ST-40 Fenglong
Bountiful Bulge

Origin of name  ST-40 Fenglong (Bountiful Bulge) derives its name from its location at the full and round bulge of the muscles on the lower leg.

Location  8 cun superior to the lateral malleolus, two fingerbreadths (of the middle finger) lateral to the anterior crest of the tibia and 1 cun lateral to ST-38 Tiaokou (which is located between the tibia and the fibula).

Needling direction and depth  Perpendicular or slightly oblique insertion to a depth of 1.0-1.5 cun.

Point classification  ST-40 Fenglong is the *luo*-network point of the Stomach channel.

Other features  ST-40 Fenglong has the actions of dispelling Phlegm, harmonizing the Stomach and bearing counterflow Qi downward, as well as fortifying the Spleen and boosting the Stomach. An important point for all diseases involving Phlegm, ST-40 Fenglong treats disorders of the Stomach, disease patterns caused by Phlegm-turbidity pouring into the Heart, Lungs, Stomach, Intestines, flesh, and joints, and pathological changes manifesting along the pathways of the Stomach primary channel and network vessel.

Since Phlegm can result in coughing, wheezing and dyspnea, the action of dispelling Phlegm usually stops coughing and calms dyspnea; this point therefore has these actions. It can also be selected to treat disorders of the Spirit and Mind (mental disorders and disorders of consciousness) due to Phlegm confounding the orifices of the Heart. By dispelling Phlegm, it opens the orifices and arouses the Mind.

Pathogenic Phlegm usually manifests in Excess patterns, with the result that needling of this point is mainly practiced with application of the reducing method.

Range of applications
Phlegm disorders
Phlegm is the pathological product of obstruction of the Fluid metabolism as well as being an etiological factor. Phlegm is generated when the functions of the Lungs, Spleen and Kidneys are impaired, with dysfunction of the Spleen being most important, thus giving rise to the sayings that “the Spleen is the source of the generation of Phlegm” and “Phlegm will not be generated unless Dampness lingers in the Spleen.”

Applying the reducing method at ST-40 Fenglong to dispel Phlegm can be used in various combinations to treat Phlegm patterns such as:

- devitalization of Spleen Yang impairing the transformation and transportation functions and resulting in Dampness accumulating to form Phlegm
- long-term predilection for alcohol, meat, or fatty and sweet foods that produce Dampness, resulting in accumulated Dampness not being transformed and eventually forming Retained Fluids (*yin*) and Phlegm
- insufficiency of Kidney Yang resulting in non-transformation of Water Qi, which accumulates and floods upward, evolving to form Phlegm
- Yin Deficiency generating Heat or Liver Depression transforming into Fire, resulting in Fire and Heat flaming upward to scorch Body Fluids and form Phlegm
- Wind-Cold invading the Lungs to obstruct the functional activities of Qi and subsequently being retained to accumulate and transform into Heat or Dryness, resulting in scorching of Lung Fluids and the formation of Phlegm.
**Disorders of the Stomach and Spleen**

The Stomach is the Fu organ related to the Spleen and the Spleen and Stomach stand in exterior-interior relationship. The network vessels of the Stomach channel also link the Spleen and Stomach primary channels. Therefore, the *luo*-network point of the Stomach channel, ST-40 Fenglong, is commonly used to treat Stomach disorders as well as disease patterns mutually involving the Stomach, Spleen and Intestines.

**Disorders of the Stomach network vessel**

*Zhu Danxi’s Experiential Therapy* says: “Phlegm exerts a disturbing influence on the hundred diseases.” All disease patterns related to Phlegm come within the range of applications of this point and include the following:

- nausea and vomiting due to Phlegm-Damp invading the Stomach
- cough, dyspnea and wheezing due to Phlegm-turbidity obstructing the Lungs
- distention, fullness and loss of appetite due to stagnation of Phlegm in the Middle Burner
- edema due to Phlegm spilling out into the flesh
- numbness of the limbs and hemiplegia due to Phlegm streaming along the channels and network vessels
- subcutaneous swellings due to Phlegm streaming along the superficial channels and network vessels, for example in tuberculosis of the lymph nodes
- headache and dizziness due to Phlegm clouding clear Yang
- headache due to Phlegm-Fire harassing the clear orifices
- palpitations, clouded Spirit (loss of consciousness) and mania and withdrawal due to pathogenic Phlegm harassing the Heart
- loss of voice in tongue movement disorders due to Phlegm obstructing the network vessels of the tongue
- loss of voice in throat disorders due to Phlegm-Fire obstructing the Lungs
- chest Bi syndrome due to Phlegm obstructing the network vessels of the chest
- plum-pit Qi (globus hystericus) due to Phlegm and Qi fighting and binding
- malarial disorders related to Phlegm.

**Disease patterns manifesting along the channel pathway**

ST-40 Fenglong also treats pathological changes affecting the head, face, teeth, nape of the neck, throat, abdomen, thigh, knee, lower leg, and foot at locations along the pathway of the channel and network vessel. This means that it has a dual effect in treating Phlegm-induced disorders of the head, the nape of the neck, the throat, the stomach, and the abdomen through point selection on the affected channel and point selection according to pattern identification.

**Actions**

**Point selection according to pattern identification**

- Apply the reducing method to dispel Phlegm and bear turbidity downward, with the effect being similar to that of materia medica such as *Gua Lou* (Fructus Trichosanthis), *Bei Mu* (Bulbus Fritillariae), *Zhi Shi* (Fructus Immaturus Citri Aurantii), *Su Zi* (Fructus Perillae Frutescentis), and *Lai Fu Zi* (Semen Raphani Sativi).
- Apply the reducing method to harmonize the Stomach, with the effect being similar to that of materia medica such as *Zhu Ru* (Caulis Bambusae in Taeniis), *Ban Xia* (Rhizoma Pinelliae Ternatae), *Chen Pi* (Pericarpium Citri Reticulatae), *Fu Ling* (Sclerotium Poriae Cocos), and *Zhi Ke* (Fructus Citri Aurantii).
- Apply the reducing method combined with the heaven-penetrating cooling method to clear and discharge Phlegm-Heat, with the effect being similar to that of materia medica such as *Tian Zhu Huang* (Concrete Silicea Bambusae) and *Dan Nan Xing* (Pulvis Arisaematis cum Felle Bovis).
Clinical applications

HEADACHE AND DIZZINESS
Applying the reducing method at ST-40 Fenglong dispels Phlegm and bears turbidity downward, and clears and discharges Phlegm-Fire.

