Wind Pool 風池

Meeting point of the Gall Bladder and Sanjiao channels with the Yang Motility and Yang Linking vessels



Chinese Name: Fengchi (English translation: Wind Pool)

Location: On the nape, below the occiput, at the level of DU 16, in the depression between the upper portion of m. sternocleidomastoideus and m. trapezius.

TCM Functions and Uses of Gallbladder 20 (Fengchi - 風池)

Gallbladder 20 (GB20), known as **Fengchi** (Wind Pool), is arguably the most famous and clinically important point on the Gallbladder meridian. It is located at the posterior hairline, in the large depression between

the superior portion of the sternocleidomastoid muscle and the trapezius muscle.

Primary TCM Functions

1. **Expels Wind (External & Internal):** This is its chief function. As the "Wind Pool," it is the primary gateway for pathogens to enter or leave the body from the posterior head and neck. It effectively expels external **Wind-Cold** or **Wind-Heat**.
    - **Indications:** Symptoms of the common cold, influenza, stiff neck, and headache caused by Wind invasion.
2. **Clears the Head and Benefits the Eyes:** It is an essential point for addressing nearly all disorders of the head and sensory orifices, particularly those related to **Liver Fire** or **Wind** ascending.
    - **Indications: Headache, vertigo (dizziness), blurring of vision, redness, and pain in the eyes.**
3. **Subdues Liver Yang and Calms Internal Wind:** By clearing heat and promoting circulation, it helps settle the Liver, which is a major source of internal agitation.
    - **Indications: Hypertension** (high blood pressure) and **seizures** or **tremors** caused by Liver Wind or Yang Rising.
4. **Activates the Channel and Alleviates Pain:** It clears stagnation in the cervical region, relieving pain and restricted movement in the neck and upper back.

Medicinal Uses (Indications)

- **Headaches:** Highly effective for **occipital (back of head) headaches, tension headaches, and migraines**.
- **Neck Stiffness:** Treats acute and chronic **neck stiffness** and **wry neck** (torticollis).

- **Sensory Issues:** A primary point for **red, painful, or tearing eyes, nearsightedness**, and **tinnitus** (ringing in the ears).
- **Mental/Emotional:** Used for **insomnia, agitation**, and the sequelae of stroke related to internal Wind.

Practical Use: Headache Nose Eyes Neck Shoulder Hemiplegia Vertigo

Functions: Dispels exterior and interior Wind, clears the head, benefits the eyes, nose and ears, subdues Liver Yang, activates the meridian, relieves pain

Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

Indications:

- Common cold, nasal congestion, headache, redness, swelling and pain of the eye, rhinorrhea, epistaxis
- Rigidity and pain of the neck, limitation of the shoulder
- Dizziness, vertigo, hemiplegia, epilepsy

.

Notes: **GB 20** is an important point to treat any Wind-Cold or Wind Heat pattern.

Needling: Oblique insertion .8 - 1.2 cun: This point is punched towards the opposite eye.. 🚫 Towards the middle in the deeper layer is the medulla oblongata - the angle and depth of the needle must be strictly controlled.

How to insert GB20: This point is punched towards the opposite eye.

Practical Use: Used reducing to clear the whole head in conjunction with BL 10 for headaches, migraine and wind-cold-damp attack to head.

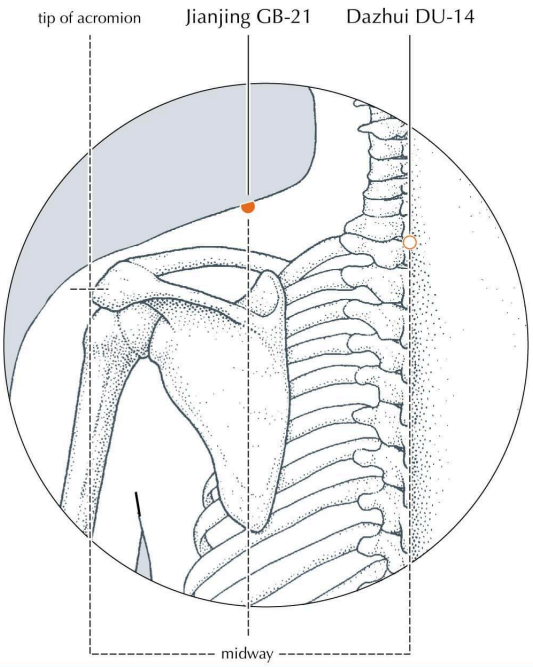
Also used for eye problems.

Local Use: Used reducing for pain, swelling and inflammation in the neck.

Gall Bladder 21

← GB-21 Jiānjǐng

Meeting point of the Gall Bladder, Sanjiao and Stomach channels with the Yang Linking vessel



Chinese Name: Jianjing (English translation: Shoulder Well)

Location: On the shoulder, directly above the nipple, at the midpoint of the line connecting DU 14 and the acromion.

TCM Functions and Uses of Gallbladder 21 (Jianjing - 肩井)

Gallbladder 21 (GB21), known as **Jianjing** (Shoulder Well), is one of the most powerful and clinically important points on the entire Gallbladder meridian. It is located at the **highest point of the shoulder**, midway between the spinous process of the 7th cervical vertebra (C7) and the acromion (the highest point of the shoulder blade).

Primary TCM Functions

1. **Activates the Channel and Alleviates Pain:** GB21 is the cardinal local point for treating **pain and stiffness in the**

shoulder and neck due to Qi and Blood stagnation or Wind-Cold-Damp obstruction.
    - **Mechanism:** Its central location allows it to strongly move Qi and Blood throughout the entire shoulder girdle and upper back.
2. **Dispels Wind and Disperses Nodules:** It is highly effective at clearing external **Wind** invading the neck and resolving local stagnation that manifests as **firmness or tension** in the muscles.
3. **Descends Qi and Promotes Labor:** Due to its powerful descending action, it clears congestion in the chest and moves Qi downward. **This point is contraindicated during pregnancy** because its descending action can induce labor.
    - **Indications:** Headaches and chest oppression when Qi is rising or stagnant; historically used for delayed or difficult labor.
4. **Clears Phlegm and Calms the Spirit (Shen):** By descending Qi and clearing congestion from the upper body, it helps settle the mind.
    - **Indications:** Anxiety, restlessness, and insomnia when related to stagnation or rising Qi/Phlegm.

Medicinal Uses (Indications)

- **Musculoskeletal Pain:** The primary point for **stiff neck (torticollis), shoulder pain (rotator cuff issues, frozen shoulder), and upper back tension**.
- **Headaches and Vertigo:** Effective for **tension headaches, migraines**, and **vertigo** (dizziness) caused by ascending Yang or Qi stagnation.
- **Obstruction:** Treats **mastitis** (inflammation of the breast) and **difficult labor** (contraindicated until labor is due).
- **Qi Stagnation:** Used for symptoms of severe Qi stagnation like **chest oppression, cough**, and **shortness of breath**.

Practical Use: Beast Dizzy Neck Shoulder Labour Glands

Functions: Activates the meridian, descends Qi, promotes labour, benefits the breasts, resolves Phlegm

Classification: Crossing point on the Gall Bladder, San Jiao and Stomach Meridians and the Yang Wei Vessel

Indications:

- Mastitis, insufficient lactation
- Dizziness, headache, rigidity and pain of the neck, limitation of the upper extremities
- Difficult labor, scrofula

.

Needling: Oblique insertion .5 - .8 cun. 🚫 Below this point is the apex of the lung, do not puncture deeply. Needling this point is contraindicated in pregnancy.

Practical Use: Used reducing for creating a downwards movement in the body.

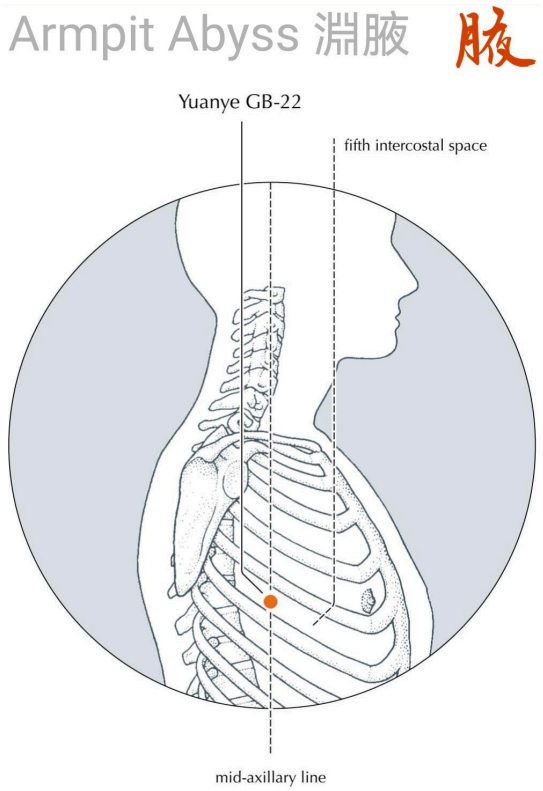
Helps in childbirth to enable a downwards movement during labour.

After childbirth it can be used for retention of the placenta.

Contraindication: Because of the downwards moving effect, the point should not be used on pregnant women as it could cause a premature birth.

Local Use: Used reducing for pain, local tightness and stiffness, swelling and inflammation of the shoulder area, upper arm and neck.

← GB-22 Yuānyè



Chinese Name: Yuanye (English translation: Armpit Abyss)

Location: On the lateral side of the chest, when the arm is raised, the point is on the mid-axillary line, 3 cun below the axilla, in the 4th intercostal space.

TCM Functions and Uses of Gallbladder 22 (Yuan Ye - 淵腋)

Gallbladder 22 (GB22), known as **Yuan Ye** (Abyss of the Armpit), is a local point located on the lateral (side) of the chest, directly below the armpit, 3 cun inferior to the armpit crease, on the mid-axillary line (in the middle of the side of the body).

Primary TCM Functions

1. **Activates the Channel and Alleviates Pain:** GB22 is a local point used to relieve **pain, fullness, and restricted movement** in the chest, hypochondrium (rib/flank area), and shoulder.

    - **Mechanism:** It strongly moves **Qi and Blood stagnation** along the lateral pathway of the Gallbladder meridian.
2. **Harmonizes the Hypochondrium:** Due to its location, it is effective at addressing issues of **Qi Stagnation** in the **Liver/Gallbladder** region, which often manifests as pain or distention under the ribs.
3. **Unbinds the Chest:** It helps relieve feelings of **oppression, stuffiness, or restricted breathing** in the chest and ribcage.

Medicinal Uses (Indications)

- **Hypochondriac Pain:** Treats **stabbing or distending pain** in the ribs and flank area due to Liver/Gallbladder Qi Stagnation.
- **Chest and Shoulder Pain:** Used for **pain and restricted movement** in the shoulder and upper arm, and **fullness or oppression** in the chest.
- **Local Swelling:** Addresses **axillary (armpit) swelling** and local inflammation.
- **Cold and Dampness:** Used for feelings of **coldness or numbness** in the lateral chest and ribs due to meridian obstruction.

Practical Use: Chest Breast Lumps Intercostal Pain Spasm Respiration

Functions: Opens the chest, relaxes the sinews

Indications:

- Chest congestion, pain in the hypochondrium
- Spasm and pain in the upper extremities

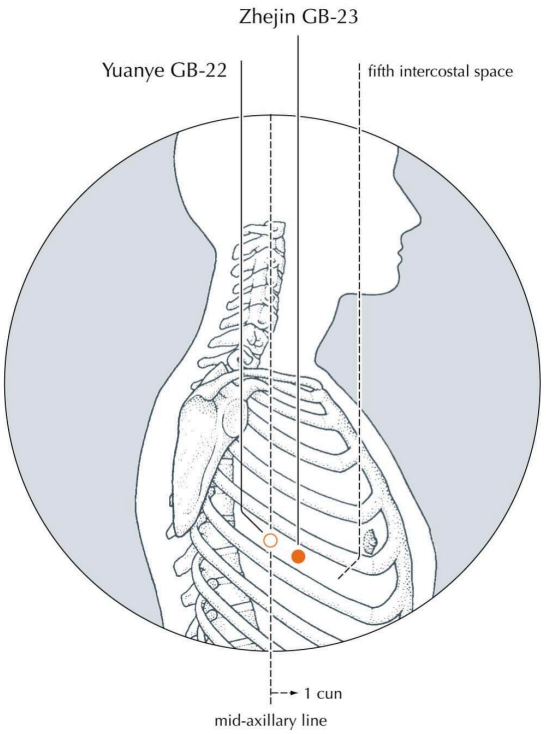
.

Needling: Oblique or subcutaneous insertion towards the breast .5 - .8 cun. 🚫 On this meridian, do not puncture deeply all points from GB 22 to GB 25 to avoid injuring important internal organs.

Gall Bladder 23

← GB-23 Zhéjīn

Meeting point of the Gall Bladder and Bladder channels



Chinese Name: Zhejin (English translation: Sinew Seat)

Location: On the lateral side of the chest, 1 cun anterior to GB 22, at the level of the nipple, in the 4th intercostal space.

TCM Functions and Uses of Gallbladder 23 (Zhejin - 輒筋)

Gallbladder 23 (GB23), known as **Zhejin** (Flank Muscle), is a local point located on the lateral (side) of the chest, 1 cun anterior to GB22 (Yuan Ye), at the level of the armpit crease.

Primary TCM Functions

1. **Activates the Channel and Alleviates Pain:** GB23 is a local point primarily used to relieve **pain, fullness, and restricted movement** in the chest and hypochondrium (rib/flank area).

    - **Mechanism:** It works to strongly move **Qi and Blood stagnation** along the lateral aspect of the Gallbladder meridian in the chest.
2. **Harmonizes the Hypochondrium:** Due to its location, it is effective at resolving **Qi Stagnation** associated with the **Liver and Gallbladder**, which commonly causes distending pain and discomfort under the ribs.
3. **Unbinds the Chest:** It helps relieve feelings of **oppression, stuffiness, and tightness** in the chest and ribcage, often related to emotional stress or Qi stagnation.

Medicinal Uses (Indications)

- **Hypochondriac Pain:** Treats **distending pain** in the ribs and flank area, especially when related to emotional stress or Liver Qi Stagnation.
- **Chest and Shoulder Pain:** Used for **fullness, oppression, and pain** in the chest and side, including stiffness in the shoulder and upper arm.
- **Local Stagnation:** Addresses local **swelling, inflammation**, and intercostal neuralgia (pain between the ribs) due to stagnation.
- **Asthma and Cough:** Used as an auxiliary point to relieve **coughing and asthma** when accompanied by chest fullness or difficulty breathing due to Qi stagnation.

