Bladder channel and points
Bladder primary channel

inner canthus (entry point: BL1)

Forehead → vertex

temples (above ear)

enters the brain

emerges to descend to the nape of the neck

medial border of the scapula (3 cun lateral to the midline), to the gluteal region,

crosses the buttocok to intersect at Huantiao GB-30,

connect with the Kidneys and Bladder

descends along the sacrum,

crosses the buttocok popliteal fossa

gastrocnemius muscle, lateral malleolus

the fifth metatarsal bone (exit point: BL 67)
Bladder Luo-connecting channel

BL 58 → KI channel

**Excess**: Rhinitis with obstruction, running nose and pain of the head and back

**Deficiency**: Rhinitis with running nose and nosebleed
**Bladder Divergent Channel**

<table>
<thead>
<tr>
<th><strong>Diverge</strong></th>
<th>the popliteal fossa → 5 cun below sacrum</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Enter</strong></td>
<td>winds around (enter) the <strong>anus</strong> → connects with the <strong>Bladder</strong> and disperses in the <strong>Kidneys</strong> → along the spine and disperses in the <strong>cardiac region</strong> (HT)</td>
</tr>
<tr>
<td><strong>Exit</strong></td>
<td>Nape of the neck</td>
</tr>
<tr>
<td><strong>Converge</strong></td>
<td>BL channel (BL 10)</td>
</tr>
</tbody>
</table>
**Bladder muscular region**

<table>
<thead>
<tr>
<th>Start</th>
<th>Toe (small)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bundle</strong></td>
<td>Big joints (heel, knee, hip)</td>
</tr>
<tr>
<td><strong>Distribute</strong></td>
<td>Back of legs… (along BL channel)</td>
</tr>
<tr>
<td><strong>Unite</strong></td>
<td><strong>Face (ST3 or SI 18)</strong></td>
</tr>
</tbody>
</table>
BL1 Jingming  Bright Eyes

LOCATION
• 0.1 cun medial and superior to the inner canthus of the eye, near the medial border of the orbit.

NEEDLING
• Perpendicular insertion 0.2 to 0.3 cun;
• Without lifting, thrusting or rotating to a depth of 0.5 to 1 cun. Immediately on withdrawal of the needle, press firmly with a cotton wool ball for about a minute to prevent haematoma.

Indications:

1. Local eyes problems:
Deficiency/excess, acute/chronic…

Note: according to several classical and modern texts, this point is contraindicated to moxibustion.

Meeting point of the BL, SI, ST, GB and SJ channels with DU, Yin Motility (Qiao) and Yang Motility (Qiao) vessels
BL2 Zanzhu  Gathered Bamboo

Indications:

1. **Local**: headache, pain along the eyebrow, sinus headache, *eye’s problems* …
2. Acupuncture anesthesia (eye or internal organ surgery)
3. Acute lumbar sprain
4. hiccups

LOCATION
- Superior to the inner canthus, in a depression on the eyebrow, close to its medial end.

NEEDLING
- i. Transverse-oblique insertion inferiorly towards Jingming BL-1 for eye diseases;
- ii. Transverse lateral insertion to join with Yuyao for supraorbital pain;
- iii. Prick to bleed for heat disorders.

Note: according to several classical texts, this point is contraindicated to moxibustion.
BL 3, 4, 5, 6, 7, 8, 9, 10

**LOCATION**
within the anterior hairline or posterior hairline, 1.5 cun to DU channel (except BL3), BL9, BL10 locate 1.3 cun lateral to midline.

