

Professor Zhang Weihua's Clinical Experience in the Application of Yongquan Acupoint

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Received: March 16, 2025; Accepted: March 23, 2025; Published: March 25, 2025

Abstract

Summarizing Professor Zhang Weihua's understanding of the bidirectional regulation function of Yongquan Point and his clinical application experience, the author believes that Yongquan is a meeting place of Yin and Yang qi, and both Yin and Yang qi are rooted here, which can be used to balance Yin and Yang, and proposes that Yongquan is the key point of bidirectional regulation, which has the functions of bidirectional regulation, bidirectional lifting, bidirectional replenishing. At the same time, Professor Zhang believes that Yongquan point should be combined with the corresponding stimulation method in the treatment of different diseases, which provides a new idea for the clinical treatment of some difficult diseases.

Keywords: Yongquan Point, bidirectional regulation, experience of famous doctors, Zhang Weihua

1. Introduction

Professor Zhang Weihua is the inheritor of the academic technology of Guo Chengjie, the master's tutor, and the famous old TCM in Shaanxi Province. He has been engaged in acupuncture clinical and teaching for 40 years. He is good at thinking, brave in practice, and innovative in ancient law, and has his own unique understanding and innovation of many acupoints and diseases. Yongquan point, also known as Di Chong, is located in the bottom of the body hole, for the foot Shaoyin kidney meridian of the well point, the kidney meridian of the point such as spring water like constant upwelling, so the name Yongquan. Professor Zhang clinically found that the use of Yongquan in the treatment of some chronic intractable diseases when the miraculous effect, the originality of the three bidirectional adjustment characteristics of Yongquan, combined with self-created acupuncture methods, the effect is excellent. This article retrospects ancient doctors' theory of classics, combined with modern clinical application, systematically summarizes Professor Zhang Weihua's clinical experience in using Yongquan point for reference.

2. Cave Names and Their Meanings

Yongquan Point, alias Dichong, the first name of the point in the "Lingshu · this transfusion" its words: "the kidney out of Yongquan, Yongquan foot heart also, for the well wood." [1] Zhang Yin 'an notes: "The underground spring of water is born of Tianyi, so the Shaoyin spring is called Yongquan." The National Health Commission thirteenFive-Year Plan textbook "Meridian and acupoint" describes its positioning: "When bending the foot to roll the toe, the heart of the foot is the most depressed, and the intersection of the first 1/3 and the last 2/3 of the second and third toes of the sole and the heel connection are taken." [2] Yongquan Point was used for first aid in ancient times, and was often used for the treatment of diseases of the limbs meridian, kidney system, spleen and stomach system in internal medicine. Most of the methods used were acupuncture and moxibustion method [3]. Modern treatment methods are more diversified, but the scope of treatment of diseases is reduced [4]. Professor Zhang summed up many years of clinical experience, and believed that Yongquan Point is a key point for two-way regulation and balance of Yin and Yang, which can soothe and awake the mind. Both main rise and main fall, both warm tonifying work, but also have the effect of fire, clinical application is widely and excellent effect.

3. The Spring Has the Power to Divert the Spirit in Both Directions

Yongquan can calm the spirit, but also can wake up the spirit. "Spiritual Axis · Tiannian" records: "those who lose their mind die, and those who gain God also live", which shows the importance of God, God has the distinction of Yuan God and knowledge God, Yuan God is a congenital god, dominate the life activities of the human body,

knowledge God is the God after birth, presiding over the spiritual consciousness, thinking and feelings of the human body [5]. The soul is rooted in the kidney and resides in the brain, and the consciousness of God resides in the heart and originates in the brain [6]. Yongquan point can dredge the heart and kidney two meridian qi, peace of mind, awake brain God.

3.1 Calm the Heart to Know God in Peace

Provide dates defining the periods of recruitment and follow-up and the primary sources of the potential subjects, where appropriate. If these dates differ by group, provide the values for each group.

