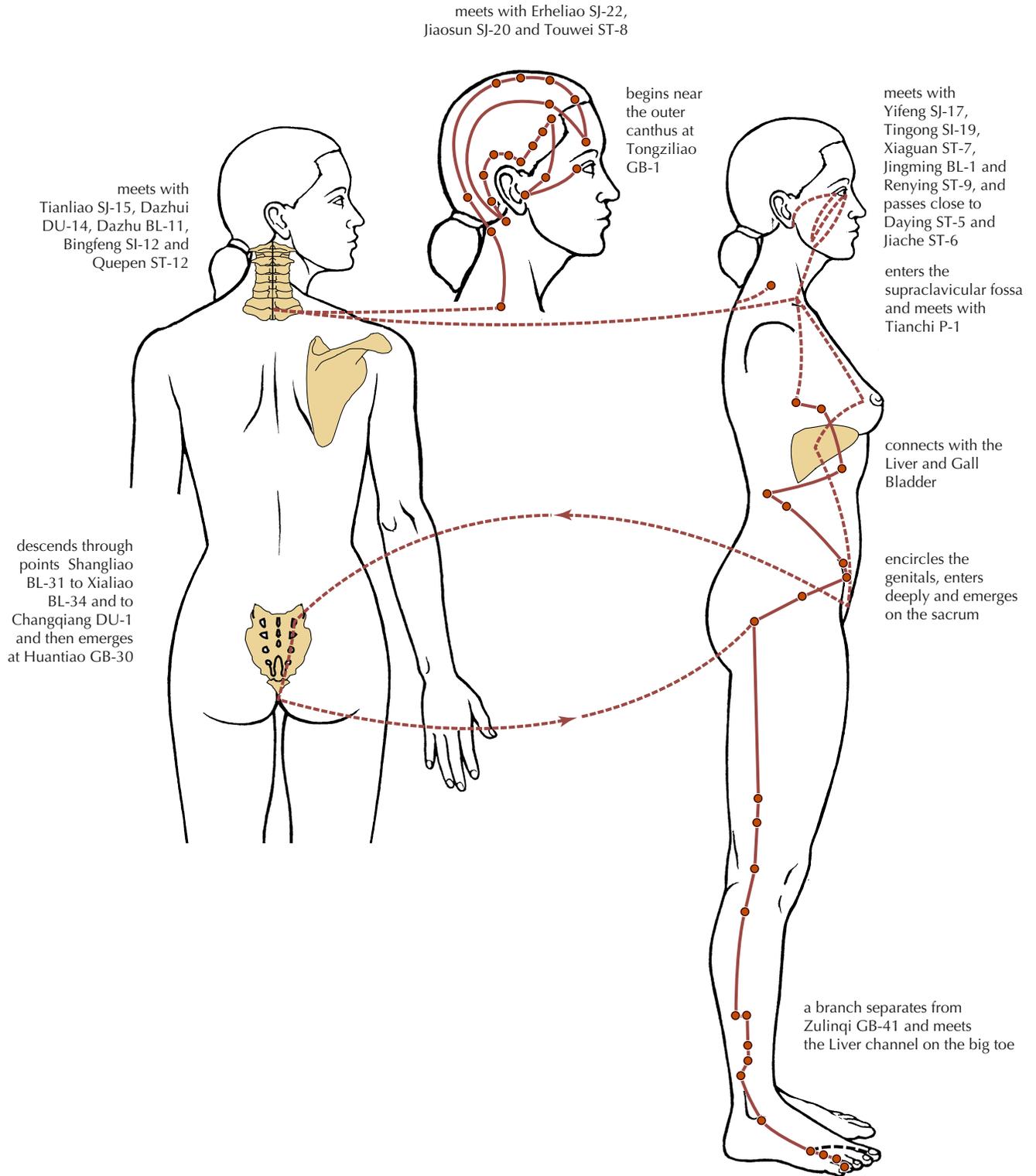


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THE GALL BLADDER  
CHANNEL OF  
FOOT SHAOYANG

