

II YANG QIAO MAI MP = B1 62 CP = Si 3

ACC. POINT = B1 59

PATHWAYS (ANATOMY)

(Shanghai) Begins below the lateral malleolus at B1 62, and ascends along the lateral aspect of the leg to the posterior aspect of the hypochondrium from the lateral side of the shoulders, across the shoulders, across the neck and passes beside the mouth before reaching the inner canthus, where it joins Yin Qiao and the bladder meridian. There it goes upwards across the forehead and winds behind the ear to Gb 20, it enters the brain at Gv 16.

Intersections B1 62, 61, 59, 1, Gb 29, 20, Si 10, Co 16, 15, St 4, 3, 1, Gv 16.

(Dr van Buren) B1, 63, 62, 61, 59, up lateral leg to Gb 35, 29, then behind and over the back of the shoulder to Si 10, Co 15, 16, St 4, 3, 1 and B1 1 and over the back of the head to Gb 20.

(Manfred Porkett) Originates in the heel, and ascends along the exterior side of the leg and lateral side of the trunk to Gb 20.

Actual points B1 62, 61, 59, Gb 29, Si 10, Co 16, 15, St 4, 3, 1. B1 1. Gb 20.

(Ling Shu) From the heel, upwards along outer ankle to Gb 20.
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FUNCTION (PHYSIOLOGY)

(GM) Yang Qiao is the pathway of downward flowing bladder energy, and brings jing and body fluids downward away from the head. As the yang energy starts or ends on the head, it is easy for an excess to occur. Yang Qiao usage is mainly in head problems, absorbing excess yang qi there, or removing stagnation there, as these conditions are often due to an imbalance in body distribution of energy and blood rather than an overall deficiency or excess.

Yang Qiao controls the head, brain, eyes and limbs.

(Woollerton & Maclean) Main indications for usage (probably coupled MP and CP):

1. to increase corticosteroid production.
2. for locomotion and articulation problems
3. lumbago and rheumatism
4. hormonal imbalances (with B1 1 and 6)
5. obsessions, manic depressive states, paranoia, insomnia (use St 3, 4, Gb 20 also) spasms, epilepsy etc. ((s) B1 62).

PATHOLOGICAL SYMPTOMS

- (Shanghai)**
1. diseases of eyes
 2. tightness and spasms of muscles along the lateral aspect of the lower leg, whilst the medial aspect is flaccid and atrophied (in cases of seizures or paralysis)
 3. pain or stiffness in lumbar region

(Ling Shu) Relaxation of yin side (of leg?) and tightening of yang side.
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(Dr van Buren)

Says to be used when there is a slackening of yang in the body eg. Cerebral hemorrhage, apoplexy, hemiplegia, as recognized by observation/investigation and the yang pulses being weak/slow. If there is Yang Qiao excess, there will be glaucoma, hypertension excesses in the eyes.

To be used as a couple, if symptoms appear in 2 or more categories, or if all of symptoms fit into 1 group.

1. lumbar/spinal rigidity
headache
sweating
2. arms cold
extremities numb with spasms
convulsions
head heaviness
red eyebrows
deafness
3. epilepsy
painful joints of extremities
sweating heavily
swelling (or swelling sensation) anywhere, usually around joints

Dr. van Buren suggests Yang Qiao couple B1 1, pulses balanced, needles, out, then Du Mai, needles out when pulses balance – for influence or hormonal system, especially pituitary and ACTH.

(GM) Yang Qiao is very effective in absorbing excess yang (especially from head). If it is in excess, the eyes stay open (insomnia)
(sedate B1 62, tonify Ki 6, regulate B1 1).

GM says Typical Yang Qiao picture – angry young man with tight nervous pulse.

(Manfred Porkett) Fatigue and powerlessness of yin organs and functions
Spastic tensions of the yang
General myelgias, especially back and lin pains
Stiffness
Painful eyes

(Chris Madden) Specific conditions – disorders of the limbs due to outside evil
Skin disorders.

Symptoms:

- skin disorders, stiffness of the lumbar region, oedema of the limbs.
- Attack of wind: headache and copious watery discharge (hydrorrhea).
- Headache, eye disorders, red eyes, neuralgia of the eyebrow region.
- Loss of sensation in the limbs (Pei).
- Deafness, nose disorders and deficiency of milk secretions.