<table>
<thead>
<tr>
<th>Distance between points</th>
<th>0.5</th>
<th>1.5</th>
<th>1.5</th>
<th>1.5</th>
<th>4</th>
<th>2.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>BL3</td>
<td>BL4</td>
<td>BL5</td>
<td>BL6</td>
<td>BL7</td>
<td>BL8</td>
<td>BL9</td>
</tr>
<tr>
<td>Distance from hairline</td>
<td>0.5</td>
<td>0.5</td>
<td>1</td>
<td>2.5</td>
<td>4</td>
<td>5.5</td>
</tr>
<tr>
<td>Anterior hairline</td>
<td>Posterior hairline</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Needling</td>
<td>Transverse insertion 0.5 to 1 cun.</td>
<td>0.5 to 0.8 cun.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BL3</td>
<td>BL4</td>
<td>BL5</td>
<td>BL6</td>
<td>BL7</td>
<td>BL8</td>
<td>BL9</td>
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</tr>
</tbody>
</table>

1. Local problems: headache, heaviness of head, dizziness…
2. Eyes diseases
3. Nasal problems

2. Upper jiao problems (HT, LU)
   1. epilepsy
   2. expel internal wind: epilepsy, convulsion

1. Nasal congestion
   2. vertex problems
   3. Facial paralysis
   4. Loss of conscious … (brain)
   5. Phlegm disturb upper body (asthma, goiter…)
   6. Neck pain, leg pain, numbness…

1. Calm shen: depression, mania…
2. Facial paralysis...

1. Stiff neck (local, wind invasion…)
2. Throat problems (anterior-posterior)
3. lower back pain
4. occipital headache
### BL11, 12, 13, 41, 42

<table>
<thead>
<tr>
<th></th>
<th>BL11</th>
<th>BL12</th>
<th>BL13</th>
<th>BL41</th>
<th>BL42</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1.5 cun lateral</td>
<td>3 cun lateral</td>
<td></td>
<td>T1</td>
<td>T2</td>
</tr>
</tbody>
</table>

**NEEDLING**

1.5 cun lateral: Oblique insertion towards the spine, 0.5 to 1 cun.

3 cun lateral: Oblique insertion towards lateral 0.3 to 0.5 cun.

**Caution:** deep perpendicular or needling in a wrong direction carries a substantial risk of causing a pneumothorax.
### BL11 BL12 BL41 BL13 BL42

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>T1</td>
<td>T2</td>
<td>T2</td>
<td>T3</td>
<td>T3</td>
</tr>
<tr>
<td>1. Meeting pt of the BL, SI, SJ and GB and the DU channel</td>
<td>Meeting pt of te BL with DU channel</td>
<td>Meeting pt of BL and SI channel</td>
<td>Back shu pt of LU</td>
<td></td>
</tr>
<tr>
<td>2. Hui-meeting pt of bones</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. pt of sea of blood</td>
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<td></td>
</tr>
</tbody>
</table>

1. **Expel exterior wind:** Exterior syndrome
2. **Respiratory problems**
3. **Local problems:** upper back pain, neck pain…

1. **Hui-meeting point of bone:**
   - various bone diseases and rigidity and pain of the neck, spine and lumbar region. In modern clinical practice it is used when painful obstruction penetrates deeply into the bones and joints causing deformity (known as **bony painful obstruction**). 
   - Calm “shen”: epilepsy, depression…

1. (Feng Men 风门)
   - Wind gate:
     1. **Exterior syndrome**
     2. Skin rashes
   2. Clear heat:
     1. Respiratory (next page)
     2. Skin
     3. Water passage
     4. Nasal
   3. vomit

1. **Back shu-point of LU:**
   1. Respiratory (next page)
     - cold LU, LU atrophy.
   2. Skin
   3. Water passage
   4. Nasal
   2. Clear empty heat (pulmonary TB)
   3. Calm “Shen”: clear Jaki
   4. Special feeling…

1. Emotional problem related to LU
Preventing asthma attacks

Points: BL 13, BL 20, BL 23, BL43, RN 17, ST 36
Methods: needling, scarring moxa, herbal pasting…

Herbal pasting:

| Gan Sui: 10 | Yan hu suo 10 | ground to a powder and mix with ginger juice and paste on the point |
| Xi Xin: 6 | | |
| Bai Jie Zi* (fresh): 10 | -----not dried fried | |

