

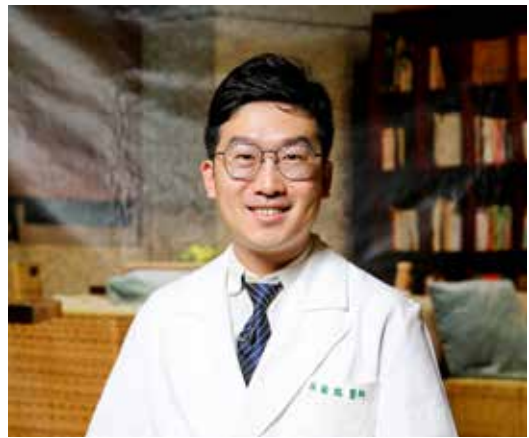
Tapping Yanglingquan and Gallbladder Meridian - Improves Mood and Slims Legs

By Huang Szu-Chi

Many people have heard about the wonders of Traditional Chinese Medicine (TCM) acupoints in regulating body functions. Some even ask, “Is there an acupoint that can make you happy when pressed?”

Dr. Lin Yu-Lin from the TCM Department of Hualien Tzu Chi Hospital explains that among the ten commonly used acupoints in TCM, there is indeed one nicknamed the “Happy Point” - the Yanglingquan point.

In the TCM rhyme of the ten major points, Yanglingquan is described as “for tendon injuries, use Yanglingquan.” Dr. Lin explains that Yanglingquan is located on the leg where tendons intersect. The phrase refers to its effectiveness in treating muscle cramps, sprains, strains, joint tension, or weakness through this acupoint. Besides treating tendon injuries, since Yanglingquan is the merge point of the gallbladder meridian, it can specifically treat gallbladder diseases, especially when there’s damp-heat accumulation in the gallbladder, causing symptoms like bitter taste in mouth, dry throat, dizziness, chest and flank fullness, and “frequent sighing.”



Dr. Lin Yu-Lin from the Traditional Chinese Medicine Department of Hualien Tzu Chi Hospital shares that massaging the "Happy Point" (Yanglingquan) can regulate the Gallbladder meridian and invigorate liver qi, helping maintain a positive mood.

Dr. Lin explains that “frequent sighing” indicates emotional depression. The liver and gallbladder are internally-externally related organs, and their function of maintaining smooth flow is closely connected to emotional regulation. Massaging Yanglingquan can regulate the gallbladder meridian and invigorate liver qi, leading to improved mood. Therefore, ancient physicians called Yanglingquan the body’s “Happy Point.”

The naming of Yanglingquan relates to its location. The outer side of the knee belongs to yang, and the fibular head resembles a hill. In the depression below this hill, qi flows like water into a deep valley spring, hence the name Yanglingquan (yang hill spring). Dr. Lin explains that to locate Yanglingquan, sit naturally with thighs and calves forming

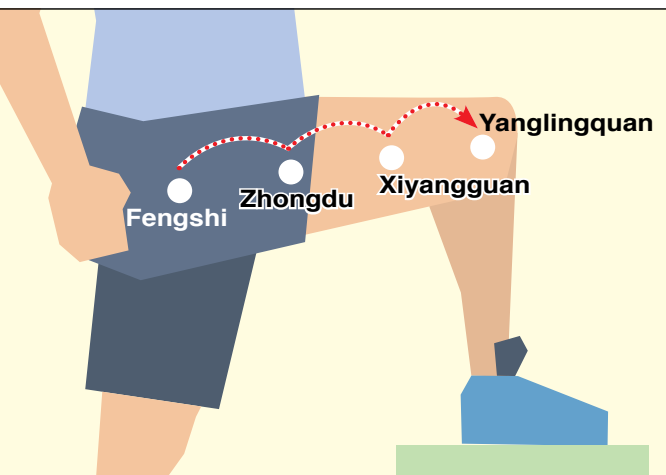
a right angle. On the outer side of the leg bend, find the protruding bone tip - the fibular head. The depression point 45 degrees forward and downward from the fibular head is Yanglingquan.

When massaging Yanglingquan, use your whole palm with force. First, locate the point with your thumb, place it on Yanglingquan while keeping other fingers together supporting the calf. Press and massage with your thumb pad, clockwise for three minutes, then counterclockwise for three minutes. Repeat on both legs. Alternatively, use a hair dryer to warm the acupoint until the skin feels hot, then stop. Repeat three times for therapeutic effects.

Dr. Lin reminds that massage should produce a sensation of soreness, distention, and numbness for better effectiveness.

You can also tap along the gallbladder meridian on the outer side of both legs, which enhances detoxification, promotes qi and blood circulation, and may even help slim legs.

Yanglingquan has multiple functions, including relaxing and strengthening tendons. It can improve gallbladder-related symptoms including dizziness, tinnitus, jaundice, bitter taste in mouth, vomiting, and indigestion, as well as conditions along the gallbladder meridian path. Dr. Lin notes that modern medical research has confirmed that acupuncture at Yanglingquan benefits conditions such as cholecystitis, gallstones, stiff neck, shoulder peri-arthritis, and helps regulate cerebral blood flow in stroke patients.



Massaging the Yanglingquan point should produce sensations of soreness, distention, and numbness for optimal effectiveness. Combined with tapping along the Gallbladder meridian on the outer side of both legs, this can enhance detoxification, promote qi and blood circulation, and even help with leg slimming.