

Discussion on Clinical Application of Yintang Point

Jiaojiao Wei, GaiqinYang*, Yaxi Wang

Shaanxi University of Chinese Medicine, Xianyang 712046, Shaanxi, China

*Correspondence Author, yanggq-01@163.com

Abstract: *Yintang acupoint is located in the "Wan between the two eyebrows", acupuncture Yintang acupoint has the function of balancing Yin and Yang, calming and calming. This article describes the source of Yintang Point, and elaborates the mechanism of Yintang point in the treatment of rhinitis, insomnia, cervical vertigo, analgesia, intractable hiccup and other diseases from the relationship between viscera, meridians, Yin and Yang as well as the understanding of modern medicine on Yintang Point. It summarizes the common clinical operation methods of Yintang Point, such as acupuncture, sticking, moxibustion, bloodlet, point injection, periostium acupuncture and other characteristic therapies. In order to provide experience and new ideas for clinical application of Yintang point.*

Keywords: Yintang point, Rhinitis, Insomnia, Cervical vertigo, Analgesia, Intractable hiccup.

1. The Origin of the Yintang (Indentation of the Forehead) Acupoint

The Yintang acupoint first appeared in the Jiaweishen Yingying Zhenzhong Yulongjing (The Divine Responses of Acupuncture: The Jade Dragon Classic), which stated that "children's convulsions and wind-induced convulsions can be treated by inserting a needle into the Yintang and applying moxibustion," and described its specific location as "in the middle of the two eyebrows." [1] Prior to 2006, the Yintang acupoint was classified as an extra-meridian acupoint, but in 2006, the book "Acupoint Names and Locations" categorized it as a Du Mai (Back Shu) meridian point [1].

The Nanjing mentions that "the Du Mai originates from the lowest point of the drainage system and runs alongside the spinal canal, ascending to Fengfu, and enters the brain," and the Suwen (Classic of Pulse) says, "the vertebral column belongs to the kidneys...and enters the spinal canal and connects with the kidneys." Therefore, both the brain and the kidneys are related to the Du Mai. The brain is the marrow sea, the palace of the original spirit, and controls life activities. It is in charge of spiritual activities. The kidneys are the fundamental of life, and kidney essence is the source of life. It determines human growth and development and reproduction, and can transform marrow into bone and connect it with the brain. The Yintang acupoint is located at the midpoint of the two eyebrow heads, and belongs to the Du Mai. The Du Mai is the "sea of yang qi," and leads the six yang meridians. It ascends to the brain and connects with the kidneys, and has the function of regulating the mind and harmonizing yin and yang. Therefore, needling the Yintang acupoint has the function of balancing yin and yang and calming the mind.

2. Clinical Applications of the Yintang Acupoint

2.1 Yintang Point Treatment of Rhinitis:

The record of allergic rhinitis in Chinese medicine is perfect in the Jin Dynasty Liu Wansu "Su asked Xuanji original disease type" said: "Allergic rhinitis, nose clear nose also", elaborated the nose and the artery and lung, spleen, kidney three viscera are closely related, its normal function can not be separated from the warm zang fu Yang qi [2]. The Du vein is

the "sea of Yang vein", the Du leads the six Yang channels, and Yintang point belongs to the Du vein, which has the effect of regulating the whole body Yang channel through Qi. Modern medicine believes that Yintang point is located at the midpoint of the line between the two brows, where supratrochlear nerves from the trigeminal nerve are distributed, and histamine and other chemical mediators released by the nasal mucosa are transmitted to the center through the sensory fibers of the trigeminal nerve. Therefore, the selection of Yintang point can improve the symptoms and signs of allergic rhinitis [3]. Shang Qingqing and Lv Yulin [4] proposed that Yintang Point has the effect of controlling Yang in the whole body, and applying ginger moxibustion to Yintang Point can also improve the proliferation ability of nasal mucous epithelial cells, stimulate human olfactory cells, prevent the invasion of allergens and qi of cold evil, and improve the clinical symptoms of patients. He Chao [5] found that heavy moxibustion at Yintang Point may treat AR (allergic rhinitis) by regulating the imbalance of Th1/Th2 ratio and reducing the production of eosinophilic cationic protein (ECP). Liang Feihong et al. [6] found that H1R and H4R participate in the pathogenesis of AR, and acupoint injection treatment can effectively down-regulate the expression of proteins and mRNA of H1R and H4R, reduce the biological effects of histamine, an inflammatory medium, and play a role in the treatment of AR.