NOTES:
Apply the paste on the patient on the point and cover with a band-aid for 4 hours (applying for just 1.5 hr is o.k. if the patient cannot tolerate the application for longer).
A blister that is filled with fluid will form. Do not break blister!
This treatment is done every year for 3 times. Best time is the hottest summer day like late in July and is done every 10 days X 3.
This treatment is good for: asthma, chronic bronchitis, emphysema if the diagnosis is due to Cold or Damp retention, or Yang Xu.
You can alternate these points with the paste. Done 3 X yr.. Patient keeps the same treatment for 3 years.
Use either the scarring moxa or the herbs, not both.
70% of the patients are reported to having felt better after the treatment.

Gan Sui: 10 Yan hu suo 10
Xi Xin: 6
Bai Jie Zi* (fresh): 10 ——-not dried fried
Clear Jaki:

Psychologically / emotionally calming and releasing

BL 13, 14, 15, 18, 20, 23

Perpendicular insertion in all Yin back shu points. Tap lightly, level with guide tube, let needle fall.

Begin on right for female, left for male. Zigzag sequence.

Redness will appear, leave needles in until redness clears, remove needle in reverse order.
BL14, 15, 43, 44

<table>
<thead>
<tr>
<th></th>
<th>BL14</th>
<th>BL15</th>
<th>BL43</th>
<th>BL44</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5 cun lateral</td>
<td>1.5 cun lateral</td>
<td>3 cun lateral</td>
<td>3 cun lateral</td>
<td>3 cun lateral</td>
</tr>
<tr>
<td>T4</td>
<td>T5</td>
<td>T4</td>
<td>T5</td>
<td></td>
</tr>
</tbody>
</table>

**NEEDLING**

1.5 cun lateral: Oblique insertion towards the spine, 0.5 to 1 cun.

3 cun lateral: Oblique insertion towards lateral 0.3 to 0.5 cun.

**Caution:** deep perpendicular or needling in a wrong direction carries a substantial risk of causing a pneumothorax.
### BL14 (T4) BL43 (T4) BL15 (T5) BL44 (T5)

<table>
<thead>
<tr>
<th>Back Shu Pt of PC</th>
<th>Back Shu Pt of HT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Local Diseases</strong></td>
<td></td>
</tr>
<tr>
<td><strong>2. Pulmonary Diseases</strong></td>
<td></td>
</tr>
<tr>
<td><strong>3. Cardiovascular Diseases</strong></td>
<td></td>
</tr>
<tr>
<td><strong>4. Mental Disorders</strong></td>
<td></td>
</tr>
</tbody>
</table>

#### 1. **Back-Shu of PC**
- 1) HT Organ problems, chest pain, palpitation...
- 2) “Shen”

#### Gao Huang Shu = Vital Region Shu
1. **Tonifying Every Kind of Xu (Qi, Blood, Yin, Yang Deficiency)**
2. **Chronic Asthma & Tonifying the Immune System**
3. **Preventing Asthma Attacks**
4. **Resolves Phlegm**

#### 1. **Back-Shu of HT**
1) HT problems: chest tightness, pain, palpitation...
2) “Shen”

#### 1. “Shen” Disorder: Shen Tang = “Hall of the Spirit”
- 2. Night Sweating, Spontaneous Sweating
- 3. Emission...
BL16, 17, 45, 46

1.5 cun lateral: Oblique insertion towards the spine, 0.5 to 1 cun.
3 cun lateral: Oblique insertion towards lateral 0.3 to 0.5 cun.