Practical Use: Chest Breast Lumps Intercostal Pain Spasm Respiration

Functions: Opens the chest, lowers rebellious Qi.

Indications:

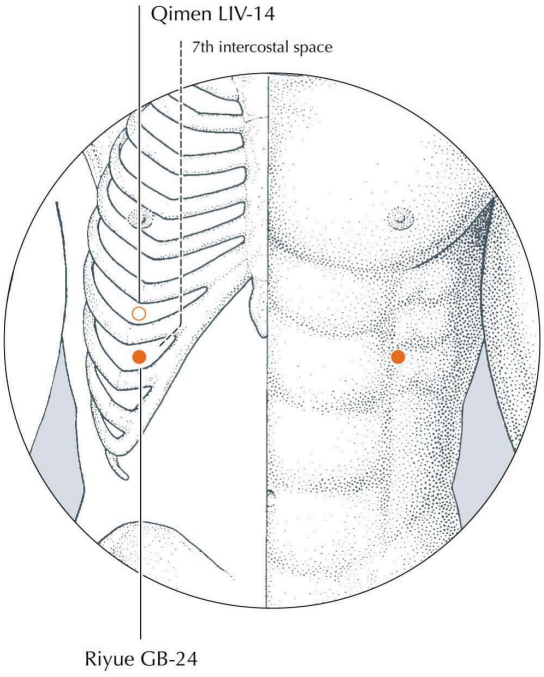
- Chest congestion, pain in the hypochondrium
- Asthma

Needling: Oblique or subcutaneous insertion towards the breast .5 - .8 cun. 🚫 On this meridian, do not puncture deeply all points from GB 22 to GB 25 to avoid injuring important internal organs.

Gall Bladder 24

← GB-24 Rìyuè

Meeting point of the Gall Bladder and Spleen channels
Front-Mu point of the Gall Bladder



Chinese Name: Riyue (English translation: Sun and Moon)

Location: On the upper abdomen, directly below the nipple, in the 7th intercostal space, 4 cun lateral to the anterior midline.

TCM Functions and Uses of Gallbladder 24 (Riyue - 日月)

Gallbladder 24 (GB24), known as **Riyue** (Sun and Moon), is the **Front Mu Point of the Gallbladder**. It is located on the chest, directly below the nipple, in the 7th intercostal space, and directly below the point Liver 14 (Qimen).

Primary TCM Functions

1. **Harmonizes the Liver and Gallbladder:** As the Front Mu point, GB24 has a powerful diagnostic and therapeutic effect on the Gallbladder organ and its relationship with the Liver. It is a main point for treating **Liver and Gallbladder disharmony**.
    - **Mechanism:** It resolves **Qi Stagnation** and clears **Damp-Heat** that obstruct the Gallbladder and Liver meridians.
2. **Clears Damp-Heat:** It is particularly effective at treating issues caused by the combination of Dampness and Heat settling in the Liver and Gallbladder.
3. **Alleviates Pain and Relieves Vomiting:** It unblocks stagnation in the chest and hypochondrium (rib/flank area) and redirects rebellious Qi downward.

Medicinal Uses (Indications)

- **Gallbladder/Liver Disorders:** Treats **jaundice** (yellowing of skin/eyes), **gallstones, cholecystitis** (gallbladder inflammation), and **hepatitis** due to Damp-Heat.
- **Hypochondriac Pain:** Relieves **distending or sharp pain and fullness** in the ribs and flank area due to Liver Qi Stagnation.
- **Digestive Upset:** Addresses **nausea, vomiting, hiccupping, and sour regurgitation** caused by rebellious Stomach or Gallbladder Qi.
- **Emotional Issues:** Used for **irritability, sighing, and emotional distress** related to Liver Qi Stagnation.

Practical Use: Chest Liver Jaundice Intercostal Pain Spasm Vomiting

Functions: Resolves Damp-Heat, regulates Gall Bladder and Liver Qi, lowers rebellious Qi, regulates the Middle Jiao.

Classification: Front-Mu Point of the Gall Bladder Meridian

Crossing Point on the Gall Bladder and Urinary Bladder Meridians

Indications:

- Swelling and pain in the hypochondrium
- Jaundice
- Vomiting, hiccup, acid regurgitation

Notes: **Front-Mu** points can be used to treat diseases of the affected Zang-Fu organ, and those of Yang meridians and collaterals. They treat diseases of Six Fu-organs and diseases of yang meridians. An adverse reaction when a Front-Mu point is pressed can help make a diagnosis. For more complete information on Back-Shu and Front-Mu points, click here.

Needling: Oblique or lateral insertion .5 - .8 cun. ⃠ On this meridian, do not puncture deeply all points from GB 22 to GB 25 to avoid injuring important internal organs.

How to insert GB 24: Oblique punch in the gap between the ribs.

Half inch needle only to avoid pneumothorax.

Attention: Front Mu Point of the gall bladder

(Mu means collecting - where the chi of the corresponding internal organ collects)

Practical Use: Heals gall bladder and liver conditions relating to the MBC.

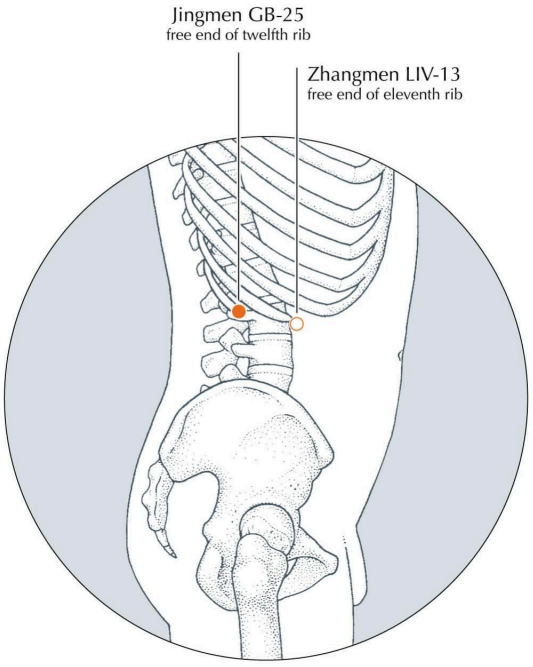
Part of the *Abdominal Formula*.

Gall Bladder 25

← GB-25 Jīngmén

Capital Gate 京門

Front-Mu point of the Kidneys



Chinese Name: Jingmen (English translation: Capital Gate)

Location: On the lateral side of the abdomen, 1.8 cun posterior to LIV 13, on the lower border of the free end of the 12th floating rib.

TCM Functions and Uses of Gallbladder 25 (Jingmen - 京門)

Gallbladder 25 (GB25), known as **Jingmen** (Capital Gate or Capital Door), is a highly important point in TCM because it is the **Front Mu Point of the Kidney**. It is located on the lateral (side) of the abdomen, below the free end of the 12th rib.

Primary TCM Functions

1. **Regulates the Kidneys and Benefits the Water Passages:** As the **Front Mu point of the Kidney**, GB25 directly affects the functions of the Kidney organ system, particularly its role in governing water metabolism.
    - **Indications:** Treats disorders of the urinary system and fluid balance, such as **urinary retention, edema (swelling)**, and **difficulty urinating** due to Kidney or Bladder dysfunction.

2. **Fortifies the Spleen and Resolves Dampness:** The Kidneys support the Spleen, and GB25 assists in strengthening the Spleen's transformative function, helping to resolve the accumulation of internal **Dampness** (Shi).
    - **Indications: Abdominal distention, borborygmus (rumbling in the bowels), and diarrhea** caused by Dampness and Spleen/Kidney deficiency.
3. **Activates the Channel and Alleviates Pain:** It clears local stagnation and obstruction in the hypochondrium and lumbar region.
    - **Indications: Flank/rib pain, back pain, and lumbar muscle strain** where the pain is local or radiates along the side.

Medicinal Uses (Indications)

- **Urinary/Fluid Disorders:** Essential for treating **Kidney deficiency patterns** causing fluid imbalance, including **edema** of the limbs and **painful or difficult urination**.
- **Digestive Issues:** Treats chronic **diarrhea, abdominal fullness**, and indigestion related to cold or deficiency in the Spleen and Kidneys.
- **Musculoskeletal Pain:** Relieves **pain and stiffness** in the lower back and flanks.
- **Local Mass/Organ Enlargement:** Used for **palpable abdominal masses** and **enlargement of the spleen or liver** (historically "abdominal block").

Practical Use: Urination Oedema Lumbago Abdominal Pain Diarrhoea **Functions: Opens the water passages, strengthens the low back**

Classification: Front-Mu Point of the Kidney Meridian

Indications:

- **Dysuria, edema, lumbar pain**
- **Pain in the hypochondrium, abdominal pain, diarrhoea**

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Notes: Although a Front-Mu point, GB 25 is used more often as a diagnosis point rather than for treatment.

Front-Mu points can be used to treat diseases of the affected Zang-Fu organ, and those of Yang meridians and collaterals. They treat diseases of Six Fu-organs and diseases of yang meridians. An adverse reaction when a Front-Mu point is pressed can help make a diagnosis. For more complete information on Back-Shu and Front-Mu points, click here.

Needling: **Perpendicular insertion .5 - 1.0 cun. 🚫 On this meridian, do not puncture deeply all points from GB 22 to GB 25 to avoid injuring important internal organs.**

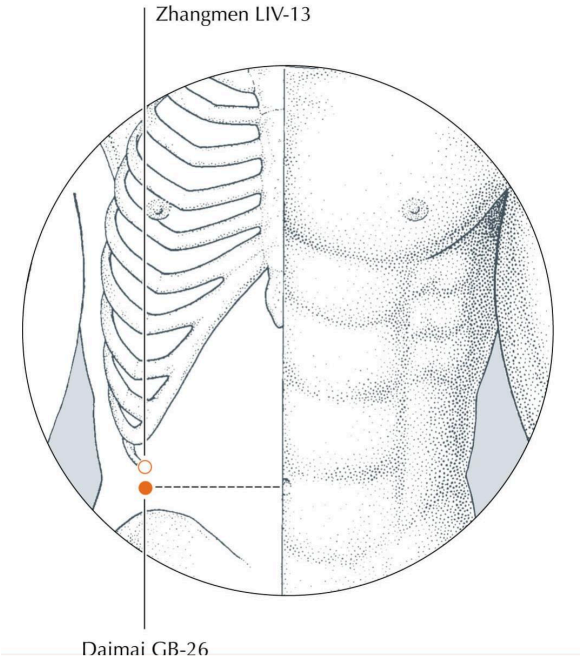
Gall Bladder 26

← GB-26 Dàimài

Girdling Vessel 带脉

脉

Meeting point of the Gall Bladder channel with the Girdling vessel



Chinese Name: **Daimai (English translation: Girdle Vessel)**

Location: **On the lateral side of the abdomen, 1.8 cun below LIV 13, where the vertical line of the free end of the 11th rib and the horizontal line of the umbilicus intersect.**

TCM Functions and Uses of Gallbladder 26 (Daibao - 帶脈)

Gallbladder 26 (GB26), known as **Daibao** (Girdling Vessel), is an extremely important point in TCM because it is the **entry point of the Dai Mai (Girdling Vessel)**. It is located on the lateral (side) of the abdomen, directly below the free end of the 11th rib, at the level of the umbilicus (navel).

Primary TCM Functions

1. **Regulates the Dai Mai (Girdling Vessel):** This is its chief and most unique function. The Dai Mai is the only extraordinary vessel that circles the body horizontally, binding all the vertical meridians (like a belt). GB26 is essential for treating all disorders where the Dai Mai fails to bind and stabilize the Qi and Essence in the lower body.
    - **Indications:** Symptoms of the **Dai Mai failing to secure the lower body**, such as a feeling of heaviness and weakness in the lower back and legs, and a tendency toward internal organ prolapse.
2. **Stops Leukorrhea and Regulates Menstruation:** Because the Dai Mai binds the Qi of the reproductive organs, GB26 is vital for stabilizing discharge and bleeding.
    - **Indications: Excessive or chronic vaginal discharge (leukorrhea)** that is thin or copious, and **irregular menstruation** related to stagnation or deficiency in the lower Jiao.
3. **Dries Dampness and Resolves Damp-Heat:** It helps transform and move accumulated **Dampness** and **Damp-Heat** in the lower abdomen and genital region.
    - **Indications: Abdominal distention, pain in the lower abdomen**, and chronic urinary or gynecological infections.

Medicinal Uses (Indications)

- **Gynecological Issues:** Essential for treating all forms of **excessive vaginal discharge, uterine bleeding, and irregular periods** linked to Dai Mai dysfunction.
- **Lower Body Heaviness:** Treats a feeling of **heaviness in the lower back, hips, and legs**—a classic sign of the Dai Mai failing to hold Qi up.
- **Abdominal Pain:** Relieves **pain and distention** in the lower abdomen and flanks due to Dampness and stagnation.
- **Hernia and Prolapse:** Used as an auxiliary point for **hernia** and organ prolapse due to lack of stabilization by the Girdling Vessel.

Practical Use: Menstruation Leukorrhea Hernia Abdominal Pain

Functions: Regulates the Dai Mai Vessel, resolves Dampness, regulates menstruation, activates the meridian, relieves pain.

Classification: Crossing point of the Gall Bladder Meridian and the Dai Mai Vessel

Indications:

- **Morbid leukorrhea, abdominal pain, amenorrhea, irregular menstruation**

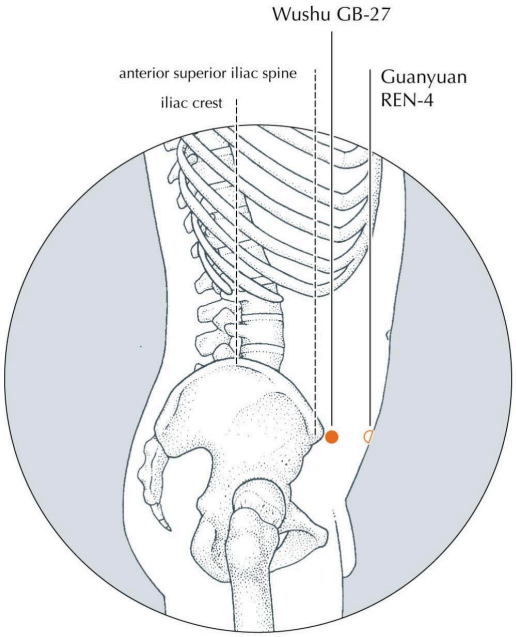
- **Hernia, pain in the lumbar and hypochondrium**

Needling: **Perpendicular insertion 1.0 - 1.5 cun.**

Gall Bladder 27

← GB-27 Wǔshū

Meeting point of the Gall Bladder channel with the Girdling vessel



Chinese Name: Wushu (English translation: Fifth Pivot)

Location: On the lateral side of the abdomen, anterior to the superior iliac spine, 3 cun below the level of the umbilicus.