Phlegm-turbidity

Etiology
- Phlegm-turbidity headache due to Spleen Deficiency resulting from disturbance of the Spleen's transportation and transformation functions, leading to Dampness accumulating to generate Phlegm, with Phlegm-Damp then ascending to harass the clear orifices, obstruct the channels and network vessels and hinder the distribution of clear Yang.
- Phlegm-turbidity dizziness due to Phlegm and Qi obstructing one another, thus in turn obstructing clear Yang.

Point prescriptions Apply the reducing method at ST-40 Fenglong and SP-9 Yinlingquan to dispel Dampness and bear Phlegm downward, with the effect being similar to that of Er Chen Tang (Two Matured Ingredients Decoction).

Dizziness due to Phlegm-turbidity can also be treated with application of the reducing method at ST-40 Fenglong and GV-20 Baihui and the reinforcing method at SP-9 Yinlingquan to fortify the Spleen and dispel Dampness, transform Phlegm and extinguish internal Wind, with the effect being similar to that of Ban Xia Bai Zhu Tian Ma Tang (Pinellia, White Atractylodes and Gastrodia Decoction).

Modifications
1. BL-20 Pishu with application of the reinforcing method may be added to the basic point prescription to dispel Dampness and transform Phlegm, fortify the Spleen and increase the appetite.
2. The basic point prescription can also be used simultaneously or alternately with affected area points to treat both the Root and the Manifestations.

Phlegm-Fire

Etiology
Headache and dizziness due to retained Phlegm transforming into Fire and harassing upward to disturb clear Yang.

Point prescriptions Apply the reducing method combined with the heaven-penetrating cooling method at ST-40 Fenglong to clear and discharge Phlegm-Fire and combine with the reducing method at Ashi points to free the network vessels and alleviate pain to treat headache.

Alternatively, combine with the reducing method at GB-20 Fengchi and GV-20 Baihui to clear the Brain and

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* Notifiable disease.
† Disease usually requiring hospital treatment or involvement of Western medicine practitioners.
treat dizziness. This combination can also be used for accompanying symptoms of Liver-Wind.

Modifications
1. For accompanying Heart-Fire, add HT-7 Shenmen or HT-5 Tongli with application of the reducing method.
2. For accompanying Liver-Fire, add LR-3 Taichong or LR-2 Xingjian with application of the reducing method.
3. For accompanying Stomach-Fire, add ST-44 Neiting or ST-43 Xiangu with application of the reducing method.

Liver Depression
Etiology Dizziness due to Liver Depression transforming into Fire and stirring Liver-Wind internally, complicated by Phlegm intruding upward to harass the clear orifices.

Point prescription Apply the reducing method at ST-40 Fenglong, SP-9 Yinlingquan, LR-2 Xingjian, and GV-20 Baihui to dispel Dampness and bear Phlegm downward, clear the Liver and extinguish internal Wind.

HICCOUGHS, VOMITING, STOMACH PAIN
Hiccoughs are mainly caused by ascending counterflow of Stomach Qi, vomiting by disturbance of the harmonious downward-bearing function of the Stomach and stomach pain by obstruction of the network vessels of the Stomach.

These conditions can be treated by applying the reducing method at ST-40 Fenglong to harmonize the Stomach, bear counterflow Qi downward and dispel Phlegm.

Stomach-Cold
Indications Stomach pain and hiccoughs.

Point prescription Apply the reducing method at ST-40 Fenglong and the reducing method plus moxibustion at CV-12 Zhongwan and CV-13 Shangwan to warm the Middle Burner and dissipate Cold, harmonize the Stomach and bear counterflow Qi downward, and harmonize the Stomach and allow the Middle Burner to function smoothly.

Spleen and Stomach Deficiency-Cold
Indications Stomach pain, vomiting and hiccoughs.

Point prescription Apply the reducing method at ST-40 Fenglong, the reducing method plus moxibustion at CV-12 Zhongwan and CV-13 Shangwan to warm the Stomach and allow the Middle Burner to function smoothly.

Spleen and Stomach Deficiency
Indication Hiccoughs.

Point prescription Apply the reducing method at ST-40 Fenglong and SP-4 Gongsun and the reinforcing method at BL-20 Pishu to fortify the Spleen and harmonize the Stomach, bear counterflow Qi downward and stop hiccoughs.

Liver Qi invading the Stomach
Indications Stomach pain and vomiting.

Point prescriptions Apply the reducing method at ST-40 Fenglong, LR-3 Taichong and PC-6 Neiguan to regulate Qi and harmonize the Stomach.

Alternatively, apply the reducing method at ST-40 Fenglong, CV-12 Zhongwan and PC-6 Neiguan to regulate Qi, harmonize the Stomach and bear counterflow downward.

Ascending Qi counterflow due to Stomach-Fire
Indications Hiccoughs and vomiting.

Point prescription Apply the reducing method at ST-40 Fenglong, SP-4 Gongsun and ST-44 Neiting to clear the Stomach and bear counterflow Qi downward, stop vomiting and calm hiccoughs.

Internal obstruction by Phlegm-Fluids (tan yin)
Indication Vomiting.

Point prescriptions Apply the reducing method plus moxibustion at ST-40 Fenglong and CV-12 Zhongwan to warm the Stomach and transform Phlegm.

Alternatively, apply the reducing method at ST-40 Fenglong, the reducing method plus moxibustion at CV-12 Zhongwan and moxibustion at CV-4 Guanyuan and CV-8 Shenque to warm and transform retained Phlegm-Fluids (tan yin), harmonize the Stomach and allow the Middle Burner to function smoothly.

As a further alternative, apply the reducing method at ST-40 Fenglong and SP-9 Yinlingquan and the reducing method plus moxibustion at CV-12 Zhongwan to transform Phlegm and dispel Dampness, warm the Middle Burner and harmonize the Stomach.

Accumulation and stagnation of food and drink
Indications Stomach pain and vomiting.

Point prescriptions Apply the reducing method at ST-40 Fenglong, CV-13 Shangwan and CV-12 Zhongwan to disperse food accumulation and harmonize the Stomach.

