

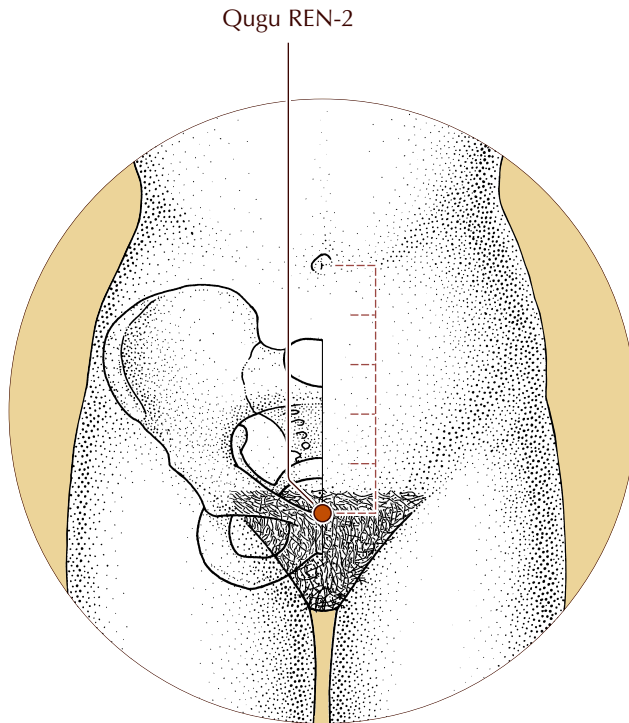
**QUGU REN-2**

Curved Bone

Meeting point of the Conception vessel  
with the Liver channel

**LOCATION**

On the midline of the lower abdomen, at the superior border of the pubic symphysis, 5 cun below the umbilicus.

**NEEDLING**

Perpendicular insertion 0.5 to 1 cun.

**Caution:** deep insertion will penetrate a full bladder which should therefore be emptied before treatment.

**ACTIONS**

Benefits urination

Regulates the lower jiao

Warms and invigorates the Kidneys

**INDICATIONS**

- Dribbling and hesitant flow of urine, difficult urination, retention of urine due to foetal pressure, enuresis, the five types of painful urinary dysfunction.
- Fullness, distention and pain of the lower abdomen, acute lower abdominal pain, painful shan disorder.
- Impotence, seminal emission, dampness and itching of the scrotum, contraction of the penis, dryness and pain of the genitals.

- Red and white leucorrhoea, irregular menstruation, dysmenorrhoea.
- Deficiency and exhaustion of the five zang, deficiency and weariness with extreme cold.

**COMMENTARY**

Qugu REN-2 acts primarily on the genito-urinary regions, being able to treat a variety of urinary, lower abdominal, sexual, genital and gynaecological diseases. Its importance in the treatment of these disorders however, is overshadowed by neighbouring points such as Qichong ST-30 and Zhongji REN-3.

**COMBINATIONS**

- Inability to urinate: Qugu REN-2, Shimen REN-5, Guanyuan REN-4, Zhongji REN-3 and Sanyinjiao SP-6 (*Supplementing Life*).
- Red and white leucorrhoea: Qugu REN-2 [7 cones of moxa], Taichong LIV-3, Guanyuan REN-4, Fuliu KID-7, Sanyinjiao SP-6, Tianshu ST-25 [one hundred cones of moxa] (*Compilation*).
- Fright epilepsy, mad walking and madness: Qugu REN-2, Xingjian LIV-2, Jinsuo DU-8 and Yingu KID-10 (*Thousand Ducat Formulas*).