

# The Constipation-Relief Point on Your Forearm

By Huang Szu-Chi

In modern society, many people suffer from constipation due to dietary imbalances or sedentary lifestyles. Dr. Lin Kuo-Wei from the Traditional Chinese Medicine Department of Hualien Tzu Chi Hospital suggests that people can utilize the Zhigou acupoint, known as the “constipation-relief point,” to address this sensitive issue.

As its name suggests, “Zhi” refers to supporting the upper limbs, while “Gou” means channel. Dr. Lin explains that Zhigou is the fire point of the Hand Shaoyang Triple Energizer meridian. The Triple Energizer meridian governs the flow of qi throughout the body, making Zhigou effective for clearing heat, purging fire, and regulating qi movement. Essentially, Zhigou primarily treats diseases related to qi stagnation, with its most common clinical application being constipation treatment.

Dr. Lin notes that many patients with constipation struggle with difficult bowel movements, spend excessive time in the bathroom, or strain too hard. In TCM theory, this is called “qi deficiency constipation,” which anatomically corresponds to weak intestinal peristalsis.



Zhigou point can be used to regulate these bodily functions.

Zhigou is located on the posterior side of the forearm. To find it, measure three inches (or four finger-widths) upward from the transverse wrist crease on the posterior forearm, at the midpoint between the ulna and radius bones. When pressed, it should produce a sensation of soreness and fullness.

Once located, simply massage the point with your thumb using direct pressure, clockwise, or counterclockwise motions. Massage each arm’s Zhigou point for three to five minutes. Dr. Lin mentions that after massaging Zhigou, people typically feel intestinal movement, and some may even burp - these are



**The Zhigou acupoint is located on the dorsal side of the forearm. It's about 3 inches up from the transverse crease of the wrist (approximately measured as 4 finger-widths upward using your own fingers), at the midpoint between the ulna and radius bones. When pressed, you'll feel a soreness or distending sensation.**

normal reactions. For those with chronic constipation, he recommends frequent daily massage of these points, combined with clockwise abdominal massage for enhanced therapeutic effects.

Besides improving constipation, Zhigou can also help with flank pain or intercostal neuralgia. Dr. Lin explains that the flank area extends from under the armpit to the side of the ribcage. Pressing Zhigou can relieve chest and flank fullness caused by qi stagnation and blood stasis. For intercostal neuralgia, commonly seen in shingles cases where pain extends from the back to the front along the ribs, massaging Zhigou can help alleviate the pain symptoms.

Dr. Lin emphasizes that while acupoint massage can regulate bodily functions, complete treatment of health issues



**Once you've located the Zhigou acupoint, simply massage it with your thumb. You can either apply direct pressure or massage in clockwise or counterclockwise directions. Massage the Zhigou acupoint on both arms for three to five minutes each.**



**Dr. Lin Kuo-Wei from the Traditional Chinese Medicine Department of Hualien Tzu Chi Hospital shares how to use the Zhigou acupoint to regulate the body and improve constipation issues.**

requires consultation with qualified medical professionals. In TCM, for instance, comprehensive treatment often combines acupuncture, cupping, bloodletting, and herbal medicine. He recommends seeking professional medical attention for targeted treatment.