### THE GALL BLADDER CHANNEL OF FOOT SHAOYANG



The Gall Bladder primary channel

**THE GALL BLADDER PRIMARY CHANNEL**

- begins near the outer canthus of the eye at Tongziliao GB-1,
- crosses to the anterior portion of the ear at Tinghui GB-2 then ascends to the upper border of the zygomatic arch at Shangguan GB-3,
- ascends to the corner of the forehead at Hanyan GB-4 and descends via points Xuanlu GB-5, Xuanli GB-6 and Qubin GB-7 to the region above the ear where it meets with Erheliao SJ-22,
- curves posteriorly behind the ear to the mastoid process at Wangu GB-12, meeting with Jiaosun SJ-20 on the way,
- curves upwards across the side of the head to the corner of the forehead at Touwei ST-8 and descends to the supraorbital region at Yangbai GB-14,
- ascends and curves across the side of the head to Fengchi GB-20 below the occiput,
- crosses the top of the shoulder via Jianjing GB-21 and Tianliao SJ-15 to meet with the spine at Dazhui DU-14,
- passes laterally via Dazhu BL-11 to Bingfeng SI-12 then anteriorly to enter the supraclavicular fossa at Quepen ST-12.

*A branch*

- emerges behind the ear and enters the ear at Yifeng SJ-17,
- emerges in front of the ear and passes via Tinggong SI-19 and Xiaguan ST-7 to the outer canthus,
- descends to the corner of the jaw near Daying ST-5,
- crosses the Sanjiao channel and rises to the infraorbital region, and meets with Jingming BL-1,
- descends to the neck, passing near Jiache ST-6 and intersecting Renying ST-9 to rejoin the main channel in the supraclavicular fossa,
- descends into the chest, meeting with the Pericardium channel at Tianchi P-1,
- crosses the diaphragm, connects with the Liver and unites with the Gall Bladder,
- continues along the inside of the ribs to emerge in the inguinal region,
- encircles the genitals, runs superficially along the margin of the pubic hair then enters deeply to emerge at the sacral region where it meets the Bladder channel at Baliao (the four points of the sacral foramina) and the Governing vessel at Changqiang DU-1,
- emerges on the buttock at Huantiao GB-30.

*Another branch*

- descends from the supraclavicular fossa to the

- anterior aspect of the axilla, then passes through Yuanye GB-22, Zhejin GB-23 and Riyue GB-24,
- intersects the Liver channel at Zhangmen LIV-13,
- descends to the hip joint to meet the previous branch at Huantiao GB-30 and continues down the lateral aspect of the thigh and knee,
- descends along the lateral aspect of the lower leg to the anterior aspect of the lateral malleolus,
- follows the dorsal surface of the foot along the groove between the fourth and fifth metatarsals to end on the lateral side of the tip of the fourth toe at Zuqiaoyin GB-44.

*Another branch*

- separates on the foot at Zulinqi GB-41 and runs between the first and second metatarsal bones to the medial tip of the big toe then through the toenail to link with the Liver channel.

*The Gall Bladder primary channel connects with the following zangfu: Gall Bladder and Liver.*

*The Gall Bladder primary channel meets with other channels at the following points: Xiaguan ST-7, Touwei ST-8, Renying ST-9, Quepen ST-12, Bingfeng SI-12, Tinggong SI-19, Jingming BL-1, Dazhu BL-11, Shangliao BL-31, Ciliao BL-32, Zhongliao BL-33, Xialiao BL-34, Tianchi P-1, Tianliao SJ-15, Yifeng SJ-17, Jiaosun SJ-20, Erheliao SJ-22, Zhangmen LIV-13, Changqiang DU-1, Dazhui DU-14.*

