

## Additional thoracic GB Points found in Arcane Essentials

In Wai Tai Mi Yao (*Arcane Essentials of the Imperial Library*, 752 AD), there are the following points listed in Gallbladder channel and their translation (and my comments in green):

後腋（在腋後廉際兩筋間主腋外相引而痛手臂拘攣急不得上頭）

**Hou Ye (Posterior Axilla):** on the posterior wall of the axilla, between the two tendons. It masters the pain caused by extending the armpit [muscles]. [Treats] arms tightness that one cannot touch his head.

- I am speculating that this point to be posterior to GB-22, possibly in line with GB-22 and GB-23.

轉穀（在傍二骨間陷者中主胸脅支滿不欲食穀入穀不化嘔吐腹出舉腋取之）

**Zhuan Gu (Transforming/Rotating Grain):** in the intercostal depression between the two bones on the lateral [surface] (or “*lateral [to the previous point]*”). It masters propping fullness in the chest and rib-side. [Treats] lack of appetite, indigestion, vomiting and diarrhea. Raise the axilla to locate it.

- A number of point compendiums list this point as an extra point (EX-CA20), and place it between 3<sup>rd</sup> and 4<sup>th</sup> ribs

飲滌（在食門下一寸骨間陷者中主腹滿臙脹痛引臍傍腹鳴濯濯若中有水聲仰腹取之）

**Yin Xi (Drink Xi-Cleft):** 1 ACI below **Shi Men** in the depression of the intercostal space. It masters abdominal fullness, painful skin swelling that stretches to the sides of navel. [Treats] borborygmus, as though water was running through it. Locate it on one’s abdomen.

- The location of this point is rather confusing.
  - Maybe there is another point called Shi Men that is lost in the surviving text of this work. Maybe it is a point that is mentioned prior to this point
  - Maybe Shi Men means something else. Maybe another extra point is called Shi Men. Maybe it is the alternate name for another point (such as Zhuan Gu).
  - Maybe it is a mistake in copy.
- One point compendiums places it between 6<sup>th</sup> and 7<sup>th</sup> ribs

應突（在飲滌下一寸主飲食不入腹中滿大便不得節腹鳴泄注仰腹取之）

**Ying Tu (Addressing/Facing Protrusion):** 1 ACI below Yin Xi. Masters the inability to take in food or drink. [Treats] abdominal fullness, irregular bowel movement, borborygmus, flooding/watery diarrhea. Locate it on one’s abdomen.

- One point compendiums places it 1 inch inferior to the 6<sup>th</sup> intercostal space.
- It should be 1 costal space inferior to Yi Xi, so I am placing it between 7<sup>th</sup> and 8<sup>th</sup> rib ribs

脅堂（在腋陰下二骨陷者中主胸脅支滿臙脹賁豚噫噦喘逆膽視目黃舉腋取之）

**Xie Tang (Rib Hall):** inferior to the Ye Yin\*, in the depression between 2 bones (or “*in the costal depression 2 bones inferior to Ye Yin*”). Masters propping fullness in the chest and rib-side. [Treats] skin swelling, running piglet, belching with foul odor, panting counterflow, far sightedness\*, yellow eyes. Lift the axilla to located it.

- Ye Yin: meaning, “Yin of the axilla.” I am speculating it meaning the superior concave of the axilla. Or this may indicate a point name that I do not know.
- 膽視 (Zhan Shi or Dan Shi): literally, it says “Gallbladder sight” – in modern Chinese, we would use 瞻視 instead, which could mean far sight.
- Chinese Acupuncture list this point as an extra point and place it 2 inches inferior to the armpit, about 1 ACI above GB-22
- I am speculating it to be between 2<sup>nd</sup> and 3<sup>rd</sup> ribs

旁庭（在脅堂下二骨間陷者中舉腋取之灸三壯主卒暴中飛尸遁及胸脅支滿時上搶心嘔吐喘逆咽乾脅痛）

**Pang Ting (Side Court):** inferior to the Xie Tang, in the depression between 2 bones (*or “in the costal depression 2 bones inferior to Xie Tang”*). Lift the axilla to locate it. Moxa 3 cones. Master sudden turmoil and possession of the flying corpse. [Treat] propping fullness in the chest and rib-side, ascending throbbing sensation toward the heart, nausea, vomiting, panting counterflow, dry throat, and rib side pain.

- The grammar and sentence structure of this point seems to be different from the rest of the points. It may be a later addition to the original text.
- I am speculating it to be 2 bones down from Xie Tang, thus between the 4<sup>th</sup> and 5<sup>th</sup> ribs, just below GB-22

始素（在腋脅下廉下二寸骨陷者中主脅下支滿腰痛引腹筋攣陰氣上縮舉臂取之）

**Shi Su (Plain Origin):** in the intercostal depression 2 ACI below the inferior wall of the armpit-rib-side (*posterior auxiliary fold*). Masters propping fullness in the hypochondria. [Treats] back pain that stretches to the abdomen, cramping, Yin Qi\* retracts to the above. Lift the arm to locate it.

- Yin Qi: likely meaning “genital”
- I am speculating it to be on the latero-posterior surface of the flank, where it is below the diaphragm in the hypochondria region, which requires listing of arm to locate the point.

I have not seen these points listed anywhere besides this source text: Wai Tai Mi Yao.

They were not found in Sun Simiao’s works 100 years prior to this work, which allegedly compiled everything Sun Simiao could get his hands on; nor were they found in the monumental Bronze Man Classic dated 250 years later (*Tong Ren Shu Xue Zhen Jiu Tu Jing: The Classical Acupuncture and Moxibustion Illustration of the Bronze Man Shu Points*).

It always makes me wonder why there aren’t many points in that region, even though I can always palpate sore spots there; perhaps they are not needed with the usage of other points, or perhaps they are not supposed to be used due to other concerns. I don’t know. I need to research more before I can say more about it.

Below is my speculation of where the points are located:

