



针灸腧穴图集

ATLAS OF ACUPUNCTURE

LIGHT

Produced by ShenProfessional
www.ShenProfessional.com

E-Book

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Illustrations: ShenProfessional, Juergen Bscheiden

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Lungs Channel (Hand-Taiyin)

Course:

The internal pathway of the Lungs Channel begins in the abdomen and descends to connect with the Large Intestine. From the Large Intestine it ascends upward, crosses the stomach, passes through the diaphragm and enters the Lungs. It continues to ascend along the trachea and larynx. From there the Channel turns laterally, runs across and emerges at LU 01.

The surface pathway of the Lungs Channel, starting from LU 01, passes over the shoulder to the anterior aspect of the upper arm, descends along the lateral septum of the biceps femoris muscle to the transverse cubital crease. From here it descends the anterior aspect of the forearm to the transverse carpal crease at the wrist. It traverses the thumb and terminates at the radial corner of the nail of the thumb at LU 11.

Point Qualifications:

Lu 05	Chize	He-Sea Point, Water Point
Lu 06	Kongzui	Xi-Cleft Point
Lu 07	Lieque	Confluent Point of the Ren Mai; Luo-Connecting Point
Lu 08	Jingqu	Jing-River Point, Metal Point
Lu 09	Taiyuan	Shu-Stream Point, Earth Point; Yuan-Source Point; Meeting Point of Vessels
Lu 10	Yuji	Ying-Spring Point, Fire Point
Lu 11	Shaoshang	Jing-Well Point, Wood Point

Bl 13	Feishu	Back-Shu Point of the Lungs
Lu 01	Zhongfu	Front-Mu Alarm Point of the Lungs

LU 01 中府

Name:

LU 01 - Zhongfu = Central Treasury

Location:

At the level of the first intercostal space, 6 cun lateral to the midline; 1 cun inferior to the clavicular fossa.

LU 02 云门

Name:

LU 02 - Yunmen = Cloud Gate

Location:

In the depression below the clavicular fossa, 6 cun lateral to the midline.

LU 03 天府

Name:

LU 03 - Tianfu = Celestial Storehouse

Location:

On the medial aspect of the upper arm, 3 cun inferior to the axillary fold, on the radial side of the biceps brachii muscle.
Contraindicated in antique literature! 3 - 5 cones or 5 - 10 min.

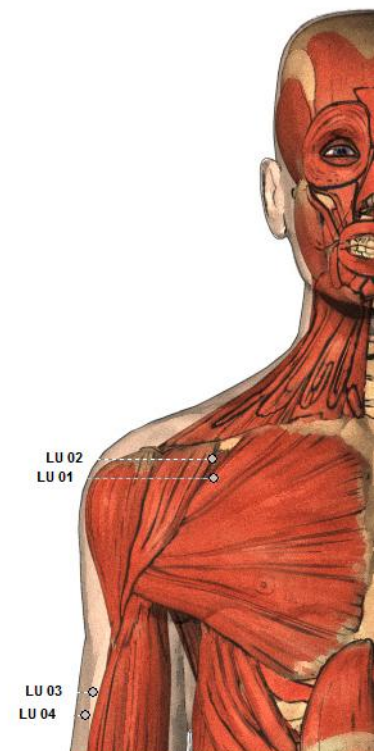
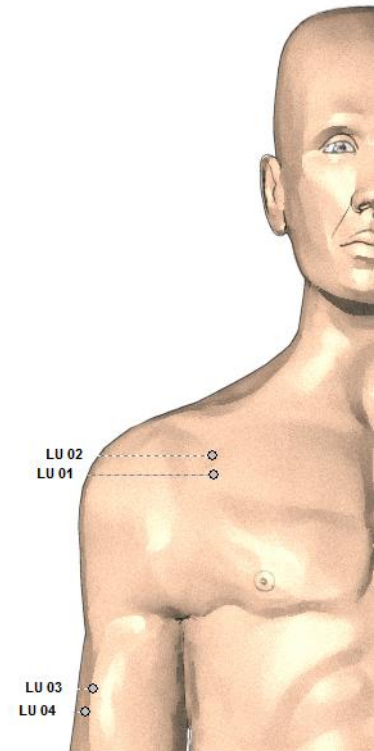
LU 04 侠白

Name:

LU 04 - Xiabai = Guarding White

Location:

On the medial aspect of the upper arm, 4 cun inferior to the axillary fold, on the radial side of the biceps brachii muscle.



LU 05

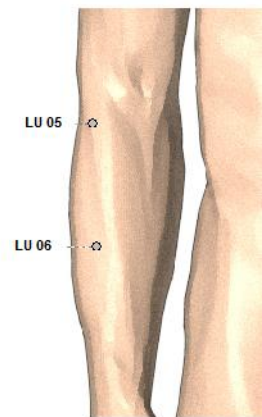
尺泽

Name:

LU 05 - Chize = Cubit Marsh

Location:

In the transverse cubital crease, in the depression at the radial side of the tendon of the biceps brachii muscle.



LU 06

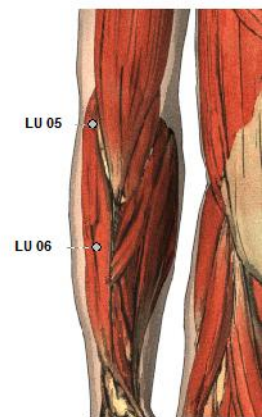
孔最

Name:

LU 06 - Kongzui = Collection Hole

Location:

7 cun proximal to the transverse crease of the wrist, on the radial side of the forearm, on the line joining LU 9 and LU 5.



LU 07

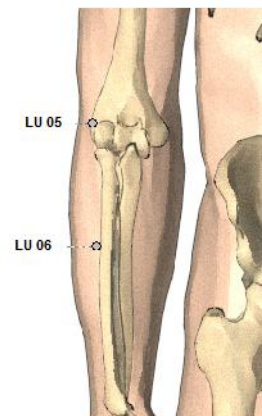
列缺

Name:

LU 07 - Lieque = Broken Sequence

Location:

1.5 cun proximal to the transverse crease of the wrist, on the radial side of the forearm, superior to the styloid process of the radius.



LU 08

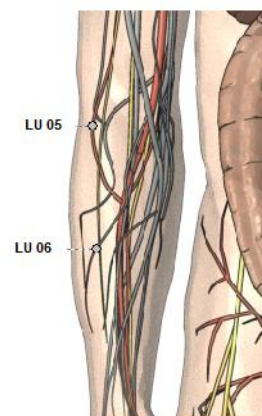
经渠

Name:

LU 08 - Jingqu = Channel Ditch

Location:

1 cun to the transverse crease of the wrist, in the depression between the radial artery and the styloid process of the radius.



LU 09

太渊

Name:

LU 09 - Taiyuan = Great Abyss

Location:

At the radial end of transverse crease of the wrist, in the depression on the lateral side of the radial artery.

LU 10

鱼际

Name:

LU 10 - Yuji = Fish Border

Location:

On the radial aspect of the hand, in the center of the first metacarpal bone, at the junction of red and white skin.

LU 11

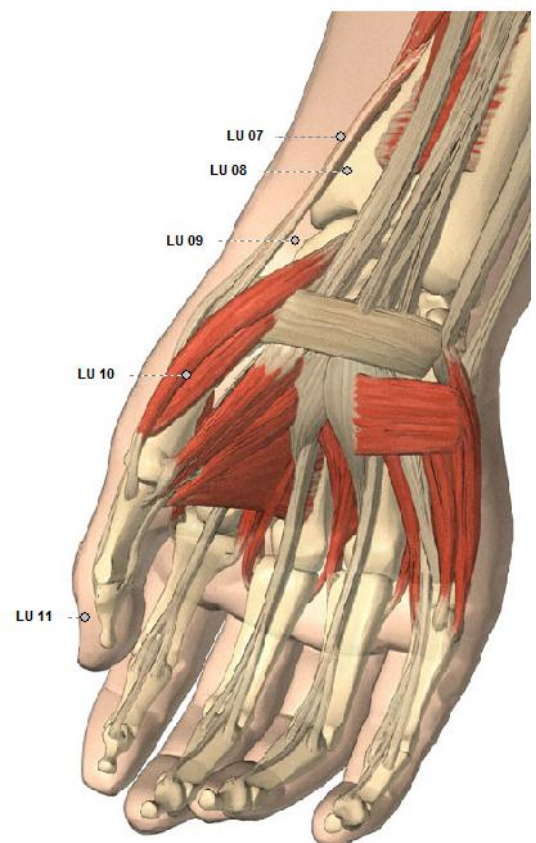
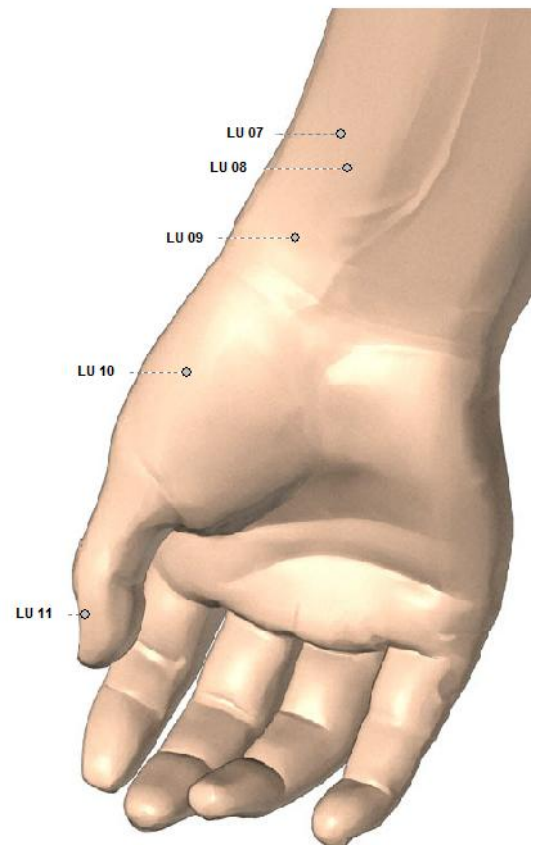
少商

Name:

LU 11 - Shaoshang = Lesser Merchant

Location:

0.1 cun proximal to the corner of the nail at the radial side of the thumb.



Large Intestine Channel (Hand-Yangming)

Course:

The Large Intestine Channel begins at the radial corner of the nail of the index finger. It passes between the second and third metacarpal bone through the anatomical snuffbox and reaches the radial side of the forearm. It ascends to the lateral edge of the transverse cubital crease of the elbow, and runs between the lateral head of the triceps muscle and the brachioradialis muscle to the anterior aspect of the deltoideus muscle. From there the Large Intestine Channel continues to ascend to the shoulder and through LI 15. The Channel branches behind the acromion to CV 14, crosses the shoulder and reaches ST 12 in the supraclavicular fossa.

From ST 12 the internal pathway enters the thorax and connects with the Lungs, traverses the diaphragm and descends to enter the large intestine.

The surface pathway of the Large Intestine Channel ascends along the lateral aspect of the neck and reaches the lower jaw, internally it enters into the gum and supplies the lower teeth. It then curves around the lips, crosses the philtrum at the midline, and reaches the opposite side of the nose. The Channel terminates at LI 20.

Point Qualifications:

LI 01	Shangyang	Jing-Well Point, Metal Point
LI 02	Erjian	Ying-Spring Point, Water Point
LI 03	Sanjian	Shu-Stream Point, Wood Point
LI 04	Hegu	Yuan-Source Point
LI 05	Yangxi	Jing-River Point, Fire Point
LI 06	Pianli	Luo-Connecting Point
LI 07	Wenliu	Xi-Cleft Point
LI 11	Quchi	He-Sea Point, Earth Point
BL 25	Dachangshu	Back-Shu Point of the Large Intestine
ST 25	Tianshu	Front-Mu Alarm Point of the Large intestine

LI 01

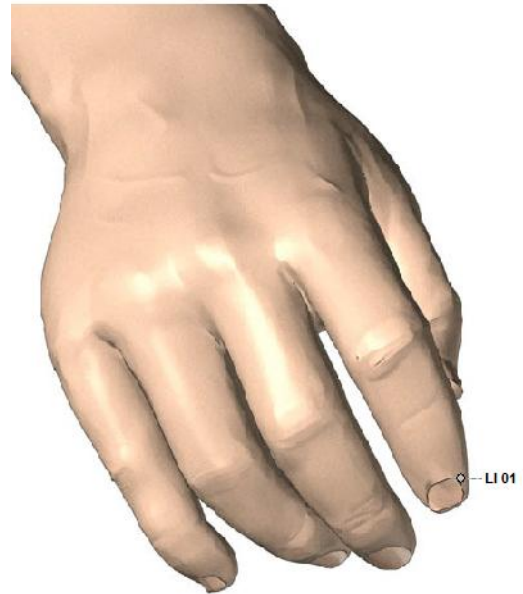
商阳

Name:

LI 01 - Shangyang = Shang Yang

Location:

On the radial side of the index finger, 0.1 cun proximal to the corner of the nail.



LI 02

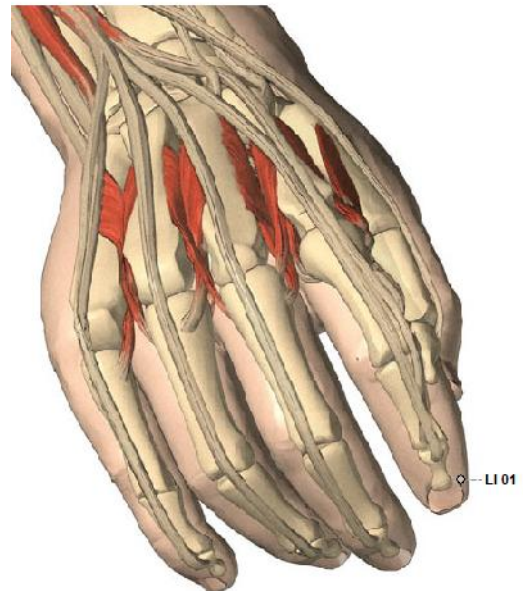
二间

Name:

LI 02 - Erjian = Second Space

Location:

On the radial side of the index finger, in the depression distal to the metacarpal-phalangeal joint.



LI 03

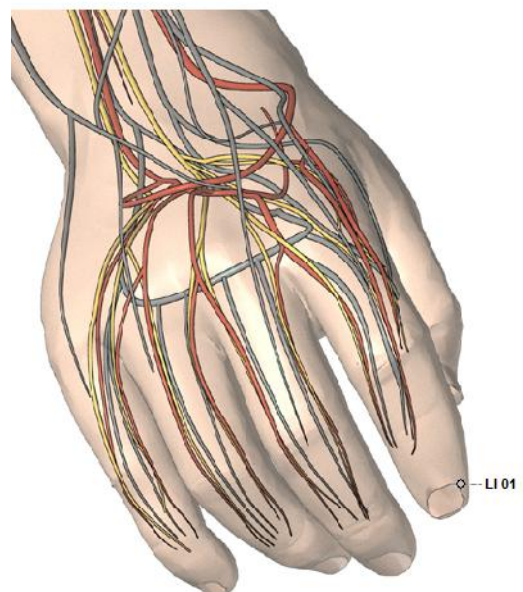
三间

Name:

LI 03 - Sanjian = Third Space

Location:

On the radial side of the index finger, in the depression proximal to the metacarpal-phalangeal joint.



LI 04

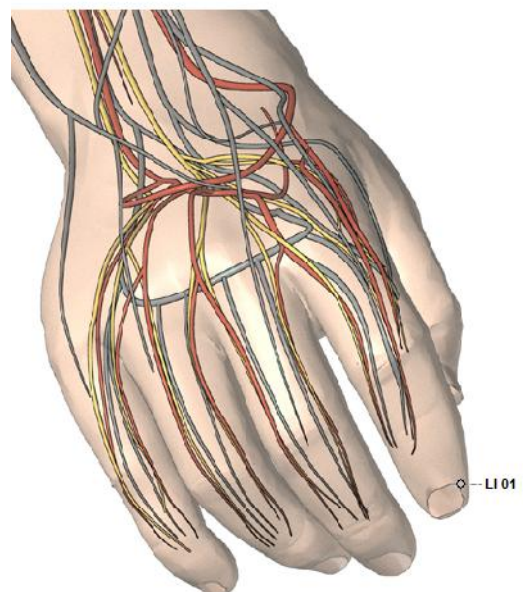
合谷

Name:

LI 04 - Hegu = Union Valley

Location:

On the dorsum of the hand, in the middle of the radial side of the second metacarpal bone.



LI 05

阳溪

Name:

LI 05 - Yangxi = Yang Ravine

Location:

Between the distal end of the radius and the scaphoid bone, in the hollow formed between the tendon of the muscle extensor digitorum longus and brevis when the thumb is extended.

LI 06

偏历

Name:

LI 06 - Pianli = Veering Passageway

Location:

3 cun proximal to the dorsal wrist crease, on the lateral border of the radius.

LI 07

温溜

Name:

LI 07 - Wenliu = Warm Dwelling

Location:

5 cun proximal to the dorsal wrist crease, on the lateral border of the radius.

LI 08

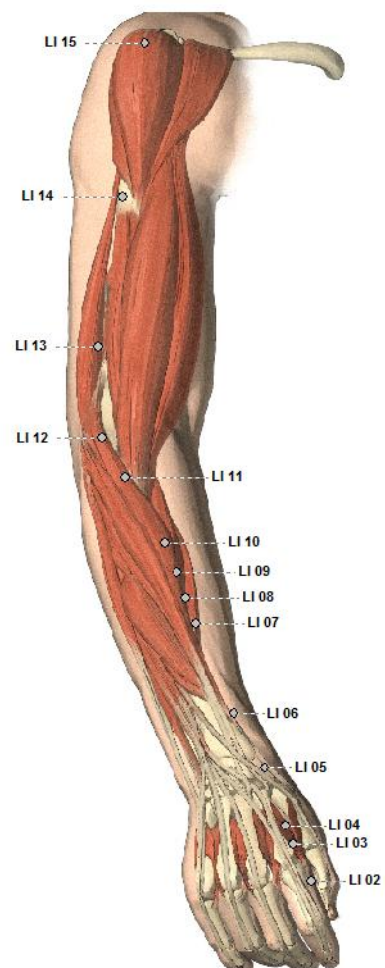
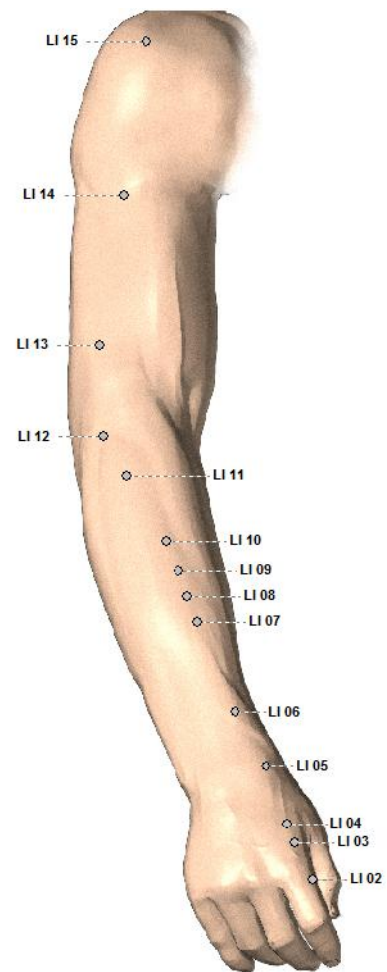
下廉

Name:

LI 08 - Xialian = Lower Ridge

Location:

4 cun distal to the transverse crease of the elbow, on the lateral side of the radius.



LI 09

上廉

Name:

LI 09 - Shanglian = Upper Ridge

Location:

3 cun distal to the transverse crease of the elbow, on the lateral side of the radius.

LI 10

手三里

Name:

LI 10 - Shousanli = Arm Three Li

Location:

2 cun distal to the transverse crease of the elbow, on the lateral side of the radius.

LI 11

曲池

Name:

LI 11 - Quchi = Pool at the Bend

Location:

On the radial end of the transverse crease of the elbow.

LI 12

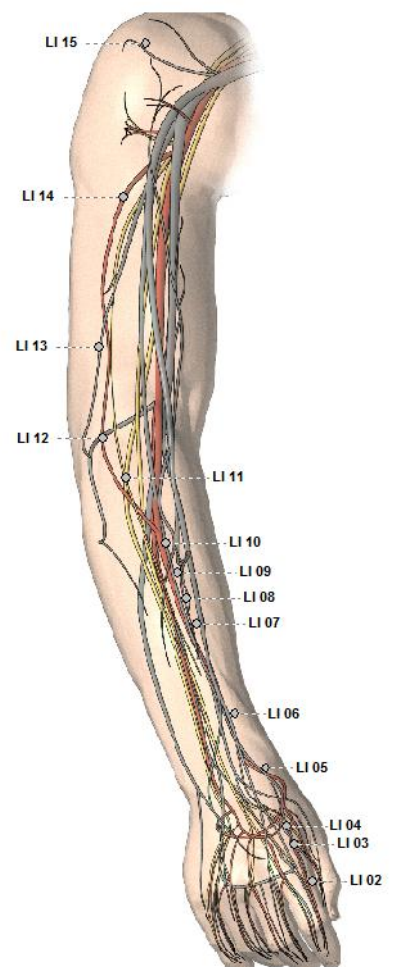
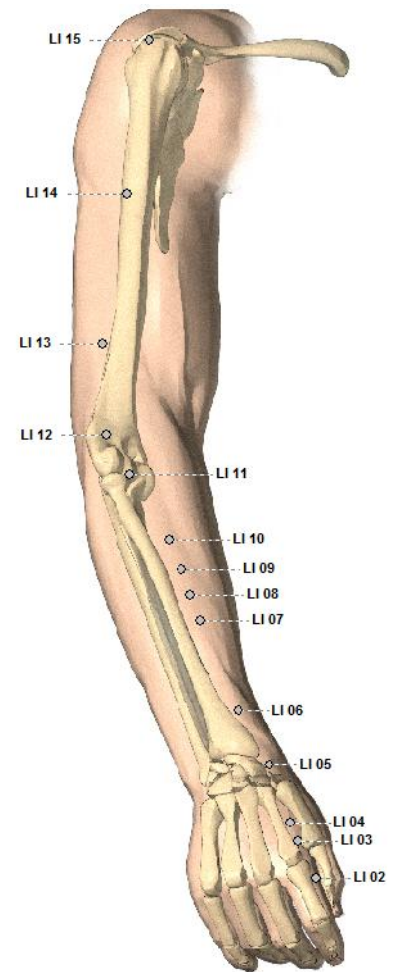
肘髎

Name:

LI 12 - Zhouliao = Elbow Bone-Hole

Location:

1 cun proximal to the lateral end of the transverse cubital crease, at the lateral aspect of the edge of the humerus.



LI 13

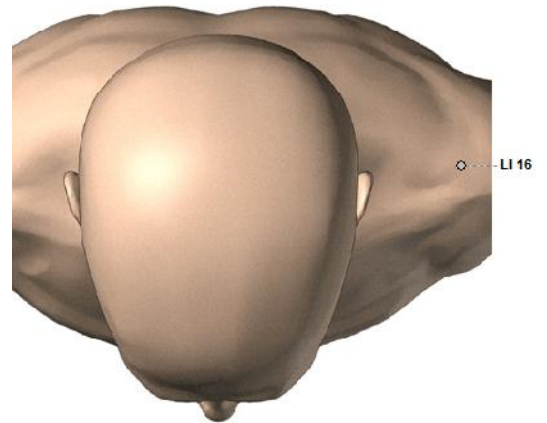
手五里

Name:

LI 13 - Wuli = Arm Five Li

Location:

3 cun proximal to the lateral end of the transverse cubital crease, lateral to the biceps brachii muscle.



LI 14

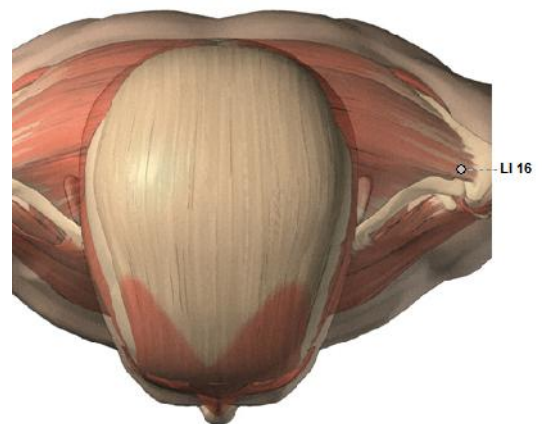
臂臑

Name:

LI 14 - Binao = Upper Arm

Location:

7 cun proximal to the lateral end of the transverse cubital crease, at the insertion of the deltoid muscle.



LI 15

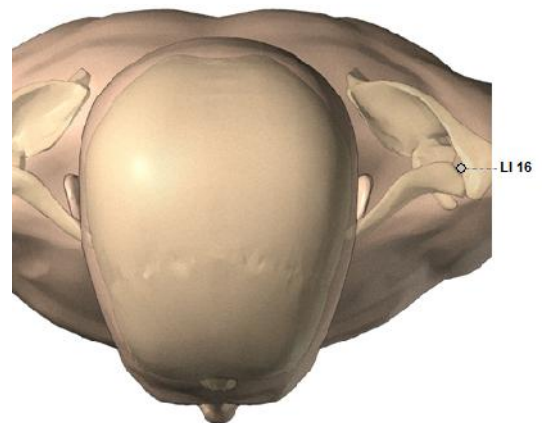
肩髃

Name:

LI 15 - Jianyu = Shoulder Bone

Location:

Antero-inferior to the acromion, on the upper portion of the deltoid muscle, in the depression appearing in full abduction of the arm.



LI 16

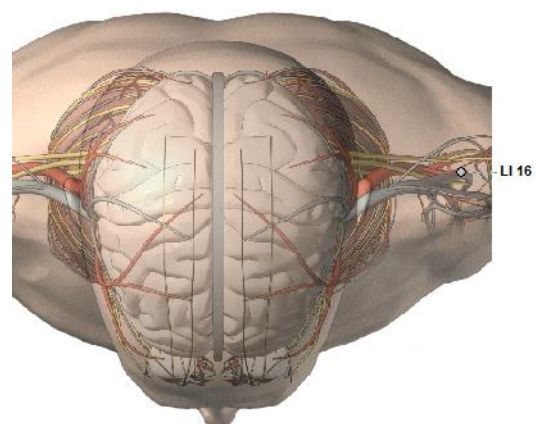
巨骨

Name:

LI 16 - Jugu = Great Bone

Location:

In the depression between the lateral end of the clavicle, the spina scapula and the acromion.



LI 17

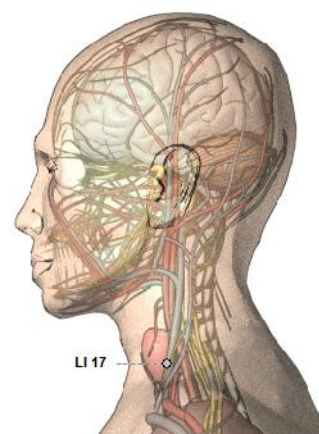
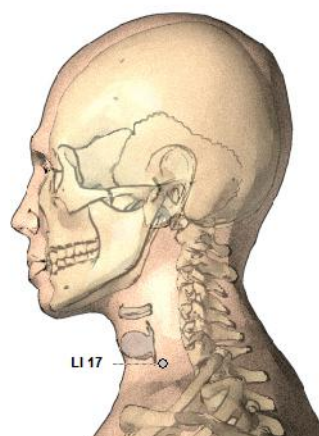
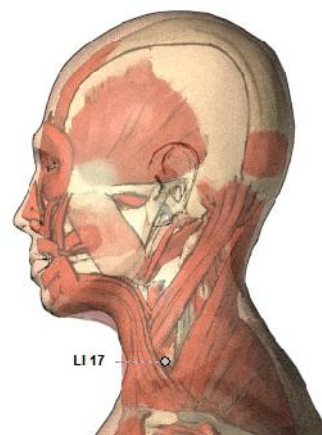
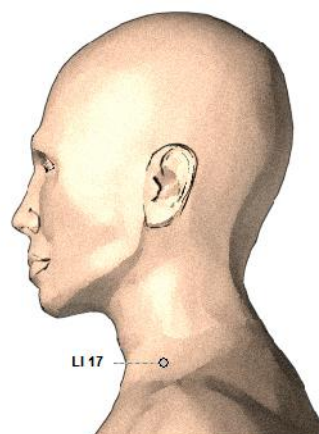
天鼎

Name:

LI 17 - Tianding = Celestial Tripod

Location:

On the lateral side of the neck, on the posterior border of the sternocleidomastoid muscle, 4 cun lateral and 1 cun caudal to the Adam's Apple.



LI 18

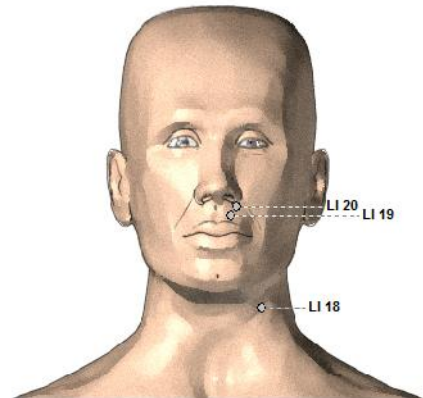
扶突

Name:

LI 18 - Futu = Protuberance Assistant

Location:

On the lateral side of the neck, 3 cun lateral to the Adam's Apple, between the sternal head and clavicular head of the sternocleidomastoideus muscle.



LI 19

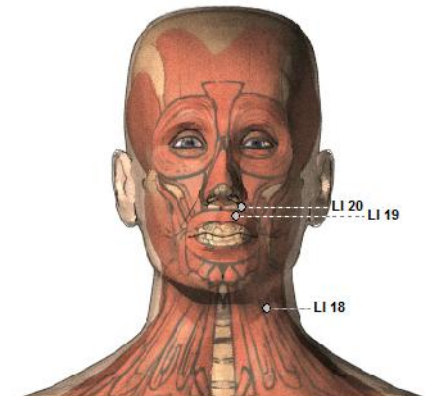
口禾髎

Name:

LI 19 - Heliao (Kou Heliao) = Grain Bone-Hole

Location:

Between nostril and the upper lip, directly below the lateral margin of the nostril, 0.5 cun lateral to the midline.



LI 20

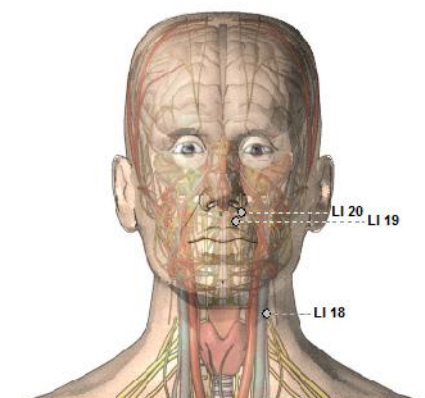
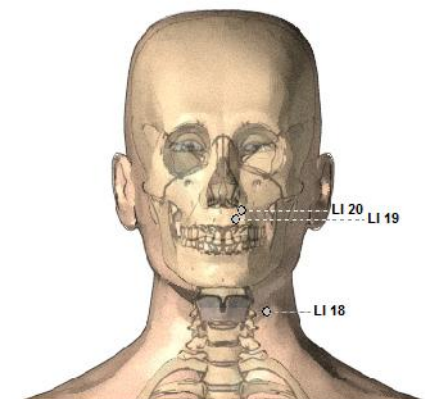
迎香

Name:

LI 20 - Yingxiang = Welcome Fragrance

Location:

In the nasolabial groove, at the level of the midpoint of the lateral border of ali nasi.



Stomach Channel (Foot-Yangming)

Course:

The Stomach Channel starts its pathway at the lateral side of the ali nasi at LI 20 and ascends to the inner canthus of the eye and descends to ST 01 below the pupil. From here it further descends to the corner of the mouth, and further to the lower jaw. It ascends, passing the area in front of the ear, up to the ST 08 at the temples. From ST 03 the Stomach Channel enters the upper gums and re-emerges at the lateral corner of the mouth.

From ST 05, the Stomach Channel descends the neck along the throat and continues to the supraclavicular fossa at ST 12. From ST 12 the internal pathway enters the thorax, descends through the diaphragm and reaches the stomach. A side branch also reaches the spleen and the pancreas. The main channel descends to the large intestine and the small intestine and reunites with the surface pathway at ST 30.

The surface pathway of the Stomach Channel descends from ST 12 on the mamillary line, traversing the nipple, down to the 5th intercostal space. From there it descends 2 cun lateral to the midline down to ST 30 at the cranial margin of the symphysis in the inguinal region. From ST 30 it descends along the lateral aspect of the rectus femoris muscle down to the lateral side of the patella. From here, it continues to descend along the lateral margin of the tibia to the dorsum of the foot. It passes between the second and third metacarpal bone to the lateral corner of the nail of the second toe, where the channel terminates at ST 45.

Point Qualifications:

ST 34	Liangqiu	Xi-Cleft Point
ST 36	Zusanli	He-Sea Point, Earth Point
ST 40	Fenglong	Luo-Connecting Point
ST 41	Jiexie	Jing-River Point, Fire Point
ST 42	Chongyang	Yuan-Source Point
ST 43	Xiangu	Shu-Stream Point, Wood Point
ST 44	Neiting	Ying-Spring Point, Water Point
ST 45	Lidui	Jing-Well Point, Metal Point
BL 21	Weishu	Back-Shu Point of the Stomach
CV 12	Zhongwan	Front-Mu Alarm Point of the Stomach

ST 01

承泣

Name:

ST 01 - Chengqi = ContainTears

Location:

Directly below the pupil, between the eyeball and the infraorbital foramen, when looking straight forward.

ST 02

四白

Name:

ST 02 - Sibai = Four Whites

Location:

Below ST 1, below the pupil in the depression at the infraorbital foramen.

ST 03

巨髎

Name:

ST 03 - Juliao = Great Bone-Hole

Location:

Below ST 2, below the pupil, at the level of the lower border of the ali nasi, on the lateral side of the nasolabial groove.

ST 04

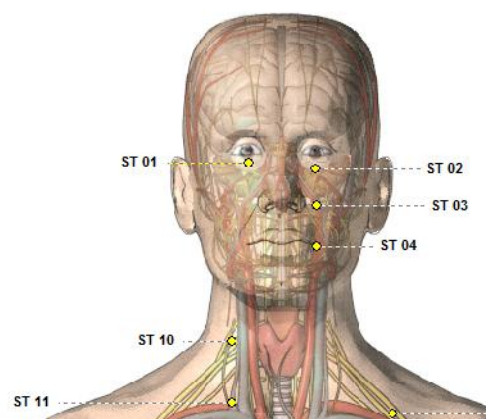
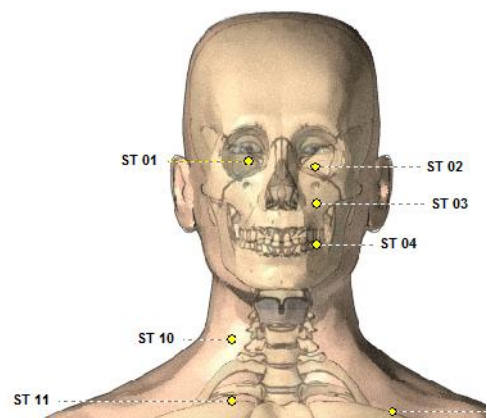
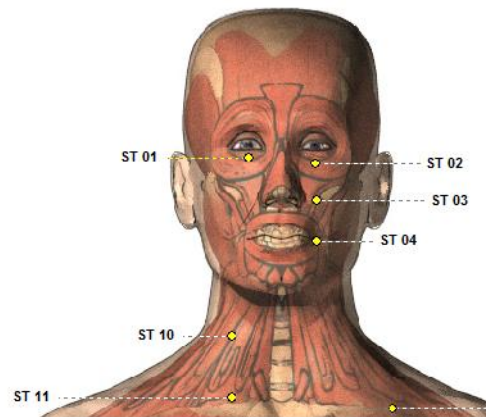
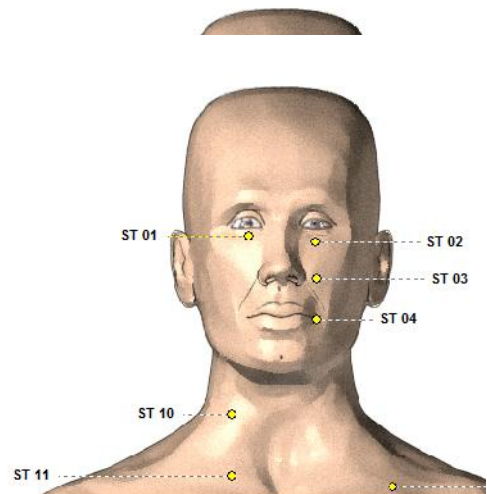
地仓

Name:

ST 04 - Dicang = Earth Granary

Location:

Below the pupil, 0.4 cun lateral to the corner of the mouth



ST 05 大迎

Name:

ST 05 - Daying = Great Reception

Location:

Anterior to the angle of the mandible, on the anterior edge of the masseter muscle, in the depression appearing when the cheek is bulged.

ST 06 颊车

Name:

ST 06 - Jiache = Jawbone

Location:

At the highest point of the muscle masseter when the teeth are clenched, one finger-breath anterior and superior to the corner of the jaw.

ST 07 下关

Name:

ST 07 - Xiaguan = Below the Point

Location:

At the lower border zygomatic arch, in the depression anterior to the condyloid process of the mandible, at the dorsal margin of the muscle masseter.

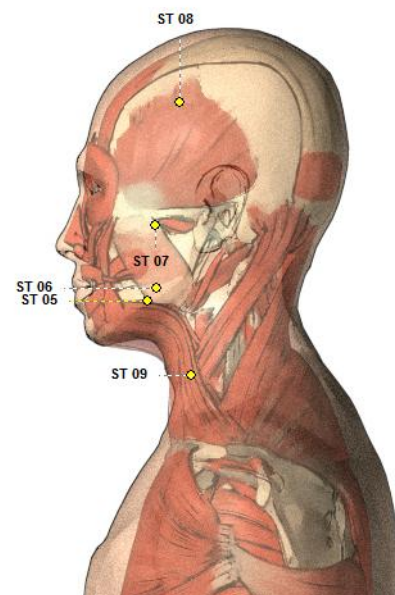
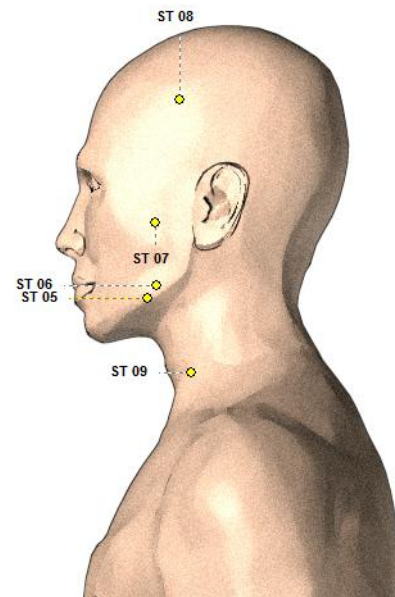
ST 08 头维

Name:

ST 08 - Touwei = Head Corner

Location:

0.5 cun within the anterior hairline, at the corner of the forehead, 4.5 cun lateral to the midline.



ST 09 人迎

Name:

ST 09 - Renying = Man's Prognosis

Location:

On the anterior border of the sternocleidomastoid muscle, level with the tip of the Adam's Apple, dorsal to the common carotid artery.

ST 10 水突

Name:

ST 10 - Shuitu = Water Prominence

Location:

At the lower border of the laryngeal prominence, on the anterior border of the sternocleidomastoid muscle.

ST 11 气舍

Name:

ST 11 - Qishe = Qi's Household

Location:

At the cranial and medial border of the clavicle, between the two heads of the sternocleidomastoid muscle.

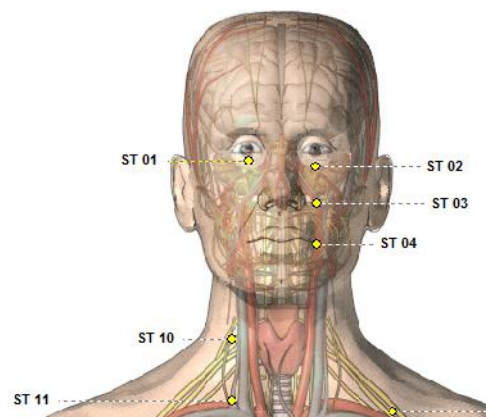
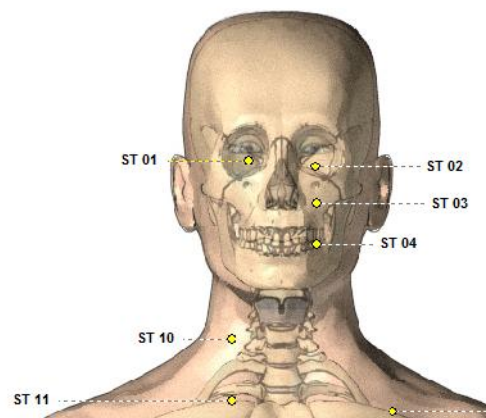
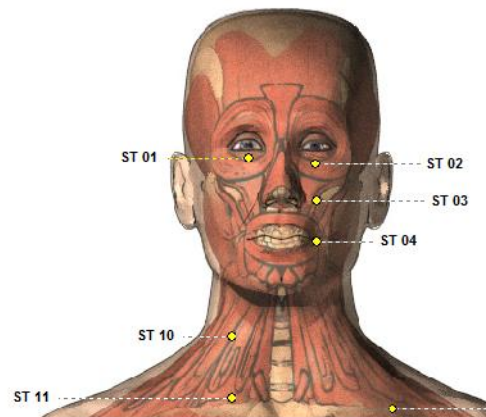
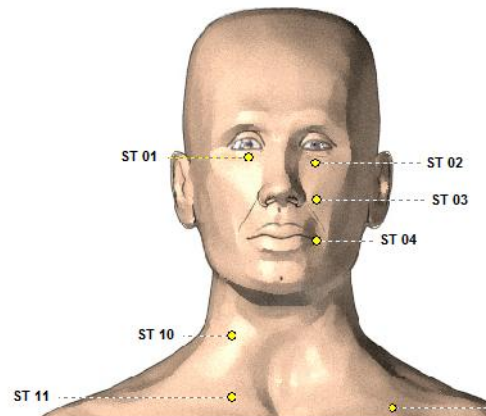
ST 12 缺盆

Name:

ST 12 - Quepen = Empty Basin

Location:

In the center of the supraclavicular fossa, 4 cun lateral to the midline.



ST 13

气户

Name:

ST 13 - Qihu = Qi Door

Location:

At the lower border of the clavicle, 4 cun lateral to the midline.

ST 14

库房

Name:

ST 14 - Kufang = Storeroom

Location:

In the first intercostal space, 4 cun lateral to the midline.

ST 15

屋翳

Name:

ST 15 - Wuyi = Roof

Location:

In the second intercostal space, 4 cun lateral to the midline.

ST 16

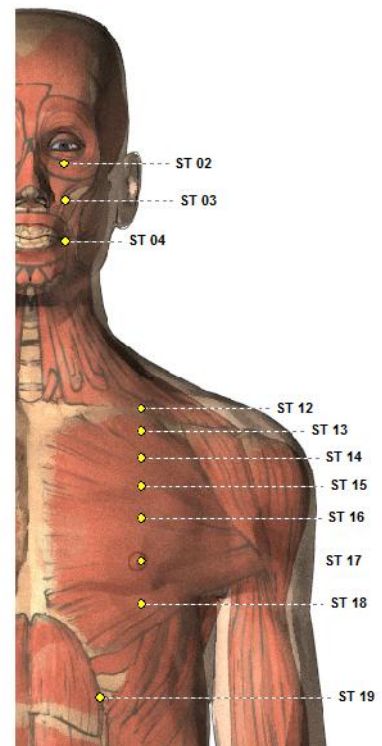
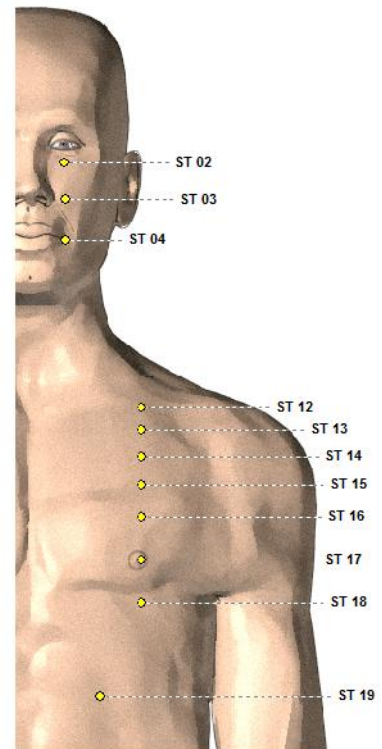
膺窗

Name:

ST 16 - Yingchuang = Breast Window

Location:

In the third intercostal space, 4 cun lateral to the midline.



ST 17

乳中

Name:

ST 17 - Ruzhong = Breast Center

Location:

In the fourth intercostal space, in the center of the nipple, 4 cun lateral to the midline.

ST 18

乳根

Name:

ST 18 - Rugen = Breast Root

Location:

In the fifth intercostal space, 4 cun lateral to the midline.

ST 19

不容

Name:

ST 19 - Burong = Not Contained

Location:

6 cun above the umbilicus, 2 cun lateral to the midline.