TCM Functions and Uses of Gallbladder 27 (Wushu - 五樞)

Gallbladder 27 (GB27), known as **Wushu** (Five Pivots or Five Hinges), is a local point located on the lateral (side) of the abdomen and hip, anterior to the superior anterior iliac spine (the front of the hip bone). It is located 3 cun below the level of the umbilicus (navel) and 0.5 cun anterior to Gallbladder 28 (Weidao).

Primary TCM Functions

1. **Regulates the Dai Mai (Girdling Vessel):** GB27 is a crucial auxiliary point for the **Dai Mai** (Girdling Vessel), which circles the body horizontally and stabilizes the lower body. It helps treat conditions where the Dai Mai fails to secure the Qi and Essence in the lower abdomen.
    - **Indications:** Symptoms of the **Dai Mai failing to secure the lower body**, such as a feeling of **heaviness and weakness in the lower back and legs**.
2. **Stops Leukorrhea and Regulates Menstruation:** By supporting the stabilizing function of the Dai Mai, GB27 is important for controlling abnormal discharge and bleeding in the pelvic region.
    - **Indications: Excessive or chronic vaginal discharge (leukorrhea)**, **irregular menstruation**, and uterine bleeding.
3. **Activates the Channel and Alleviates Pain:** It clears local stagnation and obstruction in the hip and inguinal (groin) area.
    - **Indications: Lower abdominal pain, hip joint pain**, and pain radiating into the inguinal region.

Medicinal Uses (Indications)

- **Gynecological Issues:** Essential for treating various forms of **vaginal discharge, irregular periods**, and **uterine inflammation** linked to Dampness and Dai Mai dysfunction.
- **Lower Body Pain and Heaviness:** Treats **pain and restricted movement in the hip joint, lower back, and groin**. It is specifically used for the sensation of **heaviness and weakness** in the lower limbs.
- **Hernia:** Used as an auxiliary point for **hernia** and other issues of lower abdominal distention and swelling.
- **Abdominal Mass/Stagnation:** Addresses **pain and masses** in the lower abdomen due to stagnation.

Practical Use: Constipation Uterine Prolapse Leukorrhea Hernia Abdominal Pain

Functions: Regulates the Dai Mai Vessel, regulates the Lower Jiao, resolves Dampness, moves stagnant Qi.

Classification: Crossing point of the Gall Bladder Meridian and the Dai Mai Vessel

Indications:

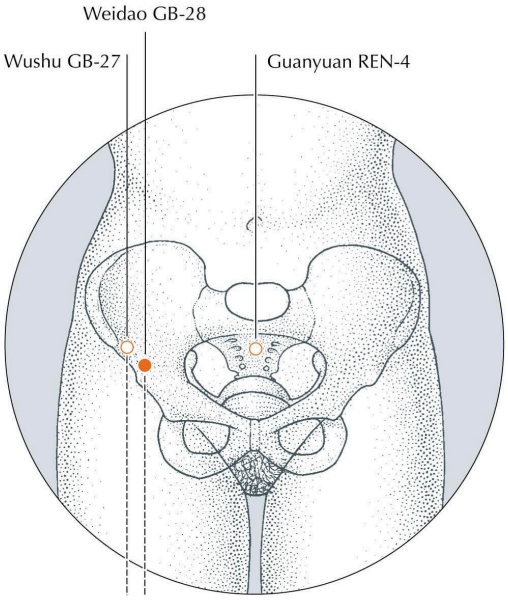
- Abdominal pain, hernia
- Constipation, prolapse of the uterus, morbid leukorrhea

Needling: Oblique insertion towards K12 1.0 - 1.5 cun.

← GB-28 Wéidào

Linking Path 維道 

Meeting point of the Gall Bladder channel with the Girdling vessel



Chinese Name: Weidao (English translation: Linking Path)

Location: On the lateral side of the abdomen, anterior and inferior to the superior iliac spine, 0.5 cun anterior and inferior to GB 27.

TCM Functions and Uses of Gallbladder 28 (Weidao - 維道)

Gallbladder 28 (GB28), known as **Weidao** (Linking Path), is a local point located on the lateral (side) of the abdomen and hip, anterior to the superior anterior iliac spine (the front of the hip bone). It is located 3 cun below the level of the umbilicus (navel) and 0.5 cun posterior to Gallbladder 27 (Wushu).

Primary TCM Functions

1. **Regulates the Dai Mai (Girdling Vessel):** GB28, along with GB26 and GB27, is a crucial auxiliary point for the **Dai Mai** (Girdling Vessel). It helps treat conditions where the Dai Mai fails to bind and stabilize the Qi and Essence in the lower body.

    - **Indications:** Symptoms related to the **Dai Mai failing to secure the lower body**, such as a feeling of **heaviness and weakness in the lower back and legs**, and a tendency toward internal organ prolapse.
2. **Stops Leukorrhea and Regulates Menstruation:** By supporting the stabilizing function of the Dai Mai, GB28 is important for controlling abnormal discharge and bleeding in the pelvic region.
    - **Indications: Excessive or chronic vaginal discharge (leukorrhea)**, **irregular menstruation**, and uterine bleeding, especially when related to Dampness.
3. **Dries Dampness and Clears Heat:** It helps transform and move accumulated **Dampness** and **Damp-Heat** in the lower abdomen and genital region.
    - **Indications: Abdominal distention, pain in the lower abdomen**, and chronic urinary or gynecological infections.
4. **Activates the Channel and Alleviates Pain:** It clears local stagnation and obstruction in the hip and inguinal (groin) area.
    - **Indications: Hip joint pain, lower back pain, and pain radiating into the inguinal region**.

Medicinal Uses (Indications)

- **Gynecological Issues:** Essential for treating various forms of **vaginal discharge, irregular periods**, and **uterine inflammation** linked to Dampness and Dai Mai dysfunction.
- **Lower Body Heaviness:** Treats the sensation of **heaviness in the lower back, hips, and legs**—a key sign of Dai Mai dysfunction.
- **Abdominal Pain:** Relieves **pain, distention, and masses** in the lower abdomen and flanks due to Dampness and stagnation.
- **Hernia:** Used as an auxiliary point for **hernia** and other issues of lower abdominal swelling.

Practical Use: Uterine Prolapse Leukorrhea Hernia Abdominal Pain

Functions: Regulates the Dai Mai Vessel, regulates the Lower Jiao, resolves Dampness, moves stagnant Qi.

Classification: Crossing point of the Gall Bladder Meridian and the Dai Mai Vessel

Indications:

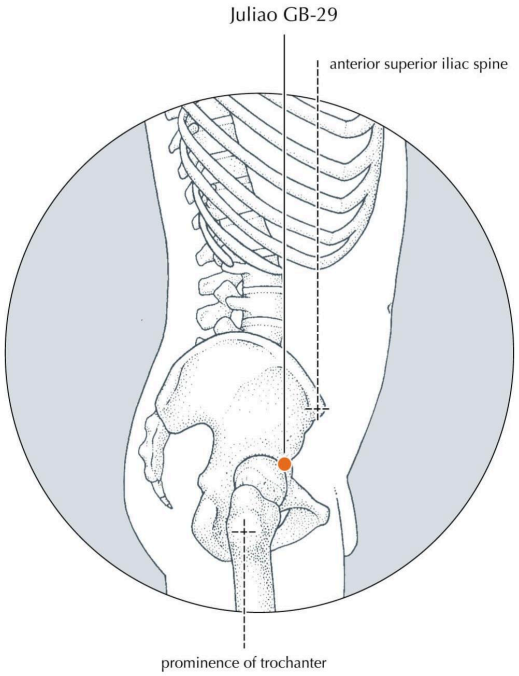
- Abdominal pain, hernia
- Prolapse of the uterus
- Morbid leukorrhea

Needling: Oblique insertion towards K12 1.0 - 1.5 cun.

Gall Bladder 29

← GB-29 Jūliáo

Meeting point of the Gall Bladder channel with the Yang Motility vessel



Chinese Name: Juliao (English translation: Squatting Crevice)

Location: On the region of the hip, at the midpoint of the line connecting the anterior iliac spine and the great trochanter of the femur.

TCM Functions and Uses of Gallbladder 29 (Juliao - 居髎)

Gallbladder 29 (GB29), known as **Juliao** (Squatting Bone-Hole), is a key local point located on the **hip** region. It is situated in the depression anterior to the greater trochanter (the bony knob at the top of the femur) and is located at the same horizontal level as the anterior superior iliac spine (the front of the hip bone).

Primary TCM Functions

1. **Activates the Channel and Alleviates Pain:** GB29 is a fundamental point for treating all forms of pain, stiffness, and restricted movement in the entire **hip and leg** along the lateral aspect of the body.
    - **Mechanism:** It strongly moves **Qi and Blood stagnation** in the hip joint and clears obstruction in the surrounding muscles and tendons.
2. **Dispels Wind-Damp:** It is highly effective at clearing pathogenic **Wind and Dampness** that invades the hip joint, which is a common cause of chronic hip pain and arthritis.
    - **Indications: Bi syndrome (Painful Obstruction)** affecting the hip and lower back.
3. **Benefits the Leg and Foot:** By clearing the channel in the hip, it ensures the smooth flow of Qi down the entire leg.

Medicinal Uses (Indications)

- **Hip and Leg Pain:** The primary point for treating **hip arthritis, hip joint pain, pain radiating from the sciatic nerve**, and pain in the **lower back and thigh** that follows the lateral (side) aspect.
- **Restricted Movement:** Treats **difficulty flexing, extending, or rotating the hip joint** and difficulty walking.
- **Numbness and Weakness:** Used for **numbness, weakness, and paralysis** of the lower limbs due to channel obstruction.
- **Local Issues:** Addresses local **swelling and inflammation** in the hip and groin area.

Practical Use: Hip Joint Lower Leg and Back Pain Sciatica

Functions: Activates the meridian and removes obstructions, benefits the hips and lower extremities, relieves pain.

Classification: Crossing point of the Gall Bladder Meridian and the Yang Qiao Vessel

Indications:

- Lumbar pain, difficulty in rotation of the body
- Weakness, numbness and pain of the lower extremities

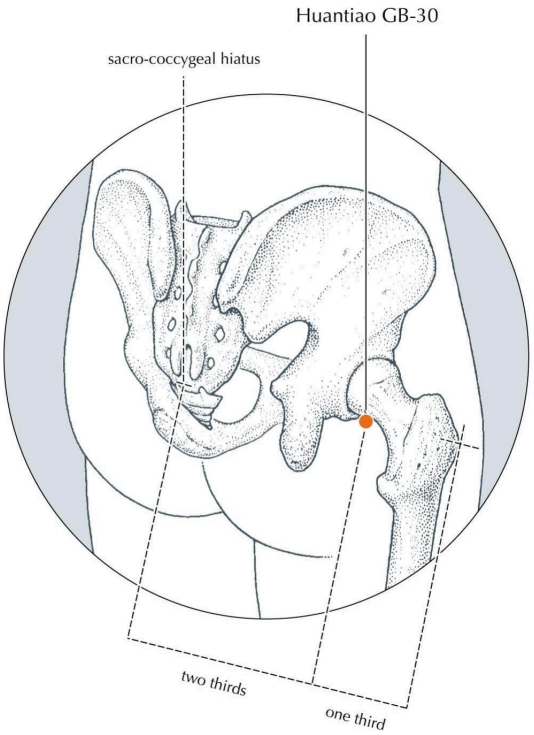
Needling: Perpendicular oblique insertion toward Hip joint 3.0 cun.

Local Use: Used reducing for pain, swelling and inflammation of the hip in cases of traumatic injury, sports injury or arthritis.

Part of the *Sciatica Formula.*

Gall Bladder 30

← GB-30 Huántiào



***Chinese Name**: Huantiao (English translation: Jumping Round)*

***Location:** On the lateral side of the buttocks, when the patient is in the lateral recumbent position and the thigh is flexed, this point is at the junction of the lateral 1/3 and medial 1/3 of the line connecting the greater trochanter and the hiatus of the sacrum.*

TCM Functions and Uses of Gallbladder 30 (Huantiao - 環跳)

Gallbladder 30 (GB30), known as **Huantiao** (Jumping Circle), is one of the most clinically important points on the entire body. It is located on the **hip**, at the junction of the lateral third and medial two-thirds of the distance between the most prominent point of the greater trochanter (top of the thigh bone) and the hiatus of the sacrum (Du 2).

Primary TCM Functions

1. **Activates the Channel and Alleviates Pain:** GB30 is the **cardinal point for treating pain along the lateral (side) aspect of the lower back, buttocks, and leg**. It has a powerful action of

clearing deep, chronic **Qi and Blood stagnation** in the hip and sciatic region.
2. **Dispels Wind-Damp:** It is highly effective at clearing pathogenic **Wind, Cold, and Dampness** that invades the deep hip and leg channels, which is the primary cause of chronic Bi syndrome (Painful Obstruction) in the lower body.
3. **Benefits the Hip and Leg:** By strongly promoting the flow of Qi and Blood, it restores function and flexibility to the hip joint and the entire limb.
    - **Mechanism:** It resolves obstruction in the tissues supplied by the **sciatic nerve** pathway.

Medicinal Uses (Indications)

- **Sciatica:** The **primary and most essential point** for treating pain, numbness, and tingling along the sciatic nerve pathway, especially pain radiating down the posterior-lateral leg.
- **Lower Back and Hip Pain:** Treats all forms of **lumbar (lower back) pain, sacral pain, hip arthritis**, and **pain/restricted movement** in the hip joint.
- **Lower Limb Immobility:** Used for **hemiplegia** (paralysis of one side of the body), **atrophy, numbness, and weakness** of the lower limbs caused by chronic channel obstruction.
- **Muscular Spasm:** Relieves severe **spasms and restricted movement** in the gluteal and thigh muscles.