Analysis of data and the reporting of the results of those analyses are fundamental aspects of the conduct of research. Accurate, unbiased, complete, and insightful reporting of the analytic treatment of data (be it quantitative or qualitative) must be a component of all research reports. Researchers in the field of psychology use numerous approaches to the analysis of data, and no one approach is uniformly preferred as long as the method is appropriate to the research questions being asked and the nature of the data collected. The methods used must support their analytic burdens, including robustness to violations of the assumptions that underlie them, and they must provide clear, unequivocal insights into the data.

Can treat insomnia, hypertension and other diseases. Insomnia, Chinese medicine called insomnia, hypertension belongs to Chinese medicine "headache" "vertigo" category. "Elbow after song" cloud "top heart headache eye not open, Yongquan needle set Antai." "Lingshu · Five Evils" says, "The evils are in the kidney... When dizzy, take the surging spring, Kunlun." "Qianjin Fang" contains "headache first take Yongquan and sun well Xingyang." "Acupuncture and Moxibustion A and B Classics" cloud its indications "shoulder and neck pain, when dizzy." Many other documents have recorded Yongquan's calming effect [7]. According to the "Spiritual pivot · Meridians" : "Foot Shaoyin kidney channel... Its branch, out of the lung, collateralized heart, into the chest." The kidney channel follows the branch from the lung to the heart, and the heart is the Lord of the gods, dominating the life and spiritual activities of the human body. According to the theory of "over the meridians, the main indications", it can be seen that Yongquan has the effect of calming the heart and calming the spirit [8]. The heart is on the top, the five elements belong to fire, the kidney resides on the bottom, the five elements belong to water, the heart and kidney Yin and Yang water and fire rise and fall together, and the spirit is harmonious and mutual use. Clinical kidney Yin deficiency in the lower and heart fire on the Yin deficiency fire, that is, the heart and kidney do not exchange, appear upset insomnia, dream, vertigo tinnitus, waist and knee sour and soft symptoms, if the kidney Yin deficiency involves the liver Yin, water does not contain wood, liver and kidney Yin deficiency causes liver Yang hyperactivity, dizziness, headache, forgetfulness and other symptoms. Stimulating Yongquan can nourish kidney Yin, fire return to Yuan, promote the intersection of heart and kidney, kidney Yin enough to nourish liver Yin, liver and kidney can interact with each other to achieve the effect of calming heart and stopping dizziness. He Yaqi et al. [9] analyzed the clinical data on the treatment of hypertension from the self-built database to 2019 and found that the use frequency of Yongquan ranked first, and the use frequency of Sanyinjiao combined with Yongquan, Shenque combined with Yongquan, and Neiguan combined with Yongquan ranked among the top three of the use frequency of acupoints. It can also be seen that Yongquan has a significant effect in reducing blood pressure and is favored by modern doctors. Modern studies have also confirmed that stimulation of Yongquan can regulate central nervous function [10], improve vascular structure and elasticity, and affect vasomotor function [11].

Operation: Acupuncture combined with Yongquan acupoint application treatment. Acupoint application can not only exert the dual effects of acupoints and drugs, but also stimulate and coordinate the human body to produce neuro-immune regulation [12]. The medicine is made of Evowood and magnet. Evowood is hot and bitter in taste, and magnet is salty in kidney and heavy in fall, so the combination of the two can play a calming and calming effect. The patient was placed in a supine position, and Professor Zhang kneaded the knuckle of the finger at the spring before applying the needle. The technique was gentle and powerful, from light to heavy, for 3-5 minutes on each side. The patient may have resistance at first, but gradually adapted to the injection during the kneading process without pain. For insomnia patients, Professor Zhang cooperated with Baihui, Sishencong, Yintang, Shenmen, Sanyinjiao and other acupoints to ding Yuan Shen and calm Shen [13]. Hypertensive patients, often with the line to diarrhea liver Yang, Taixi to tonifying kidney water. After acupuncture, the patient was asked to clean the sole of the foot on the night of acupuncture, and the prepared Chinese medicine 6-8g was placed in the center of the dressing pad and attached to the Yongquan of the foot, and removed in the morning. The patient reported stable blood pressure and good sleep.

