

## 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.  
*Chapter. 28*

### 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.  
*Chapter. 29*

### **(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