ST 20

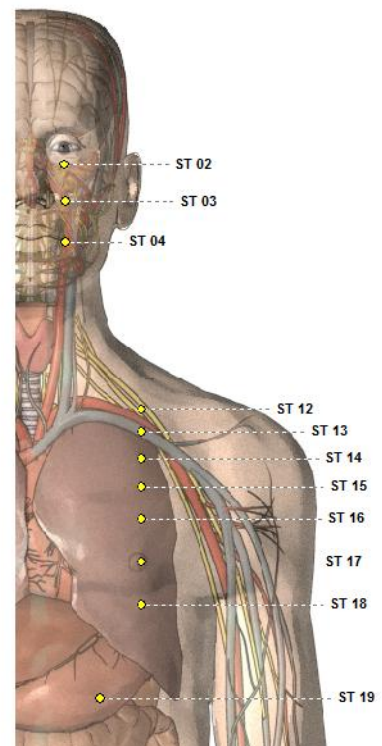
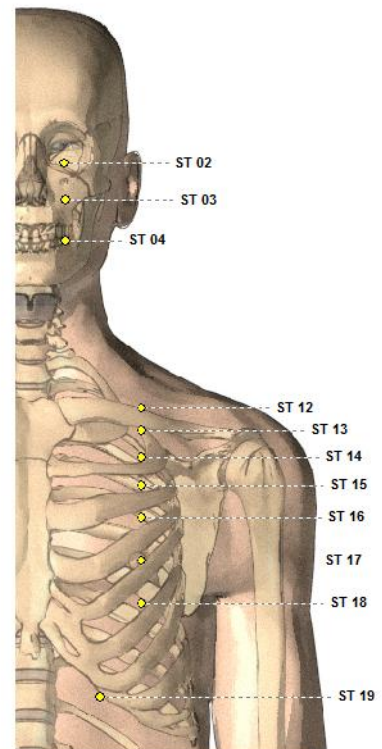
承满

Name:

ST 20 - Chengman = Assuming Fullness

Location:

5 cun above the umbilicus, 2 cun lateral to the midline.



ST 21

梁门

Name:

ST 21 - Liangmen = Beam Gate

Location:

4 cun above the umbilicus, 2 cun lateral to the midline.

ST 22

关门

Name:

ST 22 - Guanmen = Pass Gate

Location:

3 cun above the umbilicus, 2 cun lateral to the midline.

ST 23

太乙

Name:

ST 23 - Taiyi = Supreme Unity

Location:

2 cun above the umbilicus, 2 cun lateral to the midline.

ST 24

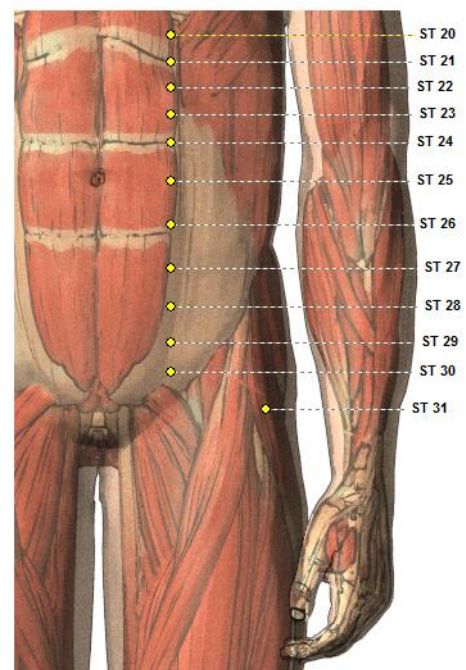
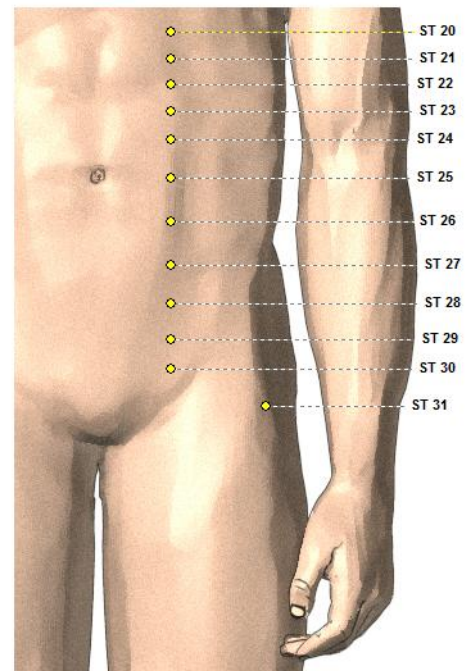
滑肉门

Name:

ST 24 - Huaroumen = Slippery Flesh Gate

Location:

1 cun above the umbilicus, 2 cun lateral to the midline.



ST 25

天枢

Name:

ST 25 - Tianshu = Celestial Pivot

Location:

2 cun lateral to the umbilicus.

ST 26

外陵

Name:

ST 26 - Wailing = Outer Mound

Location:

1 cun below the umbilicus, 2 cun lateral to the midline.

ST 27

大巨

Name:

ST 27 - Daju = Great Gigantic

Location:

2 cun below the umbilicus, 2 cun lateral to the midline.

ST 28

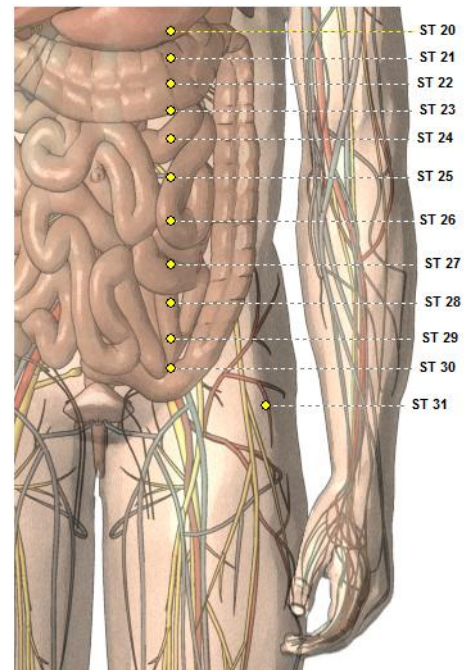
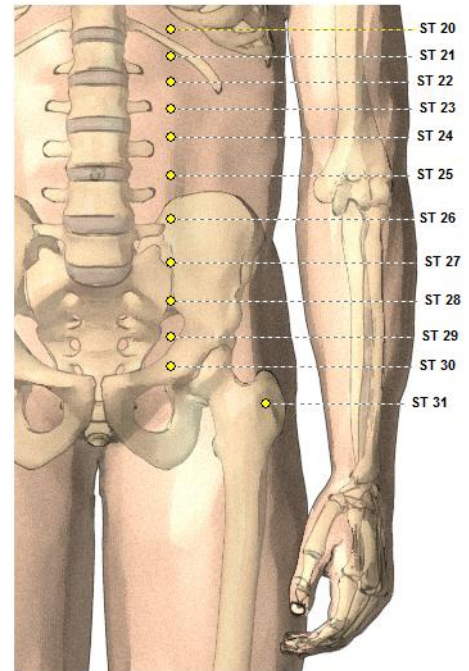
水道

Name:

ST 28 - Shuidao = Waterway

Location:

3 cun below the umbilicus, 2 cun lateral to the midline.



ST 29

归来

Name:

ST 29 - Guilai = Return

Location:

4 cun below the umbilicus, 2 cun lateral to the midline.

ST 30

气冲

Name:

ST 30 - Qichong = Surging Qi

Location:

5 cun below the umbilicus, 2 cun lateral to the midline, on the upper border of the pubic bone, in the groin.

ST 31

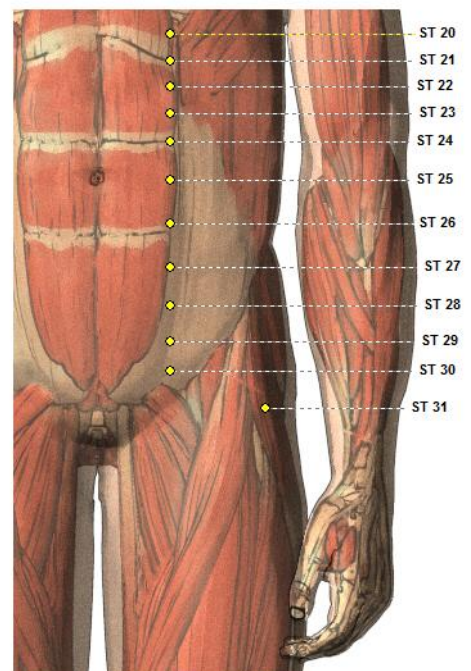
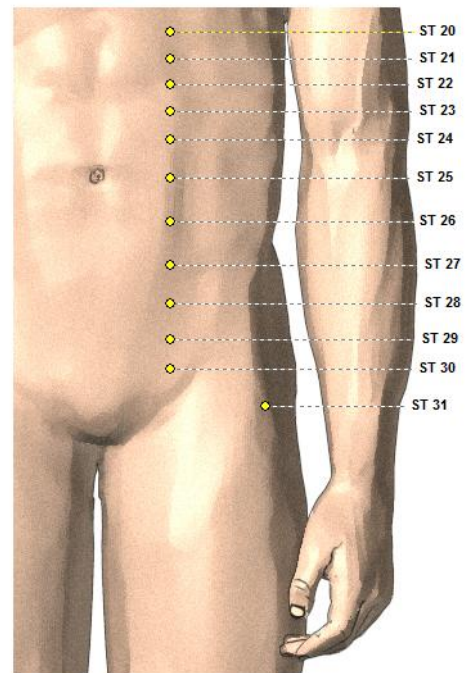
髀关

Name:

ST 31 - Biguan = Thigh Joint

Location:

At the crossing point of the line drawn directly down from the anterior superior iliac spine and the line level with the lower border of the symphysis pubis. Opposite UB 36.



ST 32

伏兔

Name:

ST 32 - Futu = Crouching Rabbit

Location:

6 cun above the lateral and superior border of the patella, on the line joining the anterior superior iliac spine and the lateral border of the patella.

ST 33

阴市

Name:

ST 33 - Yinshi = Yin Market

Location:

3 cun above the lateral and superior border of the patella, on the line joining the anterior superior iliac spine and the lateral border of the patella.

ST 34

梁丘

Name:

ST 34 - Liangqiu = Beam Hill

Location:

When the knee is flexed, 2 cun above the lateral and superior border of the patella.

ST 35

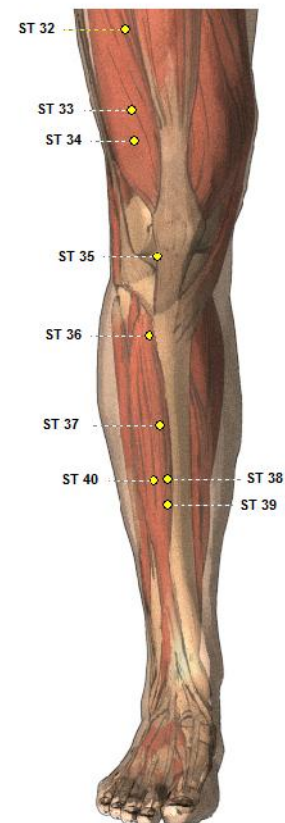
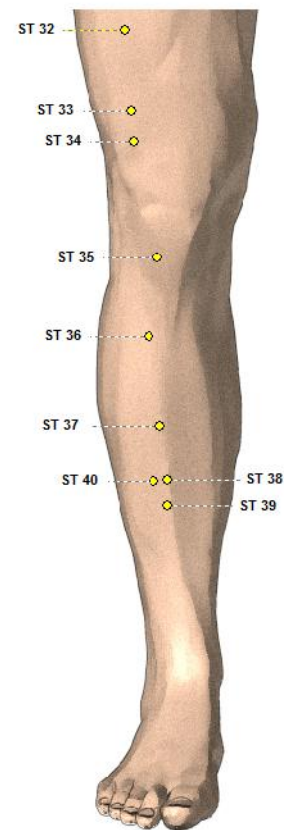
犊鼻

Name:

ST 35 - Dubi = Calf's Nose

Location:

When the knee is flexed, at the lower border of the patella, in the depression lateral to the patellar ligament.



ST 36 足三里

Name:

ST 36 - Zusanli = Leg Three Li

Location:

3 cun caudal the lower border of the patella, one finger breath lateral to the anterior crest of the tibia.

ST 37 上巨虚

Name:

ST 37 - Shangjuxu = Upper Great Hollow

Location:

6 cun caudal to the lower border of the patella, one finger breath lateral to the anterior crest of the tibia.

ST 38 条口

Name:

ST 38 - Tiaokou = Ribbon Opening

Location:

8 cun caudal to the lower border of the patella, one finger breath lateral to the anterior crest of the tibia. Midway between ST 35 and ST 41.

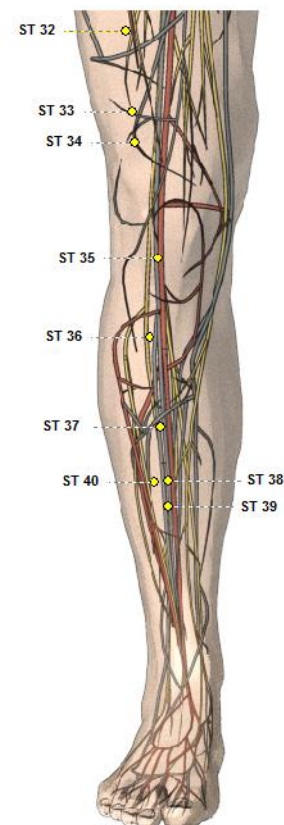
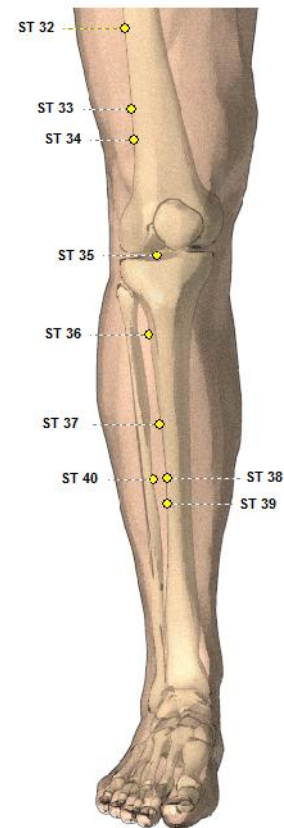
ST 39 下巨虚

Name:

ST 39 - Xiajuxu = Lower Great Hollow

Location:

9 caudal to the lower border of the patella, one finger breath lateral to the anterior crest of the tibia.



ST 40

丰隆

Name:

ST 40 - Fenglong = Bountiful Bulge

Location:

8 cun caudal to the lower border of the patella, 1.5 cun lateral to the anterior crest of the tibia.

ST 41

解溪

Name:

ST 41 - Jiexi = Ravine Divide

Location:

On the dorsum of the foot, at the midpoint of the transverse crease of the ankle joint, between the tendons of the muscle extensor digitorum longus and the muscle extensor hallucis longus.

ST 42

冲阳

Name:

ST 42 - Chongyang = Surging Yang

Location:

On the dorsum of the foot, at the highest point of the foot dorsum, 1.5 cun distal to the transverse crease of the ankle joint, between the tendons of the muscle extensor digitorum longus and the muscle extensor hallucis longus.

ST 43

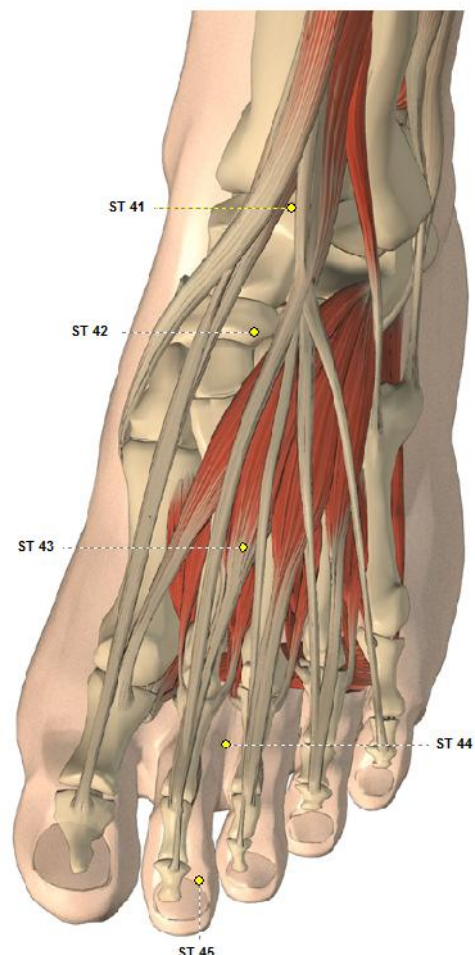
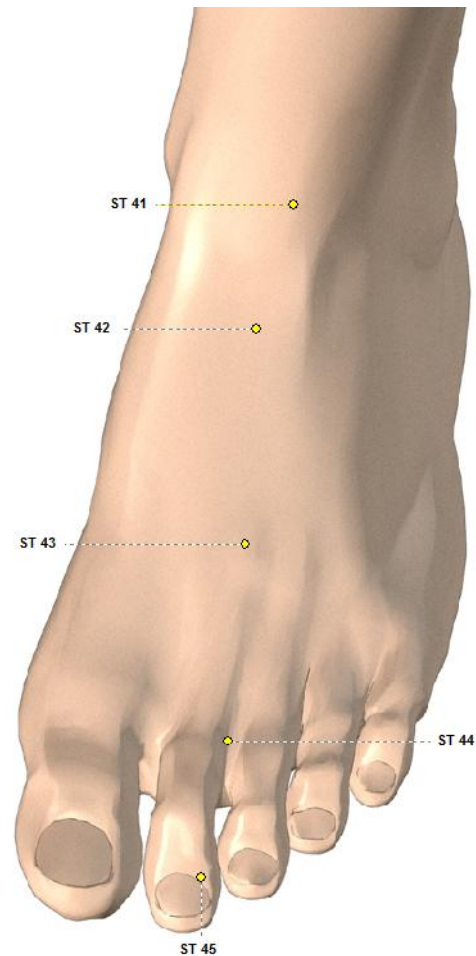
陷谷

Name:

ST 43 - Xiangu = Sunken Valley

Location:

In the depression between the basis of the second and third metatarsal bones.



ST 44 内庭

Name:

ST 44 - Neiting = Inner Court

Location:

Between the second and third toes, distal and lateral to the second metatarsodigital joint, proximal to the margin of the web.

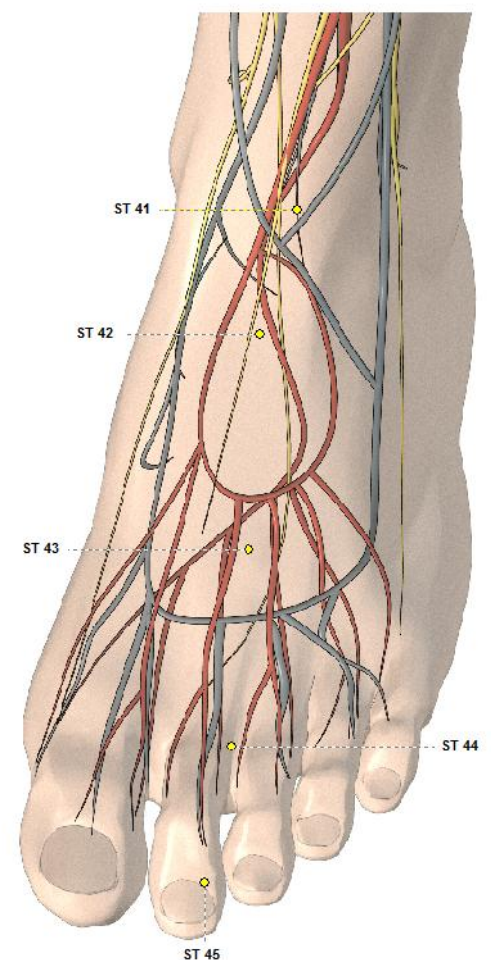
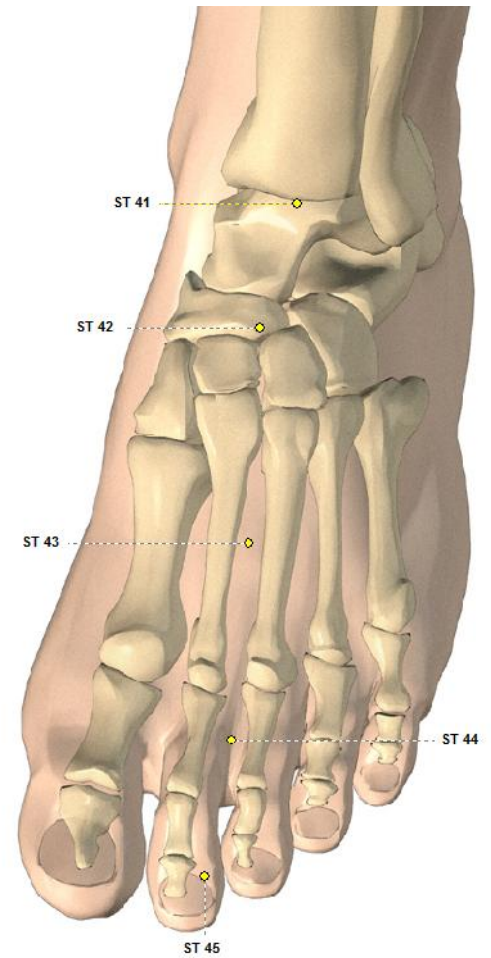
ST 45 厉兑

Name:

ST 45 - Lidui = Severe Mouth

Location:

0.1 cun proximal to the corner of the nail on the lateral side of the second toe.



Spleen Channel (Foot-Taiyin)

Course:

The Spleen Channel starts at the medial corner of the nail of the big toe. It ascends along the medial aspect of the foot, traverses to the anterior of the medial malleolus. It further ascends along the medial aspect of the lower leg over knee and thigh to the inguinal region. From the groin, it ascends laterally over SP 14 to SP 15, 4 cun lateral to the midline at the level of the navel.

At SP 15 the pathway moves medially to meet CV 10, and an internal branch enters the abdomen and connects with the spleen, the pancreas and the stomach. Another internal branch leaves the stomach and goes through the diaphragm and joins with the heart. The internal pathway re-emerges at SP 16. From SP 16 the Spleen Channel ascends the thorax up to SP 20 in the 2nd intercostal space, 6 cun lateral to the midline.

From SP 20 an internal branch enters the thorax and meets the deeper layers of LU 01, parallels the trachea and ascends to the lower surface of the root of the tongue and terminates there.

From SP 20 the surface pathway descends again to the 6th intercostal space 6 cun below the axilla and terminates at SP 21.

Point Qualifications:

SP 01	Yinbai	Jing-Well Point, Wood Point
SP 02	Dadu	Ying-Spring Point, Fire Point
SP 03	Taibai	Shu-Stream Point, Earth Point; Yuan-Source Point
SP 04	Gongsun	Confluent Point of the Chong Mai; Luo-Connecting Point
SP 05	Shangqiu	Jing-River Point, Metal Point
SP 08	Diji	Xi-Cleft Point
SP 09	Yinlingquan	He-Sea Point, Water Point
BL 20	Pishu	Back-Shu Point of the Spleen
LR 13	Zhangmen	Front-Mu Alarm Point of the Spleen

SP 01

隱白

Name:

SP 01 - Yinbai = Hidden White

Location:

0.1 cun proximal to the corner of the nail on the medial side of the big toe.