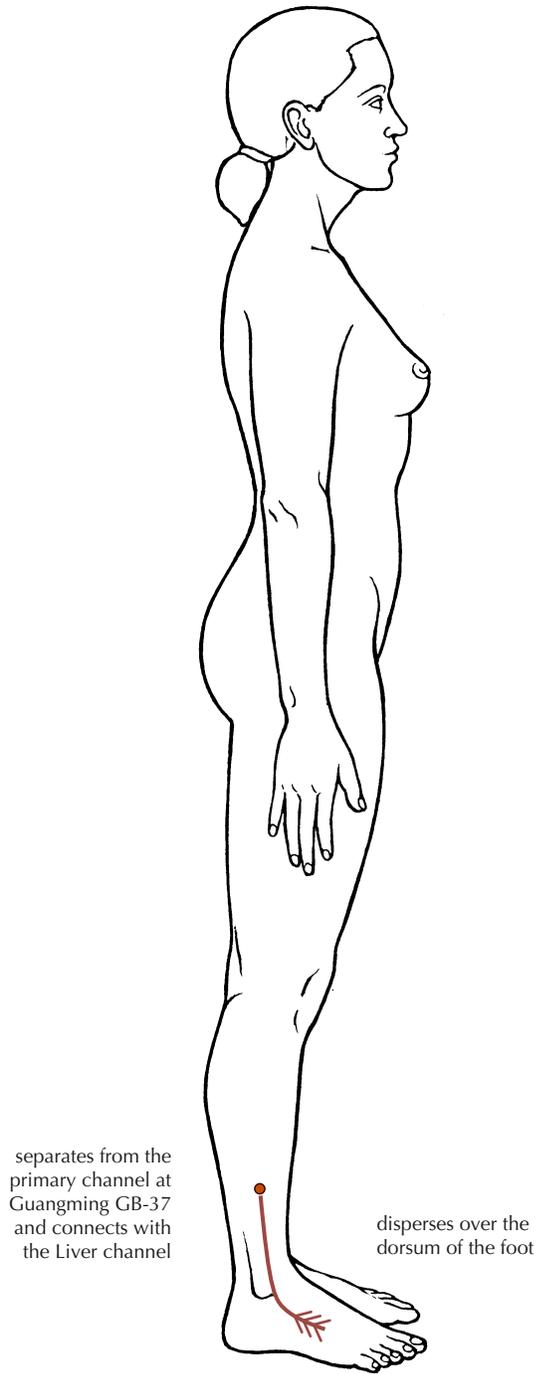
*Note: Baihui DU-20 is classified as a meeting point of the Gall Bladder channel with the Governing vessel but is not conventionally shown as such on illustrations of the Gall Bladder primary channel.*

**THE GALL BLADDER LUO-CONNECTING CHANNEL**

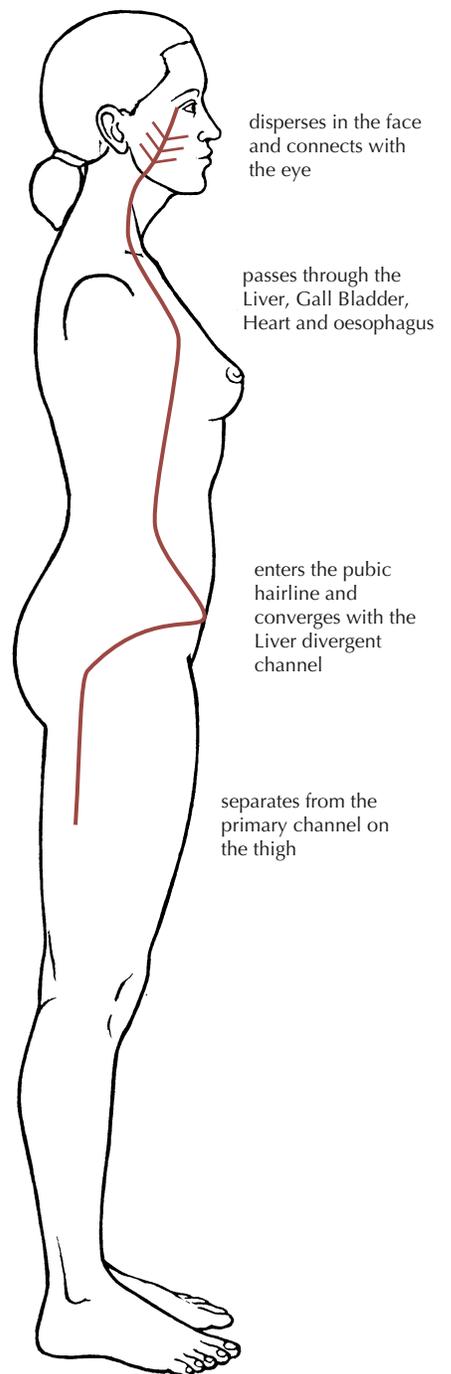
- separates from the primary channel at Guangming GB-37,
- connects with the Liver channel,
- descends and disperses over the dorsum of the foot.

**THE GALL BLADDER DIVERGENT CHANNEL**

- diverges from the primary channel on the thigh,
- enters the pubic hairline where it converges with the divergent channel of the Liver,
- enters the flank between the lower ribs,
- connects with the Gall Bladder and spreads upwards through the Liver,
- proceeds upwards across the Heart and oesophagus,
- emerges at the lower jaw, disperses in the face, connects with the eye and rejoins the Gall Bladder primary channel at the outer canthus.