3.2 *Quenching the Wind to Awaken the Spirit of the Yuan*

Can treat shock, epilepsy, stroke sequelae and other diseases. Shock belongs to "syncope syndrome" of Chinese medicine, and epilepsy belongs to the category of "epilepsy syndrome" of Chinese medicine. "Class classics Diagram wing" Yun Yongquan main "corpse Jue face black, wheezing cough blood..." "Shou Shi Bao Yuan" : "The treatment of hanged gas has been removed, extremely heavy moxibustion Yongquan point, male left female right three strong stand more." Song of the Hundred Diseases: "Jue cold, Jue heat." "This matter is difficult to know" "The two hands are hot for the bone Jue as in the fire, moxibustion Yongquan three or five strong standing." [8] Jue syndrome is a dangerous disorder of qi mechanism, and the records of Yongquan treatment can be seen in many literatures, showing its first-aid and resuscitation power. "Outer Taiwan secret to" : "Yongquan Lord epilepsy disease can not speak." "Miscellaneous disease point law song" : "The palace can treat five general epilepsy, more thorn Yongquan bitter pick." It can be seen that the work of awakening and calming. The above diseases are brain diseases, the disease is located in the brain, Professor Zhang clinical syndrome found that because of the deficiency of liver and kidney, phlegm and blood stasis blocking collars, brain collars block, god lost its use and there are various limb disorders and abnormal consciousness. In "Medical Description · Volume 11 · Miscellaneous Diseases Gathering Ginseng · Brain", it is mentioned that "brain is the marrow sea..... The essence of the marrow, Tongdu pulse, the warm nourishing of the life gate, the marrow is full, the essence is insufficient, the supplement to taste, all up the brain, thought the source of biochemistry." It shows that the kidney and brain are connected by the governor vein, and the brain is the sea of pulp, and supplementing the brain is supplementing the pulp, and supplementing the pulp is supplementing the kidney [14]. The bladder foot sun pulse straight, from the top into the brain, foot sun bladder meridian and brain, foot Shaoyin kidney meridian and foot sun bladder meridian phase for the exterior, foot Shaoyin meridian and other veins through the foot sun meridian, so stimulating the spring can tonifying the kidney and Yang, the kidney essence is sufficient to nourish the marrow sea, brain function can operate normally. At the same time, "disease in the viscera of the well", Yongquan is the kidney through the well point, one of the nine acupuncture points back to Yang, stimulating Yongquan can tonify the kidney and marrow, calming the wind, awakening the spirit and resuscitate the Yang. According to Li Mengling et al. [15] 's analysis of medical literature before 1949, the author analyzed the dominant symptoms of Yongquan point and concluded that epilepsy was the best compatible.

Operation: Three layers of acupuncture for qi treatment. After studying ancient literature and conducting a lot of clinical exploration, Professor Zhang proposed that human acupoints exist in a three-dimensional structure, and the clinical application of layered multi-directional acupuncture is superior to the traditional "one-point-one-line acupuncture mode" [16]. The patient takes the lying position, the acupoint local routine disinfection, the doctor focuses on the needle, keeps the god in the needle, enters the needle from shallow into deep, first straight into the needle about 5mm, that is, shallow (day), twist 6-9 times to get gas, at this time, "no external vision, the hand is like holding a tiger"; Then into the needle about 5mm, that is, the middle layer (human part), the line twist 6-9 times to get gas, at this time the finger force is deep; Then insert the needle 5mm, that is, deep (ground), twist 6-9 times to get qi, and the patient feels the needle upload. Shock patients repeated 1-3 times to gradually regain consciousness, after leaving the needle for 30 minutes, epilepsy patients with convulsions stop the needle, with Guanyuan, Qihai, Zusanli and other points to strengthen qi. Stroke patients with hemiplegia asked it to cooperate with limb rehabilitation training.

4. *Surging Spring is the Rise and Fall to the Point*

The spring rises and falls, reaching up and down. "The Book of Changes" cloud: "heaven and earth and all things through, up and down and its Zhi gang." The zang-fu organs perform their respective functions, and the patency of Qi and blood in the meridians depends on the normal movement, and abnormal movements are prone to lesions [17]. "Neijing" cloud "the high to suppress, the lower to lift", the treatment to adjust the rise and fall mainly. Vitality is the lifting power, its root in the kidney qi, the kidney qi is full of vitality, the lifting tone. Yongquan is the beginning of Yin pulse, where Yin and Yang Qi converge, stimulating Yongquan can be adjusted to reach Qi, meridians smooth, zang fu harmonized, Yin and Yang balance, and all diseases disappear.