2.2 Application of the In Dong (Indentation) Point for Insomnia Treatment:

Insomnia in traditional Chinese medicine falls under the category of "not sleeping," which is characterized by an imbalance of yang and yin, resulting in the failure of yin and yang to interact. The In Dong (Indentation) Point is located on the forehead, at the indentation in the middle of the two eyebrows. Although it belongs to an extra-meridian acupoint, it is located on the Du Mai (Back Shu) meridian, and since the meridians pass through the area where this point is located, it can be used to treat various conditions. Therefore, needling this point can achieve the functions of balancing yin and yang, calming the spirit, and focusing the mind, as well as opening the mind and enhancing intelligence [7]. According to modern neuroanatomical localization, Bai Hui (Crown of Head), Si Shen (Four Celestial Wisdoms), Shen Ting (Brightness of Spirit), and In Dong (Indentation) are all located on the surface projections of the sleep center in the cerebral cortex of

the forehead. Needling these points on the area can directly stimulate the sleep center nerves, allowing the needling effects to reach the affected area directly. Through neurological regulation, it can improve local blood circulation and increase the content of monoamine neurotransmitters such as 5-hydroxytryptamine (5-HT) in the brain. It can also regulate the synthesis and release of various neurotransmitters by adjusting the balance of various neurotransmitters, allowing them to participate in the sleep-awakening mechanism of the central nervous system, thereby restoring the abnormal sleep rhythm, prolonging sleep time, improving sleep quality, and improving sleep [8-10]. Ma Xue-min et al. [11] found that needling Bai Hui, Si Shen, and In Dong, among other head acupoints, could effectively improve local blood circulation in patients with chronic cerebral hypoperfusion, accelerate tissue metabolism, and improve cerebral hypoperfusion. Tan Lihua et al. [12] 's experimental study showed that nerve branches passing through Yintang point included supratrochlear nerve and facial nerve. After acupuncture of Yintang point, nerve impulse was transmitted to the blue patch and raphe nucleus through nerve branches and promoted the release of 5-HT, NE and other neurotransmitters, which could achieve the effect of improving insomnia.

2.3 Indentation of the Forehead Acupoint for Treatment of Neck Vertigo:

Neck vertigo belongs to the scope of traditional Chinese medicine's "bi syndrome," mainly caused by insufficient vital energy, weakened defenses; and external pathogenic factors such as wind, cold, dampness, heat, phlegm, and blood stasis. Its fundamental pathological mechanism is that pathogenic factors obstruct the channels and collaterals, i.e., wind, cold, dampness, heat, phlegm, and blood stasis remain in the limbs, muscles, joints, and channels, blocking the flow of qi and blood, causing pain. Modern medicine believes that vertigo is mainly caused by exogenous, peripheral, and central vestibular disorders, located in the brain's clearing and sensory organs, with the most common being a deficiency of liver and kidney essence, qi and blood deficiency as the root, and exogenous wind, fire, phlegm, dampness, and blood stasis as the manifestation [13]. Zhou Xiangyu et al. [14] found that acupuncture at Yintang Point has the advantages of simple operation and direct access to the disease, and can quickly relieve muscle spasm in the neck, promote local blood circulation, release the attached soft tissues, and improve cerebral ischemia and hypoxia.

2.4 The Analgesic Effect of Yintang Point:

Traditional Chinese medicine believes that the basic pathogenesis of pain is nothing more than "no general pain" or "no honor pain". "The Inner Classic" put forward "all the itching sores, belong to the heart." It shows that pain is closely related to the heart. The heart rules the blood and the god. The pain lasts for a long time, the blood vessels are not running smoothly, affecting the mind, resulting in anxiety and depression. Modern anatomical studies have pointed out that Yintang point is mainly innervated by the temporal branch of the supratrochlear nervous system and facial nervous system. Acupuncture can initiate the analgesic regulation mechanism in the body and induce the secretion of neurotransmitters such

as 5-HT and norepinephrine, thus playing a pain-relieving effect. Postoperative treatment found that electroacupuncture Yintang point can produce a good synergistic effect with traditional drug anesthesia, so that the sedation depth is much higher than that of general anesthesia, and the incidence of postoperative adverse conditions is significantly reduced [15].