Practical Use: Sciatica Hip Joint Lower Leg and Back Pain

Functions: *Activates the meridian and removes obstructions, benefits the hips and legs, resolves Wind-Damp, relieves pain*

Classification: *Crossing point of the Gall Bladder and Urinary Bladder Meridians*

Indications:

- *Weakness, numbness and pain of the lower extremities*
- *Pain of the lumbar and leg, hemiplegia*

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Notes: ***GB 30*** *is a common and important point in the treatment of sciatica.*

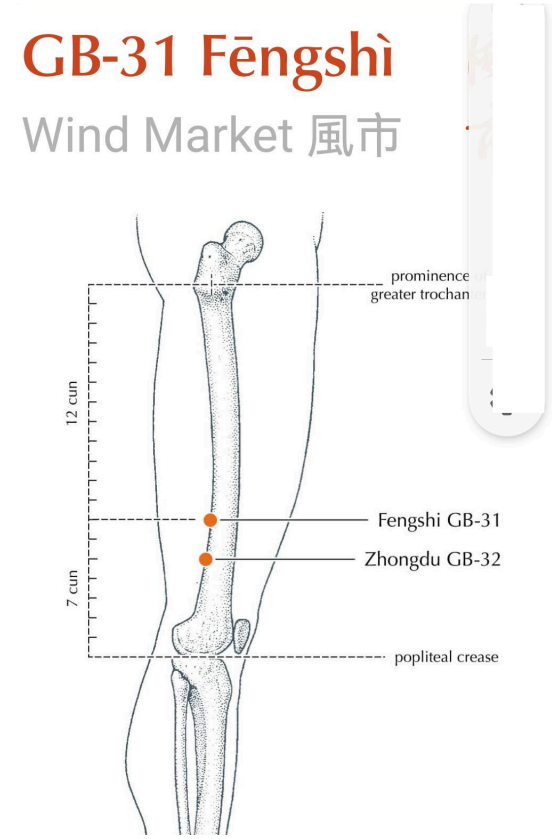
Needling: *Perpendicular oblique insertion towards ASIS on opposite side 3.0 - 4.0 cun.*

Local Use: Used reducing for pain, swelling and inflammation of the hip and buttock in cases of traumatic injury, sports injury or arthritis.

Part of the *Sciatica Formula*.

Gall Bladder 31

← GB-31 Fēngshì



Chinese Name: Fengshi (English translation: Wind Market)

Location: On the midline of the lateral aspect of the thigh, 7 cun above the transverse popliteal crease. When the patient is standing erect with the hands hanging down close to the sides, the point is where the tip of the middle finger touches.

TCM Functions and Uses of Gallbladder 31 (Fengshi - 風市)

Gallbladder 31 (GB31), known as **Fengshi** (Wind Market), is a key point located on the lateral (side) of the thigh, 7 cun superior to the popliteal crease (behind the knee), or at the end of the middle finger when the patient stands straight with their hands at their sides.

Primary TCM Functions

1. **Dispels Wind and Clears Heat:** This is the chief function of the point, reflected in its name "Wind Market." It is highly effective at clearing external pathogenic **Wind** and internal **Wind-Heat** from the entire leg and the channel.
    - **Indications:** Symptoms of **Wind invasion**, such as **severe itching, urticaria (hives)**, and various skin disorders.
2. **Activates the Channel and Alleviates Pain:** GB31 powerfully moves **Qi and Blood stagnation** along the lateral aspect of the thigh and leg.
    - **Indications: Pain, numbness, weakness, and restricted movement** in the thigh, knee, and entire lower limb due to channel obstruction.
3. **Treats Leg Numbness and Atrophy:** By clearing obstruction and promoting flow, it helps nourish the muscles and sinews of the leg.

Medicinal Uses (Indications)

- **Skin Disorders:** The primary point on the leg for treating conditions caused by **Wind**, especially chronic or acute **itching, hives, eczema**, and rashes.
- **Leg Pain and Numbness:** Treats **sciatica, paralysis, weakness, numbness, and pain** in the thigh and leg, particularly along the lateral aspect.
- **Wind-Damp Bi Syndrome:** Used extensively for **painful obstruction** (Bi syndrome) in the lower limbs where **Wind** is the predominant pathogen.
- **Cold Limbs:** Relieves cold and stiffness in the leg.

Practical Use: Hemiplegia Numbness Leg Strength Lower Leg and Back Pain Sciatica IT Band

Functions: Dispels Wind, activates the meridian, relieves itching, relieves pain.

Indications:

- Weakness, numbness and pain of the lower extremities, beriberi
- General pruritus
- Sudden deafness

Notes: **GB 31** is an empirical point to treat itching.

Needling: Perpendicular oblique insertion 1.0 - 2.0 cun.

Practical Use: This point is part of the *Clear Skin Condition Formula* which is used reducing to clear excessive inflammatory skin conditions with itching, such as psoriasis, eczema or urticaria.

The *Clear Skin Condition Formula*:

Reduce SP 10, LE-34 (Bai Chong Wo), LI 11, BL 16, BL 17, GB 31.

This point is also part of the *Clear Wind Formula:*

Reduce: BL 10, GB 20, BL 11 CUP, BL 12 CUP, GV 14, GV 16, GB 31 and GB 14

Local Use: Used reducing for pain, swelling and inflammation of the leg in cases of traumatic injury, sports injury or arthritis.

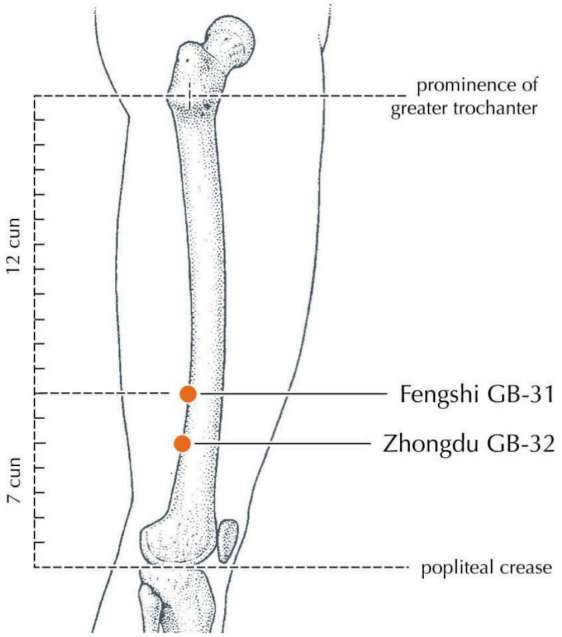
Part of the *Sciatica Formula.*

Gall Bladder 32

← GB-32 Zhōngdú

GB-32 Zhōngdú 中瀆

Middle Ditch 中瀆



Chinese Name: Zhongdu (English translation: Central River)

Location: On the lateral aspect of the thigh, 2 cun below GB 31, 5 cun above the transverse popliteal crease, between m. vastus lateralis and m. biceps femoris.

TCM Functions and Uses of Gallbladder 32 (Zhongdu - 中瀆)

Gallbladder 32 (GB32), known as **Zhongdu** (Middle Ditch or Central Ditch), is a local point located on the lateral (side) of the thigh, 5 cun superior to the popliteal crease (behind the knee), on the line connecting Gallbladder 30 (Huantiao) and Gallbladder 31 (Fengshi).

Primary TCM Functions

1. **Dispels Wind-Cold-Dampness:** GB32 is primarily used to clear pathogenic factors, especially **Wind, Cold, and Dampness**, that invade the channels and obstruct the smooth flow of Qi and Blood in the lower limb.

    - **Mechanism:** It helps relax the sinews (tendons) and clears obstruction in the deep muscles of the thigh.
2. **Activates the Channel and Alleviates Pain:** It is an important local point for moving **Qi and Blood stagnation** along the lateral aspect of the thigh and leg.
    - **Indications: Pain, stiffness, and restricted movement** in the thigh and knee due to channel obstruction.
3. **Treats Leg Numbness and Atrophy:** By clearing obstruction and promoting flow, it helps to nourish and revitalize the muscles and sinews of the leg.

Medicinal Uses (Indications)

- **Leg Pain and Numbness:** Treats **pain, numbness, weakness, and paralysis** of the thigh and knee, particularly along the lateral aspect, often due to **sciatica** or **Wind-Damp Bi syndrome** (painful obstruction).
- **Restricted Movement:** Used for **difficulty in bending and stretching the knee** or difficulty walking due to tight tendons in the thigh.
- **Cold and Dampness:** Relieves feelings of **coldness and heaviness** in the legs caused by deep-seated cold-damp obstruction.

Practical Use: Hemiplegia Numbness Leg Strength Lower Leg and Back Pain Sciatica IT Band

Functions: Dispels Wind, resolves Dampness, activates the meridian, relieves pain

Indications:

- **Weakness, numbness and pain of the lower extremities, hemiplegia**

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Needling: Perpendicular insertion 1.0 - 2.0 cun.

Gall Bladder 33

← GB-33 Xīyángguān



Chinese Name: Xiyangguan (English translation: Knee Yang Gate)

Location: On the lateral aspect of the thigh, 3 cun above GB 34, in the depression anterior to the lateral epicondyle of the femur.

TCM Functions and Uses of Gallbladder 33 (Xi Yang Guan - 膝陽關)

Gallbladder 33 (GB33), known as **Xi Yang Guan** (Knee Yang Gate), is a local point located on the lateral (outer) side of the knee. It is situated directly above the external condyle of the femur (the outer bony prominence of the lower thigh bone), 3 cun above the crease of the knee joint.

Primary TCM Functions

1. **Activates the Channel and Alleviates Pain:** GB33 is the primary local point on the Gallbladder meridian for addressing **pain, stiffness, and restricted movement** directly associated with the **knee joint**, particularly on the lateral aspect.
    - **Mechanism:** It strongly moves **Qi and Blood stagnation** in the knee joint and surrounding tendons and ligaments.
2. **Dispels Wind-Damp-Cold:** It is highly effective at clearing pathogenic factors, especially **Wind, Cold, and Dampness** (known collectively as **Bi Syndrome** or Painful Obstruction), that invade and settle in the knee joint.
3. **Benefits the Sinews and Joints:** It helps relax the tendons and restore flexibility and comfortable movement to the knee.

Medicinal Uses (Indications)

- **Knee Pain:** Treats all forms of **pain, swelling, stiffness, and restricted mobility** of the knee joint, especially chronic **arthritis** and **Bi Syndrome** where the pain is fixed or aggravated by cold.
- **Leg Pain and Numbness:** Used for pain and restricted movement in the entire **lateral side of the thigh and leg**, often used for referred **sciatica pain** that affects the side of the knee.
- **Tendon/Ligament Issues:** Addresses **spasms, stiffness, and weakness** around the knee joint.

Practical Use: Hemiplegia Numbness Leg Strength Lower Leg and Back Pain Sciatica IT Band

Functions: Dispels Wind-Dampness, activates the meridian, relieves pain.

Indications:

- Coldness and pain of the knee, spasm of the tendons in the popliteal fossa
- Numbness the lower leg

Needling: Perpendicular insertion 1.0 - 1.5 cun.

Local Use: Used reducing for pain, swelling and inflammation of the leg and knee in cases of traumatic injury, sports injury or arthritis.

Part of the *Sciatica Formul*a.

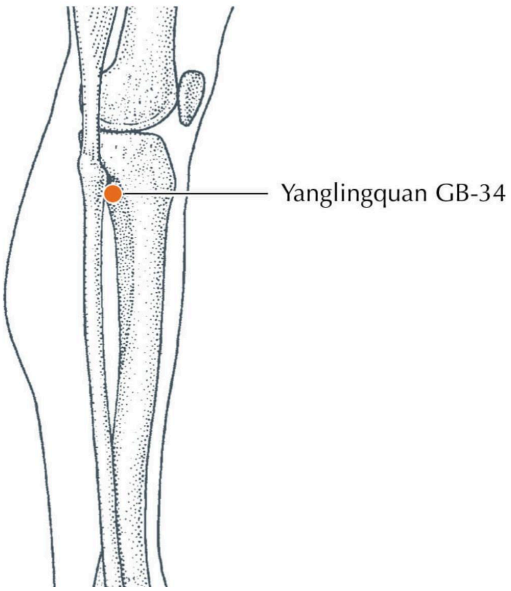
Gall Bladder 34

← GB-34 Yánglíngquán

He-Sea and Earth point of the Gall Bladder channel

Hui-meeting point of Sinews

Ma Dan-yang Heavenly Star point



Chinese Name: Yanglingquan (English translation: Yang Hill Spring)

Location: On the lateral aspect of the lower leg, in the depression anterior and inferior to the head of the fibula.

TCM Functions and Uses of Gallbladder 34 (Yanglingquan - 陽陵泉)

Gallbladder 34 (GB34), known as **Yanglingquan** (Yang Mound Spring), is one of the most clinically important and powerful points on the entire body. It is the **Hui (Influential) Point of the Sinews and Tendons** and the **He-Sea Point** of the Gallbladder meridian. It is located in the depression anterior and inferior to the head of the fibula (the prominent bone on the outside of the knee).

Primary TCM Functions

1. **Hui Point of the Sinews and Tendons:** This is its chief and most unique function. GB34 is the **master point for all disorders involving the tendons, ligaments, and joints** throughout the body.
    - **Mechanism:** It relaxes muscle tension, alleviates cramping, improves joint flexibility, and nourishes the sinews.
    - **Indications: Spasms, contractures, stiffness, pain, and limited movement** in any joint or muscle (e.g., knee, shoulder, neck, back).
2. **Activates the Channel and Alleviates Pain:** As the He-Sea point, it moves deep Qi and Blood in the channel. It is the primary local point for **lateral (side) leg pain** and a key point for **sciatica**.
    - **Indications:** Pain, paralysis, and numbness along the entire Gallbladder channel pathway, especially in the hip, knee, and thigh.
3. **Harmonizes the Liver and Gallbladder, Clears Damp-Heat:** It effectively resolves disharmony between the Liver and Gallbladder organs and clears Damp-Heat that often accumulates in the joints.
    - **Indications: Hypochondriac (rib/flank) pain, bitter taste in the mouth, vomiting, and jaundice** due to Liver/Gallbladder dysfunction.

Medicinal Uses (Indications)

- **Musculoskeletal Disorders:** The **primary point for relieving muscle spasms, cramps, and tendon pain** anywhere in the body. Treats **sciatica**, arthritis of the knee, hip pain, and frozen shoulder.
- **Liver/Gallbladder Issues:** Treats **hypochondriac distention and pain**, belching, hiccups, and conditions like **cholecystitis** (gallbladder inflammation) and **jaundice**.
- **Locomotive Disorders:** Used extensively for **hemiplegia** (paralysis of one side of the body), **weakness, and atrophy** of the lower limbs.
- **Damp-Heat:** Clears Damp-Heat manifesting as swelling, redness, or heat in the joints.

Practical Use: Hemiplegia Leg Strength Sciatica Vomiting Jaundice Strengthen Sinew Tendon

Functions: Benefits the sinews and joints, activates the meridian, moves Liver Qi, harmonizes the Shaoyang, relieves pain.