4.1 *Such as Spring Water Gushing up, Direct to the Disease, Thinning Channels and Collaterals*

Treatment of cervical spondylosis, lumbar disc herniation and other limb meridian diseases. "Bian Que heart book" cloud "item hemp pain." "Qianjin Fang" cloud "Yongquan main shoulder back neck pain" "Yongquan live waist ridge together as a solution." "Acupuncture and Moxibustion A Yi Jing" : "The woman has no children, low back pain, difficult stool." The above literature clearly points out that Yongquan is an indication of lumbar and neck pain. Cervical spondylosis and lumbar intervertebral disc herniation belong to the same category of traditional Chinese arthralgia. They are mainly characterized by local pain and numbness due to deficiency of liver and kidney,

invasion of wind cold and dampness, long-term load bearing and sitting for a long time, as well as obstruction of qi and blood in the meridian-collages, qi stagnation and blood stasis. [18] Yongquan belongs to the kidney channel, the kidney channel qi from the foot heart of the spring water upward gushing, with the meridians irrigation to each organ, stimulation of Yongquan can stimulate the kidney channel Qi to replenish the liver and kidney, Ying blood sheng, Qi and blood line, smooth meridians and pulse qi harmony, is conducive to relieving neck and waist pain and lower limb numbness, at the same time, the neck and waist is the foot sun bladder meridian through. Foot Shaoyin kidney channel and foot Sun bladder channel are external and internal. According to the principle of "Yang disease treating Yin" [19], stimulating the jing point of kidney channel can treat diseases of bladder channel, acupuncture Yongquan can promote the movement of qi and blood in neck and waist and relieve pain and numbness. Modern doctors even regard Yongquan as a commonly used acupoint for acupoint application. With the help of Yongquan's upward force, drugs can reach the disease through the meridians like dragon jumping and tiger leaping, and play a good effect altogether [20].

Operation: Professor Zhang uses the direct piercing needle method with his original scale-shin needle treatment. According to the principles of "taking the ruler from the upper disease", "taking the shin from the lower disease" and "taking the sun from the skin in the Du vein" [21, 22], patients with cervical spondylosis choose the sun from the ulnar (wrist joint - elbow joint) and the skin zone of Shaoyang, and patients with lumbar disc herniation choose the sun from the shin (ankle joint - knee joint) and the skin zone of Shaoyang. The patient took the supine position, routine disinfection, select a 1-inch millimeter needle, and directly stabbed 0.5 inch at Yongquan. After obtaining qi, the method of flat supplement and flat purgation was performed, combined with Baihui point to play the lifting function, and Jiaji point on the back to the disease station, and the remaining points were selected according to the syndrome. Then use a 1.5 inch millimeter needle, hold the needle in the right hand, and quickly Pierce the skin at an Angle of about 15° between the tip and the skin. It can be seen that the needle body reaches the skin like a swimming dragon, the needle body is parallel to the long axis of the human body, and the needle is lifted up and pressed down, swinging from side to side, and the patient immediately complains that the pain is alleviated or even disappeared.