SP 02

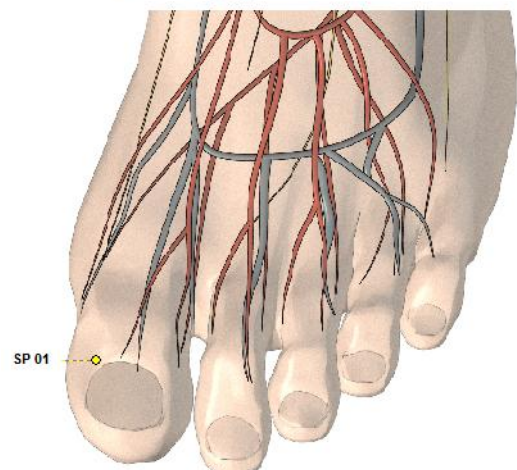
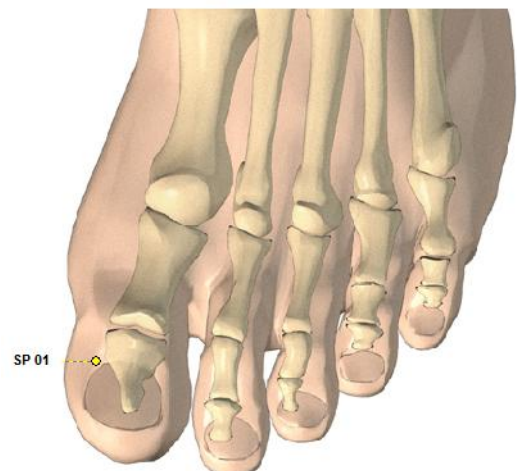
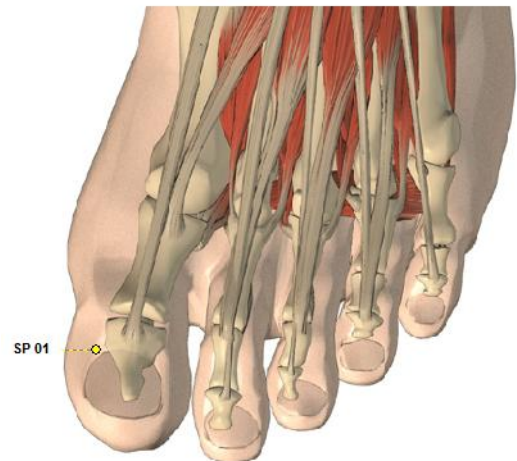
大都

Name:

SP 02 - Dadu = Great Metropolis

Location:

On the medial side of the big toe, distal and inferior to the first metatarsodigital joint, at the junction of red and white skin.



SP 03

太白

Name:

SP 03 - Taibai = Supreme White

Location:

On the medial side of the foot, proximal and inferior to the head of the first metatarsal bone, at the junction of red and white skin.

SP 04

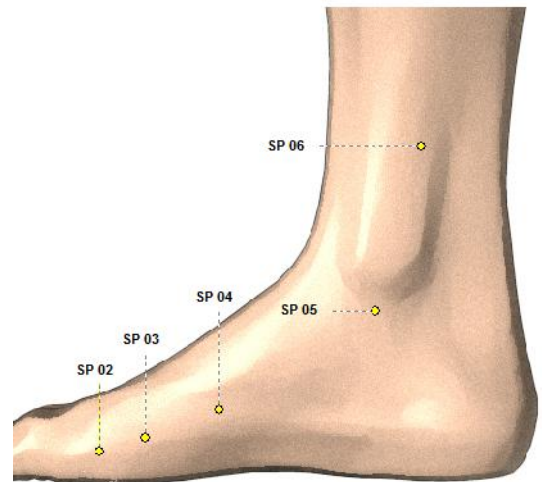
公孙

Name:

SP 04 - Gongsun = Yellow Emperor

Location:

On the medial side of the foot, distal and inferior to the base of the first metatarsal bone, at the junction of red and white skin.



SP 05

商丘

Name:

SP 05 - Shangqiu = Mound of Commerce

Location:

In the depression ventral and distal to medial malleolus, midway between the tuberosity of the navicular bone and the prominence of the medial malleolus.

SP 06

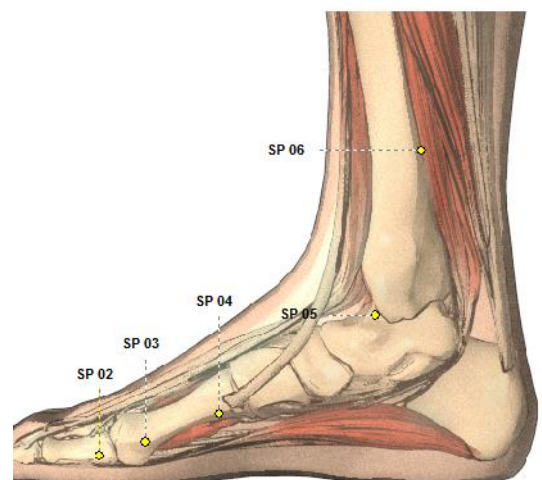
三阴交

Name:

SP 06 - Sanyinjiao = Three Yin Intersection

Location:

3 cun proximal to the prominence of the medial malleolus, on the posterior border of the medial aspect of the tibia.



SP 07

漏谷

Name:

SP 07 - Lougu = Leaking Valley

Location:

6 cun proximal to the prominence of the medial malleolus, on the posterior border of the medial aspect of the tibia.

SP 08

地机

Name:

SP 08 - Dijī = Earth's Crux

Location:

10 cun proximal to the prominence of the medial malleolus, on the posterior border of the medial aspect of the tibia, 3 cun below SP 09.

SP 09

阴陵泉

Name:

SP 09 - Yinlingquan = Yin Mound Spring

Location:

On the lower border of the medial condyle of the tibia, in the depression on the medial border of the tibia, when the knee is flexed.

SP 10

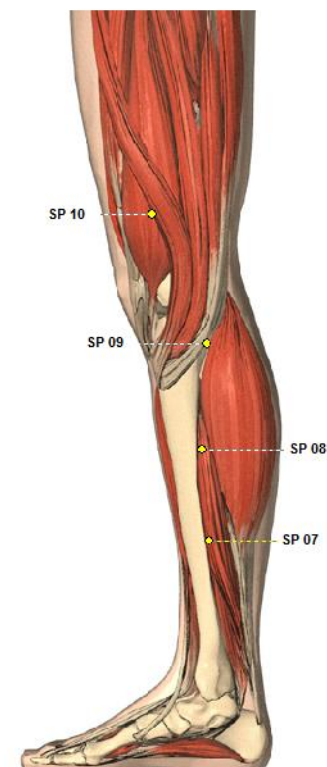
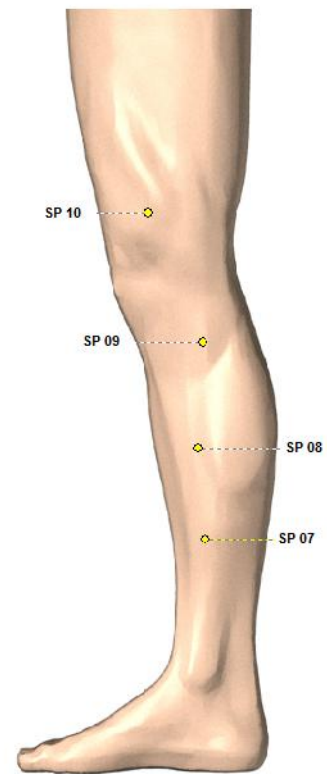
血海

Name:

SP 10 - Xuehai = Sea of Blood

Location:

2 cun proximal to the medial and superior border of the patella, when the knee is flexed. On the bulge of the medial aspect of the vastus medialis muscle.



SP 11 箕门

Name:

SP 11 - Jimen = Winnowing Gate

Location:

8 cun proximal to the medial and superior border of the patella, on the line joining SP 10 and SP 12, in the depression between the sartorial muscle and vastus medialis muscle.

SP 12 冲门

Name:

SP 12 - Chongmen = Surging Gate

Location:

3.5 cun lateral to the midline, on the lateral end of the groin, on the lateral side of the femoral artery, level with the upper border of the pubic bone.

SP 13 府舍

Name:

SP 13 - Fushe = Bowel Abode

Location:

4 cun lateral to the midline, 0.7 cun superior and lateral to the upper border of the pubic bone.

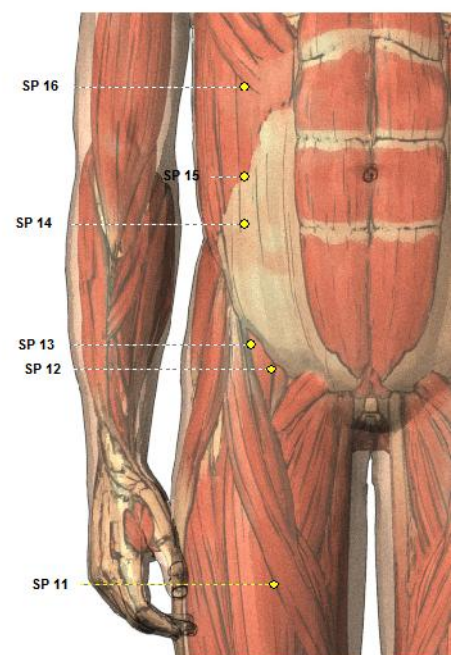
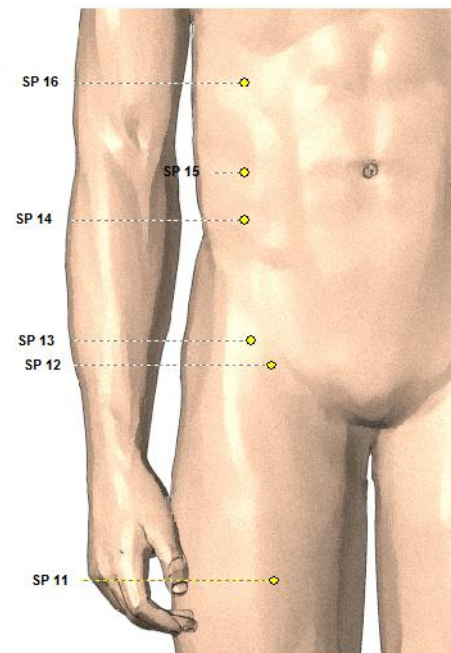
SP 14 腹结

Name:

SP 14 - Fujie = Abdominal Bind

Location:

4 cun lateral to the midline, 1.3 cun below the umbilicus.



SP 15**大横****Name:**

SP 15 - Daheng = Great Horizontal

Location:

4 cun lateral to the midline, at the level of the umbilicus.

SP 16**腹哀****Name:**

SP 16 - Fuai = Abdominal Lament

Location:

4 cun lateral to the midline, 3 cun above the umbilicus.

SP 17**食窦****Name:**

SP 17 - Shi Dou (Minguan) = Food Hole

Location:

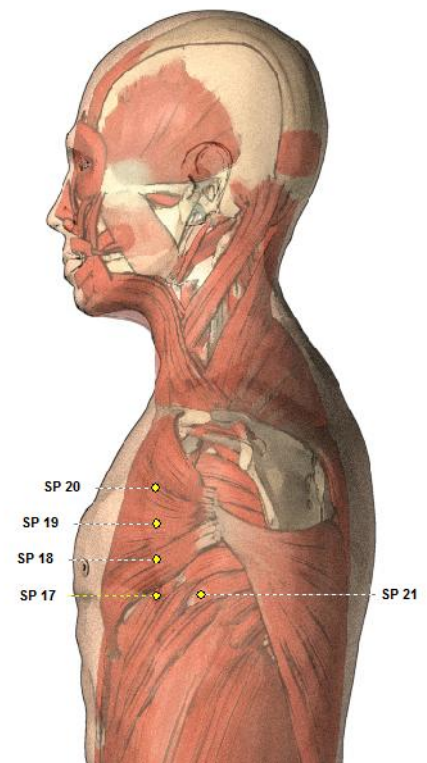
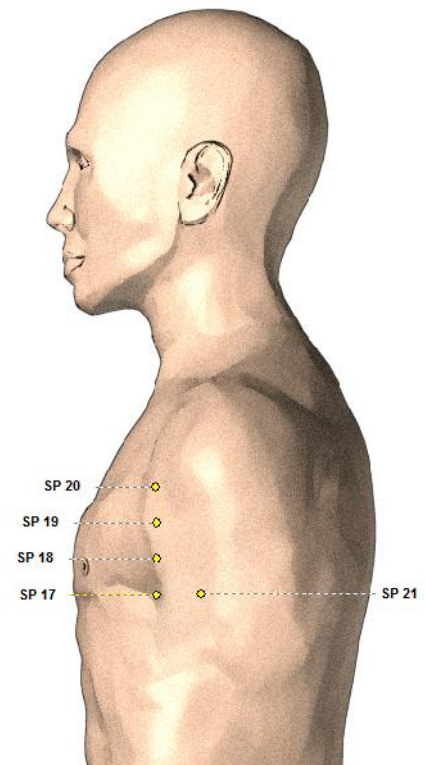
In the fifth intercostal space, 6 cun lateral to the midline.

SP 18**天溪****Name:**

SP 18 - Tianxi = Celestial Ravine

Location:

In the fourth intercostal space, 6 cun lateral to the midline.



SP 19

胸乡

Name:

SP 19 - Xiongxiang = Chest Village

Location:

In the third intercostal space, 6 cun lateral to the midline.

SP 20

周荣

Name:

SP 20 - Zhourong = All-round Flourishing

Location:

In the second intercostal space, 6 cun lateral to the midline.

SP 21

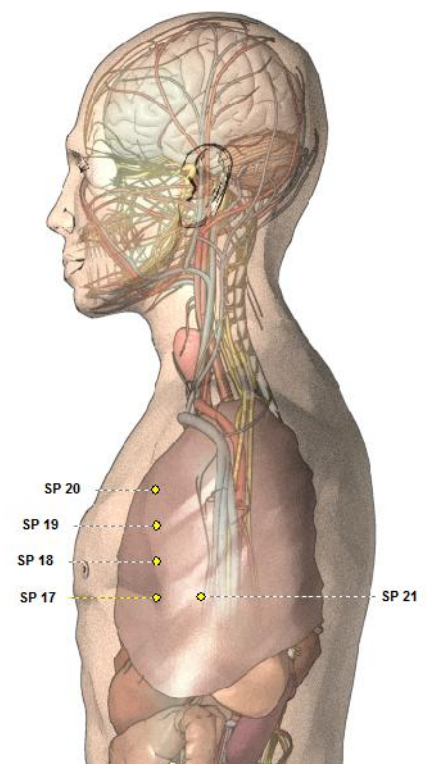
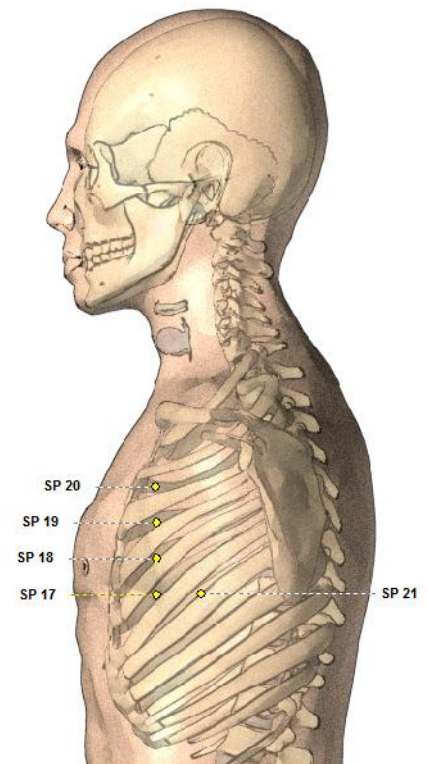
大包

Name:

SP 21 - Dabao = Great Embrace

Location:

In the sixth intercostal space, 6 cun below the axilla, on the midaxillary line.



Heart Channel (Hand-Shaoyin)

Course:

The Heart Channel begins its internal pathway in the heart. It descends along the aorta through the diaphragm and connects with the small intestine.

A branch separates from the heart and ascends along the esophagus to the pharynx, traverses the face, proceeds to the mouth and terminates at the tissues surrounding the eyes.

Another branch separates from the heart and traverses the chest through the Lungs and emerges in the axilla at HT 01.

From HT 01 the surface pathway of the Heart Channel descends at the medial aspect of the biceps brachii muscle, to the medial border of the transverse cubital crease of the elbow. It continues to descend along the medial forearm through the wrist. Then it passes along the radial side of the pisiform bone. Further it proceeds between the fourth and fifth metacarpal bones, and terminates at the radial corner of the nail of the fifth finger at HT 09.

Point Qualifications:

HT 03	Shaohai	He-Sea Point, Water Point
HT 04	Lingdao	Jing-River Point, Metal Point
HT 05	Tongli	Luo-Connecting Point
HT 06	Yinxi	Xi-Cleft Point
HT 07	Shenmen	Shu-Stream Point, Earth Point; Yuan-Source Point
HT 08	Shaofu	Ying-Spring Point, Fire Point
HT 09	Shaochong	Jing-Well Point, Wood Point
BL 15	Xinshu	Back-Shu Point of the Heart
CV 14	Juque	Front-Mu Alarm Point of the Heart

HT 01

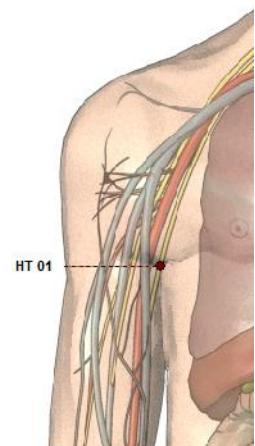
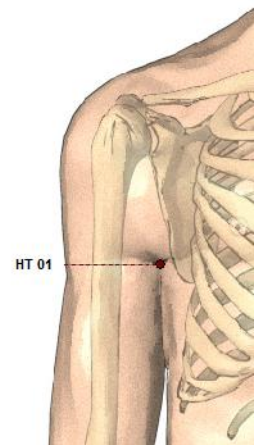
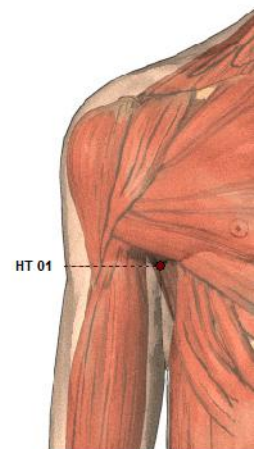
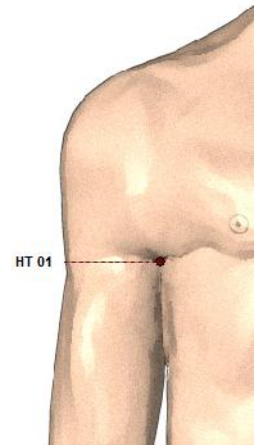
极泉

Name:

HT 01 - Jiquan = Highest Spring

Location:

In the center of the axilla on the medial side of the axillary artery, when the arm is abducted.



HT 02

青灵

Name:

HT 02 - Qingling = Cyan Spirit

Location:

3 cun above the medial end of the transverse cubital crease, on the upper arm in the depression medial to the biceps brachii muscle.

HT 03

少海

Name:

HT 03 - Shaohai = Lesser Sea

Location:

Between the medial end of the transverse cubital crease and the medial epicondyle of the humerus, when the elbow is flexed in a right angle.

HT 04

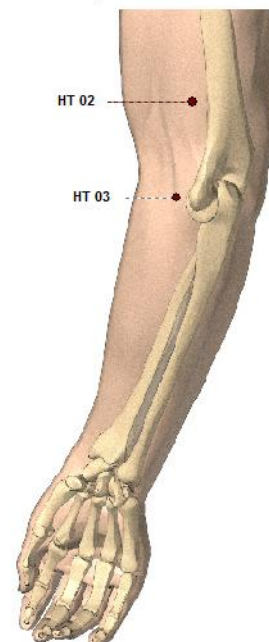
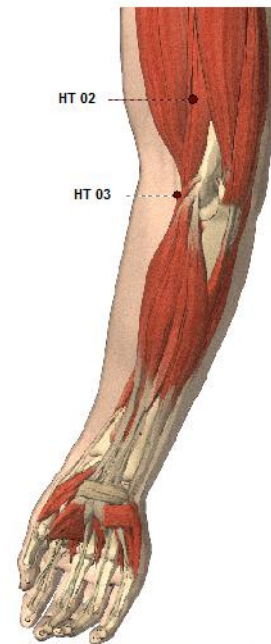
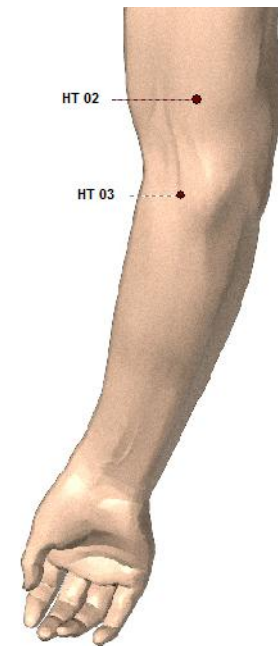
灵道

Name:

HT 04 - Lingdao = Spirit Pathway

Location:

1.5 cun proximal to the ulnar end of the transverse crease of the wrist, on the radial side of the tendon of the flexor carpi ulnaris muscle.



HT 05

通里

Name:

HT 05 - Tongli = Connecting Li

Location:

1 cun proximal to the ulnar end of the transverse crease of the wrist, on the radial side of the tendon of the flexor carpi ulnaris muscle.

HT 06

阴郄

Name:

HT 06 - Yinxi = Yin Cleft

Location:

0.5 cun proximal to the ulnar end of the transverse crease of the wrist, on the radial side of the tendon of the flexor carpi ulnaris muscle.

HT 07

神门

Name:

HT 07 - Shenmen = Spirit Gate

Location:

At the ulnar end of the transverse crease of the wrist, on the radial side of the tendon of the flexor carpi ulnaris muscle, proximal to the pisiform bone.