Classification: He-Sea point of the Gall Bladder Meridian

Converging point of Sinews

Indications:

- Hemiplegia, pain of the shoulder, weakness, numbness and pain of the lower extremities, swelling and pain of the knee, beriberi
- Pain in the hypochondrium, bitter taste in the mouth, vomiting, jaundice
- Infantile convulsion

Notes: **GB 34** is a very good point to move Liver Qi and to treat anything related to the sinews. **He-Sea** points are where the qi of the meridian collects and goes deep into the body. He-sea points are known to indicated treat rebellious qi and diarrhea.

Needling: Perpendicular insertion 1.0 - 1.5 cun.

How to insert GB 34: We insert the needle one inch posterior and inferior to the designated location and so the needle tip reaches the point internally.

Local Use: Used reducing for pain, swelling and inflammation of the knee and leg in cases of traumatic injury, sports injury or arthritis.

Part of the *Sciatica Formula* and part of the *Knee Formula.*

Attention: Influential distant point for tendons.

Practical Use: This is the control point of the tendons. Therefore, if a patient has a tendon problem (tight tendons, tendonitis, cramping, contraction, stiffness or spasms of the tendons) anywhere in their body, we use this point reducing.

This point is also used to reduce any pain, swelling and inflammation, congestion or stagnation in the MBC relating to the liver and gall bladder.

Clears liver and gall bladder damp-heat. So, we reduce this point in cases of food poisoning, abdominal bloating, inflammation, abdominal spasm and cramping.

LE-6 (Dan Nang Xue) (Extra Point just below GB 34)

Length: One and a half inch

Depth: One inch

Location: One inch or two inches below GB 34, on the right leg only (because the gall bladder is on the right side of the body).

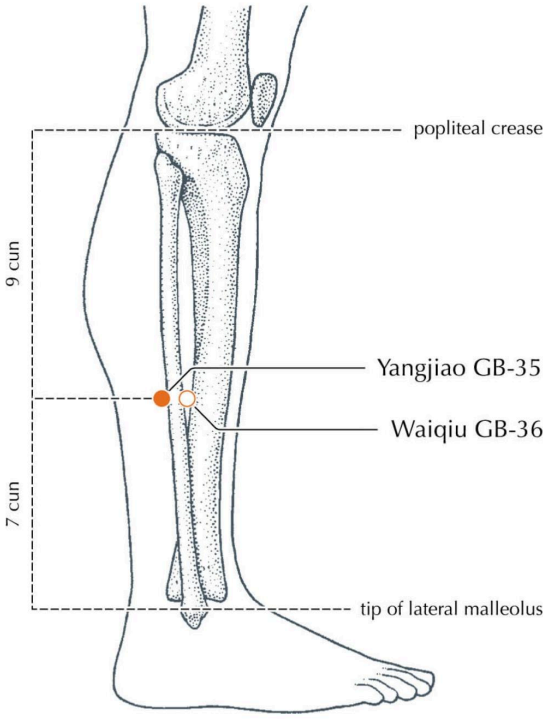
LE-6 is at the most tender spot.

Attention: Influential distant point for gall bladder stones.

Practical Use: This is an extra point used with strong reducing manipulation to break down gall bladder stones (cholelithiasis) and reduce gall bladder inflammation (cholecystitis).

← GB-35 Yánglião

Xi-Cleft point of the Yang Linking vessel



Chinese Name: Yangjiao (English translation: Yang Crossing)

Location: On the lateral aspect of the lower leg, 7 cun above the tip of the external malleolus, on the posterior border of the fibula.

TCM Functions and Uses of Gallbladder 35 (Yangjiao - 陽交)

Gallbladder 35 (GB35), known as **Yangjiao** (Yang Intersection), is the **Xi-Cleft Point of the Yang Wei Mai (Linking Vessel)**. It is located on the lateral (outer) aspect of the lower leg, 7 cun superior to the tip of the external malleolus (ankle bone), on the posterior border of the fibula.

Primary TCM Functions

1. **Xi-Cleft Point of the Yang Wei Mai:** This is its chief and unique function. The Yang Wei Mai controls the **exterior of the body** and connects all the Yang channels. GB35 is used to regulate the flow of Qi throughout the entire Yang Wei Mai.
    - **Indications:** Disorders related to the **defense of the exterior**, particularly **superficial pain and chills** that shift location and are difficult to resolve.

2. **Activates the Channel and Alleviates Pain:** GB35 clears **Qi and Blood stagnation** along the Gallbladder channel pathway in the lower leg.
    - **Indications: Pain, swelling, and paralysis** of the lower leg, often related to external pathogenic factors.
3. **Dispels Wind and Clears Heat:** It helps drive out pathogenic **Wind** and clears **Heat** from the channel, benefiting the entire lateral aspect of the body.

Medicinal Uses (Indications)

- **Yang Wei Mai Disorders:** Treats symptoms related to the external defensive mechanisms, such as **alternating fever and chills**, and **pain** that moves rapidly around the body.
- **Musculoskeletal Pain:** Relieves **pain, stiffness, and restricted movement** in the lower leg, especially along the lateral aspect, often used for referred **sciatica pain** that tracks down the lower leg.
- **Local Issues:** Used for **swelling and paralysis** of the lower leg and foot.
- **Mental/Emotional:** Used as an auxiliary point to calm the mind in cases of **mania/epilepsy** where there is excessive Yang agitation.

Practical Use: Hypochondrium Ache Leg Strength Numbness Vomiting

Functions: **Activates the meridian, relaxes the sinews, relieves pain.**

Classification: **Xi-Cleft point of the Yang Wei Vessel**

Indications:

- **Distention and fullness of the chest and hypochondrium**
- **Weakness, numbness and pain of the lower extremities**

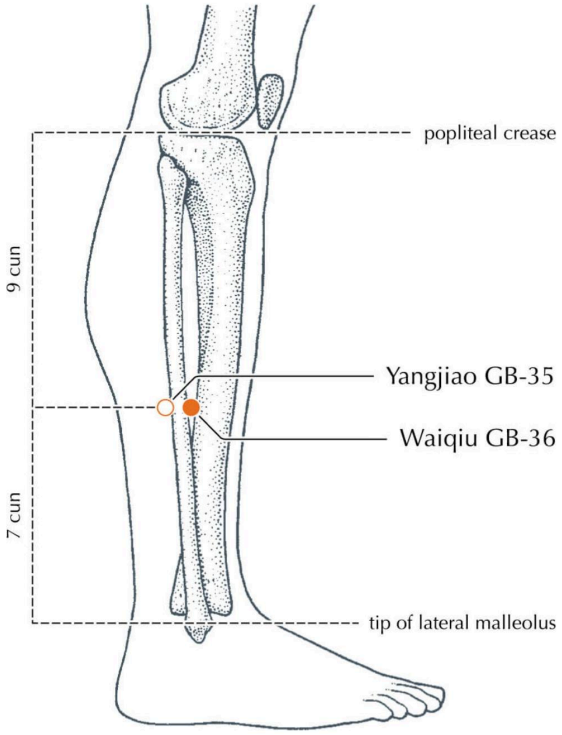
Notes: **A Xi-Cleft point is the site where the Qi of the meridian is deeply converged. Qi and blood are stored deeply at these particular points. If there appear abnormal reactions at X-Cleft points, it shows that the pathogens have entered the deeper parts of Zang-Fu organs. Thus, they are used for acute, painful symptoms, inflammation, protracted diseases of its pertaining meridian and Zang-Fun organ. Also, Xi-Cleft points of the Yin meridians have hemostatic functions.**

Needling: **Perpendicular insertion 1.0 - 1.5 cun.**

Gall Bladder 36

← GB-36 Wàiqiū

Xi-Cleft point of the Gall Bladder channel



Chinese Name: Waiqiu (English translation: Outer Hill)

Location: On the lateral aspect of the lower leg, 7 cun above the tip of the external malleolus, on the anterior border of the fibula, at the level of GB 35.

TCM Functions and Uses of Gallbladder 36 (Waiqiu - 外丘)

Gallbladder 36 (GB36), known as **Waiqiu** (Outer Hill), is the **Xi-Cleft Point of the Gallbladder Meridian**. It is located on the lateral (outer) aspect of the lower leg, 7 cun superior to the tip of the external malleolus (ankle bone), on the anterior border of the fibula.

Primary TCM Functions

1. **Xi-Cleft Point of the Gallbladder:** This is its chief function. As a Xi-Cleft point, GB36 is used primarily for **acute, severe, and painful conditions** affecting the Gallbladder channel and organ.

    - **Mechanism:** It strongly clears **Blood Stasis** and relieves acute **Qi stagnation** along the channel.
2. **Activates the Channel and Alleviates Pain:** It powerfully clears stagnation in the lower leg and entire lateral pathway of the body.
    - **Indications: Acute pain, cramps, and restricted movement** in the leg, hip, and flanks.
3. **Regulates the Flow of Qi and Blood:** It is used to quickly restore the smooth flow of Qi and Blood in the affected channel, making it a key emergency point for channel blockage.

Medicinal Uses (Indications)

- **Acute Pain:** Treats **acute, severe, stabbing pain** along the lateral aspect of the leg, thigh, or flanks, often associated with acute **sciatica** or muscle spasms.
- **Rabies (Historical):** Traditionally, this point was the primary empirical point used to treat rabies due to its powerful ability to clear "toxic Wind" and spasms (though its use today is superseded by modern medicine).
- **Musculoskeletal Pain:** Relieves **pain, stiffness, and restricted movement** in the lower leg due to acute channel obstruction (Bi syndrome).
- **Mental/Emotional:** Used in cases of **mania or fright** when related to acute internal agitation or blockage.

Practical Use: Hypochondrium Ache Leg Strength Numbness Pain

Functions: **Activates the meridian, relaxes the sinews, relieves pain.**

Classification: **Xi-Cleft point of the Gall Bladder Meridian**

Indications:

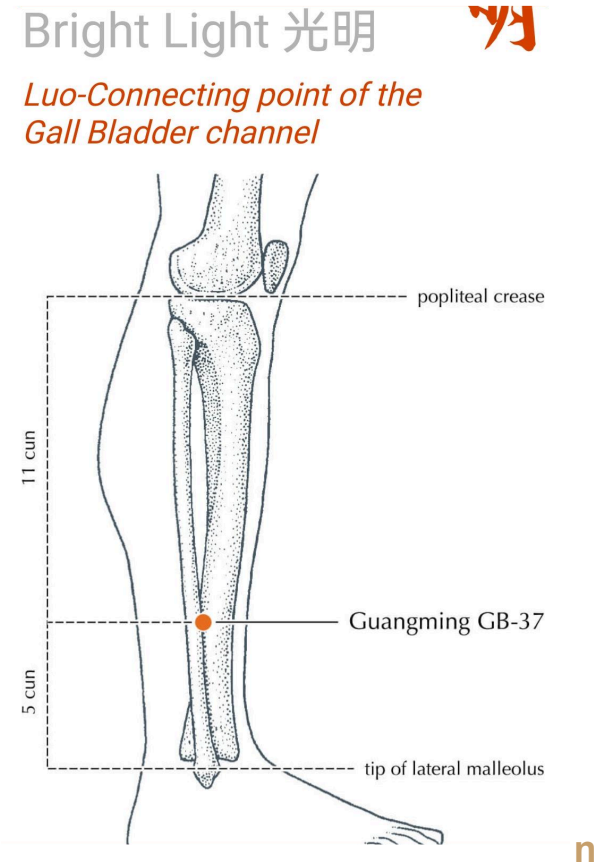
- **Distention and pain of the chest and hypochondrium, neck pain**
- **Weakness, numbness and pain of the lower extremities**

Notes: **A Xi-Cleft point is the site where the Qi of the meridian is deeply converged. Qi and blood are stored deeply at these particular points. If there appear abnormal reactions at X-Cleft points, it shows that the pathogens have entered the deeper parts of Zang-Fu organs. Thus, they are used for acute, painful symptoms, inflammation, protracted diseases of its pertaining meridian and Zang-Fun organ. Also, Xi-Cleft points of the Yin meridians have hemostatic functions.**

Needling: **Perpendicular insertion 1.0 - 1.5 cun.**

Gall Bladder 37

← GB-37 Guāngmíng



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Chinese Name: Guangming (English translation: Bright Light)

Location: On the lateral aspect of the lower leg, 5 cun above the tip of the external malleolus, on the anterior border of the fibula.

TCM Functions and Uses of Gallbladder 37 (Guangming - 光明)

Gallbladder 37 (GB37), known as **Guangming** (Bright Light or Brightness), is one of the most important points on the lower leg because it is the **Luo-Connecting Point of the Gallbladder Meridian**. It is located on the lateral (outer) aspect of the lower leg, 5 cun superior to the tip of the external malleolus (ankle bone), on the anterior border of the fibula.

Primary TCM Functions

1. **Luo-Connecting Point:** This is its chief function. As the Luo-Connecting point, GB37 connects its channel to its interiorly/exteriorly related partner, the **Liver Meridian**. This means it is used to treat disorders affecting both the Gallbladder and the Liver.
    - **Indications:** Both excess and deficiency patterns of the Gallbladder/Liver, as well as symptoms where the Qi is transferring between the two channels.
2. **Benefits the Eyes:** Its name, "Bright Light," directly reflects its most famous clinical application. GB37 is a crucial **distal point for treating eye disorders**.
    - **Mechanism:** It draws **Liver Fire** and **Wind-Heat** downward away from the eyes and head, clearing the channel stagnation that causes poor vision.
3. **Activates the Channel and Alleviates Pain:** It powerfully clears **Qi and Blood stagnation** along the entire lateral pathway of the lower limb.
    - **Indications:** Pain, stiffness, and restricted movement in the entire lateral leg, often used for **sciatica** and **Bi syndrome** (Painful Obstruction).

Medicinal Uses (Indications)

- **Eye Disorders:** The primary **distal point for eye problems**, treating **redness, swelling, pain, itching, dimness of vision, atrophy of the optic nerve**, and **night blindness**.
- **Musculoskeletal Pain:** Relieves **pain, numbness, and weakness** in the lateral side of the leg, especially below the knee, and is used for referred **sciatica pain**.
- **Channel Disorders:** Treats **atrophy** and **paralysis** of the lower limbs.
- **Local Symptoms:** Addresses **pain and swelling** in the outer ankle and calf.

Practical Use: Eye Blurring Irritation and Pain Leg Strength Numbness Breast Distention

Functions: Benefits the eyes, dispels Wind, activates the meridian,

relieves pain.

Classification: Luo-Connecting point of the Gall Bladder Meridian

Indications:

- Eye pain, night blindness, blurring of vision
- Weakness, numbness and pain of the lower extremities
- Distention and pain of the breast

Notes: **Luo-Connecting** points of one meridian can communicate with two meridians. They treat diseases of the collaterals and can be used to treat chronic diseases, especially chronic diseases of the Zang-Fu organs. Clinically, Luo-Connecting points are often combined with Yuan-Source points in the treatment of diseases.