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<table>
<thead>
<tr>
<th>BL16 (T6)</th>
<th>BL45 (T6)</th>
<th>BL17 (T7)</th>
<th>BL46 (T7)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Hui-meeting pt of blood</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Back-shu point of diaphragm</td>
<td></td>
</tr>
</tbody>
</table>

1. digestive problems: pain, gas, bloating, hiccups, nausea, vomiting
2. local problems:

1. cardiac problems
2. **Du-Shu:** relieve exterior: chills and fever

1. respiratory problems:
2. Du-Shu:
   1) clear heat: malaria, fever
   2) eye: blurred vision, eye pain
   3) nose: bleeding

1. **back shu of diaphragm:**
   Hiccups, nausea, poor appetite, stomachache, abdominal masses
2. **hui-meeting point of blood:**
   most important acupuncture point for the treatment of any disorder arising from **blood heat, blood stasis or blood deficiency.**
   (anemia, diabetes, hypertension)
3. respiratory problems
4. **four-flower points:**
   **BL 17, BL 19**
   **taxation consumption disorder:** night sweating, tidal fever…

**Six-flower points (Japanese):**
BL 17, 18, 20 (right-female, left-male. Zigzag sequence)
Traditionally use moxa
5. epilepsy

1. Ge-guan = (Diaphragm Gate):
   Hiccups, nausea, poor appetite, stomachache, abdominal masses
BL18, 19, 47, 48

**NEEDLING**

1.5 cun lateral: Oblique insertion towards the spine, 0.5 to 1 cun.

3 cun lateral: Oblique insertion towards lateral 0.3 to 0.5 cun.

Caution: deep perpendicular or needling in a wrong direction carries a substantial risk of causing a pneumothorax.
<table>
<thead>
<tr>
<th>BL18 (T 9)</th>
<th>BL47 (T 9)</th>
<th>BL19 (T 10)</th>
<th>BL48 (T 10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back-shu pt of LIV</td>
<td></td>
<td>Back-shu pt of GB</td>
<td></td>
</tr>
<tr>
<td>1. soothe LV, benefit GB: jaundice, hypochondriac pain, bitter taste, nausea… (cholecystitis, gall stone, hepatitis…)</td>
<td>2. local problems:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Any problems relate to LV:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>LIV organ or channel</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1. <strong>eyes</strong>: deficiency, excess</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. <strong>tendons</strong>:</td>
<td></td>
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<tr>
<td></td>
<td>3. <strong>blood</strong> related problems: bleeding, menstrual problems, blood deficiency…</td>
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<tr>
<td></td>
<td>4. <strong>emotions</strong>: depression, mania, epilepsy, emotional imbalance</td>
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<td></td>
<td>5. <strong>LV Qi stagnation</strong> (also for overacting on SP)</td>
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<td></td>
<td>6. <strong>LV Yang raising</strong></td>
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<tr>
<td></td>
<td>7. hernia, lower abdominal problems, breast pain, breast nodules…</td>
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</tr>
<tr>
<td></td>
<td>1. LV→SP</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. eyes:</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>3. Hun men = Gate of the Ethereal Soul</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1. <strong>four-flower points</strong>:</td>
<td></td>
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<tr>
<td></td>
<td><strong>BL 17, BL 19</strong></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Empty heat: night sweating, tidal fever…</td>
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<tr>
<td></td>
<td><strong>BL19: deficiency taxation</strong></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>2. “<strong>shen</strong>”:</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td><strong>Hard to make decision, timidity</strong>…</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>3. <strong>Back-shu pint of GB</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1. digestive problems: abdominal pain, gas, bloating, diarrhea…</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. “<strong>Shen</strong>”:</td>
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</tbody>
</table>
### BL20, 21, 22, 49, 50, 51

<table>
<thead>
<tr>
<th></th>
<th>BL20</th>
<th>BL21</th>
<th>BL22</th>
<th>BL49</th>
<th>BL50</th>
<th>BL51</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1.5 cun lateral</td>
<td>3 cun lateral</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T11</td>
<td>T12</td>
<td>L1</td>
<td>T11</td>
<td>T12</td>
<td>L1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Oblique insertion towards the spine, <strong>0.5 to 1 cun.</strong></td>
<td>Oblique or perpendicular-oblique insertion towards the spine, <strong>1 to 1.5 cun.</strong></td>
<td>Oblique insertion towards lateral <strong>0.3 to 0.5 cun.</strong></td>
<td>Oblique insertion <strong>0.5 to 1 cun.</strong> (KL lies 1 cun from skin)</td>
<td><strong>Caution:</strong> deep perpendicular or deep oblique needling in a medial direction carries a substantial risk of causing a <strong>pneumothorax.</strong></td>
<td><strong>Caution:</strong> deep needling carries a risk of injuring the <strong>kidney.</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Caution:</strong> deep perpendicular or deep oblique needling in a medial direction carries a substantial risk of causing a <strong>pneumothorax.</strong></td>
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</tr>
</tbody>
</table>

