Clinical Application of the Acupoint Yanglingquan, by Wang Jinquan

Yanglingquan GB-34 has the effect of normalising the function of the Liver and Gall Bladder, clearing damp heat and strengthening the muscles and tendons. The author has found it to be a useful point in the treatment of several conditions. For arthritis of the shoulder, he uses Yanglingquan GB-34 on the affected side as the main point combined with Tiaokou ST-38, Jianyu L.I.-15, Quchi L.I.-11 and Tianzong SI-11. Yanglingquan GB-34 is needled with the tip pointing upwards, and on the arrival of qi, the needling sensation is radiated upwards while the patient is asked to move his shoulder a few times. Then 2-3 adjunct points are selected and needled with the reducing method. Generally after 1 or 2 treatments the pain is reduced and 1-2 courses of treatment can cure many cases. Of 23 cases treated in this way by the author, 14 were cured, 5 much improved and 4 not improved. For involuntary shaking of the head, Yanglingquan GB-34 is needled by the reducing method, making the needling sensation radiate upwards, Fengchi GB-20, Dazhu BL-11 and Lieque LU-7 are needled by the even method, and Zusanli ST-36 is needled using the reinforcing method. The author has found that symptoms are generally alleviated after 2-3 treatments and disappear completely after 7-10 treatments. Of 5 cases treated by the author, 4 were cured. For involuntary lumbar strain, the author uses Yanglingquan GB-34 with strong stimulation, at the same time asking the patient to slowly bend and turn the upper body, together with Renzhong DU-26, Weizhong BL-40, Yaotongdian (N-UE-19) and Ahshi points. Of the 15 cases treated by the author in this way all were cured. For facial paralysis local points such as Sibai ST-2, Dicang ST-4 and Quanliao SI-18 are often used combined with distal points such as Hegu L.I.-4 and Taichong LIV-3, but this treatment, although effective, is slow. The author has found that adding Yanglingquan GB-34 in addition to these points speeds up the treatment time. For hysterical paralysis, the author has successfully cured 6 cases by needling Yanglingquan GB-34 bilaterally with needle retention for 30 minutes and strong manipulation for 5 minutes during retention.

JTCM December 2004