

# The Great Compendium of Acupuncture and Moxibustion

針灸大成

Zhēn Jiǔ Dà Chéng

Volume IX

Lorraine Wilcox

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治症總要 [楊氏]

Collected Summary for Treating Conditions (Master Yáng)<sup>1</sup>

一論中風，但未中風時，一兩月前，或三四箇月前，不時足脛上發痠重麻，良久方解，此將中風之候也。便宜急灸三里、絕骨四處，各三壯。後用生蔥、薄荷、桃柳葉，四味煎湯淋洗，灸令祛逐風氣自瘡口出。

First let's discuss wind stroke, but the time one or two months before a wind stroke, perhaps three or five months before, not at any particular time. Aching, heaviness, tingling or numbness will develop on the feet and lower legs. It will last for a good long while and then resolve on its own. This is an indication of impending wind stroke. In that case, it is appropriate to quickly apply three cones of moxibustion to each of these four sites: Sān Lǐ 三里 (ST 36) and Jué Gǔ 絕骨 (GB 39). Afterwards, decoct these four medicinals: fresh scallions, peppermint, peach leaves, and willow leaves. Dribble the decoction on and wash [the moxa sores]. Moxibustion drives out the wind qì from the opening of the moxa sores.”<sup>2</sup>

如春交夏時，夏交秋時，俱宜灸，常令二足有灸瘡為妙。

At the time when spring meets summer or summer meets autumn,<sup>3</sup> it is completely appropriate to apply moxibustion. It is wonderful to constantly make moxa sores on both legs.

1. Even though the heading says this text was written by Yáng Jizhōu, it was mostly copied from a Yuán dynasty text called *Zhēn Fāng Jí* 《針方集》 (Acupuncture Formula Collection). The word *zhèng* 症 in the title can mean a pattern, a disease, a sign, or a symptom. Wiseman glosses it as pathocondition. Depending on the context, I may translate *zhèng* 症 using these various terms below.

2. This is based on a passage in the Táng dynasty treatise called the *Huáng Dì Míng Táng Jiǔ Jīng* 《黃帝明堂灸經》 (Yellow Emperor's Moxibustion Classic of the Bright Hall). The name of its author is lost.

3. In the Chinese calendar, summer begins around May 5th and autumn begins around August 8th.

第五十七、腰腳疼痛：委中、人中。

57. Low back and leg pain: Wěi Zhōng 委中 (UB 40), Rén Zhōng 人中 (Du 26).

第五十八、腎虛腰痛：腎俞、委中、太谿、白環俞。

58. Kidney vacuity low back pain: Shèn Shū 腎俞 (UB 23), Wěi Zhōng 委中 (UB 40), Tài Xī 太谿 (KI 3), Bái Huán Shū 白環俞 (UB 30).

第五十九、腰脊強痛：人中、委中。

59. Stiffness and pain of the back: Rén Zhōng 人中 (Du 26), Wěi Zhōng 委中 (UB 40).

第六十、挫閃腰脅痛：尺澤、委中、人中。

60. Low back and rib-side pain due to contusion or wrenching: Chǐ Zé 尺澤 (LU 5), Wěi Zhōng 委中 (UB 40), Rén Zhōng 人中 (Du 26).

問曰：此症從何而得？

**Question:** How is this condition acquired?

答曰：皆因房事過多，勞損腎經，精血枯竭，腎虛腰痛，負重遠行，血氣錯亂，冒熱血不歸元，則腰痛。或因他事所關，氣攻兩脅疼痛，故有此症。復刺後穴：崑崙、束骨、支溝、陽陵泉。

**Answer:** All this is caused by excessive bedroom activities with taxation detriment of the kidney channel. Essence withers and blood becomes exhausted. This is kidney vacuity low back pain. Blood and qì become disordered from carrying heavy things and walking far. Reckless hot blood does not return to its origin, so there is low back pain. Sometimes caused by other related activities, qì attacks the two rib-sides causing pain. That is why there is this condition. Also prick the following points: Kūn



Points

Alternate point names are in ( )'s

Tiān Fù 天府 LU 3	24	Jù Liáo 巨髎 ST 3	182
Chǐ Zé 尺澤 LU 5	37, 38, 47	Dì Cāng 地倉 ST 4	17, 31, 32
Liè Quē 列缺 LU 7	32, 33, 36, 75, 169	Jiǎ Chē 頰車 ST 6	16, 17, 31 - 34, 77, 107
Jīng Qú 經渠 LU 8	37	Rén Yíng 人迎 ST 9	184
Tài Yuān 太淵 LU 9	28, 33, 81,	Quē Pén 缺盆 ST 12	58, 144
Yú Jì 魚際 LU 10	81, 113	Rǔ Gēn 乳根 ST 18	56, 58, 113
Shào Shāng 少商 LU 11	33, 39, 64, 71, 73, 93, 107, 108	Guān Mén 關門 ST 22	61
Èr Jiān 二間 LI 2	25, 27, 34, 82	Tiān Shū 天樞 ST 25	41, 51, 52, 74
Sān Jiān 三間 LI 3	34, 82	Shuǐ Dào 水道 ST 28	61
Hé Gǔ 合谷 LI 4	14 - 19, 21 - 27, 29 - 38, 48, 49, 52, 63, 64, 66, 68 - 71, 76 - 78, 93, 173, 182	Guī Lái 歸來 ST 29	61, 62
Yáng Xī 陽谿 LI 5	18	Qì Jiē 氣街 ST 30 (Qì Chōng 氣衝)	(79, 94), 144
Piān Lì 偏歷 LI 6	33	Sān Lǐ 三里 ST 36	13, 14, 17, 18, 20 - 22, 24, 25, 32, 34 - 36, 40, 41, 44 - 46, 48 - 50, 52, 54 - 59, 66, 68, 69, 71 - 73, 75, 76, 78, 79, 81, 82, 85, 86, 133, 149, 153, 180, 182
Xià Lián 下廉 LI 8	36	Shàng Jù Xū 上 巨虛 ST 37	17
Shàng Lián 上廉 LI 9	17, 37, 79	Fēng Lóng 豐隆 ST 40	20, 43, 93
Shǒu Sān Lǐ 手 三里 LI 10	14, 17, 18, 20 - 22, 24, 25, 32, 34 - 37, 39	Jiě Xī 解谿 ST 41	20, 46
Qū Chí 曲池 LI 11	15, 17, 18, 36 - 38, 48, 49, 53, 64 - 66, 68 - 71, 77, 78, 106, 107, 149, 150, 165	Chōng Yáng 衝陽 ST 42	99, 144
Jiān Yú 肩髃 LI 15	14, 17, 36, 39, 78, 114, 143, 165, 172	Xiàn Gǔ 陷谷 ST 43	82, 113
Hé Liáo 禾髎 LI 19	28, 30	Nèi Tíng 內庭 ST 44	15, 41, 45, 48 - 50, 52, 69, 70, 82, 111
Yíng Xiāng 迎香 LI 20	28 - 30	Yīn Bái 隱白 SP 1	52, 107, 109
Sì Bái 四白 ST 2	22, 25, 26		