**Caution:** deep needling carries a risk of injuring the **kidney.**
1. digestive problems:
2. transform dampness: edema, retention of urine…
3. move local qi and blood:

<table>
<thead>
<tr>
<th>Any problems related to SP:</th>
<th>1. jaundice</th>
<th>1. back-shu point of SJ: promote urination (KI stone…)</th>
<th>1. breast problems</th>
<th>2. abdominal masses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back-shu point of SP</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. digestive problems:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. transform dampness:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>leucorrhea, jaundice…</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>3. chronic muscular problems:</td>
<td>2. Yi She = Abode of Thought</td>
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<td></td>
</tr>
<tr>
<td>4. Qi or/and blood deficiency</td>
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<tr>
<td>(anemia, diabetes, high cholesterol…)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Back-shu of SJ: promote urination (KI stone…)</th>
<th>1. breast problems</th>
<th>2. abdominal masses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Back-shu of SJ: promote urination (KI stone…)</td>
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<td></td>
</tr>
</tbody>
</table>
BL 23, 52

<table>
<thead>
<tr>
<th>BL23</th>
<th>BL52</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5 cun lateral</td>
<td>3 cun lateral</td>
</tr>
<tr>
<td>L2</td>
<td>L2</td>
</tr>
<tr>
<td>Oblique or perpendicular-oblique insertion towards the spine, <strong>1 to 1.5 cun.</strong></td>
<td>Oblique insertion <strong>0.5 to 1 cun.</strong></td>
</tr>
<tr>
<td>Caution: deep perpendicular needling carries a risk of injuring the <strong>kidney.</strong></td>
<td>Caution: deep perpendicular needling carries a risk of injuring the <strong>kidney.</strong></td>
</tr>
</tbody>
</table>
### BL23

Back-shu pt of KI

<table>
<thead>
<tr>
<th>1. <strong>tonify KI:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1) reproductive system problems (menstrual problems, peri-menopausal symptoms, fertility problems...)</td>
</tr>
<tr>
<td>2) urinary problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2. local:</th>
</tr>
</thead>
</table>

### BL52

Any kind of KI deficiency:

1. respiratory
2. ear
3. joint, bone, spinal
4. urinary and B.M. problems
5. hair

Kidney deficiency deafness, the five taxations and the seven injuries, taxation of the five zang, chronic cold of the water (Kidney) zang...

1. Zhi shi = Residence of the Will:
<table>
<thead>
<tr>
<th>BL24</th>
<th>BL25</th>
<th>BL26</th>
<th>BL27</th>
<th>BL28</th>
<th>BL29</th>
<th>BL53</th>
<th>BL30</th>
<th>BL54</th>
</tr>
</thead>
<tbody>
<tr>
<td>L3</td>
<td>L4</td>
<td>L5</td>
<td>S1</td>
<td>S2</td>
<td>S3</td>
<td>S2 (3cun)</td>
<td>S4</td>
<td>S4 (3CUN)</td>
</tr>
<tr>
<td>Perpendicular insertion 1 to 1.5 cun.</td>
<td>Perpendicular insertion 0.5 to 1 cun.</td>
<td>Perpendicular insertion 1 to 1.5 cun.</td>
<td>Perpendicular insertion 0.5 to 1 cun.</td>
<td>Perpendicular insertion 1.5 to 2.5 cun;</td>
<td>Perpendicular insertion 1.5 to 2.5 cun;</td>
<td>Perpendicular insertion 0.5 to 1 cun.</td>
<td>Perpendicular insertion 0.5 to 1 cun.</td>
<td>Perpendicular insertion 1.5 to 2.5 cun;</td>
</tr>
</tbody>
</table>
1. **local problems:**