HT 08

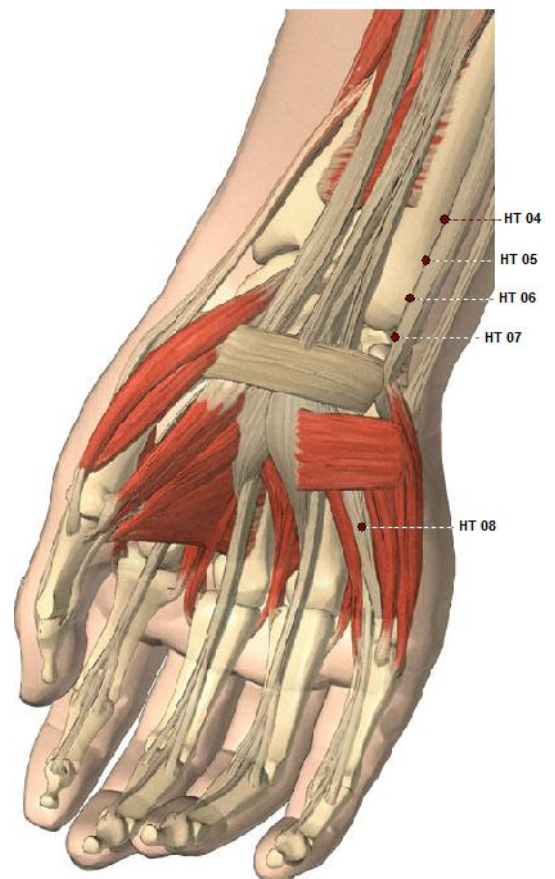
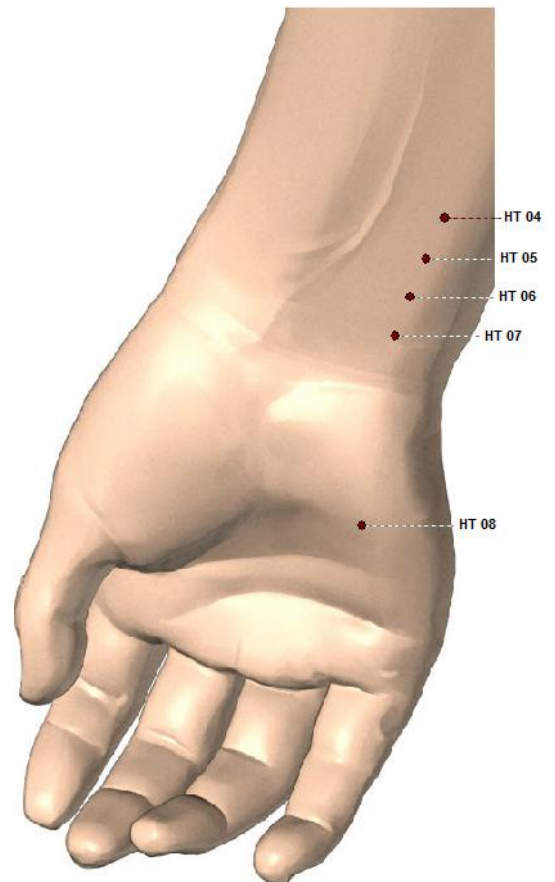
少府

Name:

HT 08 - Shaofu = Lesser Mansion

Location:

With the palm facing up, between the fourth and fifth metacarpal bones, the little finger touches the point when a fist is made.



HT 09

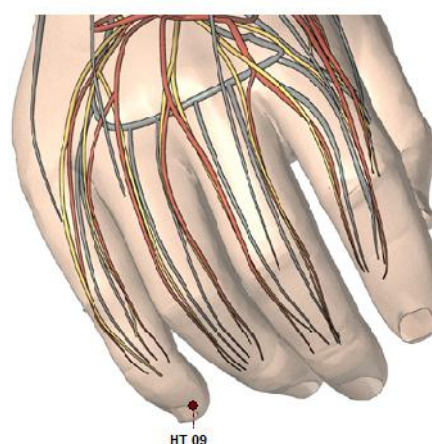
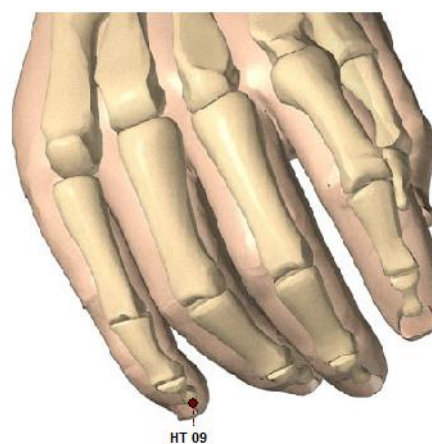
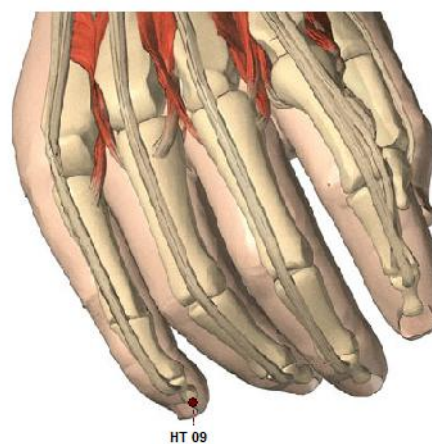
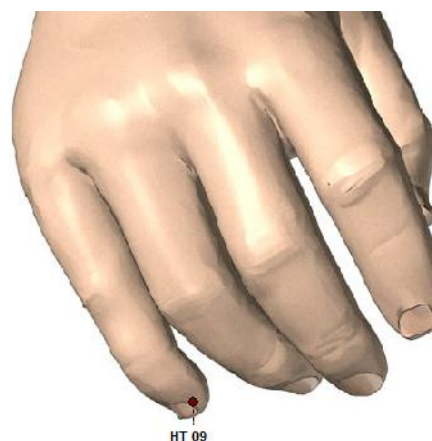
少冲

Name:

HT 09 - Shaochong = Lesser Surge

Location:

On the radial side of the fifth finger, 0.1 cun proximal to the corner of the nail.



Small Intestine Channel (Hand-Taiyang)

Course:

The Small Intestine Channel starts at the ulnar corner of the nail of the little finger and continues at the ulnar side of the hand through the wrist to the styloid process. From here it ascends in the ulnar aspect of the extensor carpi radialis muscle to the ulnar side of the olecranon. Then it ascends along the dorsal aspect of upper arm to the shoulder joint. From here it descends to the fossa infrapinnata, traverses the scapular spine and ascends to SI 12.

SI 12 meets with CV 14 and descends to ST 12 in the supraclavicular fossa. From ST 12 an internal pathway descends to connect with the heart. From there it continues along the esophagus to the stomach and the small intestine.

From ST 12 a branch ascends along the lateral side of the neck to the corner of the jaw and the cheek to SI 18 below the zygomatic bone.

An internal branch ascends from SI 18 to BL 01 at the inner canthus of the eye. Another branch ascends to the outer canthus of the eye, and enters the ear at SI 19.

From SI 18 the Small Intestine Channel reaches SI 19 in front of the ear, its final point.

Point Qualifications:

SI 01	Shaoze	Jing-Well Point, Metal Point
SI 02	Qianggu	Ying-Spring Point, Water Point
SI 03	Houxi	Shu-Stream Point, Wood Point; Confluent Point of the Du Mai
SI 04	Wangu	Yuan-Source Point
SI 05	Yanggu	Jing-River Point, Fire Point
SI 06	Yanglao	Xi-Cleft Point
SI 07	Zhizhen	Luo-Connecting Point
SI 08	Xiaohai	He-Sea Point, Earth Point
BL 27	Xiaochangshu	Back-Shu Point of the Small Intestine
CV 04	Guanyuan	Front-Mu Alarm Point of the Small Intestine

SI 01

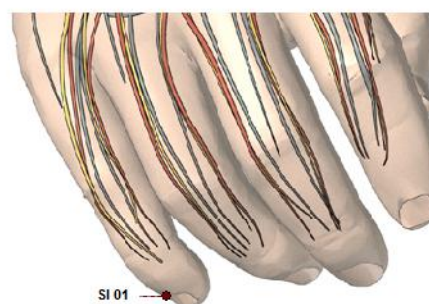
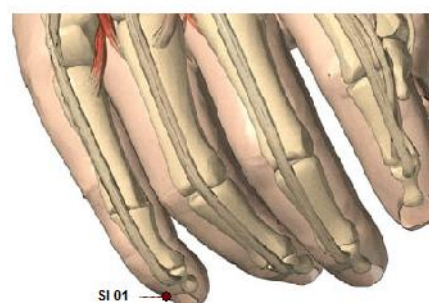
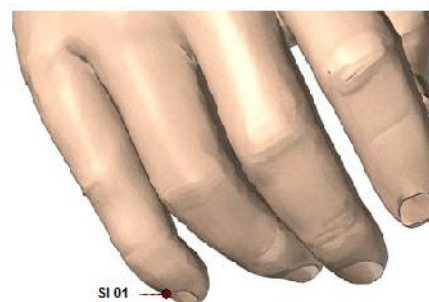
少泽

Name:

SI 01 - Shaoze = Lesser Marsh

Location:

On the ulnar side of the little finger, 0.1 cun proximal to the corner of the nail.



SI 02

前谷

Name:

SI 02 - Qiangu = Front Valley

Location:

On the ulnar side, distal to the fifth metacarpo-phalangeal joint, at the junction of red and white skin, at the end of the distal crease of the interphalangeal joint.

SI 03

后溪

Name:

SI 03 - Houxi = Back Ravine

Location:

On the ulnar side, proximal to the fifth metacarpo-phalangeal joint, at the junction of red and white skin, at the end of the transverse crease.

SI 04

腕骨

Name:

SI 04 - Wangu = Wrist Bone

Location:

In the depression between the base of the fifth metacarpal bone and the triquetral bone, at the junction of red and white skin.

SI 05

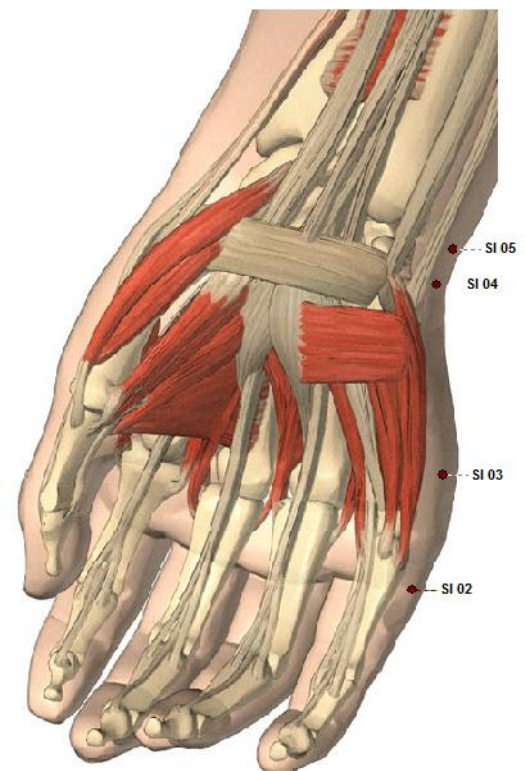
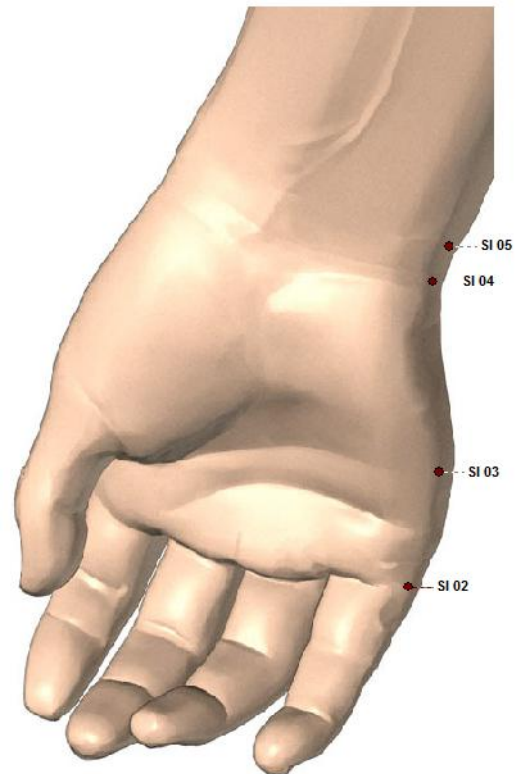
阳谷

Name:

SI 05 - Yanggu = Yang Valley

Location:

At the ulnar side of the hand, in the depression between the styloid process of the ulna and the triquetral bone.



SI 06

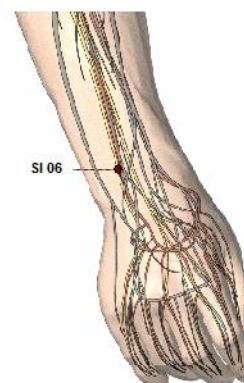
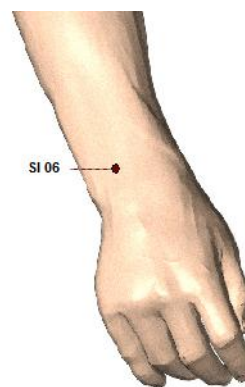
养老

Name:

SI 06 - Yanglao = Nursing the Aged

Location:

Dorsal to the head of the ulna. When the palm faces the chest, the point is in the cleft on the radial side of the styloid process of the ulna.



SI 07

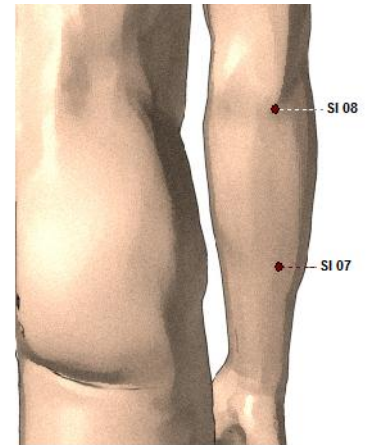
支正

Name:

SI 07 - Zhizheng = Branch to the Correct

Location:

5 cun proximal to transverse crease of the wrist, at the ulnar side of the lower arm.



SI 08

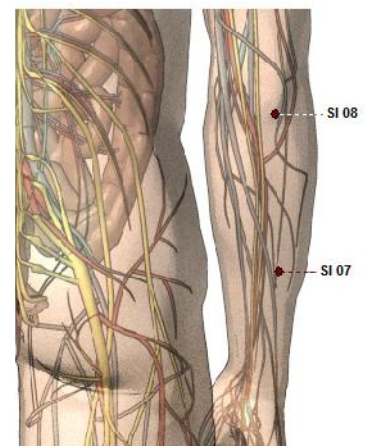
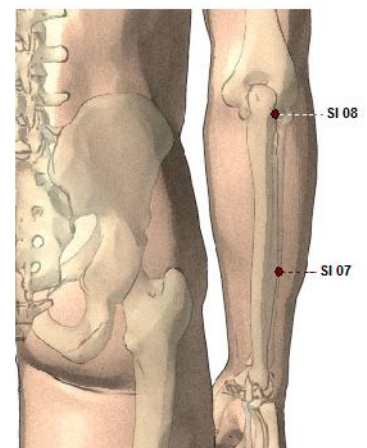
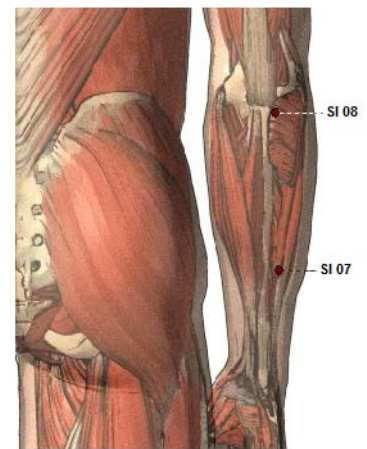
小海

Name:

SI 08 - Xiaohai = Small Sea

Location:

In the depression between the olecranon of the ulna and the medial epicondyle of the humerus, at the junction of red and white skin.



SI 09 肩贞

Name:

SI 09 - Jianzhen = True Shoulder

Location:

Posterior and inferior to the shoulder joint. When the arm is adducted, the point is 1 cun above the posterior end of the axillary fold.

SI 10 臑俞

Name:

SI 10 - Naoshu = Upper Arm Shu

Location:

When the arm is adducted, the point is superior to the dorsal end of the axillary fold, in the depression inferior to the scapular spine.

SI 11 天宗

Name:

SI 11 - Tianzong = Celestial Gathering

Location:

In the center of the fossa infrapinata, at the junction of the upper and middle third of the distance between the lower border of the scapular spine and the inferior angle of the scapula.

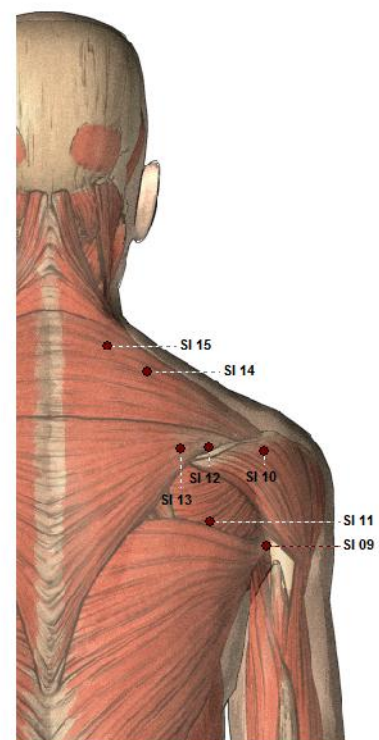
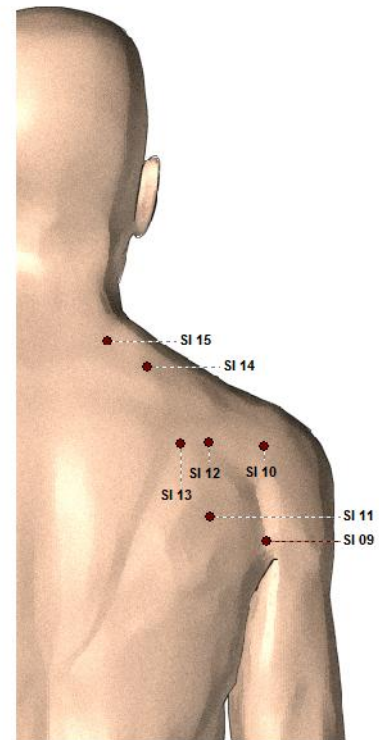
SI 12 秉风

Name:

SI 12 - Bingfeng = Grasping the Wind

Location:

In the center of the fossa supraspinata, directly above SI 11.



SI 13

曲垣

Name:

SI 13 - Quyuan = Crooked Wall

Location:

At the medial end of the fossa supraspinata, midway between SI 10 and the spinous process of the second thoracic vertebra.

SI 14

肩外俞

Name:

SI 14 - Jianwaishu = Outer Shoulder Shu

Location:

3 cun lateral to the lower border of the spinous process of the first thoracic vertebra.

SI 15

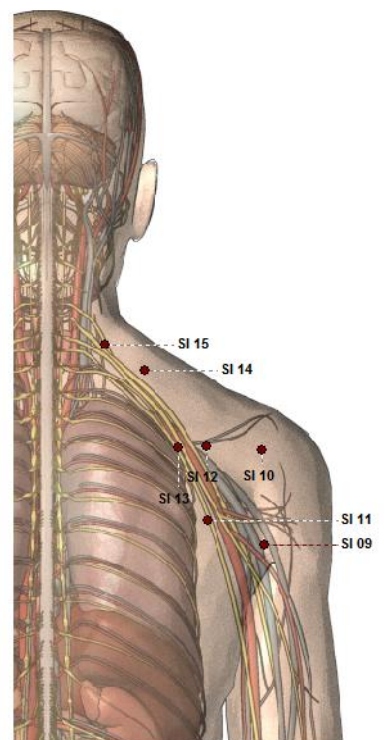
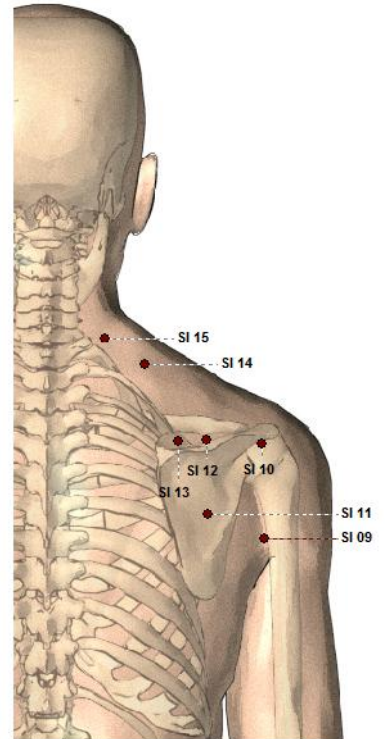
肩中俞

Name:

SI 15 - Jianzhongshu = Central Shoulder Shu

Location:

2 cun lateral to the lower border of the spinous process of the seventh cervical vertebra.



SI 16 天窗

Name:

SI 16 - Tianchuang = Celestial Window

Location:

At the lateral aspect of the neck, on the posterior border the sternocleidomastoid muscle, level with the Adam's Apple.

SI 17 天容

Name:

SI 17 - Tianrong = Celestial Countenance

Location:

Dorsal to the angle of the mandible, in the depression on the anterior border of the sternocleidomastoid muscle.

SI 18 颧髎

Name:

SI 18 - Quanliao = Cheek Bone-Hole

Location:

Directly below the outer canthus, in the depression on the lower border of the zygomatic bone.

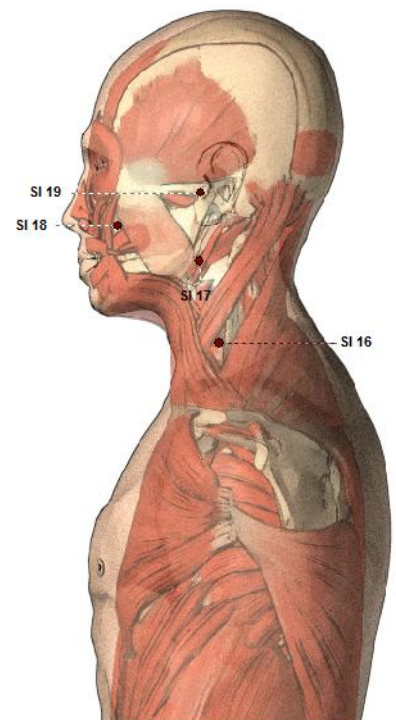
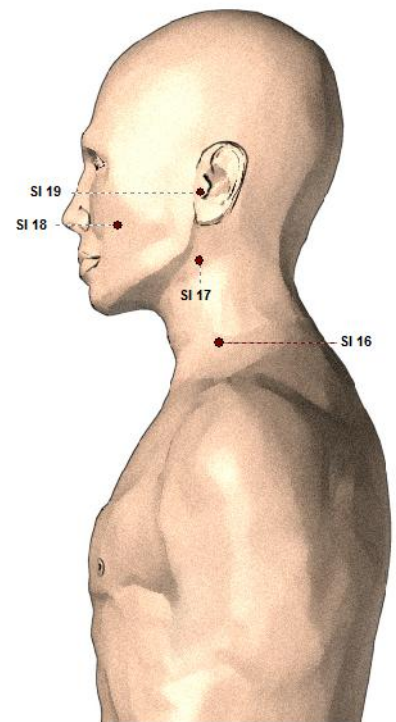
SI 19 听宫

Name:

SI 19 - Tinggong = Auditory Palace

Location:

In the depression formed when the mouth is open, anterior to the tragus and posterior to the condyloid process of the mandible.



Bladder Channel (Foot-Taiyang)

Course:

The Bladder Channel starts at the inner canthus of the eye. It ascends across the forehead and runs 2 cun lateral to the midline over the head to the neck.

At the vertex, the Bladder Channel meets GV 20 and enters the brain.

At BL 10, the Bladder Channel divides into an inter and an outer branch.

The outer branch descends 3 cun lateral to the body midline down to the gluteal region. There, it intersects with the Gallbladder Channel at GB 30. From the gluteal region, this branch descends along the posterior aspect of the thigh to the popliteal fossa. Here, it rejoins with the inter branch at BL 40.

The inter branch of the Bladder Channel descends through the nape of the neck, to the medial aspect of the rhomboid region, where it meets GV 13 and GV 14. Then, it continues to descend 1.5 cun lateral the midline to the sacrum. In the lumbar region, a branch enters the interior and intersects the Kidneys and joins its organ, the Bladder. From the sacrum, the branch descends along the posterior aspect of the thigh to the popliteal fossa. Here, it rejoins with the outer branch at BL 40.