4.2 Such as the Earth Settlement Down, Flat Thrust Down Reverse, Qi Return to the Yuan

Treatment of spleen and stomach diseases such as hiccup and vomiting. "Qianjin Yi Fang" records Yongquan "the Lord likes to pant... Gasping for breath..." "Puji Fang" Yun Yongquan master "heartache lung swelling, stomach qi on the reverse." Direct point surging spring can calm asthmatic and reverse. "Medical King Jinjian" cloud "Yongquan main thorn foot heart heat, and thorn rush porpoise hernia pain, blood and gas pain unbearable, Jin needle diarrhea from peace." "Xunjing examination point compilation" carries its main "running dolphin hernia water distension." Let's wait. It is mentioned in the above literature that Yongquan is in charge of running dolphin, and running dolphin means that there is an upward rush of qi in the abdomen, which goes up to the heart and throat [23], and the nature of the main descent of Yongquan can still be seen. Vomiting and hiccups are caused by stomach disharmony and fall, and stomach qi is reversed. Qi on the contrary should be dropped, Yongquan as the three points of the earth, is the lowest position of the human body, according to the "Ling Shu · End of the beginning" in the "disease in the upper, the lower take" point selection principle, Gong good Lord down. "The name of acupuncture and Moxibustion points" cloud: "According to Shaoyin, the most inside of the six channels of the human body is the lowest hole of the whole body... Treat more head and chest diseases." To reach the upper disease and cure the lower. "Class syndrome treatment" cloud: "lung master qi, kidney master qi, Yin and Yang intersect, breathing is and." Kidney is the total driving force of lifting and lowering, and stomach qi depends on the absorption of kidney qi and subsidence [24], and the loss of kidney qi in the absorption leads to the uprushing of stomach qi. Kidney meridian follows "from the kidney through the liver, diaphragm..." . Yongquan is the kidney through the Jing point, the Jing point is the root of the twelve meridians, the intersection of Yin and Yang, the main heart of the well is full, stimulating Yongquan can play a negative effect. Wu Mizhi et al. [25] analyzed the database of main points for postoperative nausea and vomiting treatment and analyzed the rule of point selection, and the results showed that Yongquan point was one of the 10 most common acupoints. Modern studies have shown that Yongquan can inhibit the abnormal excitation of vagus nerve through strong stimulation [26].

Operation: Taichong piercing Yongquan combined with strong stimulation twist lifting intervention method. Taichong is the original point of the liver meridian, the foot Jueyin liver meridian in the rib, there is the function of soothing the liver and kidney qi, the liver and kidney belong to the lower jiao, Taichong Touyongquan a needle two points, the liver and kidney qi and blood regulation, stagnation of evil gas down, hiccup, vomiting stop. Choose Zusanli and Taichong as the main points on both sides, and coordinate with Zhuanzhu, Zhongwan, Neiguan and other points. When needling Taichong, the needle point is about 1-1.5 inches in the direction of Yongquan. After twisting to obtain qi, the needle method of lifting and pulling is performed and the needle method of shaking is

performed. The needle handle is wound 360° in one direction. For 20-30s, the needle was retained for 30 minutes according to the patient's tolerance, during which the needle was repeated 2-3 times.

5. The Spring Has the Power of Replenishing and Draining Water and Fire

Yongquan point can tonify kidney-yang to help water and kidney-yin to relieve fire. "Jingyue Complete book" said: "The life gate is the root of vitality, the house of fire and water, the Yin qi of the five viscera, not this can not be nourished, the Yang qi of the five viscera, not this can not be produced." Kidney is the house of fire and water, kidney Yin and kidney Yang are like fire and water sealed in the kidney. "Meridian notes said difficult" records: "Yongquan is the well point of the kidney, hidden under the kidney, the kidney is the main water, so the point in the heart of the foot, called Yongquan." [27] Yongquan is the qi of Shaoyin, which is the key point for tonifying kidney and strengthening Yang, nourishing Yin and clearing heat and expelling fire.

5.1 Warm Tonifying Kidney Yang to Regulate Urine

Treatment of urinary frequency, uroschisis and other renal diseases. "Bian Que heart book" : "far years of beriberi pain, or the heart of the foot and tibia pain, or lower thick leg swelling, heavy less force; Weak athlete's foot, or neck pain." It shows that Yongquan has the function of tonifying kidney Yang, "Acupuncture and Moxibustion A Yi Jing" mentioned: "Less abdominal fullness, unfavorable urine, Yongquan Lord." "Qianjin Fang" : "Yongquan Lord like asthmatic throat impediment... Urination is unfavorable, gout in the lower abdomen enters the intestine... " "Qianjin Yi Fang" Yongquan main "can not speak, urination unfavorable, small abdominal pain." Many literatures mentioned that Yongquan can cure adverse urination. "On the Source of Diseases" said: "kidney and bladder deficiency cold can not restrict the water." Frequent urination and uroschisis are both diseases of the kidney system. Dysfunction of kidney and bladder gasification leads to urination disorder, mostly in elderly patients. It is caused by senile age and deficiency of kidney qi, weak kidney Yang, weak three jiao, and abnormal bladder gasification leading to frequent urination or unfavorable urination at night. The principle of treatment is mainly to support Yuan Yang, foot Shaoyin kidney channel belongs to kidney and bladder, kidney and bladder are external and internal, Yongquan as well as the driving force of kidney channel, stimulating Yongquan can warm kidney and supplement Yang, improve bladder gasification function, and thus improve urinary frequency, **uroschesis**, enuresis and other symptoms. Yin Yulie [28] analyzed the data of more than 1000 ancient Chinese medicine books and found that the frequency of yongquan was more than 10 times in the selection of single points for treatment uroschesis.