1) reproductive problems
2) urinary problems
3) problems relates to bowel movement (diarrhea, constipation, hemorrhoids…)
4) lower back pain, sacral pain…

<table>
<thead>
<tr>
<th>BL24</th>
<th>BL25</th>
<th>BL26</th>
<th>BL27</th>
<th>BL28</th>
<th>BL29</th>
<th>BL53</th>
<th>BL30</th>
<th>BL54</th>
</tr>
</thead>
<tbody>
<tr>
<td>L3</td>
<td>L4</td>
<td>L5</td>
<td>S1</td>
<td>S2</td>
<td>S3</td>
<td>S2</td>
<td>S4</td>
<td>S4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(3cun)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Back-shu of LI**: Digestive problems
- **Back-shu of SI**: 1) hernia, 2) reproductive problems
- **Back-shu of BL**: 1) urinary problems, 2) reproductive problems
<table>
<thead>
<tr>
<th>BL31</th>
<th>BL32</th>
<th>BL33</th>
<th>BL34</th>
<th>BL35</th>
</tr>
</thead>
<tbody>
<tr>
<td>S1 – 1 cun</td>
<td>S2 – 0.8 cun</td>
<td>S3 – 0.8 cun</td>
<td>S4 – 0.6 cun</td>
<td>0.5 cun lateral to the Governing vessel, level with the tip of the coccyx.</td>
</tr>
</tbody>
</table>

Perpendicular insertion 0.5 to 1 cun, or 1.5 to 2 cun through the foramen.

Perpendicular insertion 1 to 1.5 cun.
<table>
<thead>
<tr>
<th>BL31</th>
<th>BL32</th>
<th>BL33</th>
<th>BL34</th>
<th>BL35</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Meeting pt of BL and GB</td>
</tr>
</tbody>
</table>

1. **local problems:**
   1) reproductive problems
   2) urinary problems
   3) problems relates to bowel movement (diarrhea, constipation, hemorrhoids…)
   4) lower back pain, sacral pain…

**Ba liao = eight liao**
<table>
<thead>
<tr>
<th></th>
<th>BL36</th>
<th>BL37</th>
<th>BL38</th>
<th>BL39</th>
<th>BL40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>in the centre of the transverse gluteal crease in a depression between the hamstring muscles in the depression between BL36 and BL40.</td>
<td>6 cun distal to BL36, and 8 cun proximal to BL40.</td>
<td>1 cun superior to BL39, on the medial side of the tendon of biceps femoris.</td>
<td>on the popliteal crease and towards its lateral end, in the depression medial to the tendon of biceps femoris.</td>
<td>midway between the tendons of biceps femoris and semitendinosus.</td>
</tr>
<tr>
<td>Technique</td>
<td>Perpendicular insertion 1 to 2 cun.</td>
<td>Perpendicular insertion 1 to 1.5 cun.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BL 36</td>
<td>BL 37</td>
<td>BL 38</td>
<td>BL39</td>
<td>BL40</td>
<td></td>
</tr>
<tr>
<td>-------</td>
<td>-------</td>
<td>-------</td>
<td>------</td>
<td>------</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lower He-sea pt of SJ</td>
<td>1. He-sea point of BL</td>
<td>2. Gao Wu command point</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. local problems: leg pain (sciatica...)  
2. urinary problems  
3. bowel movement problems:

| 1. hemorrhoids | 1. **lower He-sea point of SJ**: water metabolism: retention of urine, fullness in the lower abdominal area, enuresis | 1. **best distal point for back pain, lower back pain**: (Gao Wu command pt for disorders of the lumbar region and back)  
2. **clear heat**:  
1) fever, malaria, heat stroke…  
2) **skin problems: blood heat**: (see below)...  
3) mastitis  
3. **lower He-sea point of BL**: urinary problems  
1). Counterflow qi and diarrhea, disease of the ST disorders resulting from irregular eating and drinking: sudden turmoil disorder with abdominal pain, vomiting and diarrhea and dysenteric disorder (heat stroke).  
2). **Diseases of the skin**: clove sores, erysipelas (cinnabar toxin), eczema, urticaria.  
4. open orifice: (treat and prevent) heat stroke, sun stroke, epilepsy attack... |
<table>
<thead>
<tr>
<th>Point</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>BL55</td>
<td>2 cun inferior to BL40</td>
</tr>
<tr>
<td>BL56</td>
<td>5 cun below BL40, midway between BL55 and BL57</td>
</tr>
<tr>
<td>BL57</td>
<td>7 cun directly superior to BL60, lateral to and approximately 1 cun inferior to BL57</td>
</tr>
<tr>
<td>BL58</td>
<td>3 cun directly superior to BL60</td>
</tr>
<tr>
<td>BL59</td>
<td>Between the prominence of the lateral malleolus and the Achilles tendon</td>
</tr>
<tr>
<td>BL60</td>
<td>Perpendicular insertion 1 to 1.5 cun.</td>
</tr>
<tr>
<td></td>
<td>Perpendicular insertion 0.5 to 1 cun.</td>
</tr>
</tbody>
</table>
1. **Local problems**: lower back pain, leg pain, movement limited…

<table>
<thead>
<tr>
<th>BL55</th>
<th>BL56</th>
<th>BL57</th>
<th>BL58</th>
<th>BL59</th>
<th>BL60</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Luo-</td>
<td>Xi-</td>
<td>Jing-</td>
<td>(fire) pt of BL</td>
</tr>
<tr>
<td></td>
<td></td>
<td>con-</td>
<td>cleft pt of Yang motility</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>cting</td>
<td>(Qiao)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>pt of BL</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Reproductive problems: leukorrhea, flooding and leaking, hernia...

1. Bowel movement problems: **hemorrhoids**
   2. nasal bleeding
   3. hernia
   4. infantile convulsion

1. Bowel movement problems: diarrhea, constipation, hemorrhoids...

1. Headache, heaviness of head…

2. Clear heat: Tai Yang syndrome (exterior wind cold), malaria...

3. **Xi-cleft point of Yang Qiao channel**:
   1) sleeping problems
   2) movement on lower extremities

1. **Jing-river point of BL**: Tai Yang syndrome
   A. Cough and dyspnea, chills and fever: dyspnea, cough, malaria with copious sweating.
   B. Diseases of the sinews and bones: **stiff neck**, headache, contraction of the shoulder and back, lumbar pain, sacral pain, pain of the coccyx, heel pain, ankle pain, lockjaw.

2. Induce labor:

3. Infantile convulsion…
BL 58

Luo-connecting pt of BL

1. hemorrhoids
2. Luo-connecting point:

1) Treating disorders of their interiorly-exteriorly related channel or zangfu
   A. KI deficiency and cold in the lower part of the body
      a. coldness and weakness of the legs, lumbar pain
      b. urinary problems, turn fetus into the correct position

   B. uprising of yang along the BL channel to the head (headache, dizziness, blurred vision, heat etc.).

2) collateral problems:
   Excess: Rhinitis with obstruction, running nose and pain of the head and back
   Deficiency: Rhinitis with running nose and nosebleed

