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### 36. Sanzhen Therapy for Stomach Disorders

#### Chief Indication:

Stomach disorders, including uncomfortable sensation in the epigastric region, poor appetite, abdominal distension, nausea, vomiting.

#### Secondary Indications:

Dizziness

#### Sanzhen Composition & Explanation:

Neiguan PC-6

Zhongwan RN-12

Zusanli ST-36

Zusanli, the He-Sea point of the Stomach Meridian, has a good effect to regulate the stomach. Zhongwan, the Front-Mu point of the stomach, is very frequently used together with Zusanli for stomach disorders. Neiguan has the function to check the adverse flow of Qi.

#### Functions:

1. Strengthen the spleen and harmonize the stomach
2. Remove dampness and resolve phlegm

#### Manipulation & Remarks:

Puncture Zhongwan and Neiguan perpendicularly 0.5-0.8 cun, and puncture Zusanli perpendicularly 1-1.5 cun.

#### Location of the Points:

Neiguan PC-6: On the palmar side of the forearm and on the line connecting PC-3 Quze and PC-7 Daling, 2 cun above the crease of the wrist, between the tendons of the palmaris longus muscle and radial flexor muscle of the wrist.

Zhongwan RN-12: On the upper abdomen and on the anterior midline, 4 cun above the center of the umbilicus.

Zusanli ST-36: On the antero-lateral side of the leg, 3 cun below ST-35 Dubi, one finger breadth (middle finger) from the anterior crest of the tibia.