If required, add PC-6 Neiguan with application of the reducing method to regulate Qi and stop vomiting, or add SP-4 Gongsun with application of the reducing method to bear counterflow Qi downward.

COUGH AND DYSPNEA PATTERNS
Cough, Phlegm and dyspnea are closely related to one another. Generally speaking, phlegm will be present in most cases of coughing and profuse phlegm usually results in coughing; by dispelling Phlegm, coughing can normally be alleviated. Cough and dyspnea often occur at the same time, and so suppressing coughing can calm dyspnea, whereas calming dyspnea can suppress coughing.
As well as dispelling Phlegm, ST-40 Fenglong has the functions of suppressing coughing and calming dyspnea. It is therefore especially suitable for cough and dyspnea due to Phlegm-turbidity obstructing the Lungs and Phlegm-Fire invading the Lungs to disturb their diffusing, downward-bearing, clearing, and depurating functions.

**Phlegm-turbidity obstructing the Lungs**

**Etiology** Cough and dyspnea due to Spleen Deficiency generating Dampness that accumulates to form Phlegm-turbidity, which then moves upward to congest and obstruct the Lungs and disturb their diffusing and downward-bearing functions.

**Point prescriptions** Apply the reducing method at ST-40 Fenglong and SP-9 Yinlingquan to dispel Dampness and transform Phlegm, with the effect being similar to that of Er Chen Tang (Two Matured Ingredients Decoction).

- Add CV-22 Tiantu with application of the reducing method to open up Phlegm and benefit the movement of Qi.
- Add BL-13 Feishu with application of the reducing method to diffuse Lung Qi and benefit the movement of Qi.
- Add BL-20 Pishu with application of the reinforcing method to fortify the Spleen and dry Dampness.

Alternatively, apply the reducing method at ST-40 Fenglong and the reinforcing method at SP-9 Yinlingquan to fortify the Spleen and dispel Dampness, flush out Phlegm and diffuse Lung Qi to suppress coughing and calm dyspnea.

**Phlegm-Fire invading the Lungs**

**Etiology** Cough and dyspnea due to Phlegm-Fire invading the Lungs as a result of non-transformation of Phlegm-turbidity which accumulates to transform into Heat, with Phlegm-Heat then congesting the Lungs to disturb their clearing and depurating functions.

**Point prescription** Apply the reducing method plus the heaven-penetrating cooling method at ST-40 Fenglong and combine with application of the reducing method at LU-5 Chize and CV-22 Tiantu to clear Heat, transform Phlegm and diffuse Lung Qi, with the effect being similar to that of Qing Qi Hua Tan Wan (Pill for Clearing Qi and Transforming Phlegm).

Alternatively, apply the reducing method at ST-40 Fenglong and LU-5 Chize to clear Heat and diffuse Lung Qi, transform Phlegm and bear counterflow Qi downward, or apply the reducing method combined with the heaven-penetrating cooling method at ST-40 Fenglong and the reducing method alone at LU-5 Chize, BL-12 Fengmen, and BL-13 Feishu to clear Heat and transform Phlegm, diffuse Lung Qi and calm dyspnea, with the effect being similar to that of Ding Chuan Tang (Decoction for Stabilizing Dyspnea).

**Cold-Phlegm**

**Etiology** Cold-Phlegm lying latent internally in the Lungs with wheezing occurring after infection.

**Point prescription** Apply the reducing method at ST-40 Fenglong and CV-22 Tiantu and the reducing method plus moxibustion at BL-12 Fengmen and BL-13 Feishu to warm the Lungs, transform Phlegm and diffuse Lung Qi, with the effect being similar to that of Leng Xiao Wan (Cold Wheezing Pill).

**Spleen Deficiency**

**Etiology** Spleen Deficiency generating Dampness, which accumulates to produce Phlegm that lies latent in the Lungs and obstructs the air passages.

**Point prescriptions** Apply the reducing method at ST-40 Fenglong and the reinforcing method at SP-9 Yinlingquan to fortify the Spleen and dispel Dampness, bear Phlegm downward and calm dyspnea.

Alternatively, apply the reducing method at ST-40 Fenglong, SP-9 Yinlingquan and CV-22 Tiantu to dispel Dampness, bear Phlegm downward and diffuse Lung Qi.
LOSS OF VOICE DUE TO THROAT DISORDERS OR TONGUE MOVEMENT DISORDERS

Apply the reducing method at ST-40 Fenglong to treat loss of voice in tongue movement disorders or throat disorders where Phlegm is involved.

Loss of voice in throat disorders

**Etiology**  Phlegm and Heat obstructing each other and disturbing the diffusion of Lung Qi, resulting in hoarse voice or inability to speak.

**Point prescriptions**  Combine with application of the reducing method at LU-5 Chize and CV-23 Lianquan to clear Phlegm-Fire and bear it downward, diffuse Lung Qi and benefit the throat, or at LU-5 Chize and CV-22 Tiantu to clear Qi and transform Phlegm, diffuse Lung Qi and benefit the voice.

Loss of voice in tongue movement disorders

**Etiology**  Phlegm obstructing the network vessels of the tongue and preventing the tongue from moving properly.

**Point prescription**  Combine with application of the reducing method at CV-23 Lianquan to dispel Phlegm-turbidity and free the network vessels of the tongue.

**Modification**  In cases tending toward Phlegm-Fire, apply the reducing method combined with the heaven-penetrating cooling method at ST-40 Fenglong and the reducing method only at CV-23 Lianquan and prick to bleed at EX-HN-12 Jinjin and EX-HN-13 Yuye to clear Phlegm-Fire and bear it downward, so allowing the network vessels of the tongue to function smoothly.

CHEST BI SYNDROME

Apply the reducing method at ST-40 Fenglong to treat chest Bi syndrome related to retention of Phlegm-Fluids (tan yin).

For details of the use of ST-40 Fenglong to treat Phlegm-Damp patterns and for details of acupuncture treatment of the *Gua Lou Xie Bai Ban Xia Tang* (Tricosanthes, Chinese Chive and Pinellia Decoction) and *Zhi Shi Xie Bai Gui Zhi Tang* (Immature Bitter Orange, Chinese Chive and Cinnamon Twig Decoction) patterns of chest Bi syndrome as described in the *Prescriptions from the Golden Cabinet*, please refer to the *Clinical applications* section of CV-17 Danzhong on pages 837-38.