Operation: the acupuncture with moxibustion therapy. Kidney is the water viscera, moxibustion Yongquan moxa fire pure Yang nature to help Yang to grow Yin long, strengthen the yuan and strengthen the kidney to help gasification. The patient was supine, selected two sides Yongquan and Qihai, Guanyuan, Sanyinjiao acupoints for acupuncture, directly stabbed Qi and then performed the replenishing method, keep the needle 30 minutes later to take the needle. Then the patient was asked to empty urine and take a comfortable position for Yongquan moxibustion. The moxibustion practitioner held moxa sticks in his hand and gently moxibustion was carried out at Yongquan point 3cm away from the skin. The moxibustion was carried out on the left and right side in turn, and continued on each side

5.2 Nourishing Yin and Clearing Heat to Relieve Heat and Prevent Bleeding

Treatment of heat syndrome and blood syndrome caused by empty or solid fire. "Qianjin Fang" : "Yongquan, big clock main pharyngeal pain can not eat inside." "Treat nosebleed more than, moxibustion Yongquan, two points each hundred strong." "Thousand Jin Yi Fang": "The pain in the throat can not take food, can not speak..... Nosebleed not only "Acupuncture and moxibustion Dacheng" : "dry tongue and swollen throat, start up dry." These documents clearly pointed out that Yongquan can treat heat syndrome and blood syndrome. The imbalance of Yin and Yang of various zang-fu organs, fire from this, evil heat burns the blood, forcing the blood to act as a blood syndrome, the five elements of the kidney belong to water, can suppress the whole body's weak fire and solid fire, start from the kidney to take the Lord of Zhuang water to make the meaning of sunshine, Yongquan is the kidney Jingjing point, Yinjing is wood, wood is water, stimulate Yongquan to take the meaning of "actually emptying the son", lead the fire of inflammation to the lower jiao, dive to the floating Yang, fire to Yuan, blood with qi down, The blood of the wrong course returns to the scriptures. Operation: the cupping with garlic attach yongquan therapy. Skin is closely related to Qi-blood and even zang-fu organs. Cupping therapy has the effects of dredging meridians, clearing heat and detoxification, reducing swelling and relieving pain, etc. Garlic is spicy and applied to Yongquan can make fire fall with qi and heat draining Xue-ning [29, 30]. The patient took the supine position, took about 50g of purple garlic and mashed it into mud, as a cake reserve, cupping at the foot Yongquan, leaving the pot for 5 minutes, to the foot heart slightly red is better, after taking the pot, the garlic mud was placed on gauze applied in Yongquan fixed, 2 hours later, twice a day, epistaxis patients often 3-5 minutes to reduce the amount of bleeding,

5-10 minutes to stop bleeding, After that, according to the syndrome differentiation and the decoction of clearing heat and purging fire, the clinical effect is good.

6. Discussion

Professor Zhang Weihua has long been engaged in theoretical literature research and clinical practice of chronic, painful and intractable diseases, and has accumulated rich experience. Professor Zhang makes good use of Yongquan Point to treat various diseases such as heart system, brain system, kidney system, spleen and stomach system, and thinks that the point has the characteristics of both calming and awakening, both rising and falling, both warm and replenishing, and is good at using corresponding stimulation techniques for different disease characteristics. In this paper, from the point name and meaning, the function of acupoint bidirectional regulation and clinical operation methods, the author summarized the experience of Professor Zhang's clinical acupuncture Yongquan point, in order to provide new ideas for the future clinical use of Yongquan point.

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