**The Gall Bladder luo-connecting channel**



**The Gall Bladder divergent channel**

**THE GALL BLADDER SINEW CHANNEL**

- begins at the fourth toe and binds at the lateral malleolus,
- ascends the lateral aspect of the leg to bind at the lateral aspect of the knee,

*A branch*

- begins in the upper portion of the fibula and ascends along the lateral aspect of the thigh.

*A sub-branch*

- runs anteriorly to bind in the area above Futu ST-32.

*Another sub-branch*

- runs posteriorly and binds at the sacrum.

*The vertical branch*

- ascends across the ribs and travels anteriorly to the axilla, linking first with the breast and then binding at Quepen ST-12.

*Another branch*

- ascends from the axilla and passes through Quepen ST-12,
- ascends anterior to the Bladder channel, passing behind the ear to the temple,
- continues to the vertex where it meets with its bilateral counterpart.

*A branch*

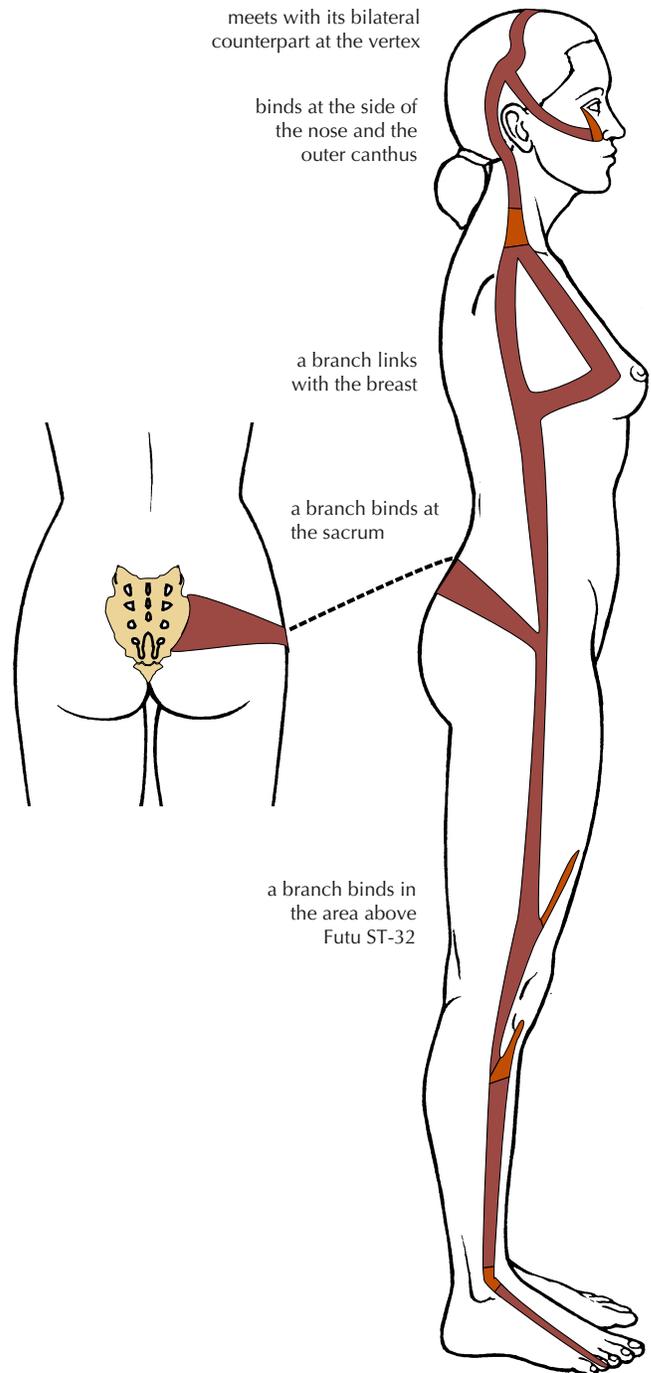
- descends from the temple across the cheek and binds at the side of the nose.

*A sub-branch*

- binds at the outer canthus.

*Pathological symptoms of the Gall Bladder sinew channel*

Strain and cramping of the fourth toe leading to cramping of the lateral aspect of the knee, inability to extend and bend the knee, spasm of the popliteal region, in the front leading to spasm of the upper thigh, and in the back spasm of the sacrum, radiating to the lateral costal region and the area below the lateral costal region; spasm of the supraclavicular fossa, the sides of the neck and the neck. If one looks to the right, then the right eye will not open and vice versa.



