

Summary of Chapter 60 of the Sù Wèn

Gǔ Kōng Lùn – On the Cavity of the Bone

Paragraph 1, 2, 3

Huáng Dì: "I have heard that Wind (Fēng) is the root of all illness. When using acupuncture to treat this, what kind of methods can one employ?"

IF	and patient has	THEN
Fēng attacks	chills, sweating, headaches, heaviness, and aversion to wind	Harmonize Yīn and Yáng, prick Fengfu DU-16. Sedate if pathogen = excess nature. Tonify if anti-pathogenic qi is weak.
A greater Fēng evil is contracted (more severe exposure to wind)	severe neck pain and stiffness.	Prick Fengfu DU-16 again.
Exposed to 'big wind'	sweating	Prick Yixi BL-45. Point is painful when pressed.
Extremely averse to winds or drafts	-	Prick Zanzhu BL-2.
Severe neck pain	-	Moxa area Jianjing G-21.
Pain is like that of a fracture*	-	Moxa Jizhong DU-6 **

Note:

* Wu [2] writes: "when the arm is painful like being broken". The translation of Maoshing Ni [4] is used here.

** Ask the patient to bend the elbow while allowing the arm to hang down on the side. The point is on the spine at the level of the tip of the elbow joint.

Paragraph 4, 5, 6

IF	THEN
Pain that begins at the end of the ribs and travels to the lower abdomen causing distention	Prick Yixi BL-45
Low back pain with inability to rotate, severe muscle spasms, and pain that radiates to the scrotum	Prick four liao points in the sacral foramen (BL-31, 32, 33, 34)
Scrofula, including chills and fever	Needle Yangguan GB-33

Paragraph 7, 8

IF	THEN
Rèn Mài is disordered	In men: seven different types of hernia may develop. In women: leucorrhea and tumors.
Pathological change in Chōng Mài	Qì will rebel upwards, causing acute abdominal pain and contracture.
Dū Mài is disordered	Spine can become very stiff.
Disorders of Dū Mài, Qì may rush upward from the low abdomen into the heart or stomach	Pain or subsequent obstruction of urine and bowels. Called chong san – hatial hernia. In women it causes: infertility, difficulty urinating, hemorrhoids, or bed wetting.

In general needle points on the Dū Mài.

When disease is light, treat the points in the spine or in the transverse by pricking. Maoshing Ni [4] writes: "In mild cases, acupuncture the Qugu REN-2 point."

In severe cases, acupuncture Yinjiao REN-7.

Paragraph 9, 10

IF	THEN needle
Rebellious Qì with rapid, hoarse breathing	Tiantu REN-22. *
Rebellious Qì emerges at the throat	Daying ST-5.
Knees can extent but not flex properly	Biguan ST-31.
Knee pain sitting down	Huantiao GB-30.
Feels heat in the knee joint while standing	Yangguan GB-33.
Knee pain radiating to big toe	Weizhong BL-40.
Patient is sitting and knee feels as if something is inside	Joint itself.
Knee pain and cannot be extended	Shū points at the back.
Severe pain as if tibia is broken	Xianggu ST-43.
Knee is painful as if its sections are broken	Xing points of Tàiyáng and Shǎoyīn meridians.
Knee is sore and weak and cannot stand for long	Guanming GB-37.

Note:

* Wu [2] also mentions in his English translation Lianquan REN-23. However the Chinese text does not write this.

Paragraph 11

The bone structure of the knee area is explained.

Paragraph 12

There are 57 Shū points to treat the water-syndrome.

There are 5 rows above the sacral bone with 5 points each:

middle row (Dū Mài): Jizhong DU-6, Xuanshū DU-5, Mingmen DU-4, Yaoshū DU-2, Changqiang DU-1.

To sides next to that (zú tàiyáng jīng): Dachangshū BL-25, Xiaochangshū BL-27, Pangguangshū BL-28, Zhonglushū BL-29, Baihuanshū BL-30.

Further to the outside (zú tàiyáng jīng): Wèishū BL-21, Huangmen BL-51, Zhishi BL-52, Baohuang BL-53, Zhibian BL-54.

Above the Futu ST-32 point beside the Rèn Mài there are two rows, on each row are 5 points: Zhongzhu KID-15, Siman KID-14, Qixue KID-13, Dahe KID-12, Henggu KID-11.

On the zú Yángmíng jīng: Wailing ST-26, Daju ST-27, Shuidao ST-28, Guilai ST-29, Qichong ST-30.

Above the inner ankle there are 6 points: Taichong LIV-13, Zhaohai KID-6, Fuliu KID-7, Jiaoxin KID-8, Zhubin KID-9 and Yingu KID-10.

There are many indentations or foramen in the various bones of the body that contain acupoints.

Cavity	Location	Point
Cavity of marrow	Under the sharp bone of the skull, five fen behind the brain	Fengfu DU-16
-	Cave-in of the lower gum	Chengjiang REN-24
Cavity of Yinmen point	Middle behind the neck under the Fugu point	Yamen DU-15
-	Above the Fengfu point in the upper cavity of the spine	Naohu DU-17
-	Below the spine in the lower cavity of the sacral bone	Changqiang DU-1
-	Besides the nose of the face	Chengqi ST-1, Juliao ST-3, Quanliao SI-18, Jingming BL-1, Sizhukong SJ-23, Tongziliao GB-1, Tinghui GB-2, Yingxiang LI-20.
-	Below the mouth	Daying ST-5
-	Four inches above the wrist between the two bones	Sanyangluo SJ-8
Cavity on the thigh	Outer flank of the thigh, four inches above the knee	Futu ST-32

Cavity of tibia and fibula	On the upper terminal of the fibula	Dubi ST-35
Cavity of the sacral bone	Four inches behind the femur	Eight liao points

Each piece of bone which is round and has marrow in it, and each bone with marrow has a pathway for the marrow which is the cavity of marrow.

But the bone in flat shape whose striae is irrigated by blood instead of marrow, it has no cavity for the marrow.

Paragraph 13

When treating cold and fever (Chinese text: hán rè, which means cold heat), moxa Dazhui DU-14 first. Number of moxa cones depends on the age of the patient.

Then, apply moxibustion to the points in the sacral bone. Number of moxa cones depends on the age of the patient.

Observe the back for indentations and moxa those.

Further one can moxa: Jianyu LI-15, Jingmen GB-25, Yangfu GB-38, Xiashi GB-43, Chengjin BL-56, Kunlun BL-60.

The tender spots above the clavicle can also be treated this way.

One can moxa: Guanyuan REN-4, Zusanli ST-36, Chongyang ST-42, and Baihui DU-20.

When chills and fever are caused by food poisoning or stomach flu that do not respond to moxa treatment, the illness is due to an excess of Rè-heat pathogen. Acupuncture the Shū-stream points on the overheated meridian at frequent intervals, and medicine should be taken.

Note:

Maoshing Ni [4], writes Zhusanli for ST-36, and Baihai for DU-20. I could not find any reference that confirmed this, so we can assume that it is wrong.

Bibliography

[1] Wiseman, N. and Feng, Ye, *A practical dictionary of Chinese Medicine*, paradigm publications, 1998.

[2] Nelson, Liansheng Wu and Andrew, Qi Wu, *Yellow Emperor's Canon Internal Medicine*, China Science & Technology Press, 1999.

[3] Unschuld, P., *Huang Di Nei Jing, nature, knowledge, imagery in an ancient Chinese medical text*, University of California Press, 2003.

[4] Maoshing Ni, *The Yellow Emperor's Classic of Medicine*, Shambala, 1995.