Yuan-source and Luo-connecting combination:
KI 3 and BL 58: KI 3 is the main point on the Kidney channel to benefit Kidney yin below, whilst BL 58 (Soaring Upwards) lowers excessive yang, which, not rooted and secured by deficient yin, rushes upwards to the head.
<table>
<thead>
<tr>
<th>BL61</th>
<th>BL62</th>
<th>BL63</th>
<th>BL64</th>
<th>BL65</th>
<th>BL66</th>
<th>BL67</th>
</tr>
</thead>
<tbody>
<tr>
<td>directly below BL60, on the junction of red skin and white skin</td>
<td>In the depression directly below the lateral malleolus</td>
<td>directly below the anterior border of the cuboid bone</td>
<td>directly below the anterior border of the external malleolus, on the lower border of the cuboid bone</td>
<td>below the tuberosity of the fifth metatarsal bone, at the junction of the red skin and white skin</td>
<td>Posterior to the head of the fifth metatarsal bone, at the junction of the red and white skin</td>
<td>anterior to the fifth metatarso-phalangeal joint, at the junction of the red and white skin</td>
</tr>
<tr>
<td>Transverse insertion 0.3 to 0.5 cun.</td>
<td>Perpendicular insertion 0.3 to 0.5 cun.</td>
<td>Perpendicular-oblique insertion towards the sole 0.2 to 0.3 cun.</td>
<td>Puncture 0.1 to 0.2 cun, or prick to bleed.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

![Acupuncture Points Diagram](image)
<table>
<thead>
<tr>
<th>BL61</th>
<th>BL62</th>
<th>BL63</th>
<th>BL64</th>
<th>BL65</th>
<th>BL66</th>
<th>BL67</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meeting pt of BL and Yang motility (Qiao)</td>
<td>1. xi-cleft pt of BL</td>
<td>Yuan-source pt of BL</td>
<td>Shu-stream (wood) pt of BL</td>
<td>Ying-spring (water) pt of BL</td>
<td>Jing-well (metal) pt of BL</td>
<td></td>
</tr>
<tr>
<td>2. meeting pt of BL with Yang linking (wei)</td>
<td>2. meeting pt of BL with Yang linking (wei)</td>
<td>1. xi-cleft pt of BL</td>
<td>1. xi-cleft pt of BL</td>
<td>1. xi-cleft pt of BL</td>
<td>1. xi-cleft pt of BL</td>
<td></td>
</tr>
</tbody>
</table>

1. Problems along BL channel: headache, stiff neck, lower back pain, leg pain...

1. nasal bleeding

1. **xi-cleft point of BL**: sudden onset of "shan" disorder, sudden turmoil disorder (acute vomiting and diarrhea) with cramps, epilepsy and intense pain due to painful obstruction

1. **yuan-source point of BL**

1. **shu-stream point of BL**: Diseases manifesting intermittently: malaria, diarrhea, hemorrhoids

1. **ying-spring point**

(No special discussions)

1. **regulate KI Qi**: retention of urine, prolong delivery, emission, low sex drive...

**Turn fetus into the correct position**: 29-38 weeks, 90.3%

2. **Jing-well point**

1. treat the uppermost reaches of the channels: vertex headache, occipital headache, nasal congestion, nosebleed, eye pain, pain of the inner canthus, deafness and tinnitus.

2. treat fullness below the Heart: pain of the lateral costal region and chest and agitation of the Heart.
BL62

1. Confluent pt of Yang motility (qiao)
2. sun si-miao ghost pt

1. **opens to Yang Qiao:**
   A. The Yang Motility vessel traverses the lateral side of the body and head, connects with the Gall Bladder channel at GB20 and **enters the brain at DU 16.**
   (lateral side of the body, and head) attack of **exterior wind** with stiff neck and headache,
   (enters the brain) **interior wind** which rushes upwards to the head and brain giving rise to such symptoms as lockjaw, upward staring eyes, deviation of the mouth and eyes, wind stroke, hemiplegia and **epilepsy**
   (day-time epilepsy)
   B. (inner canthus) The Yang Motility vessel ascends to the inner canthus, and like the Yin Motility vessel is indicated for **insomnia** (excessive opening of the eyes).
   C. pain in the back and lumbar region,
   D. **eversion** of the foot
   E. **spasm of the lower limbs.**

2. Ghost point: epilepsy (day-time), palpitations, insomnia and mania-depression.

According to the Ode of the Obstructed River
BL 62 to expel cold and heat and to treat one-sided and generalized head-wind and fright.