The Bladder Channel continues to descend through the posterior aspect of the leg, passing in the middle of the parts of the gastrocnemius muscle, downward to the lateral margin of the Achilles tendon and the lateral aspect of the foot. The Channel ends at the lateral end of the fifth toe, where it joins with the Kidney Channel.

Point Qualifications:

BL 11	Dazhu	Meeting Point of bone; Sea of Blood Point
BL 40	Weizhong	Earth Point; He-Sea Point
BL 58	Feiyang	Luo-Connecting Point
BL 60	Kunlun	Fire Point; Jing-River Point
BL 62	Shenmai	Confluent Point of Yang Qiao Mai
BL 63	Jinmen	Xi-Cleft Point
BL 64	Jinggu	Yuan-Source Point
BL 65	Shugu	Wood Point; Shu-Stream Point
BL 66	Zutonggu	Water Point, Horary Point, Ying-Spring Point
BL 67	Zhiyin	Jing-Well Point; Metal Point

BL 28

Pangguanshu

Back-Shu Point of the Bladder

KG 03 Zhongji

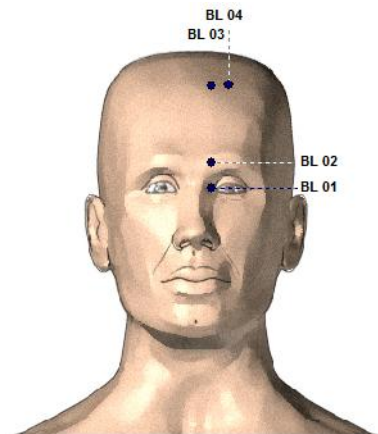
Front-Mu Alarm Point of the Bladder

BL 01**睛明****Name:**

BL 01 - Jingming = Bright Eyes

Location:

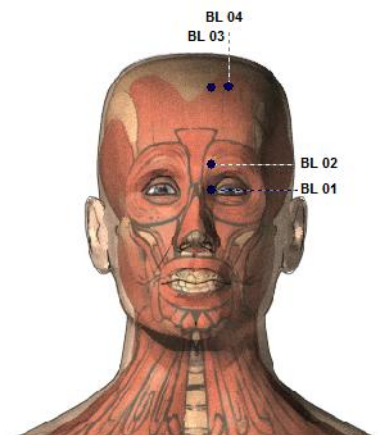
In the depression cranial to the medial canthus of the eye.

**BL 02****攢竹****Name:**

BL 02 - Cuanzhu (Zanzhu) = Bamboo Gathering

Location:

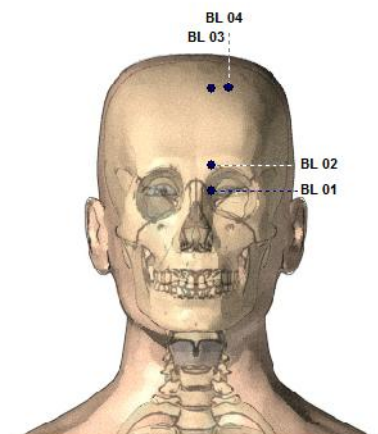
In the depression at the medial end of the eyebrow.

**BL 03****眉冲****Name:**

BL 03 - Meichong = Eyebrow Ascension

Location:

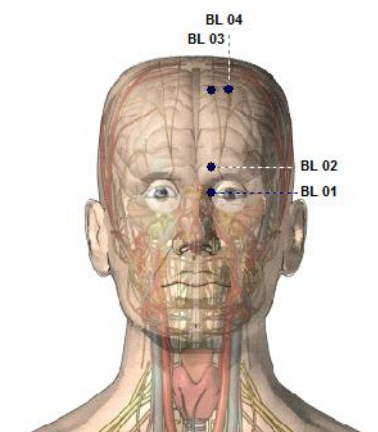
Directly above the medial end of the eyebrow, 0.5 cun within the anterior natural hairline and 0.5 cun lateral to the midline.

**BL 04****曲差****Name:**

BL 04 - Qucha (Quchai) = Deviating Turn

Location:

0.5 cun within the anterior natural hairline and 1.5 cun lateral to the midline.

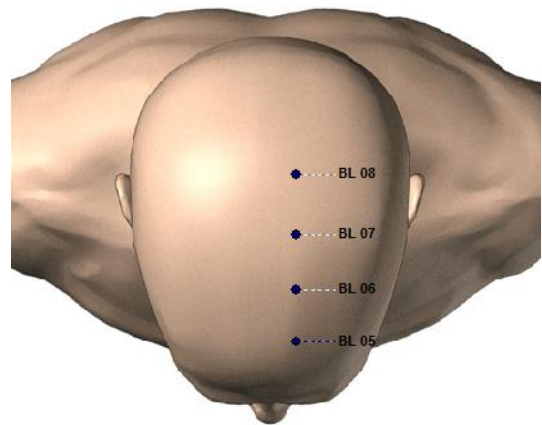


BL 05**五处****Name:**

BL 05 - Wuchu = Fifth Place

Location:

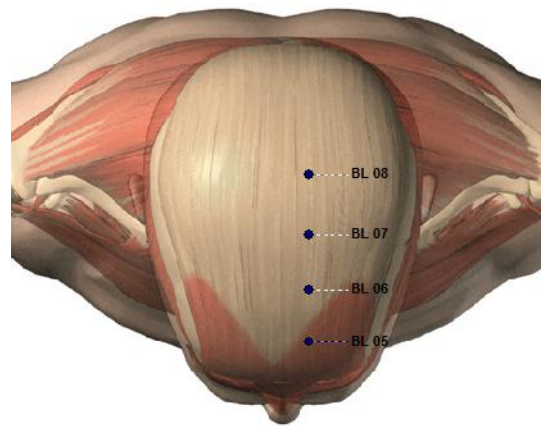
1 cun within the anterior natural hairline and 1.5 cun lateral to the midline.

**BL 06****承光****Name:**

BL 06 - Chengguang = Light Guard

Location:

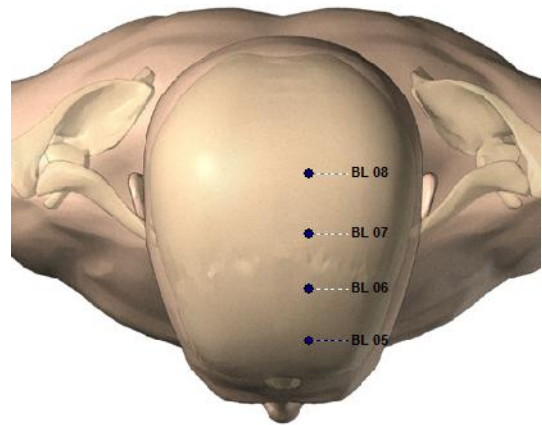
2.5 cun within the anterior natural hairline and 1.5 cun lateral to the midline.

**BL 07****通天****Name:**

BL 07 - Tongtian = Celestial Connection

Location:

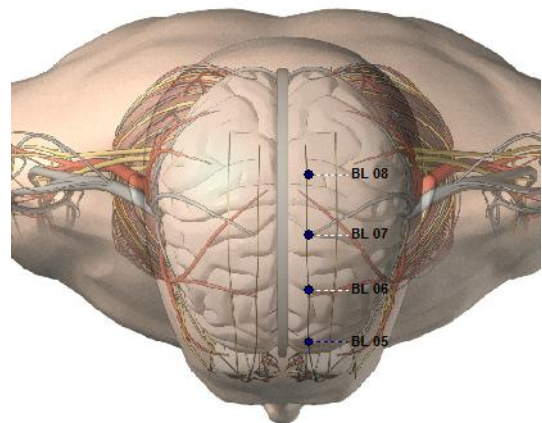
4 cun within the anterior natural hairline and 1.5 cun lateral to the midline.

**BL 08****络却****Name:**

BL 08 - Luoque = Declining Connection

Location:

5.5 cun within the anterior natural hairline and 1.5 cun lateral to the midline.



BL 09

玉枕

Name:

BL 09 - Yuzhen = Jade Pillow

Location:

2.5 cun within the posterior natural hairline and 1.3 cun lateral to the midline, at the level of the upper border of the external occipital protuberance.

BL 10

天柱

Name:

BL 10 - Tianzhu = Celestial Pillar

Location:

0.5 cun within the posterior natural hairline and 1.3 cun lateral to the midline.

BL 11

大抒

Name:

BL 11 - Dazhu = Great Shuttle

Location:

1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the first thoracic vertebra.

BL 12

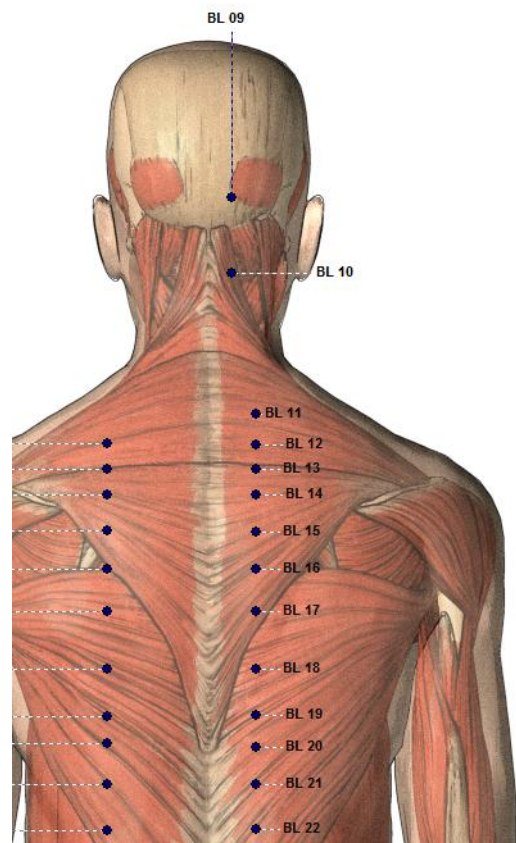
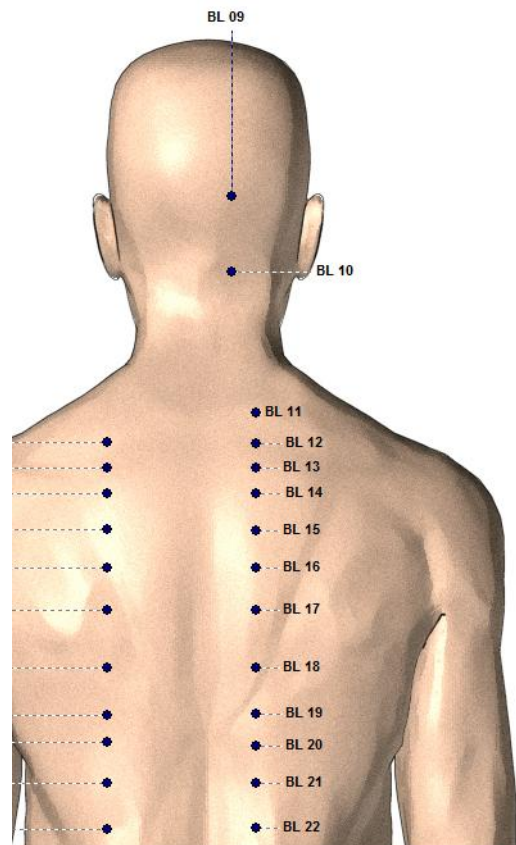
风门

Name:

BL 12 - Fengmen = Wind Gate

Location:

1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the second thoracic vertebra.



BL 13**肺俞****Name:**

BL 13 - Feishu = Lung Shu

Location:

1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the third thoracic vertebra.

BL 14**厥阴俞****Name:**

BL 14 - Jueyinshu = Pericardium Shu

Location:

1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the fourth thoracic vertebra.

BL 15**心俞****Name:**

BL 15 - Xinshu = Heart Shu

Location:

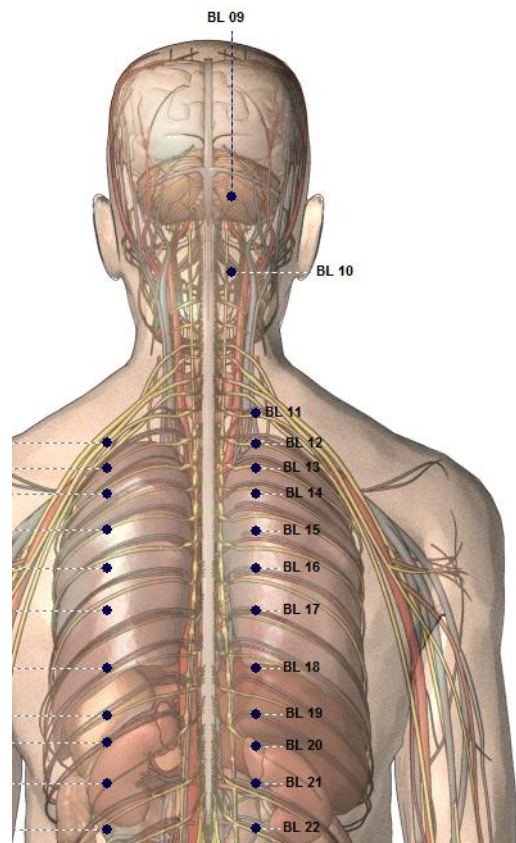
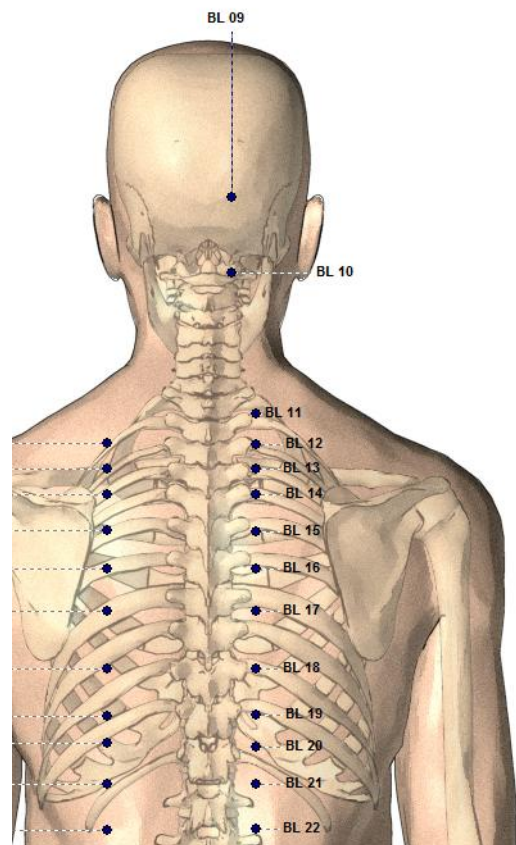
1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the fifth thoracic vertebra.

BL 16**督俞****Name:**

BL 16 - Dushu = Governing Shu

Location:

1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the sixth thoracic vertebra.



BL 17**膈俞****Name:**

BL 17 - Geshu = Diaphragm Shu

Location:

1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the seventh thoracic vertebra.

BL 18**肝俞****Name:**

BL 18 - Ganshu = Liver Shu

Location:

1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the ninth thoracic vertebra.

BL 19**胆俞****Name:**

BL 19 - Danshu = Gallbladder Shu

Location:

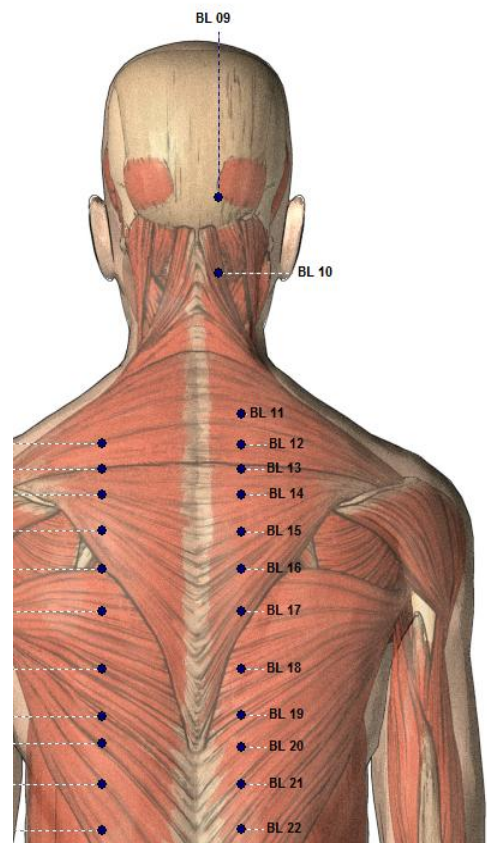
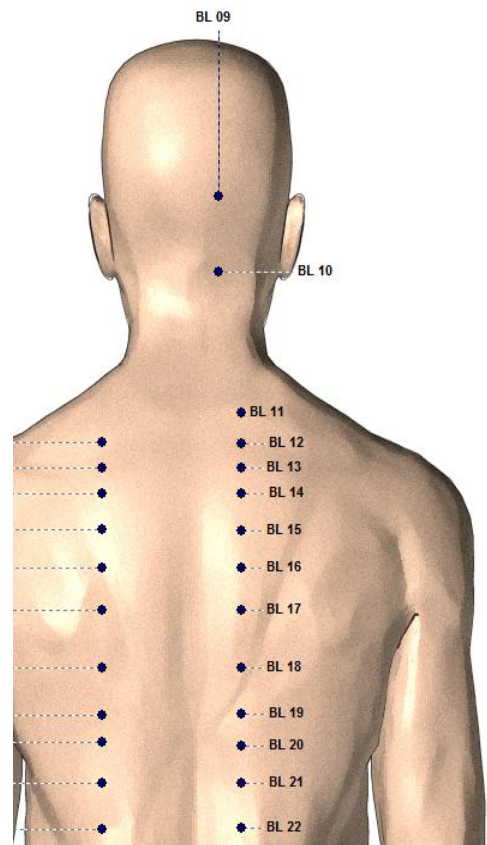
1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the tenth thoracic vertebra.

BL 20**脾俞****Name:**

BL 20 - Pishu = Spleen Shu

Location:

1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the eleventh thoracic vertebra.



BL 21 胃俞

Name:

BL 21 - Weishu = Stomach Shu

Location:

1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the twelfth thoracic vertebra.

BL 22 三焦俞

Name:

BL 22 - Sanjiaoshu = Triple Burner Shu

Location:

1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the first lumbar vertebra.

BL 23 肾俞

Name:

BL 23 - Shenshu = Kidney Shu

Location:

1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the second lumbar vertebra.

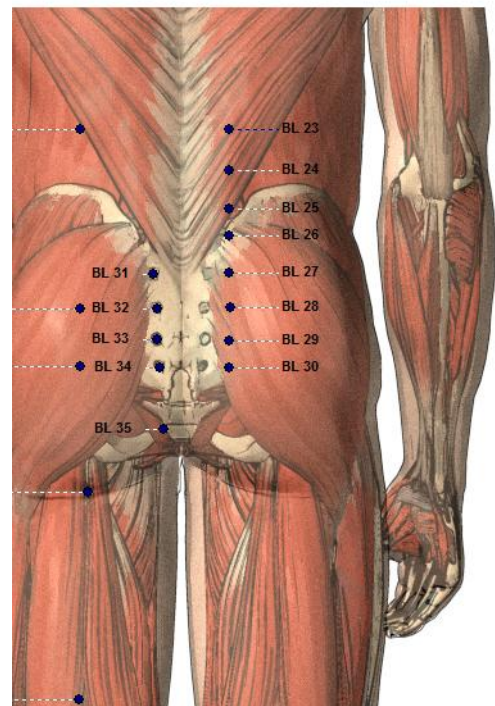
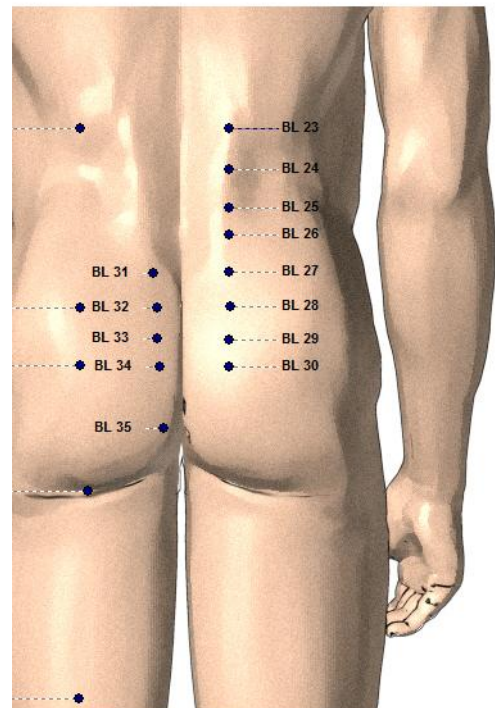
BL 24 气海俞

Name:

BL 24 - Qihaihu = Sea of Qi Shu

Location:

1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the third lumbar vertebra.



BL 25 大肠俞

Name:

BL 25 - Dachangshu = Large Intestine Shu

Location:

1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the fourth lumbar vertebra.

BL 26 关元俞

Name:

BL 26 - Guanyuanshu = Origin Pass Shu

Location:

1.5 cun lateral to the midline, at the level of the lower border of the spinous process of the fifth lumbar vertebra.

BL 27 小肠俞

Name:

BL 27 - Xiaochangshu = Small Intestine Shu

Location:

1.5 cun lateral to the midline, at the level of the first posterior sacral foramen.

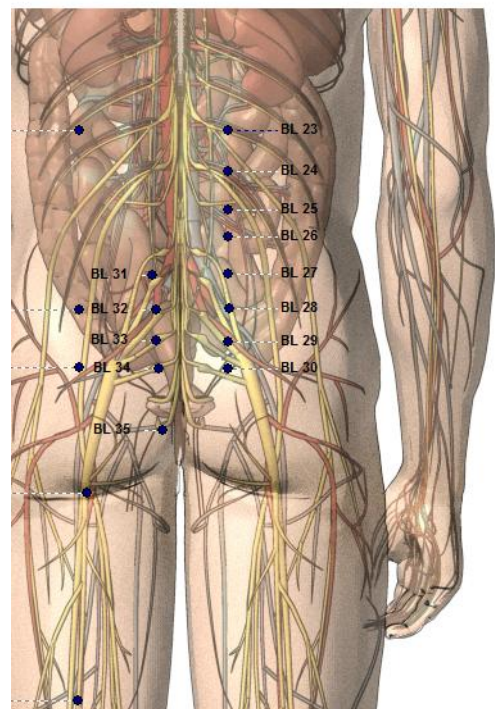
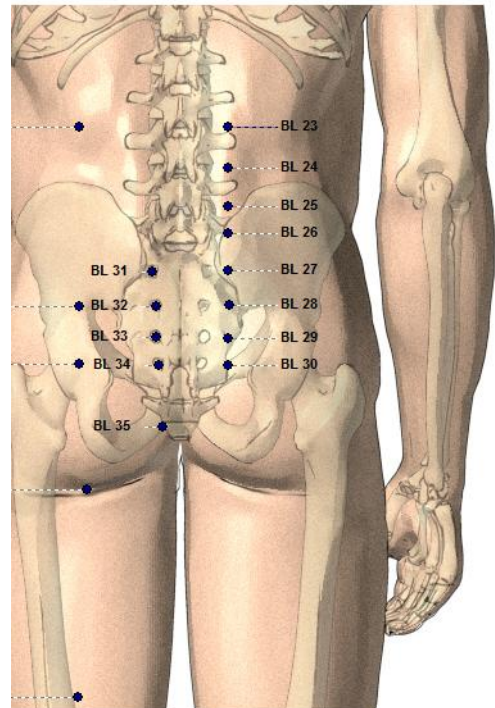
BL 28 膀胱俞

Name:

BL 28 - Pangguangshu = Bladder Shu

Location:

1.5 cun lateral to the midline, at the level of the second posterior sacral foramen.