Treatment

Master Point BI 62 (sedate bilaterally)

1. Lumbago with ankylosis (abnormal immobility consolidation of a joint)
B1 62, Gv 2. 43 KAO ROANG, bleed B1 40.
2. Pain in the joints of the limbs with lumbar irradiation.
BI 62, Co 15, BI 60, Co 11, Gb 34.
3. Attack of wind : *Cerebral Anoxia*
BI 62, Pe 9, Gv 20, Li 1, Sp 1.
4. Skin disorders of the scalp and body hair
BI 62, Pe 9, Ki 3, Co 4, Th 5
5. Skin disorders of the cervical region
BI 62
6. The body is aching
BI 62, St 36, Co 11
7. Headache: *Inability to bend down*
BI 62, BI 63, Cv 24
8. Stiff neck: *Inability to turn the head*
BI 62, Cv 24, Si 3, Co 4
9. Attack of wind: *Itching of the limbs and inability to carry out purposeful movements in the absence of paralysis or other motor sensory impairment.*
BI 62, Si 10, Co 4, Si 4, Li 2, Gb 31, Gb 34.
10. Attack of wind: *The eyes are not looking straight with tonic spasm, producing more or less complete closure of the eyelids and drooping of an upper eyelid from paralysis.*
BI 62, Gv 26, Co 4, Lu 9, Gb 1, St 6 (laterally x obliquely towards St 4).
Moxa x 7 86 PC SAP SUN
11. Attack of wind: *Imperfect articulation in speech*
BI 62, St 4 (towards St 6)
12. Pain of the lumbar, torso and cervical region
BI 62, BI 23, Gv 26, Gb 21, BI 40
13. Lumbago with difficulty in standing
BI 62, DI 2, BI 43, BI 40, Gv 12

14. Attack of wind: *Tetanic fixation of the head, body and limbs in a rigid straight line (orthotonos) and paralysis of the eye muscles.*
BI 62, Gv 20, Gv 14, Co 4, Co 11, Li 2, Gb 34. 86 PC SAP SUN
15. Skin disorders of the dorsal/lumbar region
BI 62, St 44, Gb 43, BI 40
16. Skin disorders of the arm
BI 62, Lu 3, Co 11, BI 40
17. Skin disorders of the dorsal and scapular area
BI 62, BI 40, Gb 43, Co 11, Th 2, Pe 6, Th 5. 86 PC SAP SUN
18. Skin disorders of the scalp – body hair
B1 62, Tai Yang, Ki 3, Co 4, Th 5
19. Skin disorders of the cervical region
B1 62, 30 Pc BACH LAO, Co 4, Gv 18, B1 40
20. Headache: Inability to bend down
B1 62, B1 63, Cv 24
21. Stiff neck: Inability to turn the head
B1 62, Cv 24, Si 3, Co 4

(Personal suggestions) A person coming straight off methadone, exhibiting symptoms of - nose running, feeling very cold, aching legs and joints in lower limbs, no appetite, slight nausea, internal tension and jitteriness – needing to constantly twitch, inability to sleep, found the first two symptoms immediately relieved by application of moxa on Gv 14 and bilateral B1 13. After the third night without sleep, the spasms at night were very distressing. A treatment at 2:30am using bilateral Si 3 and B1 62, uncoupled, with Gv 1 and B1 57 (anti-spasm point) – completely calmed the patient. Once the Si 3 and B1 62 were removed, all spasms returned, and stayed until daybreak.

2nd case – an ex-footballer who had had numerous broken noses and concussion. Presented problems was inability to breathe out of, or have awareness of, his nose. Also numb sensations around the nose were experienced. As no scarring was evident, I treated the patient with Gv 1 (to deobstruct the Gv) and bilateral Si 3 and B1 62 (not coupled). Yin Tang was threaded to the bridge of the nose, and a nasal separation was performed. The patient regained full use and feeling in the nose and its immediate area, felt much clearer in the head, and experienced major personality (positive) changes.

3rd case – 23 year old male with congenital eye disorder, whereby the amount of fluid within the eyeball was not regulated, swelled (with great pain) and destroyed the optic nerve, hence blindness. Patient presented with milky, bulging eyes, and very bad headaches/eye pain due to fluid build up. Besides obvious eye points, local and distal, the major treatment regime was to draw the excess from Yang Qiao Mai downwards. Again, I didn't couple the meridian but sedated B1 62. Within two months, the frequency and intensity of headaches had vastly decreased.