2.5 Yintang Point Treatment of Intractable Hiccup:

Traditional Chinese medicine believes that hiccup is mainly due to the feeling of exogenous evil, improper diet, emotional paralysis or body deficiency disease, resulting in stomach loss, adverse qi between the diaphragm, stomach qi on the reverse diaphragm. Modern medicine believes that hiccup is caused by stomach disease or by physical and chemical stimulation of central and peripheral nerves, excitatory disorders, vagus nerve self-stabilization dysfunction, and spastic contraction of diaphragm [16]. Shen Junlian [17] Clinical studies have found that stimulating Yintang can adjust the qi of the Zhuyang channel, widen the chest and open the diaphragm, and reduce the reverse of the stomach, so as to have a good effect on stopping er.

3. Commonly Used Clinical Operation Methods of Yintang Point

3.1 Acupuncture

Yintang acupoint in the forehead, the skin of the forehead is shallow, often using the needle lifting and pinching into the needle oblique piercing, the treatment of rhinitis often downward piercing, so that the nose appears sour swelling feeling for degree. In terms of acupoint compatibility, the treatment of insomnia is often compatible with Baihui, Sishencong, and Shenting, which plays a calming role; The treatment of neck vertigo is often combined with Fengchi and Taichong to achieve the effect of dispersing wind evil and clearing the head. The treatment of intractable hiccup is often matched with Neiguan and Zhuzhu, and the manipulation of lifting and twisting is performed.

3.2 Application

Yintang Point is suitable for application treatment, on the one hand, it is related to the treating effect of Yintang Point, on the other hand, it is related to the abundant surface of subcutaneous blood vessels in Yintang site conducive to drug absorption [18]. Liu Yong [19] Clinical studies have found that using sleep stickers to stamp the tang point and forehead can cure insomnia. Qiao Xuejun [20] found that croton applied to Yintang point in the treatment of children with herpetic stomatitis has a good effect, quick pain relief and fast healing. Lin Changxi [21] discovered that croton and watermelon seed were applied to Tang point to treat thrush in children.

3.3 Moxibustion

Yu Niantang [22] found that warm acupuncture at Yintang Point combined with ginger moxibustion in the treatment of allergic rhinitis has good clinical effect. Xian Fengming et al. [23] treated frontal sinusitis with powdered cantharides foaming moxibustion at Yintang Point.

3.4 Bloodletting

The use of pricking blood therapy in Yintang point is mainly to treat head and face diseases, "Pricking furuncles Jie Method" recorded that Yintang point combined with other points to prick bleeding treatment of 18 kinds of furuncles, 17 of which are head and face furuncles [24]. Li Weiling [25] 's clinical study found that Yintang bloodletting therapy had certain antihypertensive effect in the treatment of essential hypertension without adverse reactions, and could improve the TCM syndroms of patients. Lin Jianhua [26] found that Yintang stinging blood can regulate the Du pulse and Zhuyang channel Qi, and has the functions of activating blood and clearing collaterals, expelling heat, regulating qi and lowering qi, calming liver and suppressing Yang, and dissipating wind and relieving pain.

3.5 Characteristic Therapy

Chang Hongxia et al. [27] found that injection into Yintang point of compound hibernating has significant curative effect on intractable hiccup. Su Tongsheng et al. [7] used Yintang Point periosteal acupuncture to treat insomnia. Huang Zhiyuan [28] found that the application of magnetic stimulation at Yintang point in the treatment of depression on the basis of conventional western medicine treatment could improve the clinical recovery rate, and the effect was more rapid. Massage Yintang point with the thumb and little finger, middle finger belly of the "Yintang" point (in the middle of the two eyebrows) 12 times, can also be used for two middle fingers, one left and one right alternately massage "Yintang" point. This method can enhance the proliferation of nasal epithelial cells, and can stimulate olfactory cells, make the sense of smell sensitive, but also to prevent colds and respiratory diseases. [29] Hu Yueqiao [30] used Yintang acupuncture burying method to treat forehead pain and achieved satisfactory curative effect.