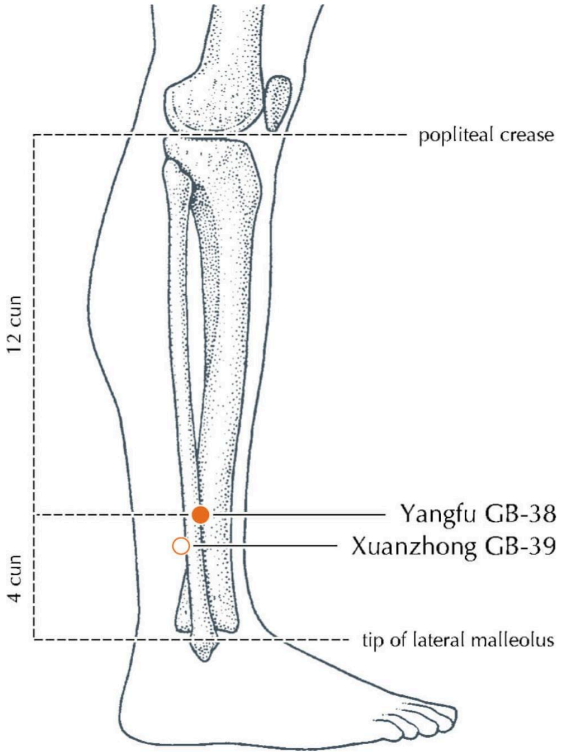
Needling: Oblique insertion 1.0 - 1.5 cun.

Attention: Influential distant point for **eyes.**

Practical Use: Used reducing for pain, swelling and inflammation of the eyes and for any eye problem. The name of this point translates as 'bright light'. We can clear excessive pathogens (eg. wind, heat) so that the eyes can see clearly and shine brightly again.

← GB-38 Yángfǔ

Jing-River and Fire point of the Gall Bladder channel



Chinese Name: Yangfu (English translation: Yang Aid)

Location: On the lateral aspect of the lower leg, 4 cun above the tip of the external malleolus, slightly anterior to the anterior border of the fibula.

TCM Functions and Uses of Gallbladder 38 (Diande - 陽輔)

Gallbladder 38 (GB38), known as **Diande** (Yang Support), is the **Jing-River Point** of the Gallbladder Meridian. It is located on the lateral (outer) aspect of the lower leg, 4 cun superior to the tip of the external malleolus (ankle bone), on the anterior border of the fibula.

Primary TCM Functions

1. **Jing-River Point and Clears Heat:** As a Jing-River point, GB38 is particularly effective at clearing pathogenic factors from the channel and treating local symptoms. It is specifically used to

quickly and powerfully clear **Heat** and **Fire** from the Gallbladder and Liver channels.
    - **Indications:** Symptoms of **excess Heat** such as **fever, redness, swelling, and sharp pain** along the side of the body.
2. **Harmonizes the Gallbladder and Alleviates Pain:** It clears **Qi and Blood stagnation** along the entire lateral pathway of the body.
    - **Indications: Hypochondriac (rib/flank) pain, migraine headaches**, and **pain along the lateral leg** due to heat and stagnation.
3. **Benefits the Tendons and Joints:** It clears heat and obstruction in the channels, which helps restore smooth movement.

Medicinal Uses (Indications)

- **Headaches and Eye Issues:** Treats **headaches (especially migraines)**, **eye pain, and redness** when caused by **Liver Fire** or **Gallbladder Heat** rising to the head.
- **Acute Pain and Swelling:** Used for **acute swelling, heat, and pain** of the foot, ankle, and leg due to channel heat and dampness.
- **Hypochondriac Pain:** Relieves **distending and sharp pain** in the ribs and flanks associated with Gallbladder Heat and stagnation.
- **Musculoskeletal Pain:** Treats **Bi syndrome** (Painful Obstruction) in the lower limb, especially when **Heat** is the predominant pathogen.

Practical Use: Migraine Eye Pain Leg Strength Numbness Rib Ache Axillary Glands

Functions: Activates the meridian, harmonizes the Shaoyang, benefits the sinews and bones, clears Heat, relieves pain.

Classification: Jing-River point of the Gall Bladder Meridian

Indications:

- Migraine, pain of the outer canthus

- Swelling and pain in the axillary region
- Distention and pain in the chest and hypochondrium
- Weakness, numbness and pain of the lower extremities

Needling: Oblique insertion 1.0 - 1.5 cun.

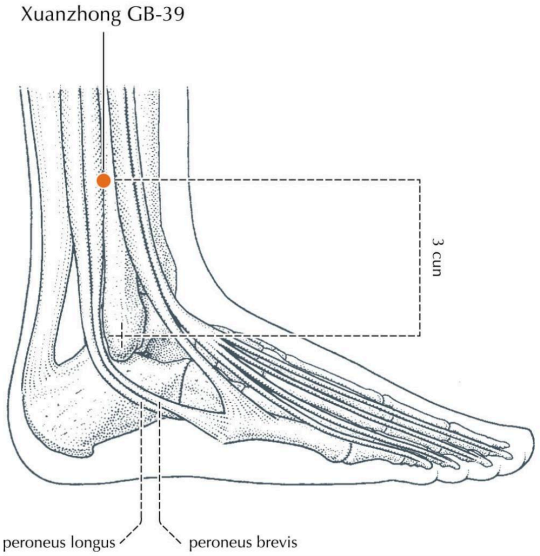
Attention: Influential distant point for migraine and headaches.

Practical Use: Used reducing for migraine and headaches.

Gall Bladder 39

← GB-39 Xuánzhōng

GB-39
Xuánzhōng
懸鐘
Suspended Bell 懸鐘
Hui-Meeting point for Marrow



Chinese Name: Xuanzhong (English translation: Suspended Bell)

Location: On the lateral aspect of the lower leg, 3 cun above the tip of the external malleolus, on the anterior border of the fibula.

TCM Functions and Uses of Gallbladder 39 (Xuanzhong - 懸鍾)

Gallbladder 39 (GB39), known as **Xuanzhong** (Suspended Bell) or sometimes referred to as **Juegu** (Severed Bone), is one of the most clinically important points on the entire body. It is the **Hui (Influential) Point of the Marrow** and the **Master Point of the Neck**. It is located on the lateral (outer) aspect of the lower leg, 3 cun superior to the tip of the external malleolus (ankle bone), on the anterior border of the fibula.

Primary TCM Functions

1. **Hui Point of the Marrow:** This is its chief and most unique function. The Marrow is generated by the **Kidney Essence** (Jing) and includes the spinal cord, bone marrow, and brain. GB39 is the **master point for all disorders related to the marrow and bone structure**.
    - **Indications:** Bone pain, weakness of the legs and knees, poor memory, and general deficiency of Kidney Essence.
2. **Benefits the Tendons and Bone:** GB39 is vital for supporting the sinews and bone structure, especially in the lower body.
    - **Indications: Flaccidity, atrophy, and paralysis** of the lower limbs, and **Bi Syndrome (Painful Obstruction)** affecting the joints.
3. **Clears Heat and Alleviates Pain in the Neck:** GB39 is a cardinal **distal point for treating neck disorders**.
    - **Indications: Stiff neck (torticollis), neck pain, swelling, and restricted movement**, especially due to Wind or Heat.
4. **Activates the Channel and Alleviates Pain:** It powerfully clears **Qi and Blood stagnation** along the entire lateral pathway of the body.

Medicinal Uses (Indications)

- **Bone and Marrow Disorders:** Treats **bone pain, general weakness, and post-stroke issues** (e.g., hemiplegia) due to Marrow or Essence deficiency.

- **Neck and Upper Back:** The **primary distal point** for **stiff neck, cervical spondylosis**, and other neck pain.
- **Lower Limb Paralysis:** Essential point for treating **numbness, weakness, and flaccidity** of the lower limbs and paralysis, often used for referred **sciatica pain**.
- **Liver/Gallbladder:** Treats **hypochondriac (rib/flank) pain** and swelling/pain in the outer ankle.

Practical Use: Neck Pain Rigidity Leg Strength Numbness Rib Ache Axillary Ribs Oedema

Functions: Strengthens the sinews and bones, nourishes marrow, activates the meridian, dispels Wind-Dampness, relieves neck pain, relieves pain.

Classification: Converging point of Marrow

Indications:

- Hemiplegia, rigidity and pain of the neck
- Pain in the hypochondrium, beriberi
- Weakness, numbness and pain of the lower extremities

Needling: Oblique insertion into space between peroneal nerve and the fibula spine ridge 1.0 - 1.5 cun.

Local Use: Used reducing for pain, swelling and inflammation of the leg as part of the *Sciatica Formula.*

Practical Use: Used reducing for neck pain combined with GB 20, BL 10, SI 3 and BL 62. Also used reducing to support GB 38 for headaches and migraine.

Used reinforcing to strengthen legs in old age weak patients.

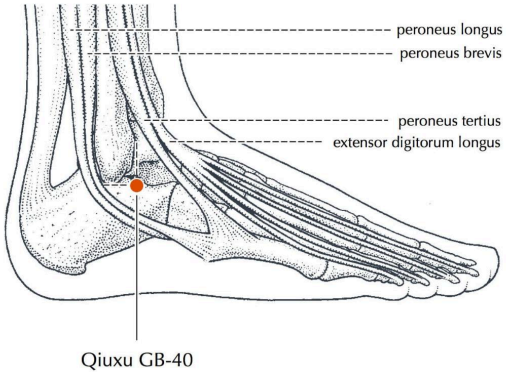
Used reinforcing if the patient has severe deterioration of the composition of the bones in the whole body such as osteoporosis. In this case, we also reinforce BL 11 and the *Kidney Formula.*

← GB-40 Qiūxū

GB-40 Qiūxū 丘墟

Mound of Ruins 丘墟

Yuan-Source point of the Gall Bladder channel



***Chinese Name**: Qiuxu (English translation: Hill Ruins)*

***Location:** On the foot, anterior and inferior to the external malleolus, in the depression on the lateral side of the tendon of m. extensor digitorum longus.*

TCM Functions and Uses of Gallbladder 40 (Qiuxu - 丘墟)

Gallbladder 40 (GB40), known as **Qiuxu** (Hill Market or Mound of Ruins), is one of the most clinically important points on the lower leg. It is the **Yuan (Source) Point of the Gallbladder Meridian**. It is located in the depression anterior and inferior to the external malleolus (the outer ankle bone).

Primary TCM Functions

1. **Yuan (Source) Point of the Gallbladder:** This is its chief function. As the Yuan-Source point, GB40 directly relates to the **original Qi** of the Gallbladder organ. It is used to regulate the Gallbladder's function, both in excess and deficiency patterns, and is often paired with the Luo-Connecting point (GB37) of its partner organ (the Liver).
    - **Indications:** All major disorders of the Gallbladder, including **jaundice, cholecystitis**, and disharmony between the Liver and Gallbladder.
2. **Dispels Damp-Heat and Resolves Stagnation:** It is highly effective at clearing the combination of **Dampness and Heat** that often accumulates in the Gallbladder and surrounding channels, causing pain and digestive symptoms.
3. **Activates the Channel and Alleviates Pain:** GB40 strongly moves **Qi and Blood stagnation** in the local area, making it a primary point for treating ankle and foot problems.
    - **Indications: Pain, swelling, and stiffness** of the outer ankle and foot.

Medicinal Uses (Indications)

- **Ankle and Foot Disorders:** The **primary local point** for **sprains, swelling, and pain** of the external ankle, foot joint pain, and inflammation.
- **Liver/Gallbladder Disorders:** Treats **hypochondriac (rib/flank) pain, bitter taste in the mouth, vomiting**, and **jaundice** due to Gallbladder stagnation or Damp-Heat.
- **Musculoskeletal Pain:** Relieves **pain, restricted movement, and stiffness** along the lateral side of the thigh and leg (sciatica).

- **Emotional Issues:** Used for emotional symptoms associated with Gallbladder dysfunction, such as **sighing, indecision, and timidity**.

Practical Use: Ankle Pain Sprain Eases Liver QI and Stasis

Functions: *Moves Liver Qi, activates the meridian, benefits the joints, relieves pain.*

Classification: *Yuan-Source of the Gall Bladder Meridian*

Indications:

- *Distention and pain in the chest and hypochondrium*
- *Weakness, numbness and pain of the lower extremities, swelling and pain of the external malleolus*
- *Malaria*

Notes: *Clinically,* ***Yuan-Source*** *points are of great significance in treating diseases of the internal organs. Yuan-Source points are the sites where the Yuan (Primary) qi of the Zang-Fu organs passes and stays. Puncturing the Yuan-Source points stimulates the vital energy of the regular meridians, regulates the functional activities of the internal organs, reinforces antipathogenic factors and eliminates pathogenic factors. This method of treating diseases deals principally with the root causes. The Yuan (source) point from the affected meridian is often combined with the Luo (Connecting) point of the internally-externally related meridians in use.*

Needling: *Transverse oblique insertion under extensors digitorum and towards talofibular Joint space.5 - .8 cun.*

Location: The Eyes of the Ankle, GB 40 is lateral and SP 5 is medial.

Local Use: Used reducing for pain, swelling and inflammation of the ankle. Part of the *Ankle Formula.*

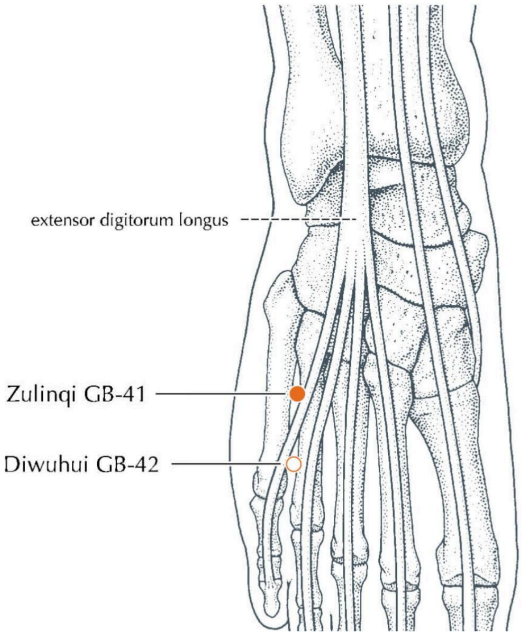
Practical Use: Used reducing (combined with LIV 3 reducing) to smooth the flow of blood and chi through the liver, gall bladder and whole body. This is used to clear blood stagnation relating to general health and traumatic injuries.
Clears liver and gall bladder damp-heat.

