

unblock the Channels by removing obstructions. In *Bi*-syndromes, it is indicated for its local effect on pain and swelling of the knee, but it may be used as a general point, e.g., to treat low back pain or any other joint problem, providing there is swelling due to Accumulation of Dampness. For treating arthritic knee pain, this point is almost always associated with GB 34 (*Yang Ling Quan*) — (fig. 7.56).

ST 35 *Du Bi* (lateral *Xi Yan*) Description given above (see p. 150, fig. 7.55).

Knee three-needle combination:

Extra point *He Ding* This point is mostly combined with both “Eyes of the knee” (*Xi Yan*), formed by ST 35 (*Du Bi* or lateral *Xi Yan*) and the medial *Xi Yan*, to treat any arthritic pain and/or swelling of the knee joint (fig. 7.57).

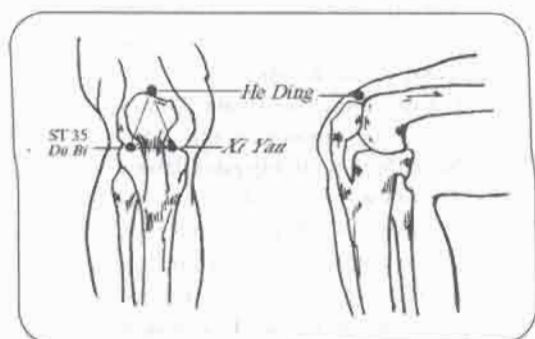


Fig. 7.57

ST 35 *Du Bi* (lateral *Xi Yan*) Description given above (see p. 150, fig. 7.55).

Extra point *Xi Yan* (medial)

It has similar indications as ST 35 (*Du Bi*): it can expel Wind, Damp, and Cold as well as Heat, circulate the Collaterals, and benefit the knee. It is mainly used as a local point for either inflammatory knee joint problems or Cold-type of arthritic pain. In the latter case, moxibustion should be applied on these three points forming the “knee-triangle” (fig. 7.58).

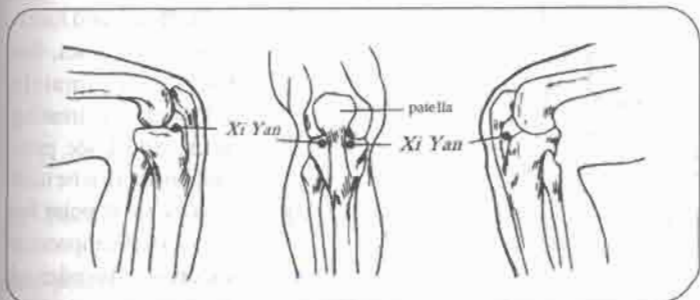


Fig. 7.58

Chapter II - Historical developments of the Rheumatic- Bi Concept

Much T.C.M. literature reveals that the treatment of Rheumatic-*Bi* accounts for a big contents. However, it is difficult to find some introduction on the history of *Bi*-syndromes. In fact, this can be traced back prior to the Earlier *Han* Dynasty (206 B.C. - 23 A.D.).

A. Period before *Sui* and *Tang* Dynasties (before 581 A.D.)

The character "*Bi*" has been existing for quite a long time. It was mentioned in the earliest medical manuscript called *Zu Bi Shi Yi Mai Jiu Jing*, Moxa Manual of the Eleven Channels of Foot and Arm, found in the *Mawangtui* tomb near *Changsha*, China, in 1972. Joseph Needham* suggests this book might have been written in the 3rd, or even in the 4th century B.C., during the Warring States period.

Besides, the famous doctor *Bian Que*, who was the earliest noted physician living about 500 B.C., was said to be good at various subjects in medicine, among other things the treatment of "Eye's *Bi*". Anyway, "*Bi*" had become a medical term before Han Dynasty.

The complete description of *Bi*-syndromes in the early period was related in *Huang Di Nei Jing*, The Yellow Emperor's Internal Classic, which probably was written during the 2nd and the 1st century B.C. by a few unknown authors.

There is an independent chapter in this book, entitled "**Discussion on *Bi***", wherein the definition of *Bi*-syndromes is explained as being "the Invasion by a mixture of Wind, Cold, and Damp Three *Qi*". Moreover, this book also classified different types of *Bi*-syndromes, such as:

- Those due to predominance of Wind are called **Wandering *Bi***.
- Those due to predominance of Cold are called **Painful *Bi***.
- Those due to predominance of Damp are called **Fixed *Bi***.

These terms were clearly the first description of etiology and pathology of Rheumatic-*Bi*.

* *Lu Gwei-Djen* & Joseph Needham: *Celestial Lancets. A History & Rationale of Acupuncture & Moxa*. Cambridge University Press, 1980, p. 112.)

2nd group of three points:

- ST 41 *Jie Xi* The description of this point is given above (see p. 152, fig. 7.5).
- BL 60 *Kun Lun* The general function and indication of this point are given above (see p. 146, fig. 7.48). Here, it is merely used as a regional point to treat ankle and heel pain, ankle edema, and pain in the sole of the foot.
- KI 3 *Tai Xi* *Shu*-Stream point and Earth point of the Kidney Channel. It is one of the chief points to tonify the Kidney (*Qi*, *Yang*, and *Yin*) and benefit the Essence (*Jing*), thus strengthening the lower back. Therefore, it is used for any disorder due to Kidney Deficiency, including chronic weakness, soreness, and pain of the lower back and knees. Here however, it is used as a local point to treat ankle pain and swelling, heel pain, or pain in the sole of the foot (fig. 7.61).

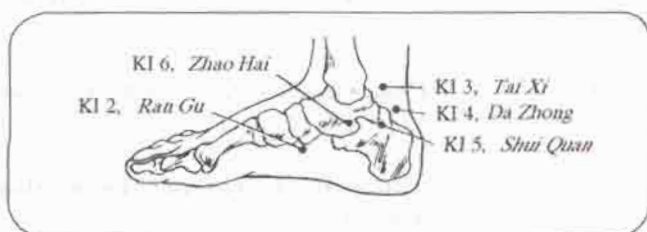


Fig. 7.61

In case of swelling of the ankle due to rheumatic disorder or sprain, add:

- SP 6 *San Yin Jiao* It is the Meeting point of the Spleen Channel with the Liver and Kidney Channels. Therefore, it has a wide range of actions, since it can tonify both Spleen and Kidney, and regulate the function of the Liver. Here, this point is specifically used to remove Dampness, and circulate *Qi* and Blood locally, in order to reduce swelling and stop pain respectively (fig. 7.60).
- SP 9 *Yin Ling Quan* Together with SP 6 (*San Yin Jiao*), it is one of the chief points for resolving Dampness. In such cases, like here, both points are mostly used in association. The general function and indication of SP 9 (*Yin Ling Quan*) in *Bi*-syndromes have been described above (see p. 150, fig. 7.56).

12° Points for treating *Bi*-syndromes arising from the toes

- Extra points *Ba Feng* There are eight points in total, four on each foot, with similar location and function as *Ba Xie* on the hands (see p. 144, fig. 7.45). As local points, they are indicated in foot and toe disorders such as numbness,