PNEUMONIA

- For pneumonia due to Phlegm-Heat congesting the Lungs and falling inward into the Pericardium, apply the reducing method at ST-40 Fenglong, LU-5 Chize and HT-7 Shenmen to diffuse Lung Qi and transform Phlegm, clear the Heart and open the orifices.

HYPERTHYROIDISM

As an important point for all diseases involving Phlegm, ST-40 Fenglong can be used to treat hyperthyroidism in Phlegm patterns.

Liver Depression

**Etiology**  Liver Depression and Qi stagnation with Dampness and Phlegm congealing and binding.

**Clinical manifestations**  Thyroid enlargement, emotional depression and anxiety, irritability, restlessness and irritability, insomnia and profuse dreaming, oppression and discomfort in the chest or pain in the hypochondrium, irregular menstruation, a dull-colored tongue body, and a wiry and slippery pulse.

**Point prescription**  Apply the reducing method at ST-40 Fenglong, LR-3 Taichong and Ashi points (insert two or three needles toward the center of the swollen area) to dredge the Liver and regulate Qi, disperse Phlegm and dissipate lumps.

Phlegm-Fire

**Etiology**  Phlegm-Fire harassing upward to cause Heart Yin Deficiency.

**Clinical manifestations**  Thyroid enlargement, aversion to heat, profuse sweating, excitability, large food intake with rapid hungering, a thin body, palpitations, susceptibility to fright, disturbed sleep, occasional irritability and restlessness, emaciation, a red complexion, a red tongue body, and a thready and rapid pulse.

**Point prescription**  Apply the reducing method at ST-40 Fenglong and ST-44 Neiting and the reinforcing method at HT-7 Shenmen to clear Phlegm-Fire and bear it downward, nourish the Heart and quiet the Spirit.

PLUM-PIT QI (GLOBUS HYSTERICUS)

This disease manifests as a sensation of a lump obstructing the throat, as if a piece of meat were stuck there, with inability to expectorate or swallow, a thin and white or white, moist and greasy tongue coating, and a wiry and slippery pulse. It is mainly caused by repression of Liver Qi and Qi Depression complicated by Phlegm, with Phlegm and Qi binding internally and counterflowing upward.

Treat by applying the reducing method at ST-40 Fenglong, CV-22 Tiantu, CV-23 Lianquan, and LR-3 Taichong (or PC-5 Jianshi) to dredge the Liver and

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1 Disease usually requiring hospital treatment or involvement of Western medicine practitioners.
relieve Depression, regulate Qi and dispel Phlegm. Alternatively, apply the reducing method at ST-40 Fenglong and CV-22 Tiantu to normalize Qi and bear counterflow Qi downward, transform Phlegm and dissipate lumps.

**PALPITATIONS**

Application of the reducing method at ST-40 Fenglong dispels Phlegm to treat palpitations.

**Phlegm-Fire harassing the Spirit**

**Etiology** Internal generation of Phlegm-Fire that ascends to harass the Spirit Light, leading to disquiet of the Heart and Spirit.

**Point prescription** Apply the reducing method combined with the heaven-penetrating cooling method at ST-40 Fenglong and combine with application of the reducing method at HT-7 Shenmen to clear the Heart and bear Phlegm downward. Once Phlegm-Fire is cleared, the Heart will quieten spontaneously.

**Ascending counterflow of Phlegm-Fire**

**Etiology** Impairment of the Stomach's harmonious downward-bearing function due to ascending counterflow of Phlegm-Fire.

**Point prescription** Apply the reducing method at ST-40 Fenglong and combine with application of the reducing method at SP-4 Gongsun to clear Heat and transform Phlegm, harmonize the Stomach and quiet the Spirit.

**EPILEPSY PATTERNS**

This illness often has Phlegm as its origin. Phlegm accumulates and dissipates, with accumulation leading to onset of epilepsy and dissipation leading to remission, with the result that the illness has variable onset. Since ST-40 Fenglong is an important point for dispelling Phlegm, it is commonly used for epilepsy.

**Disharmony of Liver Qi**

**Etiology** Disharmony of Liver Qi causing Wind Yang to stir upward and come into contact with accumulated Phlegm, which is swept upward by the momentum of Wind Yang to mist the orifices of the Heart internally and obstruct the channels and network vessels externally.

**Point prescription** Apply the reducing method at ST-40 Fenglong, HT-7 Shenmen and LR-3 Taichong (or LR-2 Xingjian) to sweep out Phlegm and diffuse Qi in the orifices, extinguish internal Wind and settle fits. The effect is similar to that of Ding Xian Wan (Fit-Settling Pill). Long-term treatment is the most effective.

**Cramp along the Stomach channel**

**Clinical manifestations** Numbness or cramp suddenly manifesting along the Stomach channel pathway from the dorsum of the foot to the abdomen or head before the onset of each attack.

**Point prescription** Undertake acupuncture treatment after the attack has subsided with application of the reducing method at ST-40 Fenglong, ST-43 Xiangu and ST-41 Jiexi (or ST-33 Yinshi). Prolonged application of the reducing method or strong stimulation and lengthy retention of the needle can achieve some effect.

Where this point combination is used simultaneously or alternately with point selection according to pattern identification, long-term treatment can achieve a satisfactory result.

**Psychomotor-type seizures**

**Clinical manifestations** The patient often suddenly standing up while working or sleeping, entering a state of mental confusion and rushing about hither and thither, with the seizure lasting from a few minutes to a few hours and the patient being completely unaware afterward of what was happening.

**Point prescription** Apply the reducing method at ST-40 Fenglong, HT-7 Shenmen and CV-12 Zhongwan to sweep out Phlegm and regulate Qi, quiet the Spirit and arouse the Mind.

**MANIA AND WITHDRAWAL PATTERNS**

Since both mania and withdrawal have their origins in Phlegm, they can be treated by application of the reducing method at ST-40 Fenglong (combined with the heaven-penetrating cooling method if required).