Gall Bladder 41

← GB-41 Zúlínqì

Shu-Stream and Wood point of the Gall Bladder channel

Confluent point of the Girdling vessel



Chinese Name: Zulingqi (English translation: Foot Falling Tears)

Location: On the lateral side of the dorsum of the foot, proximal to the 4th metatarsophalangeal joint, in the depression lateral to the tendon of m. extensor digiti minimi of the foot.

TCM Functions and Uses of Gallbladder 41 (Zulinqi - 足臨泣)

Gallbladder 41 (GB41), known as **Zulinqi** (Foot Overlooking Tears or Foot Governor of Tears), is one of the most clinically versatile and important points on the lower body. It is the **Shu-Stream Point** and the **Wood Point** of the Gallbladder meridian, as well as the **Master Point of the Dai Mai (Girdling Vessel)**. It is located on the dorsum (top) of the foot, in the depression distal to the junction of the 4th and 5th metatarsal bones.

Primary TCM Functions

1. **Master Point of the Dai Mai (Girdling Vessel):** This is its chief function. GB41 opens and regulates the **Dai Mai**, the only extraordinary vessel that encircles the body horizontally, stabilizing the lower torso.
    - **Indications:** All disorders related to the **flanks, lower abdomen, hips, and genitals** that arise from the Dai Mai failing to bind the vertical meridians (e.g., pain, weakness, chronic discharge).
2. **Harmonizes the Shaoyang and Clears Heat:** As the Shu-Stream and Wood point, it is vital for moving the Qi of the Gallbladder and resolving stagnation and heat in the entire **Shaoyang** channel.
    - **Indications: Alternating fever and chills**, **hypochondriac (rib/flank) pain**, and bitter taste in the mouth.
3. **Dispels Wind and Benefits the Head and Eyes:** It is an excellent **distal point** for subduing rising **Liver Yang** and clearing **Wind** from the head.
    - **Indications: Headaches and migraines** (especially temporal and vertex), **eye pain, swelling, and redness**.
4. **Activates the Channel and Alleviates Pain:** It powerfully clears **Qi and Blood stagnation** in the foot and ankle.

Medicinal Uses (Indications)

- **Headaches and Migraines:** A core point for **migraine headaches** on the side of the head, often paired with Sanjiao 5 (Waiguan) to harmonize the Shaoyang.
- **Dai Mai Disorders:** Treats symptoms of **Dai Mai dysfunction**, including a feeling of **heaviness in the lower back and legs**, **vaginal discharge (leukorrhea)**, and **pelvic inflammatory disease (PID)**.
- **Musculoskeletal Pain:** Relieves **pain, swelling, and sprains** of the lateral ankle and foot, as well as **hip and flank pain** along the channel.
- **Eye Disorders:** Treats **redness, swelling, and pain in the eyes** and blurred vision.

Practical Use: Fever Temperature Migraine Eye Local Pain/Swelling

Sprain Breast and Glands **Functions:** Moves Liver Qi, benefits the eyes, regulates the Dai Mai vessel, benefits the breasts, foot pain.

Classification: Shu-Stream point of the Gall Bladder Meridian

Master Point of the Dai Mai Vessel (couple with **SJ 5**)

Indications:

- Migraine, redness and pain of the eye, pain in the hypochondrium, spasm and pain of the foot and toe
- Mastitis, breast distention, irregular menstruation
- Scrofula, malaria

Notes: **Shu-Stream** points are where the qi starts to pour down the meridian. They are known to alleviate heaviness and pain in the joints. On Yin Meridians, Shu-Stream points are identical to the actions of Yuan-Source points.

Needling: Perpendicular oblique insertion into the small space between the 4th and 5th metatarsal bones lateral to the minimi tendon .5 to 1 cun.

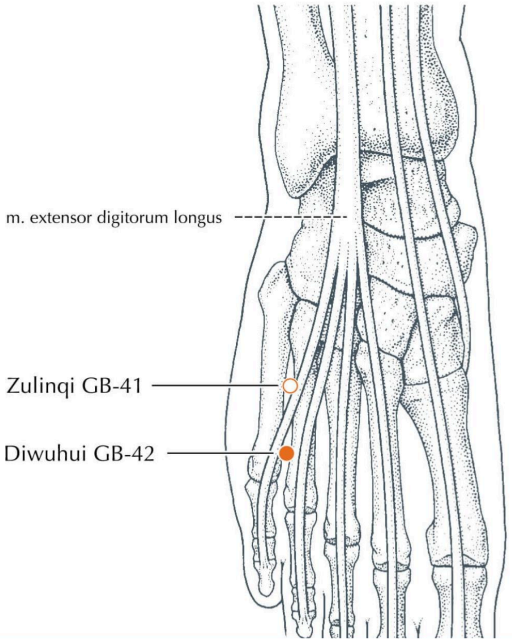
How to insert GB 41: We lift the tendon out of the way and insert the needle under the tendon and over the bone.

Practical Use: This is one of the Trigram Paired Points. We use GB 41 reducing (combined with TW 5 reducing) to clear heat and temperature from the whole body.

Gall Bladder 42

← GB-42 Dìwǔhùi

Earth Five Meetings 五會
地五會



Chinese Name: Diwuhui (English translation: Earth Fivefold Convergence)

Location: On the lateral side of the dorsum of the foot, proximal to the 4th metatarsophalangeal joint, between the 4th and 5th metatarsal bones, on the medial side of the tendon of m. extensor digiti minimi of the foot.

TCM Functions and Uses of Gallbladder 42 (Diwuhui - 地五會)

Gallbladder 42 (GB42), known as **Diwuhui** (Earth Five Meetings), is a local point located on the dorsum (top) of the foot, between the 4th and 5th metatarsal bones, distal to the metatarsophalangeal joint (the joint connecting the foot bones to the toes).

Primary TCM Functions

1. **Clears Heat and Dissipates Swelling:** GB42 is primarily used to clear **Heat** and reduce **swelling and inflammation** in the local area, specifically the foot and toes.
    - **Mechanism:** It resolves local Qi and Blood stagnation and draws Heat downward away from the head.
2. **Activates the Channel and Alleviates Pain:** It powerfully clears **Qi and Blood stagnation** along the Gallbladder meridian pathway in the foot.
    - **Indications: Pain, swelling, and restricted movement** in the foot and ankle, especially affecting the 4th toe.
3. **Benefits the Head and Ears:** By clearing heat and stagnation from the lower end of the channel, it can balance the flow of Qi and help subdue **rising Liver Yang** that affects the head and face.

Medicinal Uses (Indications)

- **Foot Pain and Swelling:** Treats **pain, swelling, and restricted movement** of the **foot joints and toes** (especially the 4th toe), often used for sprains or inflammatory conditions.
- **Headaches and Eye Issues:** Used as an auxiliary distal point for **headaches (especially temporal and vertex migraines)**, **eye pain, and redness** caused by Liver Fire or Wind ascending to the head.
- **Tinnitus and Deafness:** Addresses **ear disorders** (ringing in the ears, poor hearing) when related to rising heat or channel obstruction.
- **Local Issues:** Treats **pain** radiating from the back of the foot and **spasms** of the toes.

Practical Use: Local Pain/Swelling Sprain Breast and Ribs

Functions: Moves Liver Qi, clears Gall Bladder Heat.

Indications:

- Mastitis, breast distention
- Headache, eye pain, tinnitus, deafness

- Pain in the hypochondrium, swelling and pain of the dorsum of foot

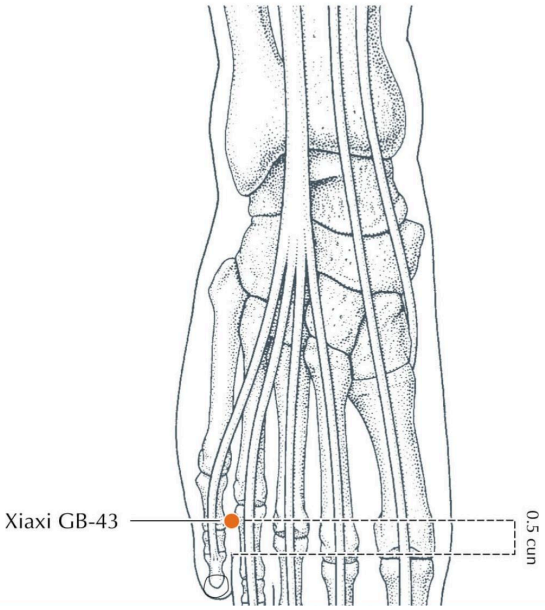
Needling: Perpendicular oblique insertion medial to the minimi tendon .3 - .5 cun.

Gall Bladder 43

← GB-43 Xiáxī

Clamped Stream 俠 溪 谿

Ying-Spring and Water point of the Gall Bladder channel



Chinese Name: Xiaxi (English translation: Clamped Stream)

Location: On the lateral side of the dorsum of the foot, proximal to the margin of the web between the 4th and 5th toes, at the junction of the red and white skin.

TCM Functions and Uses of Gallbladder 43 (Xiaxi - 俠谿)

Gallbladder 43 (GB43), known as **Xiaxi** (Clamped Stream), is an important local point located on the dorsum (top) of the foot, in the depression between the 4th and 5th toes (between the web margin and the metatarsophalangeal joint). It is the **Ying-Spring Point** and the **Water Point** of the Gallbladder meridian.

Primary TCM Functions

1. **Ying-Spring Point: Clears Heat from the Channel:** As the Ying-Spring point, GB43 is highly effective at clearing acute and superficial **Heat** and **Fire** from the entire Gallbladder channel and meridian pathway.
    - **Indications:** Symptoms of **excess Heat** such as **redness, swelling, sharp pain, and inflammation** along the lateral aspect of the body.
2. **Dispels Wind-Heat and Benefits the Head and Ears:** It draws Heat downward away from the head, making it a powerful **distal point** for sensory disorders caused by rising Yang or Heat.
    - **Indications: Headaches (especially temporal/vertex migraines), eye pain, redness, swelling, and tinnitus (ringing in the ears)** due to Liver/Gallbladder Fire rising.
3. **Activates the Channel and Alleviates Pain:** It clears **Qi and Blood stagnation** in the local area, especially in the toes and foot.
    - **Indications: Swelling and pain** of the foot and toes.

Medicinal Uses (Indications)

- **Headaches and Sensory Issues:** Treats **headaches** and **migraines** on the side of the head, and **ear disorders** (tinnitus, deafness) when Heat is the predominant factor.
- **Eye Disorders:** Clears **redness, swelling, and pain in the eyes** due to ascending Liver/Gallbladder Fire.

- **Local Inflammation:** Treats **swelling, pain, and heat** of the foot and toes, often used for acute sprains or **Gout** in the local area.
- **Emotional Issues:** Used as an auxiliary point to calm the mind in cases of **irritability and restlessness** caused by internal heat.

Practical Use: Fever Temperature Local Pain/Swelling Sprain Breast and Ribs Tinnitus

Functions: Clears Heat, resolves Gall Bladder Damp-Heat, benefits the eyes, ears and head, subdues Liver Yang.

Classification: Ying-Spring point on the Gall Bladder Meridian

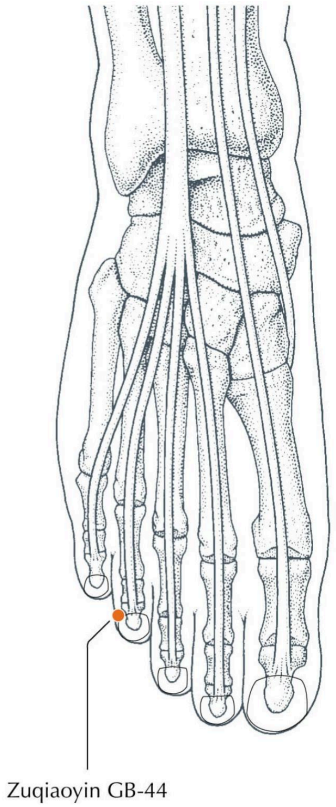
Indications:

- Headache, dizziness, redness, swelling and pain of the eye
- Tinnitus, deafness
- Mastitis, pain in the hypochondrium
- Febrile disease

Notes: **Ying-Spring** points are where the qi dribbles down the meridian. Ying-Spring points are indicated for heat in the body and changes in the complexion. Ying-Spring points are known to clear heat from the meridian.

Needling: Perpendicular oblique insertion .3 - .5 cun.

← GB-44 Zúqiàoyīn



Chinese Name: Zuqiaoyin (English translation: Foot Portal Yin)

Location: On the foot, on the lateral side of the end of the 4th toe, .1 cun (finger cun) from the corner of the nail.

TCM Functions and Uses of Gallbladder 44 (Zu Qiaoyin - 足竅陰)

Gallbladder 44 (GB44), known as **Zu Qiaoyin** (Foot Portal Yin), is the final point on the Gallbladder meridian. It is the **Jing-Well Point** and the **Metal Point** of the meridian. It is located on the lateral (outer) side of the 4th toe, about 0.1 cun from the corner of the nail.

Primary TCM Functions

1. **Jing-Well Point: Clears Heat and Rescues Collapse:** As the Jing-Well point, GB44 is highly effective at clearing extreme **Heat** and **Fire** from the very end of the channel, particularly in acute, critical situations.
    - **Mechanism:** It drains excess heat and resolves fullness/stagnation in the head and chest.

2. **Clears Head Heat and Benefits the Sensory Orifices:** It is used as a **distal point** to draw rising **Liver Fire** and **Wind-Heat** downward away from the head and face.
    - **Indications: Headaches, migraines, dizziness, and eye pain** caused by ascending fire.
3. **Restores Consciousness and Calms the Spirit (Shen):** In acute, excessive conditions, the Jing-Well points are used to open the orifices and restore clarity.
    - **Indications: Fainting, seizures, dream-disturbed sleep, and mental restlessness** due to extreme heat or fire.
4. **Alleviates Local Pain:** It clears stagnation and relieves pain in the local area.
    - **Indications: Swelling, numbness, and pain** in the foot and 4th toe.

Medicinal Uses (Indications)

- **Acute Head Disorders:** Used for **migraine headaches, dizziness**, and **eye redness/pain** caused by Liver Fire or Wind.
- **Insomnia/Restlessness:** Treats **severe insomnia** with excessive dreaming or agitation due to heat disturbing the Spirit (Shen).
- **Fainting and Resuscitation:** Historically used for **fainting** and acute collapse due to its extreme venting action (usually via prick to bleed).
- **Local Pain:** Relieves **swelling and pain** of the foot and 4th toe.

Practical Use: Migraine Eyes Deafness Local Pain/Swelling Hemiplegia Heat Tinnitus

Functions: Clears Heat, subdues Liver Yang, calms the Shen, benefits the eyes.

