

■ Bladder Channel

Yang, water phase

Significance in TCM

- Stimulates bladder and kidney function, diuresis, treats pain along the channel pathway, segmental impact on internal organs (*shu* points), and treatment of chronic diseases

Pathway: Begins at the medial corner of the eye and ends at the lateral nail fold of the little toe. At the point BL-10, it forks in two branches. One of the branches runs to BL-36 and from there it travels down, three *cun* lateral to the midline, across the lateral edge of the sacrum, the gluteal area, and along the midline of the back of the thigh. 1.5 *cun* apart from the midline, the internal branch runs down to BL-30, ascends to BL-31, and travels back down via BL-34 to the center of the gluteal fold where it connects with the external branch. The points of the internal bladder channel are used for acute and chronic conditions, and in the case of vacuity disorders they are treated with warmth (moxa).

Effect: TCM considers the bladder not only as a vessel that holds and eliminates urine, but primarily as the organ that stimulates and regulates the kidney functions. It has been proven that some bladder points do affect kidney and adrenal gland functions (most important point in this context: BL-23). Most points along the internal branch of the bladder channel have a segmental connection to their internal organs (associated *shu* points). They are primarily used in cases of subacute and chronic diseases. The sacral points are indispensable for the treatment of bladder and genital disorders. Important obstetric/gynecological points are located on the bladder channel.

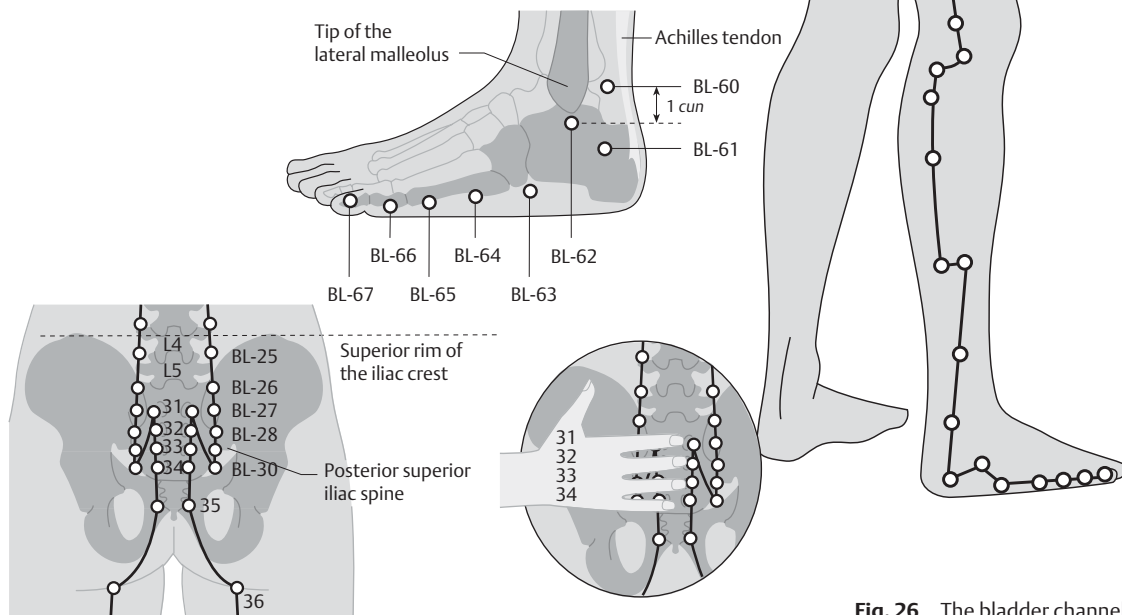


Fig. 26 The bladder channel