**The Gall Bladder sinew channel**

**DISCUSSION**

The Gall Bladder channel of foot shaoyang is interiorly-exteriorly coupled with the Liver channel, and paired with the Sanjiao channel of hand shaoyang according to six channel theory. The Gall Bladder-Liver relationship is further strengthened by the fact that:

- the Gall Bladder primary and divergent channels connect with the Liver.
- the Gall Bladder luo-connecting channel connects with the Liver channel.
- the Gall Bladder divergent channel connects with the Liver divergent channel.

In addition it is important to note that:

- the Gall Bladder primary channel begins at the outer canthus and travels to the infraorbital region, whilst the Gall Bladder divergent channel connects with the eye.
- the Gall Bladder primary channel criss-crosses the side of head as well as meeting with points Erheliao SJ-22, Jiaosun SJ-20 and Touwei ST-8 in this region.
- the Gall Bladder primary channel both passes behind the ear and enters the ear.
- the Gall Bladder primary channel passes through the jaw and throat region.
- the Gall Bladder primary channel descends through the chest and connects with the Pericardium channel at Tianchi P-1.
- the Gall Bladder primary and divergent channels pass anterior to the axilla.
- the Gall Bladder sinew channel links with the breast.
- the Gall Bladder divergent channel connects with the Heart.
- the Gall Bladder primary channel passes through the inguinal region and encircles the genitals.
- the Gall Bladder primary and divergent channels go to the sacrum and the primary channel connects with Changqiang DU-1.

The Gall Bladder belongs to the wood phase and its two principal functions are to store and excrete bile and to rule courage, decision-making and judgement. It is by virtue of these functions as well as the channel pathways discussed above, that many of the actions and indications of the points of the Gall Bladder channel can be explained. These can be summarised as:

- treating disorders of the eyes, especially those due to exterior wind-heat or Liver and Gall Bladder channel heat.
- treating disorders of the ear, especially those due to exterior wind-heat or Liver and Gall Bladder channel heat.

- treating headaches, especially one-sided headaches affecting the shaoyang channel at the temple and side of the head.
- treating disorders of the Liver. The Liver rules the smooth flow of qi, and when this free-flowing function of the Liver is impaired, qi will stagnate. At the same time, the Liver and Gall Bladder are entrusted with the ministerial fire and their stagnant qi readily transforms to fire. If Liver fire consumes yin, it may give rise to the pattern of uprising of Liver yang, whilst either Liver fire or Liver yang may generate interior wind. Liver qi stagnation, Liver fire, Liver yang and Liver wind may all manifest along the course of the Gall Bladder channel in the head, ears, eyes, chest, breast and lateral costal region.
- treating phlegm disorders, scrofula and nodules. The smooth flow of body fluids is in part dependent on the free-flowing of the Liver qi, whilst Liver fire may condense body fluids into phlegm. Points of the Gall Bladder channel are indicated for stagnant qi and phlegm (and the consequent) swelling and nodulation, in the throat, supraclavicular fossa, axilla and breast, all regions traversed by various pathways of the Gall Bladder primary and secondary channels.
- clearing damp-heat from the Gall Bladder fu, manifesting as jaundice, pain of the lateral costal region, nausea and vomiting, fever etc.
- clearing pathogenic factors from shaoyang level giving rise to alternating chills and fever, bitter taste in the mouth, hypochondriac pain, dryness of the mouth and throat, and nausea and vomiting.
- treating disorders of the spirit and ethereal soul (hun): i. the Gall Bladder rules judgement, decisiveness and courage, ii. its divergent channel enters the Heart, and iii. the Gall Bladder (wood) is the 'mother' of Heart (fire). Points of the Gall Bladder channel are therefore able to treat disorder of the spirit and ethereal soul (hun) due principally either to Gall Bladder and Liver fire or Gall Bladder qi deficiency.
- the Girdling vessel only passes through three acupuncture points, Daimai GB-26, Wushu GB-27 and Weidao GB-28, whilst its confluent point is Zulinqi GB-41. This extraordinary vessel is therefore principally influenced by selecting these Gall Bladder channel points.
- the hui-meeting points of the sinews (Yanglingquan GB-34) and the marrow (Xuanzhong GB-39) belong to the Gall Bladder channel which traverses the entire lateral portion of the leg. Many points of the lower portion of this channel, therefore, are important in the treatment of disorders such as atrophy disorder and painful obstruction.