Classification: Jing-Well point on the Gall Bladder Meridian

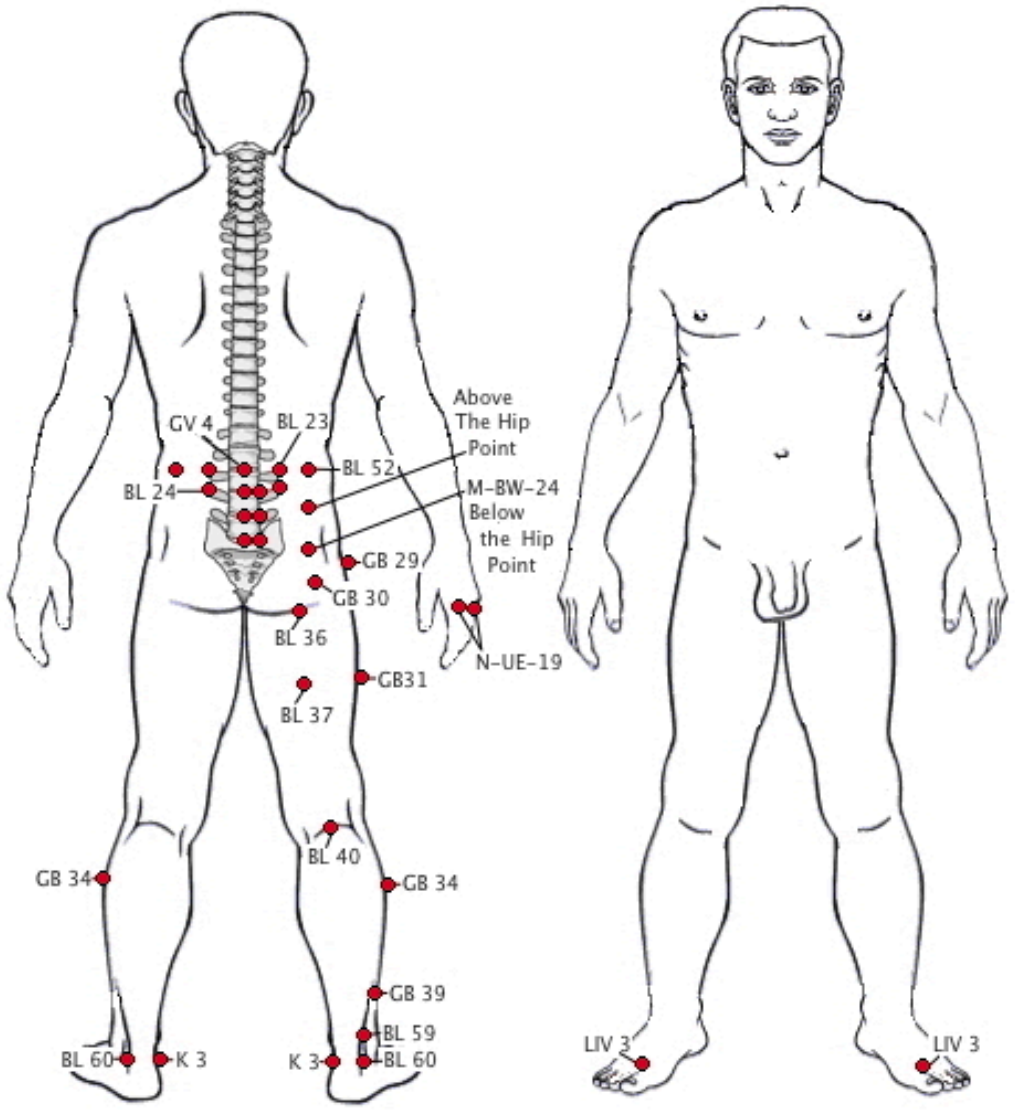
Indications:

- Migraine, redness and pain of the eye, pain in the hypochondrium
- Tinnitus, deafness
- Hemiplegia

Notes: **Jing-Well** points are where the qi bubbles up. Jing-Well points are indicated to revive consciousness. Jing-Well points are known to treat fullness below the Heart and clear Heat.

Needling: Perpendicular oblique insertion .1 - .3 cun.

The Lower Back Pain / Sciatica / Lumbago Formula



The *Sciatica Formula* incorporates the *Kidney Formula* because the kidneys control the bones and in particular the lumber vertebrae and lower back. BL 40 is acupunctured QP, with a reducing manipulation before the whole treatment begins, to clear the BL meridian and the lower back. The above example is for a patient who has sciatica going down the right leg. For this reason, the GV points below lumber vertebrae 3, 4, and 5 are acupunctured as well as the HT points on the right side in the reducing direction. This will inhibit the nerve hyperactivity and reduce any soft tissue inflammation or bone swelling pressing on the root of the nerve. If the pain goes down the back of the leg, we follow the pathway of the BL meridian reducing the points highlighted in the diagram, if down the side of the leg we reduce the GB points. If the right leg is shorter than the left, we pull it and also do reinforcing of the HT points on the left side to straighten the hips. This formula includes general health points that are acupunctured on both sides of the body. GB 34 reduced to relax the tight tendons and LV 3 to reduce inflammation. The needles can be manually manipulated then the acupuncture autoscope machine can be used, then direct moxa on the needles or infra-red lamp, then the needles are removed and cups applied, then herbal ointment is massaged in the reducing direction and misplaced vertebrae can be repositioned.



Gall Bladder Syndromes

Gallbladder Meridian Syndromes 🌿

The Gallbladder (GB) meridian is a **Shaoyang** (Lesser Yang) channel, which means its syndromes often involve conditions that are "half-exterior and half-interior," or are characterized by **stagnation, wind, or heat** along the lateral (side) of the body.

The primary syndromes of the Gallbladder meridian are:

1. Gallbladder Qi Stagnation and Deficiency

This is the most common underlying emotional disharmony, directly reflecting the TCM GB organ's function of decisiveness.

- **Signs & Symptoms: Indecision, timidity, lack of courage, easily startled**, frequent sighing, and often accompanied by emotional **Liver Qi Stagnation** (e.g., irritability, anger).
- **Pathology:** The Gallbladder's function of providing momentum and judgment is weakened.

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2. Shaoyang Syndrome (Half-Exterior, Half-Interior)

This syndrome occurs when a pathogen is neither fully on the exterior nor fully in the interior, often treated by harmonizing the Shaoyang hinge.

- **Signs & Symptoms: Alternating fever and chills**, bitter taste in the mouth (especially in the morning), dry throat, hypochondriac **fullness and distention**, dizziness, and a feeling of malaise.
- **Pathology:** The body's defensive Qi (Wei Qi) and nutritive Qi (Ying Qi) are fighting

the pathogen at the channel level.

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3. Gallbladder Damp-Heat

This often occurs when chronic Liver Qi stagnation transforms into Heat, and combines with Dampness (often originating from the Spleen/Stomach).

- **Signs & Symptoms: Jaundice** (yellowing of the skin/eyes), **acute hypochondriac pain**, nausea, vomiting, distention, **dark urine**, fever, and a swollen tongue with a thick yellow coating.
- **Pathology:** Damp-Heat obstructs the bile ducts, causing bile to overflow into the blood and skin (similar to cholecystitis or hepatitis in Western medicine).

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4. Meridian Stagnation and Obstruction (Channel Pain)

This syndrome involves physical blockage along the lengthy pathway of the Gallbladder meridian.

- **Signs & Symptoms: Migraine headaches** affecting the temples and vertex (top of the head), **stiffness and pain** in the neck, **sciatica** (pain radiating down the side of the leg), pain and stiffness in the **hip joint**, and **pain/swelling** of the outer ankle and foot.
- **Pathology: Qi and Blood stagnation** along the lateral pathway, often combined with invasion by **Wind-Cold-Dampness** (Bi Syndrome).

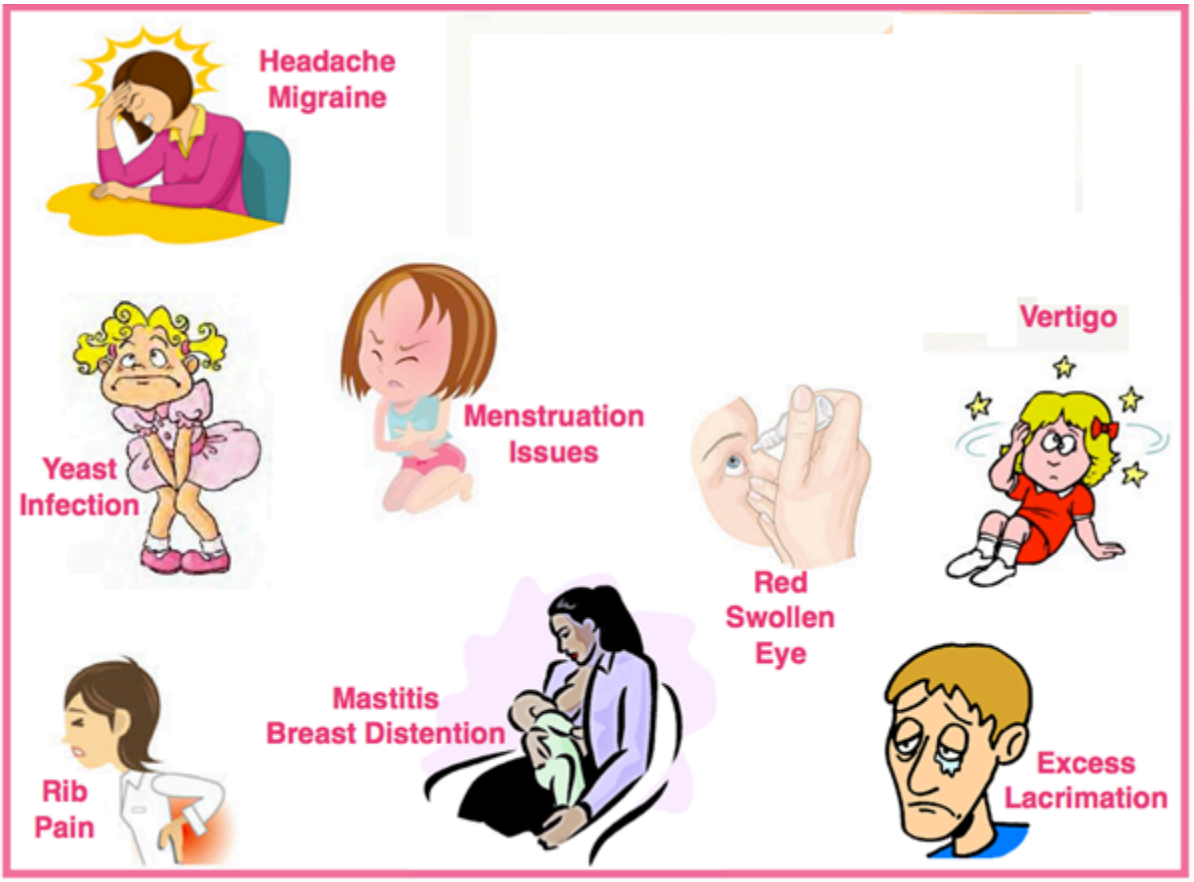
<u>Gall Badder Herbs</u>

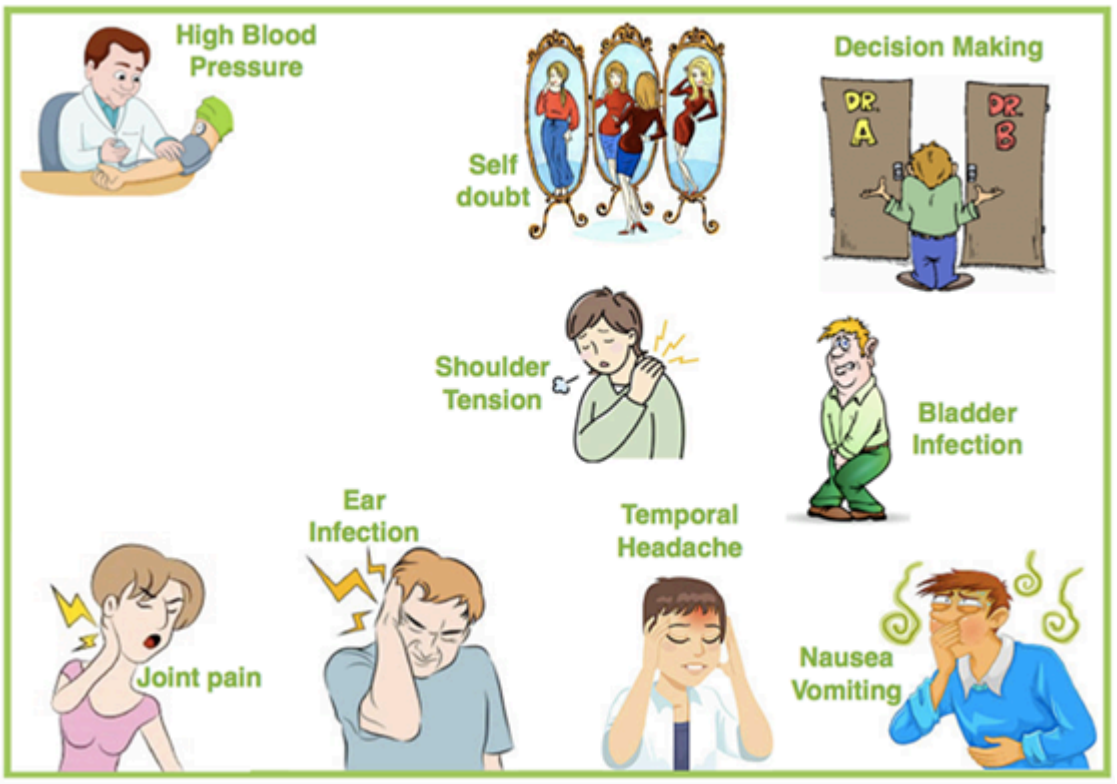
Zhi Zi	Clear liver and gall heat and promotes bile and gallbladder contraction
Yu Jin	Eases liver qi stagnation and promotes gall contraction
Ji Nei Jin	Promotes digestion reduces gallstone and promote bile secretion

Yan Hu Suo	Eases middle body pain and stagnation
Jin Qian cao	Breaks up and helps flush gall and kidney stones

Gall Bladder Herb Formulas

Herbs	**Actions**
Yan Hu Suo, Yu Jin, Chai Hu	To clear chi stagnation in the gall bladder.
Huang Qin, Chai Hu, Lian Qiao, Xia Ku Cao, Bai Shao Yao	To clear heat from the gall bladder.




High Blood Pressure
Self doubt
Decision Making
DR. A
DR. B
Shoulder Tension
Bladder Infection
Ear Infection
Temporal Headache
Joint pain
Nausea Vomiting