BL 29

中膂俞

Name:

BL 29 - Zhonglüshu = Central Backbone Shu

Location:

1.5 cun lateral to the midline, at the level of the third posterior sacral foramen.

BL 30

白环俞

Name:

BL 30 - Baihuanshu = White Ring Shu

Location:

1.5 cun lateral to the midline, at the level of the fourth posterior sacral foramen.

BL 31

上髎

Name:

BL 31 - Shangliao = Upper Bone Hole

Location:

In the first posterior sacral foramen.

BL 32

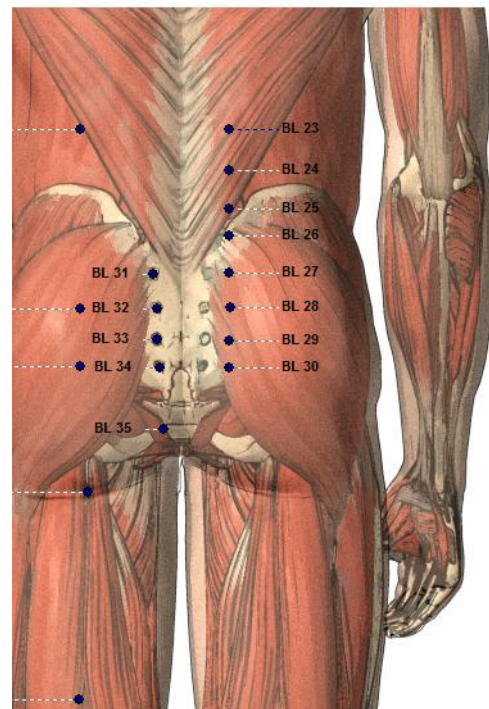
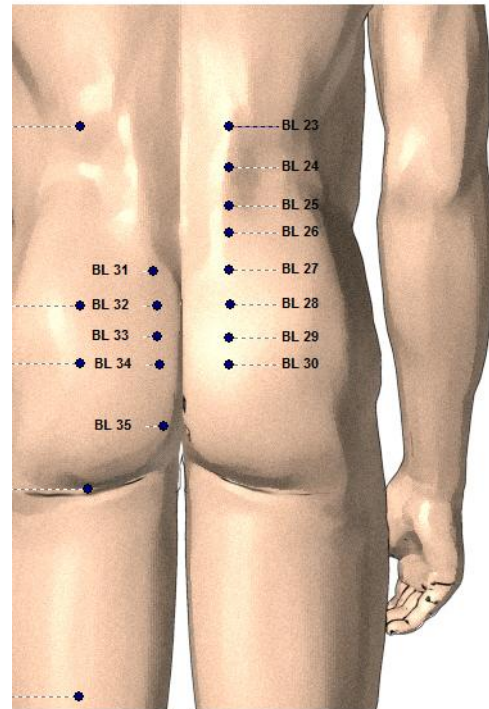
次髎

Name:

BL 32 - Ciliao = Second Bone Hole

Location:

In the second posterior sacral foramen.



BL 33

中髎

Name:

BL 33 - Zhongliao = Central Bone Hole

Location:

In the third posterior sacral foramen.

BL 34

下髎

Name:

BL 34 - Xialiao = Lower Bone Hole

Location:

In the fourth posterior sacral foramen.

BL 35

会阳

Name:

BL 35 - Huiyang = Meeting of Yang

Location:

0.5 cun lateral to the tip of the coccyx.

BL 36

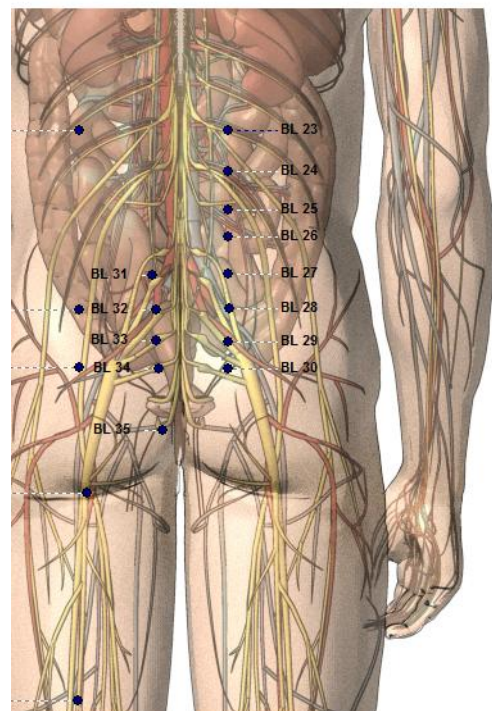
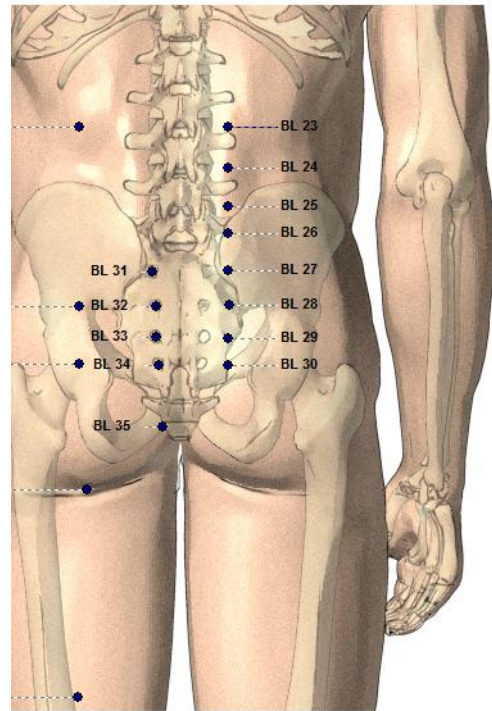
承扶

Name:

BL 36 - Chengfu = Support

Location:

In the middle of the transverse gluteal fold, at the caudal border of the gluteus muscle.



BL 37

殷门

Name:

BL 37 - Yinmen = Gate of Abundance

Location:

6 cun distal to the middle of the transverse gluteal fold, medial to the biceps femoris muscle, 8 cun proximal to the transverse crease of the popliteal fossa.

BL 38

浮郤

Name:

BL 38 - Fuxi = Superficial Cleft

Location:

1 cun above to the transverse crease of the popliteal fossa, medial to the tendon of the biceps femoris muscle.

BL 39

委阳

Name:

BL 39 - Weiyang = Bend Yang

Location:

At the lateral end of the transverse crease of the popliteal fossa, medial to the tendon of the biceps femoris muscle.

BL 40

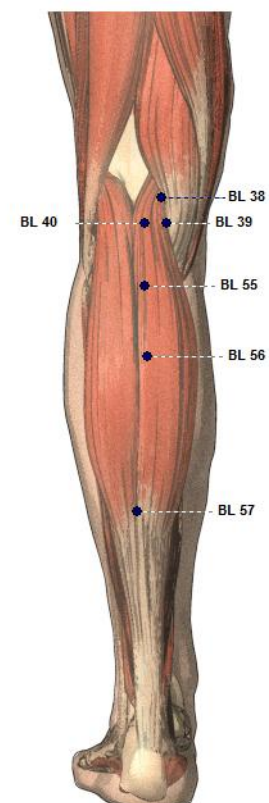
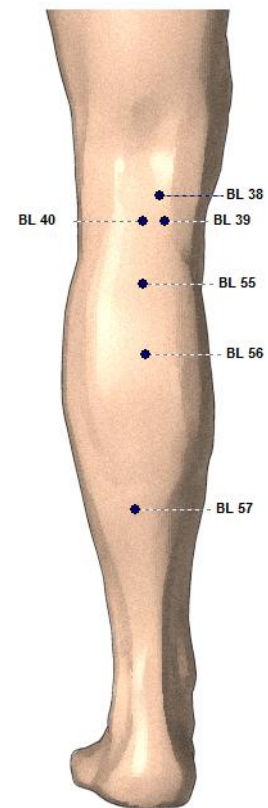
委中

Name:

BL 40 - Weizhong = Bend Middle

Location:

In the middle of the transverse crease of the popliteal fossa.



BL 41

附分

Name:

BL 41 - Fufen = Attached Branch

Location:

3 cun lateral to the midline, at the level of the lower border of the spinous process of the second thoracic vertebra.

BL 42

魄户

Name:

BL 42 - Pohu = Po Door

Location:

3 cun lateral to the midline, at the level of the lower border of the spinous process of the third thoracic vertebra.

BL 43

膏肓

Name:

BL 43 - Gaohuang = Vitals Hollow

Location:

3 cun lateral to the midline, at the level of the lower border of the spinous process of the fourth thoracic vertebra.

BL 44

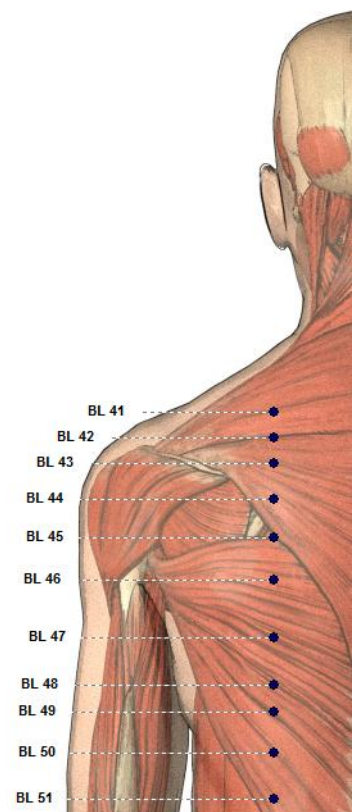
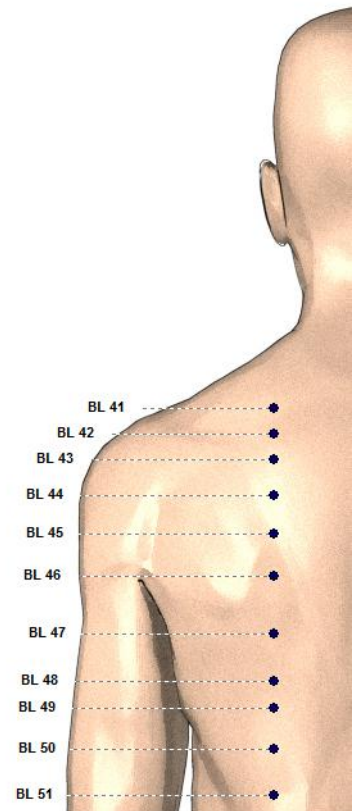
神堂

Name:

BL 44 - Shentang = Spirit Hall

Location:

3 cun lateral to the midline, at the level of the lower border of the spinous process of the fifth thoracic vertebra.



BL 45

譙嘻

Name:

BL 45 - Yixi = Surprise

Location:

3 cun lateral to the midline, at the level of the lower border of the spinous process of the sixth thoracic vertebra.

BL 46

膈关

Name:

BL 46 - Geguan = Diaphragm Pass

Location:

3 cun lateral to the midline, at the level of the lower border of the spinous process of the seventh thoracic vertebra.

BL 47

魂门

Name:

BL 47 - Hunmen = Hun Gate

Location:

3 cun lateral to the midline, at the level of the lower border of the spinous process of the ninth thoracic vertebra.

BL 48

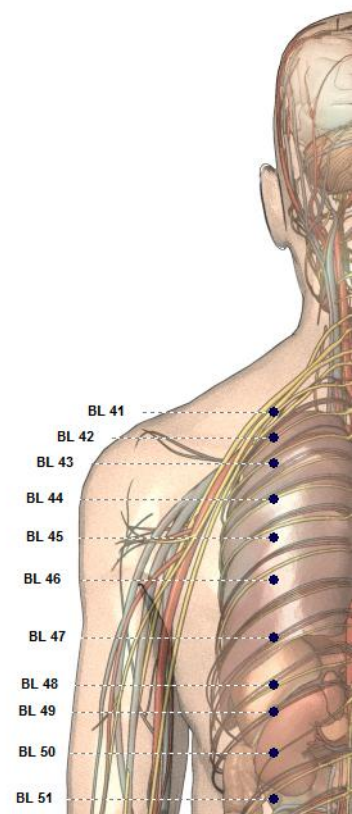
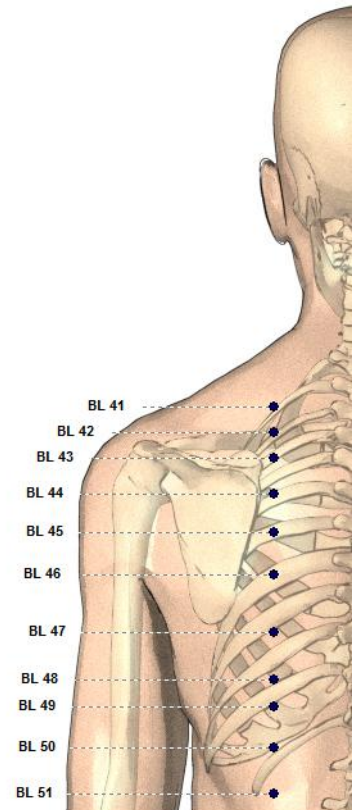
阳纲

Name:

BL 48 - Yanggang = Yang Headrope

Location:

3 cun lateral to the midline, at the level of the lower border of the spinous process of the tenth thoracic vertebra.



BL 49

意舍

Name:

BL 49 - Yishe = Reflection Abode

Location:

3 cun lateral to the midline, at the level of the lower border of the spinous process of the eleventh thoracic vertebra.

BL 50

胃仓

Name:

BL 50 - Weicang = Stomach Granary

Location:

3 cun lateral to the midline, at the level of the lower border of the spinous process of the twelfth thoracic vertebra.

BL 51

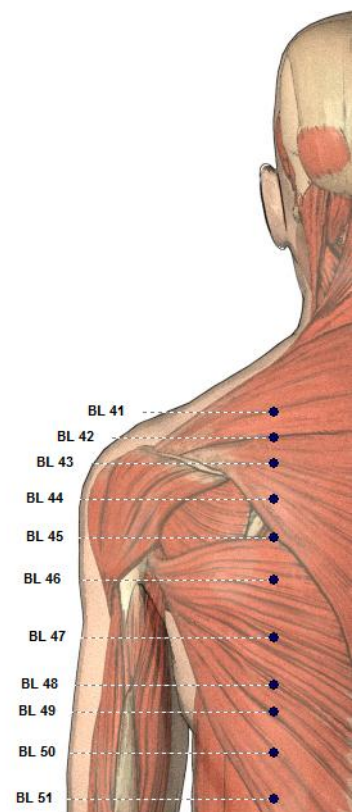
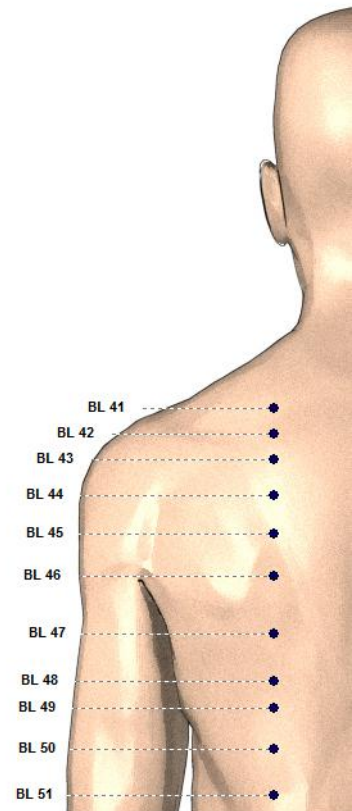
育门

Name:

BL 51 - Huangmen = Vitals Door

Location:

3 cun lateral to the midline, at the level of the lower border of the spinous process of the first lumbar vertebra.



BL 52

志室

Name:

BL 52 - Zhishi = Will Chamber

Location:

3 cun lateral to the midline, at the level of the lower border of the spinous process of the second lumbar vertebra.

BL 53

胞育

Name:

BL 53 - Baohuang = Bladder Vital

Location:

3 cun lateral to the midline, at the level of the second posterior sacral foramen.

BL 54

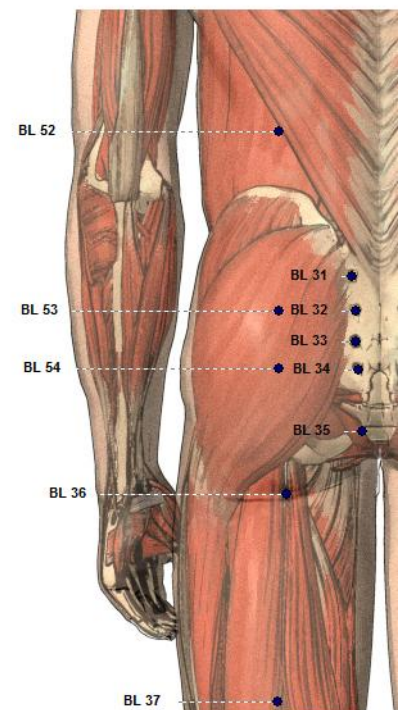
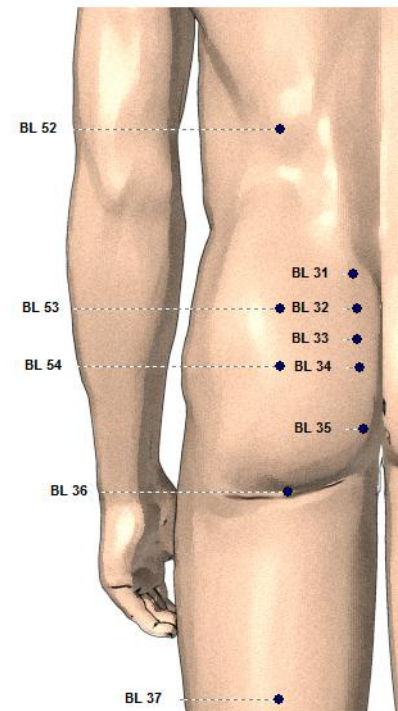
秩边

Name:

BL 54 - Zhibian = Sequential Limit

Location:

3 cun lateral to the midline, at the level of the fourth posterior sacral foramen.



BL 55

合阳

Name:

BL 55 - Heyang = Yang Union

Location:

2 cun distal to the middle of the transverse crease of the popliteal fossa.

BL 56

承筋

Name:

BL 56 - Chengjin = Sinew Support

Location:

5 cun distal to the middle of the transverse crease of the popliteal fossa, in the center of the gastrocnemius muscle.

BL 57

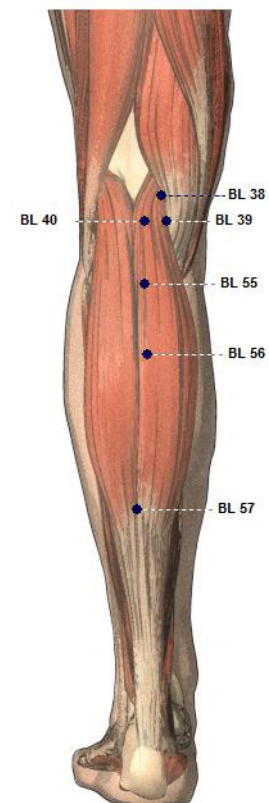
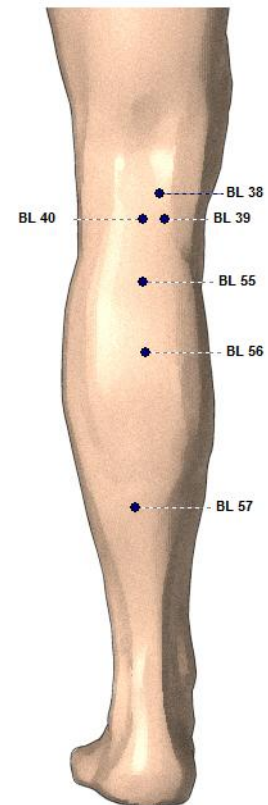
承山

Name:

BL 57 - Chengshan = Mountain Support

Location:

At the tip of the depression formed by the bellies of the gastrocnemius muscle.



BL 58

飞扬

Name:

BL 58 - Feiyang = Taking Flight

Location:

7 cun proximal to the highest point of the external malleolus, between the gastrocnemius muscle and the soleus muscle, on the posterior border of the fibula.

BL 59

跗阳

Name:

BL 59 - Fuyang = Instep Yang

Location:

3 cun proximal to the depression between the achilles tendon and the highest point of the external malleolus.

BL 60

昆仑

Name:

BL 60 - Kunlun = Kunlun-Mountains

Location:

In the depression between the achilles tendon and the highest point of the external malleolus.

BL 61

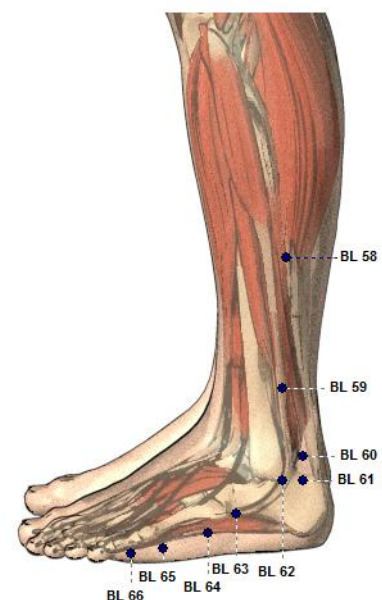
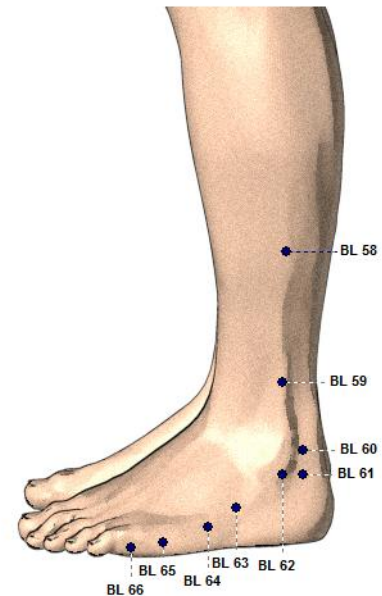
仆参

Name:

BL 61 - Pucan = Subservient Visitor

Location:

1.5 cun distal to the depression between the achilles tendon and highest point of the external malleolus, at the junction of red and white skin.



BL 62

申脉

Name:

BL 62 - Shenmai = Extending Vessel

Location:

In the depression directly below the external malleolus.

BL 63

金门

Name:

BL 63 - Jinmen = Metal Gate

Location:

Distal to the anterior border of the external malleolus, in the depression lateral to the cuboid bone.

BL 64

京骨

Name:

BL 64 - Jinggu = Capital Bone

Location:

Below the tuberosity of the fifth metatarsal bone, at the junction of red and white skin.

