

QICHONG ST-30

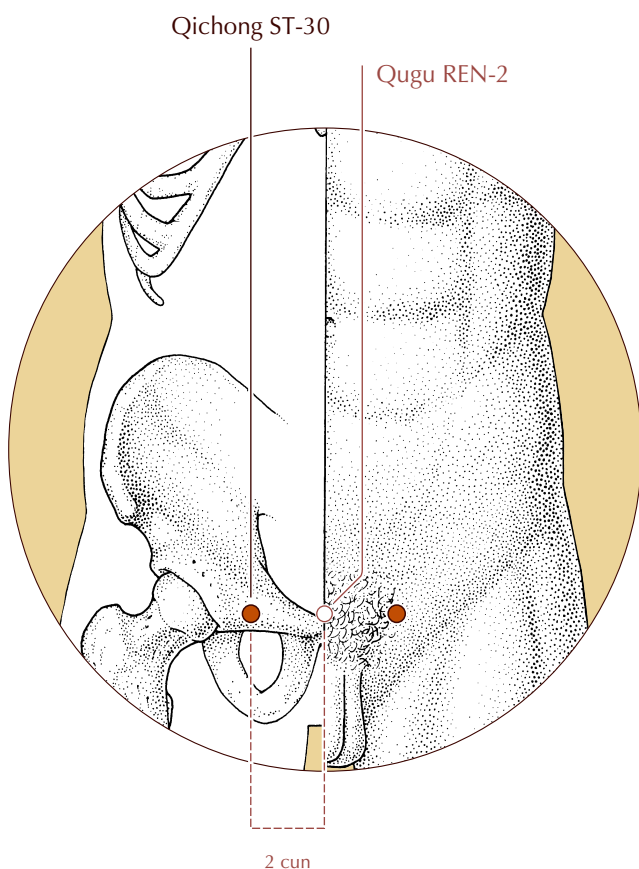
Rushing Qi

氣
沖

Meeting point of the Stomach channel with the Penetrating vessel
Point of the Sea of Water and Grain

LOCATION

On the lower abdomen, 2 cun lateral to the midline, level with the superior border of the pubic symphysis (Qugu REN-2).

**LOCATION NOTE**

The 2 cun line may be located halfway between the midline and the palpable lateral border of the rectus abdominis muscle.

NEEDLING

Perpendicular insertion 1 to 1.5 cun.

Caution: in thin patients, i. deep insertion in a superior direction may penetrate the peritoneal cavity or a full bladder (the patient should therefore be asked to empty the bladder before needling); ii. deep insertion in an inferior direction in the male may penetrate the spermatic cord.

ACTIONS

Regulates qi in the lower jiao
Regulates the Penetrating vessel
Subdues running piglet qi

INDICATIONS

- Hypogastric pain, sudden fullness and distention of the abdomen, fullness of the abdomen with inability to lie down, twisting pain of the abdomen, heat in the abdomen, heat in the body with abdominal pain, hardness below the umbilicus, retention of urine and faeces, heat in the Large Intestine, prolapse of the rectum, injury by cold leading to heat in the Stomach, hot painful urinary dysfunction, stone oedema.
- Irregular menstruation, sudden amenorrhoea, abnormal uterine bleeding, infertility, disorders related to childbirth, retention of the placenta, difficult lactation.
- Swelling and pain of the external vagina, swelling and pain of the penis, pain of the testicles, retraction and pain of both testicles, shan disorder, impotence, pain of the lumbar region with difficulty in turning, fullness of the lateral costal region.
- Running piglet qi, qi rushing upwards to attack the Heart, foetus (foetal qi) rushes up to attack the Heart.

COMMENTARY

The name of this point Qichong may be translated as 'Rushing Qi' or 'Pouring Qi'. The character 'chong' is the same as in the Penetrating vessel (chong mai). This name reflects both the ability of Qichong ST-30 to regulate the circulation of qi in the lower abdomen and its status as the point where the Penetrating vessel emerges on the abdomen. Qichong ST-30 has a broad action in treating many disorders affecting this area. By regulating qi, Qichong ST-30 may be used to disperse stagnation, pain, cold and heat in the genital region, intestines, Bladder and the abdomen as a whole, and is indicated for such disorders as pain, fullness and distention of the lower abdomen, abdominal heat, twisting pain of the abdomen, heat in the Large Intestine, retention of urine and faeces, hot painful urinary dysfunction, stone oedema etc.

The Penetrating vessel emerges at the perineum and meets the Stomach yangming channel at Qichong ST-30. The Penetrating vessel influences the lower abdomen as a whole, including the genital organs, and especially helps regulate the function of the uterus and menstruation. Qichong ST-30 is therefore indicated for such genital disorders as swelling and pain of the penis and vagina, pain and retraction of the testicles, impotence etc., and such gynaecological and obstetrical disorders as irregular menstruation, sudden amenorrhoea, abnormal uterine bleeding, infertility, retention of the placenta and difficult lactation.

According to the *Classic of Difficulties*, when the Penetrating vessel is diseased, there will be upsurging qi and acute abdominal disturbance. Qichong ST-30, located on the lower abdomen and the point where the Penetrating vessel emerges, is the single most important point in the treatment of running piglet qi. According to the *Essentials from the Golden Cabinet* "Running piglet disorder arises from the lower abdomen; it rushes up to the throat with such ferocity that the patient feels he is close to death. It attacks and then remits. It is brought about by fear and fright". Running piglet qi primarily arises when stagnant Liver qi transforms to heat, or when Kidney yang deficiency leads to accumulation of cold in the lower jiao. In both cases, qi is violently discharged and rushes upwards along the Penetrating vessel causing great agitation and anxiety. Qichong ST-30 is also indicated for foetal qi rushing up to the Heart. This condition, described by Zhu Dan-xi, manifests as distention, fullness and pain of the abdomen and Heart in a pregnant woman.

In the chapter 'Discourse On the Seas' in the *Spiritual Pivot*¹⁷ Qichong ST-30 is given as the upper point of the 'sea of water and grain' (Zusanli ST-36 is the lower point). According to this passage, when the sea of water and grain is in excess, there is abdominal fullness, and when it is deficient there is hunger with inability to eat. Finally, the *Essential Questions*¹⁸ includes Qichong ST-30 among the eight points to clear heat from the Stomach (bilateral Qichong ST-30, Zusanli ST-36, Shangjuxu ST-37 and Xiajuxu ST-39).

COMBINATIONS

- Insomnia: Qichong ST-30 and Zhangmen LIV-13 (*Supplementing Life*).
- Prolapse of the rectum: Qichong ST-30, Dachangshu BL-25, Baihui DU-20, Changqiang DU-1, Jianjing GB-21 and Hegu L.I.-4 (*Compilation*).
- Stone oedema of the upper abdomen: moxa Qichong ST-30, Rangu KID-2, Siman KID-14 and Zhangmen LIV-13 (*Thousand Ducat Formulas*).