4. Summary

Yintang acupoint is at the midpoint of the line between the two brows and belongs to the governor vein. Du pulse through the brain, the lower collaterals in the kidney, for the "Yang pulse" of the sea, the whole body Yang channel through Qi, has the role of regulating consciousness, harmonizing Yin and Yang. Therefore, acupuncture Yintang point has the function of balancing Yin and Yang, calming and calming, and can be used in the treatment of insomnia and neck vertigo. Modern medicine believes that there are supratrochlea nerve and facial nerve passing through Yintang point, which has good effect on clinical treatment of rhinitis, intractable hiccup, analgesia and anesthesia.

This paper discusses the pathogenesis of rhinitis, insomnia, cervical vertigo, pain and intractable hiccup from the perspective of zang-organs, yin-yang and meridians from the relationship between Yin-tang point and related viscera and meridians, summarizes the clinical experience of applying Yin-tang point to treat diseases, and confirms that acupuncture Yin-tang point can be used to treat these diseases and has analgesic effect. The commonly used clinical operation methods of Yintang point include acupuncture, sticking, moxibustion, bloodletting, acupoint injection,

periosteum acupuncture, magnetic stimulation, massage, burying of the needle and other characteristic therapies. In order to provide experience and new ideas for clinical application of Yintang point.

References

- [1] Han Lisha, Sheng Ruya, Lu Hai, et al. Clinical application of Yintang point in recent 10 years [J]. *Clinical Journal of Acupuncture and Moxibustion*, 2018, 34(11):72-75.
- [2] Hu Qiyu, Xie Qiang, Huang Bingbing. Professor Xie Qiang's experience in the treatment of cold syndrome of five senses deficiency by Shengyang Removing evil Haze acupuncture [J]. *Modern Distance Education of Chinese Medicine*, 2020, 18(19): 52-54.
- [3] Han Wei, Yang Jun. A multicentre study on the efficacy of Yintang Point in the treatment of allergic rhinitis [J]. *Chinese Medicine Clinical Journal*, 2013, 24(3):392-394
- [4] Shang Qingqing, Lv Yulin. Effect of Shengyang Yishen Decoction combined with ginger moxibustion Yintang on allergic rhinitis [J]. *Henan Medical Research*, 2022, 31(08):1501-1504.
- [5] HE Chao. Clinical study of heavy moxibustion Yintang in the treatment of allergic rhinitis [D]. *Anhui University of Traditional Chinese Medicine*, 2022.
- [6] Liang F H, Hou X R, Li L H, et al. Effect of acupoint injection of "Yingxiang" and "Yintang" on the expression of histamine receptors H1 and H4 in nasal mucosa of rats with allergic rhinitis [J]. *Acupuncture Research*, 2018, 43(04):231-235.
- [7] Su Tongsheng, Zhao Jian 'an, Luo Xiaomin, et al. Treatment of 106 cases of insomnia by periostotomy at Yintang Point [J]. *Shaanxi Journal of Traditional Chinese Medicine*, 2013, 34(5):584-586.
- [8] Zhao H. Analysis on the diagnosis and drug treatment of insomnia [J]. *Journal of Clinical Medicine Literature*, 2016, 3(58):11684.
- [9] Dong Jianping, Wang Shun, Sun Weiyi, et al. Randomized controlled observation on the treatment of insomnia with point-through-head method [J]. *Chinese Journal of Acupuncture and Moxibustion*, 2008, 28(3): 159-162.
- [10] Sun Jifei, Wang Zhi, Chen Limei, et al. Progress of clinical research on acupuncture and moxibustion for insomnia [J]. *World of Chinese Medicine*, 2022, 17(10): 1475-1480.
- [11] Ma Xuemin, Yan Luzhou. "First nine needles" combined with periosteum acupuncture at Yintang Point in the treatment of insomnia [J]. *Chinese Folk Therapy*, 2019, 31(14):96-99.
- [12] Tan Lihua, Li Kaige, Wu Yanying, et al. Effects of electroacupuncture at "Yintang" and "Tianshu" points on behavioral and colonic capsaicin receptors in rats with irritable bowel syndrome [J]. *Acupuncture Research*, 2017, 42(02):136-140+167.
- [13] Ning Zhenzhen, Wang Lin, Xu Zhidan, et al. Observation on the curative effect of Long's positive spine manipulation on cervical vertigo [J]. *Chinese Journal of Basic Medicine of Traditional Chinese Medicine*, 2019, 25(7):982-984.
- [14] Zhou Xiangyu, Shao Jisheng, Wei Jiangong. Clinical observation of traditional Chinese medicine combined