**Mania**

**Etiology** Phlegm-Fire harassing upward to mist the orifices of the Heart.

**Point prescriptions** Combine with application of the reducing method at HT-7 Shenmen, PC-7 Daling and LR-2 Xingjian to settle the Heart and dispel Phlegm, clear the Liver and drain Fire.

Alternatively, combine with application of the reducing method at HT-7 Shenmen and ST-44 Neiting to clear Phlegm-Fire and bear it downward, settle the Heart and quiet the Spirit.

During a mania episode, it is best to use relatively thick needles initially at GV-26 Shuigou and LI-4 Hegu with strong stimulation and wait until the overactivity induced by the mania subsides or maybe even until the body is weaker, then combine with ST-40 Fenglong and other points and treat according to pattern identification.

**Withdrawal**

**Etiology** Depression and binding of Phlegm and Qi.

**Point prescriptions** Combine with application of the reducing method at HT-7 Shenmen and LR-3 Taichong
to dredge the Liver and regulate Qi, transform Phlegm
and open the orifices.
Alternatively, combine with application of the reduc-
ing method at PC-5 Jianshi, CV-12 Zhongwan and
CV-13 Shangwan to regulate Qi and relieve Depression,
transform Phlegm and open the orifices.

Case histories
Case 1 (Wheezing)
Patient
Male, aged 44; initial consultation: April 7, 1982.
Main complaint
Wheezing for more than 10 years.

Clinical history and manifestations
The patient initially developed wheezing as a result of not
being used to the extremely cold weather experienced during a
trip to Inner Mongolia to work on a construction project.
Since then, the condition would recur as a result of internal
lodging of Phlegm-Fire or external contraction of Wind-Cold.

Manifestations included constriction of the trachea, diffi-
culty in breathing, phlegm rale in the throat, gaping mouth and
raised shoulders, heaving abdomen, coughing of sticky green-
ish phlegm, a red tongue body with a thin white coating, and a
slippery and rapid pulse. Each episode was treated by medica-
tion, which resulted in remission only rather than a cure.

If the wheezing was triggered by catching a Wind-Cold type
of common cold, accompanying symptoms would include
aversion to cold, fever, hot breath through the mouth and
nose, and coughing of difficult-to-expectorate yellow phlegm.

Pattern identification
Based on the pulse and symptoms, this was a case of wheez-
ing due to Spleen and Lung Deficiency and Phlegm-Heat lying
latent in the Lungs, with the air in the passages being inhibited
when pathogenic factors came into contact with Phlegm.

Treatment principle
• During an attack, clear the Lungs and dissipate pathogenic
  factors, transform Phlegm and bear counterflow Qi down-
  ward.
• During remission, supplement the Lungs and fortify the
  Spleen to consolidate the Root.

Point prescriptions
• First session, application of the reducing method at BL-12
  Fengmen and BL-13 Feishu to diffuse Lung Qi, dissipate
  pathogenic factors and calm wheezing.
• Sessions 2 and 3, application of the reducing method at
  ST-40 Fenglong and LU-5 Chize to clear the Lungs, trans-
  form Phlegm and calm wheezing.
• Sessions 4 to 7, application of the reducing method at ST-40
  Fenglong and LU-7 Lieque to diffuse Lung Qi, transform
  Phlegm and calm wheezing.
• Sessions 8 to 10, application of the reducing method at ST-
  40 Fenglong and LU-7 Lieque and the reinforcing method
  at LI-4 Hegu to supplement the Lungs and boost Qi.
• Sessions 11 to 17 (remission), application of the reinforcing
  method at LI-4 Hegu and SP-9 Yinlingquan to supple-
  ment the Lungs and fortify the Spleen to consolidate the
  Root.

Outcome
• After the third session, phlegm became clear instead of
  yellow.
• After the sixth session, phlegm rale in the throat had basically
disappeared.
• After the seventh session, the breath was no longer hot and
  wheezing had decreased.
• After the tenth session, wheezing was cured through
  following the treatment principles of supplementing Qi,
  diffusing Lung Qi and transforming Phlegm to support
  Vital Qi (Zheng Qi) and dispel pathogenic factors.
• After the final session, the patient was in a better mood; he
  could return to work and undertake manual labor.
• When the patient returned on June 25 for treatment of a
  stiff neck, he told us that his wheezing had not recurred in the
  meantime.

Discussion
This case had an internal cause of lodging of Phlegm-
turbidity, which accumulated to produce Heat, and an external
cause of contraction of Wind-Cold, which on contact stirred
Phlegm lying latent in the Lungs.

Difficulty in breathing, constriction of the trachea, phlegm
rale in the throat, coughing of sticky greenish phlegm, and a
slippery pulse were caused by Phlegm and Qi fighting and
Phlegm and Heat obstructing each other to inhibit air in the
passages, impair the clearing and depurating functions of the
Lungs and allow Qi to counterflow upward.

Prolonged wheezing led to insufficiency of Lung Qi and
non-consolidation of the Lung Wei (Defense) system, making it
more likely that the condition would recur on contact with
externally contracted Wind-Cold.

Treatment initially aimed to clear and diffuse Lung Qi,
transform Phlegm and calm wheezing. Once the wheezing
had improved significantly, treatment was changed in the
sixth to tenth sessions to dispelling pathogenic factors
assisted by supporting Vital Qi (Zheng Qi), allowing the
wheezing to be cured.

During sessions 11 to 17, the reinforcing method was
applied at LI-4 Hegu and SP-9 Yinlingquan to supplement the
Lungs and fortify the Spleen to consolidate the Root. Once
the Root was consolidated, wheezing was unlikely to recur.
Treatment therefore consisted of three phases:
- dispelling pathogenic factors
- dispelling pathogenic factors and supporting Vital Qi
- supporting Vital Qi and consolidating the Root.

Case 2 (Occipital headache)
Patient
Boy, aged 11; initial consultation: March 29, 1965.
Main complaint
Occipital headache for four days.
Clinical manifestations
The headache occurred with no obvious cause, manifesting with protuberance and swelling of local muscles, pronounced tenderness, poor appetite, and a slippery and rapid pulse.

Pattern identification
Based on the pulse and symptoms, this was a case of headache due to Wind-Heat and Phlegm-Fire.

Treatment principle
Dredge Wind, clear Heat and guide out Phlegm.

Point prescription
Application of the reducing method at ST-40 Fenglong, GB-20 Fengchi and GV-16 Fengfu.

