Remarks  In addition to being indicated for treating eye diseases (more specifically, inflammation and twitching of the eyelid), this point is particularly important for its regional action in the treatment of headache and of dizziness with dullness, “fullness and heaviness of the head,” and mental confusion.

TCM functions  Crossing point of the stomach channel with the gallbladder channel and the yáng wéi mài extraordinary vessel.

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**ST-9 Rén Ying—Man’s Pulse (Man’s Prognosis)**

rén = man; yíng = pulse, beat.

This point is located on the common carotid artery, where the vessel’s pulse can be clearly felt. In ancient times the pulse was taken in “nine places,” three of which referred to man, three to the sky, and three to the earth. ST-9 rén yíng corresponded to the middle pulse and to the position “man.”

**Western medicine**
- Hypertension, headache.
- Nausea, vomiting, hiccup. Asthma, dyspnea.
- Sore throat, acute pharyngotonsillitis, hoarseness.
- Thyroid diseases, globus hystericus.

**Traditional Chinese Medicine**
- Repletion syndromes of the upper part of the body. Subdues rebellious qi.
- Throat heat.
- Goiter, phlegm.

Remarks  The use of ST-9 for treating hypertension is definitely interesting and could imply an effect on the nearby carotid glomus. Local indications for inflammatory diseases of the throat and thyroid diseases are also noted. In addition, ST-9 is currently used to treat hypotension, which suggests a wider action for this acupuncture point, not limited to “rebellious qi” conditions.

**TCM functions**  Crossing point of the stomach channel with the gallbladder channel. Window of Heaven point. Sea of qi point.

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**ST-8 Tóu Wéi Main Combinations**

<table>
<thead>
<tr>
<th>Combination</th>
<th>Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ ST-40, ST-45, LI-1, LI-4, GV-20</td>
<td>Headache with dizziness, dullness and sleepiness (31).</td>
</tr>
<tr>
<td>+ GB-8, GV-20, Ex-2 tài yáng</td>
<td>Migraine (26).</td>
</tr>
<tr>
<td>+ GB-20, BL-1, Ex-2 tài yáng, LI-4</td>
<td>Conjunctivitis, eyesight disorders and eye diseases (29).</td>
</tr>
<tr>
<td>+ GB-14, TB-17, ST-4, LI-20</td>
<td>Facial paralysis (35).</td>
</tr>
<tr>
<td>+ BL-2</td>
<td>Twitching of the eyelid (20).</td>
</tr>
<tr>
<td>+ BL-1, GB-20, GB-5</td>
<td>Lacrimation following exposure to wind (20).</td>
</tr>
</tbody>
</table>

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**ST-9 Rén Ying Main Combinations**

<table>
<thead>
<tr>
<th>Combination</th>
<th>Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ LI-11, ST-36</td>
<td>Hypertension (26).</td>
</tr>
<tr>
<td>+ LR-3, LI-11, ST-36, PC-6, GB-34</td>
<td>Hypertension (27).</td>
</tr>
<tr>
<td>+ CV-22</td>
<td>Laryngitis–pharyngitis (28).</td>
</tr>
<tr>
<td>+ LU-11, LI-4</td>
<td>Edema of the larynx and pharynx (27).</td>
</tr>
<tr>
<td>+ PC-6, ST-36, HT-7, SP-6</td>
<td>Hyperthyroidism (24).</td>
</tr>
<tr>
<td>+ SI-17, LI-4, ST-36, KL-3, PC-6, SP-6</td>
<td>Goiter (35).</td>
</tr>
</tbody>
</table>

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**ST-10 Shuǐ Tú—Water Prominence**

shuǐ = water; tú = prominence, passage.

This point is located inferolaterally to the Adam’s apple, which appears as a prominence when swallowing.

Location  Halfway between ST-9 rén yíng and ST-11 qì shè, on the anterior border of the sternocleidomastoid muscle.
**Western medicine**
- Sore throat, cough, dyspnea, bronchitis, tonsillitis, voice disorders.
- Hiccup, regurgitation.
- Thyroid diseases, goiter, cervical lymphadenopathy.

**Traditional Chinese Medicine**
- Phlegm–heat in the lung and throat.
- Subdues rebellious qi.
- Qi stagnation in the neck and throat.

**Remarks** This is a local point, mostly indicated for treating diseases of the neck and throat.

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**ST-10 Shuıˇ Tú**

**Location** On the upper border of the medial end of the clavicle, between the sternal and clavicular ends of the sternocleidomastoid muscle, 1.5 cun lateral to CV-22 tian tu.

**Remarks** This is a local point, mostly indicated for treating diseases of the neck and throat.

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**ST-11 Qi Shè—Qi Abode**

qi = qi, vital energy; shè = residence, house.
The term qi refers to zong qi, the qi of the chest, resulting from merging of the respiratory and digestive qi.
This point is indicated for treating disorders of zong qi circulation, such as rebellious qi and others, detailed below.

**Location** On the upper border of the medial end of the clavicle, between the sternal and clavicular ends of the sternocleidomastoid muscle, 1.5 cun lateral to CV-22 tian tu.

**Western medicine**
- Sore throat, cough, dyspnea, bronchitis, tonsillitis, voice disorders.
- Hiccup, regurgitation.
- Thyroid diseases, goiter, cervical lymphadenopathy.

**Traditional Chinese Medicine**
- Dispels heat and phlegm from the lung and throat.
- Subdues rebellious qi.
- Qi stagnation in the neck and throat.

**Remarks** This is a local point, mostly indicated for treating neck and throat diseases.

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**ST-12 Què Pén—Broken Basin (Empty Basin)**

que = broken; pén = basin, bowl.
This point is located in the center of the supraclavicular fossa, which in ancient times was called què pén.

**Location** At the center of the supraclavicular fossa, 4 cun lateral to CV-22 tian tu.

**Western medicine**
- Sore throat, cough, dyspnea.
- Hiccup, regurgitation.
- Supraclavicular fossa pain.

**Traditional Chinese Medicine**
- Regulates the local flow of qi.
- Subdues rebellious qi.
- Dispels heat and phlegm from the lungs and throat.

**Remarks** This point is located at the intersection of several channels and in a convergence zone of the channel sinews. It is, however, currently used only as a local point for the neck and throat, when treating dyspnea and hiccup.

**TCM functions** Crossing point of the stomach channel with the large intestine, small intestine, triple burner, and gallbladder channels.