- with Western medicine in treating cervical vertigo [J]. *Western Chinese Medicine*, 2017, 30(1):73-76.
- [15] Zhang Hongwei, Chen Yiding, Tang Yumin, et al. Effect of electroacupuncture Yintang point on sedation depth in patients with general anesthesia [J]. *Sichuan Medical Journal*, 2016, 38(8):879-881.
- [16] Li Yuhong. Treatment of 62 cases of hiccup at Yifeng point [J]. *Chinese Journal of Acupuncture and Moxibustion*, 2001, 21 (11):671.
- [17] Shen Junlian. Treating 52 cases of intractable hiccup with acupuncture in Yintang and Neiguan [J]. *Hebei Chinese Medicine*, 2008, (06):617.
- [18] Zhang Erwei, SI Yuancheng, Wu Gaoxin, Chen Bo, Chen Xinghua. Study on the clinical application of Yintang Point in ancient literature [J]. *Hunan Journal of Traditional Chinese Medicine*, 2019, 36(10):150-153.
- [19] Liu Yong, A clinical study on the treatment of insomnia by continuous application of Yintang Point and forehead. Taihe Hospital, Shiyan City, Hubei Province, 2009-11-06.
- [20] Qiao Xuejun. Treatment of 24 cases of herpetic stomatitis in children by applying croton to Yintang Point [J]. *New Chinese Medicine*, 2008, (10):86.
- [21] Lin Changxi, Xu Zhongguo. Treatment of thrush in children by applying croton and watermelon seed to Tang Point [J]. *Journal of Integrative Chinese and Western Medicine*, 1987, (09):548.
- [22] Yu Niantang, Yintang Point warm acupuncture combined with ginger moxibustion for treatment of allergic rhinitis. Tonglu Hospital of Traditional Chinese Medicine, Zhejiang Province, 2017-12-26.
- [23] Xian Fengming, Xian Jun, Yuan Yongzhen. Treatment of 30 cases of frontal sinusitis by moxibustion with cantharidin foam [J]. *Chinese Journal of Acupuncture and Moxibustion*, 1998, (09):36.
- [24] ZHANG Jing. Acupuncture furuncle method [M]. Sun Jingqing, LI Yan, Point School. Beijing: Beijing Science and Technology Press, 2014.
- [25] Li Weiling. Clinical observation of blood letting therapy at Yintang Point in the treatment of essential hypertension [D]. Hunan University of Traditional Chinese Medicine, 2020.
- [26] Lin Jianhua. Yintang blood pricking treatment of severe headache [J]. *Chinese Journal of Acupuncture and Moxibustion*, 2000, (07):32.
- [27] Chang Hongxia, Hou Lei, Feng Yan. Clinical observation of Yintang acupoint injection for intractable hiccup [J]. *Chinese Journal of Acupuncture and Moxibustion*, 2005, (03):25-26.
- [28] Huang Zhiyuan, Xie Bin, Chen Jindong, et al. Clinical study on magnetic stimulation of Yintang point in the treatment of depression [J]. *Chinese and Foreign Medical Science*, 2017, 36(36):5-7.
- [29] Massage Yingxiang and Yintang Point to prevent rhinopathy [J]. *Jiangsu Health Care*, 2018, (01):53.
- [30] Hu Yueqiao. Treatment of forehead pain by embedding acupuncture at Yintang Point [J]. *Chinese Journal of Acupuncture and Moxibustion*, 1983, (01):12.