Outcome
On July 20, the patient’s mother came for treatment of depression and told me that her son’s headache had disappeared after one session.

Discussion
The most important differentiating features in this case are sudden heat, swelling and pain in the back of the head, aggravated by pressure and feeling hot on palpation, together with the slippery and rapid pulse. These indicate headache due to Wind-Heat and Phlegm-Fire ascending to harass clear Yang.

The reducing method was applied at GB-20 Fengchi to dispel Wind and free the network vessels, clear Heat and disperse swelling, at GV-16 Fengfu to dispel Wind and clear Heat, disperse swelling and alleviate pain, and at ST-40 Fenglong to transform Phlegm, with the overall effect being to dispel Wind and sweep out Phlegm, disperse swelling and alleviate pain.

Application of the reducing method at GB-20 Fengchi and GV-16 Fengfu was based on the selection of adjacent points. This combination can dispel Wind from the head, while freeing the network vessels, dispersing swelling and alleviating pain. At the same time, it can assist ST-40 Fenglong in dissipating Phlegm-Fire locally. Application of the reducing method at ST-40 Fenglong dispels Phlegm-turbidity and combination with GB-20 Fengchi and GV-16 Fengfu reinforced the effect in clearing Wind-Heat and bearing Phlegm-Fire downward.

Case 3 (Congestion of the throat)
Patient
Male, aged 35; initial consultation: August 3, 1965.

Main complaint
Congestion and constriction of the throat for five days.

Clinical history and manifestations
This condition occurred as a result of loss of temper on a blazing hot day complicated by anger damaging the Liver, manifesting initially as a constricted, swollen and congested throat followed by painful ulceration of the palate, with aggravation of the pain, congestion and constriction on swallowing food, a turbid voice with a nasal timbre, and indistinct speech.

Accompanying symptoms and signs included throbbing pain in the temples, ringing in the ears, dry throat without thirst, drooling of clear saliva, no desire to eat despite hunger, irritability and irascibility, a heavy body, lethargy, numbness and tingling in the fingers with inability to grasp objects tightly, a desire to lie down and sleep, coughing at dawn with expectoration of sticky white phlegm, a subjective sensation of intermittent tightness or pain as if a compress had been applied in a strip on either side of the spine from BL-15 Xinshu to BL-18 Ganshu, a slightly yellow complexion, several areas of ulceration on the palate near the incisors, a pale red uvula, a slightly red throat, numbness and pain on palpation of the thyroid cartilage, sudden severe pain and heaviness on application of pressure at bilateral BL-17 Geshu, a thin yellow tongue coating, and a soggy and rapid pulse.

Local and municipal hospitals could not provide a definitive diagnosis; the county hospital diagnosed Summerheat damage and loss of voice.

Pattern identification
Damp-Heat and Phlegm-turbidity congesting the throat.

Treatment principle
Dispel Dampness and bear turbidity downward, clear Heat and benefit the throat.

Point prescriptions
- First session, application of the reducing method at CV-23 Lianquan, ST-9 Renying, SP-9 Yinlingquan, KI-6 Zhaohai, and BL-17 Geshu. The needling sensation at CV-23 Lianquan was transmitted inferiorly to CV-22 Tianzhu.
- Second session one day later, application of the reducing method at CV-23 Lianquan, SP-9 Yinlingquan and LR-3 Taichong.
- Third session on August 13 and fourth session on August 15, application of the reducing method at ST-40 Fenglong and SP-9 Yinlingquan.

Outcome
- After the first session, the sensation of constriction, swelling and congestion in the throat was slightly less. On the morning of the second session, the patient was able to eat a bowl of noodles.
- After the second session, the patient was treated in the ear, eye, nose, and throat department of the hospital, but without any noticeable improvement. Current manifestations included continued congestion, swelling and constriction of the throat, stagnation of sticky phlegm in the throat causing discomfort, headache, generalized heaviness and lethargy, loose stools one to three times a day, a turbid voice with a nasal timbre, an occasional sensation of coolness and slight pain in the stomach, somnolence and sometimes feeling sleepy when walking, a thin white tongue coating, a soggy pulse, and pronounced tenderness at BL-17 Geshu.

These were signs of Spleen Deficiency due to encumbrance by Dampness, with Dampness accumulating to generate Phlegm and Damp-Phlegm ascending to mist clear Yang. The coolness and slight pain in the stomach...
were caused by Dampness stagnating in the region of CV-12 Zhongwan. The treatment principle was changed to transforming Phlegm, benefiting the movement of Dampness and bearing turbidity downward.

- After the third session, there was an obvious improvement in the symptoms. One further session was given to consolidate this improvement. We were informed three years later that the condition had not recurred in the meantime.

Discussion

Based on the pulse, etiology and main and accompanying symptoms, this was a case of throat Bi syndrome caused by Depression and binding of Liver Qi complicated by external damage due to Summerheat-Damp, resulting in the formation of Phlegm-turbidity, which then combined with Damp-Heat to congest the throat and ascend to harass clear Yang.

In the first session, the reducing method was applied at CV-23 Lianquan to benefit the throat, at SP-9 Yinlingquan to benefit the movement of Dampness, at KI-6 Zhaohai to bear Fire downward and benefit the throat, at affected area point ST-9 Renying, and at tender point BL-17 Geshu, with the overall effect being to bear Fire downward and benefit the throat.

The point prescription was changed at the second session with the addition of LR-3 Taichong, the overall effect being to dredge the Liver and regulate Qi, dispel Dampness and benefit the throat.

After these two sessions, pathogenic Heat was eliminated, but pathogenic Dampness remained and accumulated to generate Phlegm, with Phlegm-turbidity then ascending to congest the throat and mist clear Yang. After the second session, the patient developed symptoms of a heavy body and lethargy, a turbid voice with a nasal timbre, somnolence, loose stools, a thin white tongue coating and a soggy pulse, which were indications of Damp-turbidity.

The sensation of coolness and slight pain in the stomach was caused by pathogenic Dampness stagnating in the central part of the stomach. The congestion, swelling and constriction of the throat and stagnation of sticky phlegm in the throat causing discomfort resulted from Phlegm-turbidity congesting the throat.

Since the main pathology at this stage was Damp-Phlegm rather than Heat, the treatment principle at the third and fourth sessions was changed to application of the reducing method at SP-9 Yinlingquan to dispel Dampness and at ST-40 Fenglong to bear Phlegm downward, with the overall effect being to benefit the movement of Dampness, transform Phlegm and bear turbidity downward.

Case 4 (Flaccid paralysis of the limbs)

Patient

Main complaint
Paroxysmal flaccid paralysis of the limbs for 28 days.

Clinical history and manifestations
Paroxysmal flaccid paralysis appeared in the left arm and leg with episodes manifesting as the head feeling suddenly befuddled and dizzy, developing into paralysis of the left side of the face, and limpness of the left arm and leg with impaired movement. This condition lasted for several minutes or more before spontaneous remission and recurred several times a day, with no impairment of consciousness, but with aching, heaviness and lack of strength in the legs after an episode. The tongue coating was thin, yellow and slippery; the pulse was deep, thready and wiry. Blood pressure was measured at 156/80-98 mm Hg, cholesterol at 6.2 mmol/L.

The condition was diagnosed by Nanyang County neurological hospital as epilepsy, but hysteria (conversion disorder) could not be excluded. Henan Medical College and Xinxiang Neurological Institute excluded brain tumor and epilepsy, but suspected neurosis or hysteria. Electroencephalogram did not reveal anything abnormal.

Pattern identification
Internal stirring of Liver-Wind and Phlegm obstructing the channels and vessels.

Treatment principle
Settle the Liver and extinguish internal Wind, sweep out Phlegm and free the network vessels.

Point prescription
Application of the reducing method at ST-40 Fenglong, GB-20 Fengchi and LR-3 Taichong, not combined with medication.

Outcome
The treatment was successful after eight sessions. By November that year, there had been no recurrence.

Discussion
- Liver-Wind stirring internally led to Liver Yang harassing upward to mix with Phlegm-Fire and mist the clear orifices, resulting in the head feeling suddenly befuddled and dizzy.
- Insufficiency of Liver Yin deprived the sinews of nourishment and when combined with Phlegm obstructing the channels and network vessels, this resulted in facial paralysis and limpness of the limbs with impaired movement.
- The thin, yellow and slippery tongue coating was a sign of Phlegm-Heat.
- The deep, thready and wiry pulse was a manifestation of Liver-Wind due to Yin Deficiency.

The reducing method was applied at ST-40 Fenglong to sweep out Phlegm and open the orifices, at GB-20 Fengchi to extinguish internal Wind and clear the Brain and at LR-3 Taichong to settle the Liver and extinguish internal Wind.

Case 5 (Mania)

Patient
Male, aged 22; initial consultation (accompanied): May 12, 1982.
Main complaint
Mania for 10 days after sudden emotional problems.

Clinical history and manifestations
After an emotional upset, the patient suffered an episode of mania with impairment of the mental faculties. He was treated in another hospital for schizophrenia, but his condition worsened after five days of medication, manifesting as rashness and impatience, irritability and irritascibility, headache, insomnia, frenzy with loss of control, incoherent utterances, disordered speech and movement, cursing and shouting regardless of who was present, no thought of food or drink, dry mouth and lips, bleeding gums, dry stools with constipation, a red face, discharge from the eyes, a reddish-crimson tongue body with a thick yellow coating, and a wiry, rapid and forceful pulse.

The patient had experienced a bitter taste in the mouth, tinnitus, irritability and irascibility, and seminal emission before onset of the illness.

Pattern identification
Mania due to Phlegm-Fire binding with Qi to send the Spirit into turmoil and mist the orifices of the Heart.

Treatment principle
Settle the Heart and flush out Phlegm, drain the Liver and clear Fire.

Point prescriptions
• Sessions 1 to 4, application of the reducing method at ST-40 Fenglong, LR-3 Taichong and LI-4 Hegu.
• Sessions 5 to 9, application of the reducing method at ST-40 Fenglong, HT-7 Shenmen and LR-3 Taichong.
• Sessions 10 to 14, application of the reducing method at ST-40 Fenglong and HT-7 Shenmen.

Outcome
• After the second session, the patient’s mind seemed clearer than before and his hands no longer waved about.
• After the fifth session, his mind was clear, his appetite had increased and his irritability and restlessness, dry mouth, bleeding gums, and insomnia had all been cured.
• After the seventh session, the patient responded normally to questions and could accurately describe the state of his illness.
• After the ninth session, the patient only felt dizziness in the head and discomfort in the stomach.
• After the 12th session, the seminal emission was cured.
• The last two sessions were given to consolidate the treatment. On May 30, the patient returned home.

Discussion
Before onset of the illness, the patient had experienced a bitter taste in the mouth, tinnitus, irritability and irascibility, and seminal emission as a result of exuberant Liver-Fire. When this was complicated by emotional problems damaging the Liver to cause Liver-Fire to flare up and incite Phlegm-Fire in the Yangming channel to rise and harass the Spirit Light, this resulted in rashness and impatience, irritability and irascibility, headache, and insomnia.

• Misting of the clear orifices resulted in frenzy with loss of control, incoherent utterances and cursing and shouting.
• Exuberant Phlegm-Fire resulted in a red face, red eyes and constipation.
• The reddish-crimson tongue body with a thick yellow coating and the wiry, rapid and forceful pulse were signs of congestion of Phlegm-Fire and exuberance of Yang Qi.

The reducing method was applied at ST-40 Fenglong to flush out Phlegm-Fire, at LI-4 Hegu to clear Heat and open the orifices and at LR-3 Taichong to dredge the Liver and drain Liver-Fire. The prescription was subsequently modified with application of the reducing method at HT-7 Shenmen to clear Heart-Fire and settle the Heart and Spirit.

Differentiation of point functions
ST-40 Fenglong, ST-36 Zusanli and CV-22 Tiantu
All three points have the action of dispelling Phlegm, but ST-40 Fenglong bears Phlegm downward to dispel Phlegm from anywhere in the body, ST-36 Zusanli dispels Phlegm from the Stomach, and CV-22 Tiantu opens up Phlegm and benefits the movement of Qi to dispel Phlegm from the Lungs.

Point combinations
Application of the reducing method at ST-40 Fenglong and ST-44 Neiting
Both of these points have the action of clearing Phlegm-Heat and bearing it downward. When used together or in combination with other points, they can be employed for all cases where this action is required.

• For whooping cough* due to binding of Phlegm and Heat, which then obstructs the network vessels of the Lungs, add LU-5 Chize with application of the reducing method to clear Heat and transform Phlegm, diffuse Lung Qi and bear counterflow Qi downward.
• For palpitations due to Phlegm-Fire harassing the Heart to cause disquiet of the Heart and Spirit, add HT-7 Shenmen or BL-15 Xinshu or PC-7 Daling with application of the reducing method to clear Phlegm-Fire and bear it downward, quiet the Spirit and eliminate irritability.
• For tinnitus and deafness due to Phlegm-Fire harassing upward to obstruct the vessels and network vessels of the ear, add GB-2 Tinghui or SI-19 Tinggong or TB-21 Ermen with application of the reducing method to clear Phlegm-Fire and bear it downward, and diffuse Qi in the vessels and network vessels of the ear.

* Notifiable disease.
• For hysteria due to Qi Depression transforming into Fire and Phlegm, Fire harassing upward to mist the clear orifices, add PC-6 Neiguan or PC-5 Jianshi with application of the reducing method to clear Phlegm-Fire and bear it downward, regulate Qi and quiet the Spirit.

Application of the reducing method at ST-40 Fenglong

• Combine with application of the reducing method at SP-9 Yinlingquans and the reinforcing method at CV-4 Guanyuan to warm Yang and boost the Spleen, dispel Dampness and transform Phlegm.

• Combine with application of the reducing method at CV-12 Zhongwan to warm the Stomach and transform Dampness.

• Combine with application of the reducing method plus moxibustion at ST-40 Fenglong

Application of the reducing method plus moxibustion at ST-40 Fenglong

Combine with application of the reducing method plus moxibustion at CV-12 Zhongwan to warm the Stomach and transform Phlegm.

Application of the heaven-penetrating cooling method at ST-40 Fenglong

Combine with application of the reducing method plus the heaven-penetrating cooling method at HT-7 Shenmen to clear the Heart and quiet the Spirit, expel Phlegm and drain Fire.

Discussion

Needling direction and needling sensation

• Perpendicular insertion allows the needling sensation to be transmitted along the channel to the ankle and in some cases to the dorsum of the foot and the second and third toes. This insertion method is mainly used for disorders of the lower leg and the dorsum of the foot.
Inserting the needle slightly obliquely superiorly toward the knee sends the needling sensation gradually along the channel to ST-31 Biguan, ST-29 Guilai and ST-25 Tianshu, with the sensation extending to the stomach in some cases. This insertion method is mainly used for abdominal disorders. In very few cases, the sensation will be transmitted to ST-12 Quepen, the upper nape and ST-8 Touwei, following a pathway identical to that of the channel.

Historical experiences
A number of classical texts refer to ST-40 Fenglong as an important point for treating Phlegm and Retained Fluids (yin) and its use in the treatment of mania, withdrawal, cough, wheezing, dyspnea, and headache due to Phlegm.
- The Song of the Jade Dragon says: “For profuse Phlegm, seek out ST-40 Fenglong.”
- A Handbook of Prescriptions for Emergencies says: “For wheezing and dyspnea with inability to fall asleep, needle 3 fen [0.3 cun] deep at ST-40 Fenglong.”
- The Outline of Medicine says: “For headache due to Wind-Phlegm, needle ST-40 Fenglong to a depth of 5 fen [0.5 cun]; moxibustion can also be applied. All Phlegm disorders, head Wind, dyspnea and coughing, and retention of Phlegm-Fluids (tan yin) can be treated with ST-40 Fenglong and CV-12 Zhongwan.”
- A Thousand Gold Pieces for Emergencies says: “ST-40 Fenglong treats mania with frenetic movement, a desire to ascend to high places and sing, discard clothing and run around.”
- The Ode of the Jade Dragon says: “ST-40 Fenglong and BL-13 Feishu are wonderful for cough with phlegm.”
- The A-B Classic says: “Reversal headache, puffy swelling of the face, irritability, mania as if seeing ghosts, frequent laughing, external signs of elation, and throat Bi syndrome with inability to speak can all be treated by ST-40 Fenglong.”
- The Ode of One Hundred Symptoms says: “Between them, GV-18 Qiangjian and ST-40 Fenglong treat headache that is difficult to endure.”

Predominance of the reducing method at ST-40 Fenglong
ST-40 Fenglong is usually needled with the reducing method. Disorders of the Stomach are generally Excess patterns and are treated by harmonizing and downward-bearing. Phlegm disorders are also mainly Excess patterns and are treated by dispelling and downward-bearing. As a result, the reducing method is usually applied at ST-40 Fenglong, since it has the effect of dispelling Phlegm, harmonizing the Stomach and freeing downward-bearing.

For patterns of Spleen disorders involving the Stomach and Stomach disorders involving the Spleen as well as for disease patterns of Spleen Deficiency complicated by Stomach Excess, if the reinforcing method were to be applied, the Spleen would be supplemented without the Stomach benefiting. Therefore, even in these circumstances, the reducing method is usually applied.

Poem
Stomach channel network point,
Eight cun above the ankle,
Fenglong plays a major role
In treating Phlegm disorders,
Use it for dispelling Phlegm,
For Stomach harmonizing,
And counterflow downbearing,
Insert one cun reducing.xiv

xiv The poem also mentions that some of the actions of this point are similar to those of materia medica such as Su Zi (Fructus Perillae Frutescentis), Lai Fu Zi (Semen Raphani Sativi), Bai Jie Zi (Semen Sinapis Albae), Zhu Ru (Caulis Bambusae in Taeniis), Dan Nan Xing (Pulvis Arisaematis cum Felle Bovis), Ban Xia (Rhizoma Pinelliae Ternatae), Bei Mu (Bulbus Fritillariae), Gua Lo gu (Fructus Trichosanthis), Fu Ling (Sclerotium Poriae Cocos), Zhi Ke (Fructus Citri Aurantii), Kuan Dong Hua (Flos Tussilaginis Farfarae), Xuan Fu Hua (Flos Inulae), and Ju Hong (Pars Rubra Epicarpii Citri Erythrocarpae).