BL 65

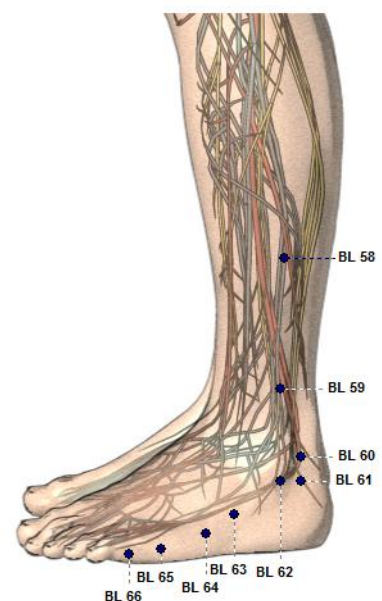
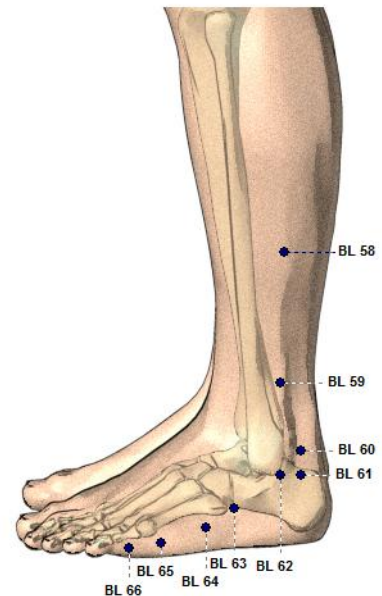
束骨

Name:

BL 65 - Shugu = Bundle Bone

Location:

Posterior to the head of the fifth metatarsal bone, at the junction of red and white skin.



BL 66

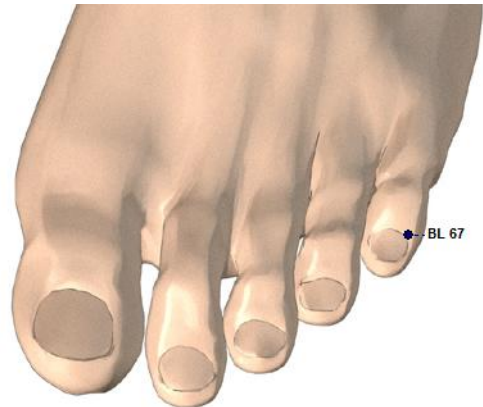
足通谷

Name:

BL 66 - Zutonggu = Valley Passage

Location:

In the depression anterior to the fifth metatarso-phalangeal joint, at the junction of red and white skin.



BL 67

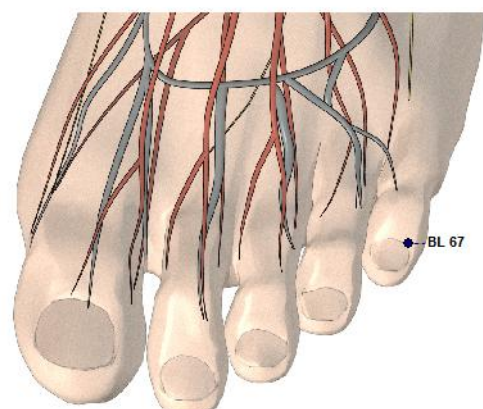
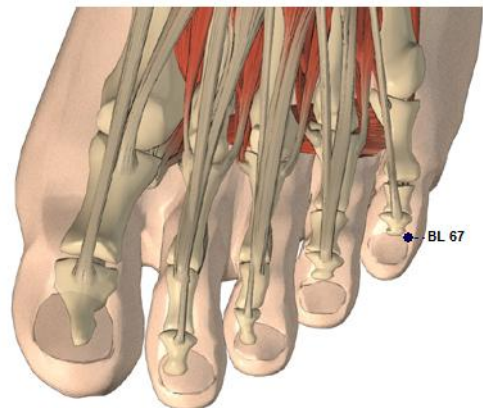
至阴

Name:

BL 67 - Zhiyin = Reaching Yin

Location:

On the lateral side of the fifth toe, 0.1 cun proximal to the corner of the nail.



Kidney Channel (Foot-Shaoyin)

Course:

The Kidney Channel starts at the little toe and emerges on the sole of the foot at the junction of the anterior and middle third of the sole. It continues to ascend the foot and travels below the navicular bone to the Achilles tendon. It ascends posterior to the medial malleolus, forms a circle and enters the heel. From here it ascends along the medial aspect of the lower leg via KI 08 to SP 06, the crossing-point of the three Yin Channels of the leg. From SP 06 it continues to ascend along the medial aspect of the leg and traverses the medial edge of the popliteal fossa, ascends further to reach the torso, traveling in the dorsal septum of the gracilis muscle to the pubis bone.

From the pubis bone, the interior course of the Kidney Channel intersects with GV 01 and proceeds together with the Governor Vessel to GV 04. From GV 04 the Kidney Channel enters its pertaining organ, the Kidney. From the Kidney a branch descends to the paired organ, the Bladder. The main Channel re-emerges at the pubis bone 0.5 cun lateral to the body midline.

Another interior branch from the Kidney continues to ascend to cross the liver and diaphragm and to enter the Lungs. It continues to ascend the throat and terminates at the root of the tongue.

Another branch exits the Lungs to meet the heart and Pericardium and then disperses in the thorax (CV 17).

From the pubis bone, the Kidney Channel continues to ascend the lower abdomen, parallel to the midline, up to the costal arch, and then runs 2 cun lateral to the midline along the sternum up to its final point, KI 27, at the lower border of the clavicle.

Point Qualifications:

KI 01	Yongquan	Jing-Well Point, Wood-Point
KI 02	Rangu	Ying-Spring Point, Fire Point
KI 03	Taixi	Yuan-Source Point; Shu-Stream Point, Earth Point
KI 04	Dazhong	Luo-Connecting Point
KI 05	Shuiquan	Xi-Cleft Point
KI 06	Zhaohai	Confluent Point of the Yin Qiao Mai
KI 07	Fuliu	Jing-River Point, Metal Point
KI 10	Yingu	Sea Point, Water Point
BL 23	Shenshu	Back-Shu Point of the Kidney
GB 25	Jingmen	Front-Mu Alarm Point of the Kidney

KI 01

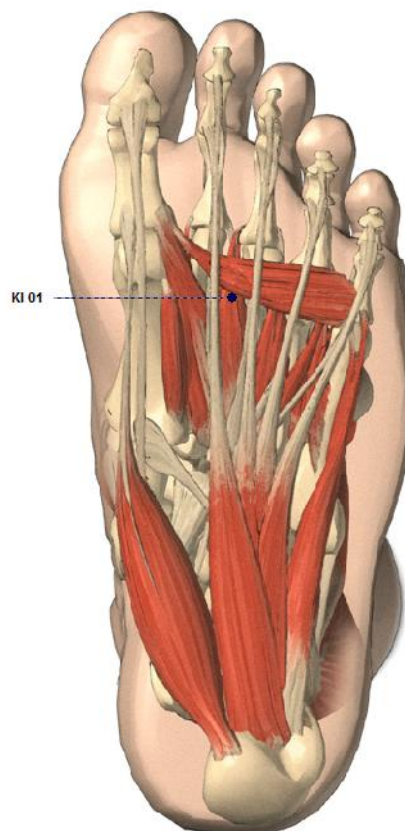
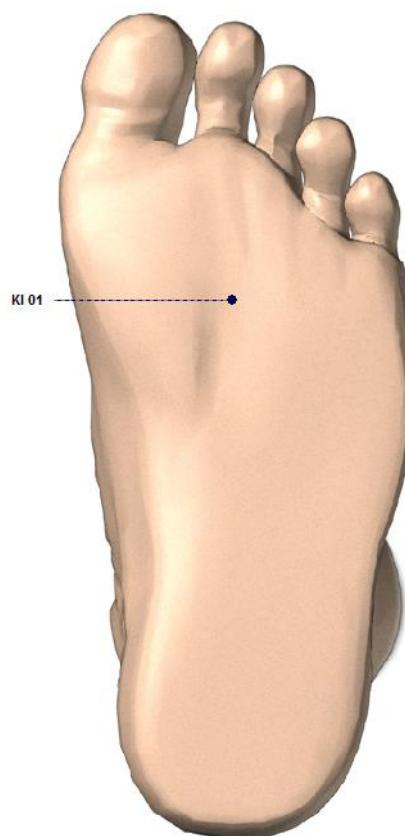
涌泉

Name:

KI 01 - Yongquan = Gushing Spring

Location:

On the sole of the foot, in the depression when the foot is in plantar flexion, at the junction of the anterior third and posterior two thirds of the sole.



KI 02

然谷

Name:

KI 02 - Rangu = Blazing Valley

Location:

Anterior and inferior to the medial malleolus, in the depression of the lower order of the tuberosity of the navicular bone, at the junction of red and white skin.

KI 03

太溪

Name:

KI 03 - Taixi = Great Ravine

Location:

In the depression between the prominence of the medial malleolus and the achilles tendon.

KI 04

大钟

Name:

KI 04 - Dazhong = Large Goblet

Location:

Posterior and inferior to the medial malleolus, in the depression medial to the achilles tendon, 0.5 cun distal and dorsal to KI 03.

KI 05

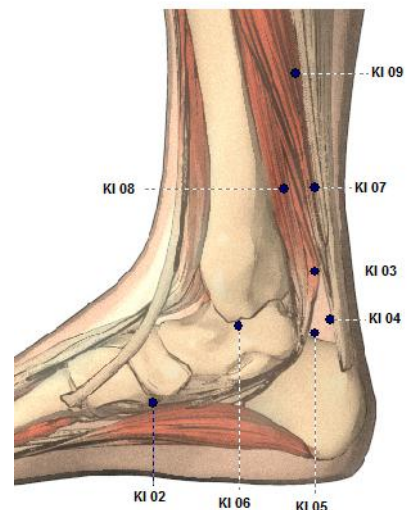
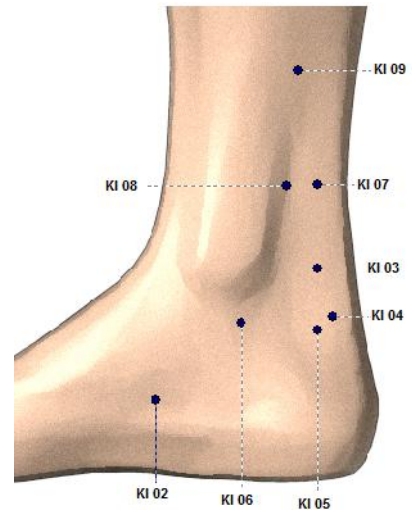
水泉

Name:

KI 05 - Shuiquan = Water Spring

Location:

1 cun below the depression between the prominence of the medial malleolus and the achilles tendon, 1 cun below KI 03.



KI 06

照海

Name:

KI 06 - Zhaohai = Shining Sea

Location:

In the depression of the lower border of medial malleolus, 1 cun below the medial malleolus.

KI 07

复溜

Name:

KI 07 - Fulu = Recover Flow

Location:

2 cun above the depression between the prominence of the medial malleolus and the achilles tendon, on the anterior border of the tendo calcaneus.

KI 08

交信

Name:

KI 08 - Jiaoxin = Intersection Reach

Location:

2 cun above the depression between the prominence of the medial malleolus and the achilles tendon, at the posterior border of the tibia.

KI 09

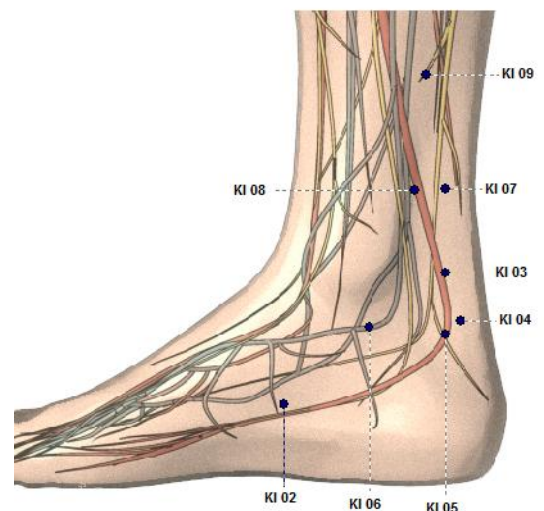
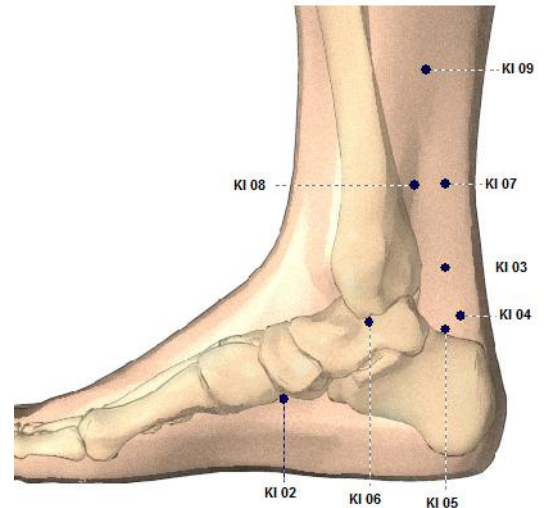
筑宾

Name:

KI 09 - Zhubin = Guest House

Location:

5 cun above the depression between the prominence of the medial malleolus and the achilles tendon, at the lower end of the belly of the gastrocnemius muscle.



KI 10

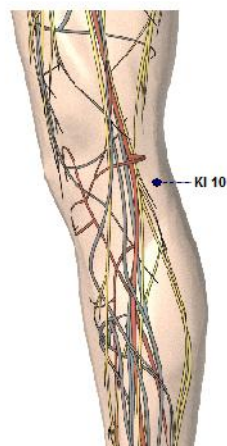
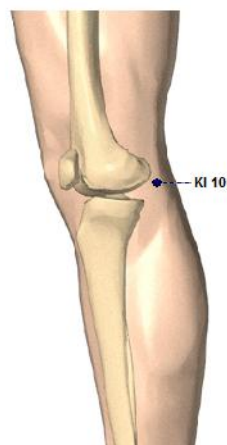
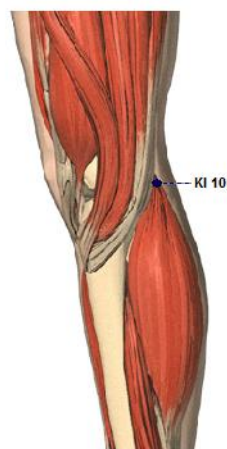
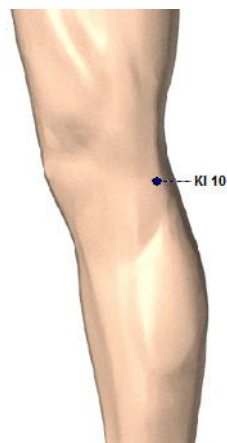
阴谷

Name:

KI 10 - Yingu = Yin Valley

Location:

When the knee is flexed, on the medial side of the popliteal fossa, between the tendons of the muscle semitendinosus and muscle semimembranosus.



KI 11

横骨

Name:

KI 11 - Henggu = Pubic Bone

Location:

On the superior border of the symphysis pubis, 0.5 cun lateral to the midline.

KI 12

大赫

Name:

KI 12 - Dahe = Great Manifestation

Location:

4 cun below the umbilicus, 0.5 cun lateral to the midline, 1 cun above the superior border of the symphysis pubis.

KI 13

气穴

Name:

KI 13 - Qixue = Qi Hole

Location:

3 cun below the umbilicus, 0.5 cun lateral to the midline, 2 cun above the superior border of the symphysis pubis.

KI 14

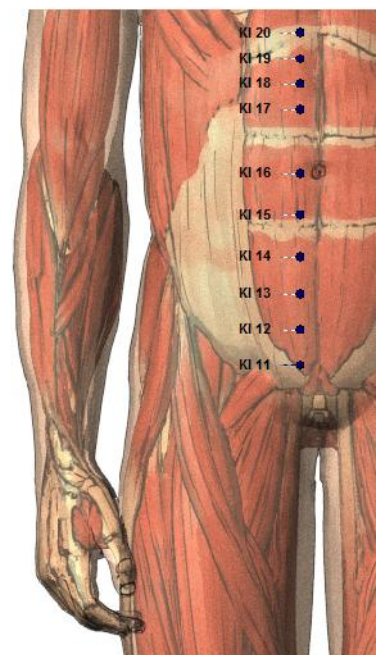
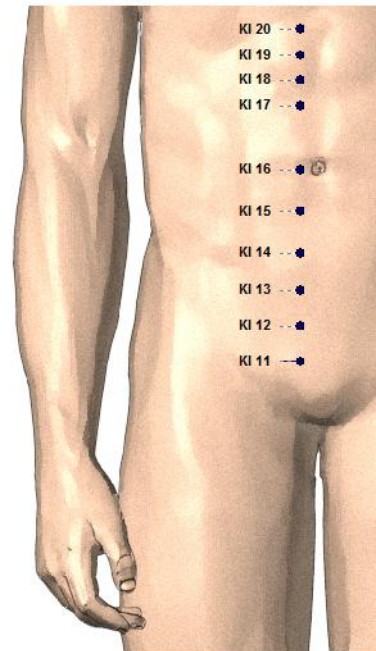
四满

Name:

KI 14 - Siman = Fourfold Fullness

Location:

2 cun below the umbilicus, 0.5 cun lateral to the midline, 3 cun above the superior border of the symphysis pubis.



KI 15

中注

Name:

KI 15 - Zhongzhu = Central Flow

Location:

1 cun below the umbilicus, 0.5 cun lateral to the midline, 4 cun above the superior border of the symphysis pubis.

KI 16

育俞

Name:

KI 16 - Huangshu = Vital's Hollow

Location:

0.5 cun lateral to and level with the umbilicus.

KI 17

商曲

Name:

KI 17 - Shangqu = Trade's Bend

Location:

2 cun above the umbilicus, 0.5 cun lateral to the midline.

KI 18

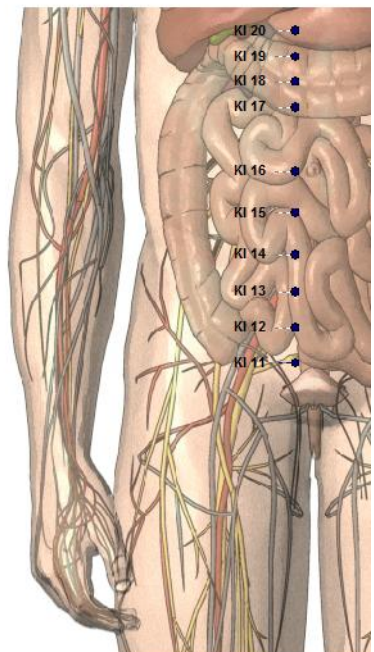
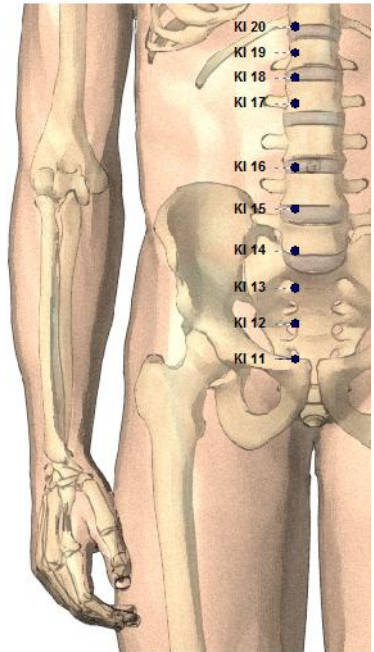
石关

Name:

KI 18 - Shiguan = Stone Pass

Location:

3 cun above the umbilicus, 0.5 cun lateral to the midline.



KI 19

阴都

Name:

KI 19 - Yindu = Yin Metropolis

Location:

4 cun above the umbilicus, 0.5 cun lateral to the midline.

KI 20

腹通谷

Name:

KI 20 - Tonggu = Open Valley

Location:

5 cun above the umbilicus, 0.5 cun lateral to the midline.

KI 21

幽门

Name:

KI 21 - Youmen = Dark Gate

Location:

6 cun above the umbilicus, 0.5 cun lateral to the midline.

KI 22

步廊

Name:

KI 22 - Bulang = Corridor Walk

Location:

2 cun lateral to the midline, in the fifth intercostal space.

KI 23

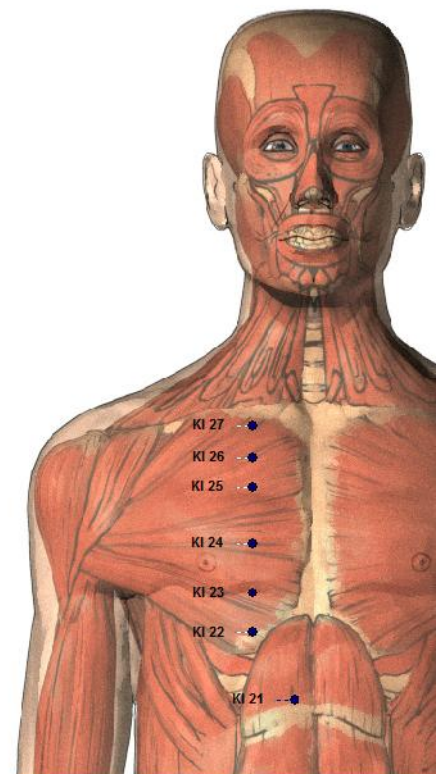
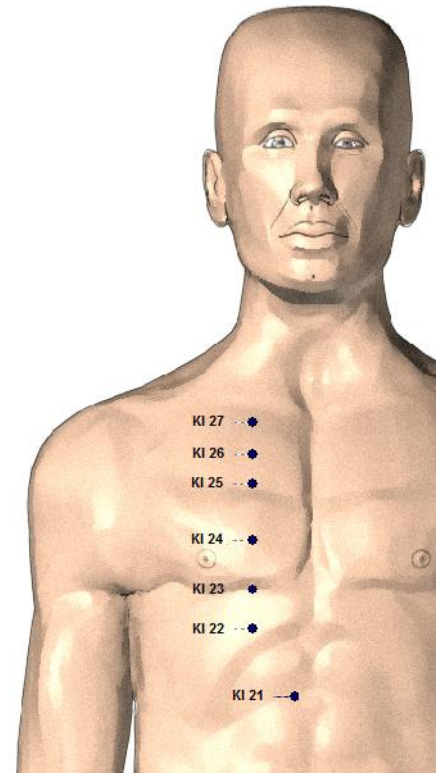
神封

Name:

KI 23 - Shenfeng = Spirit Seal

Location:

2 cun lateral to the midline, in the fourth intercostal space.



KI 24

灵墟

Name:

KI 24 - Lingxu = Spirit Ruins

Location:

2 cun lateral to the midline, in the 3rd intercostal space.

KI 25

神藏

Name:

KI 25 - Shencang = Spirit Storehouse

Location:

2 cun lateral to the midline, in the second intercostal space.

KI 26

彘中

Name:

KI 26 - Yuzhong = Lively Center

Location:

2 cun lateral to the midline, in the first intercostal space.

KI 27

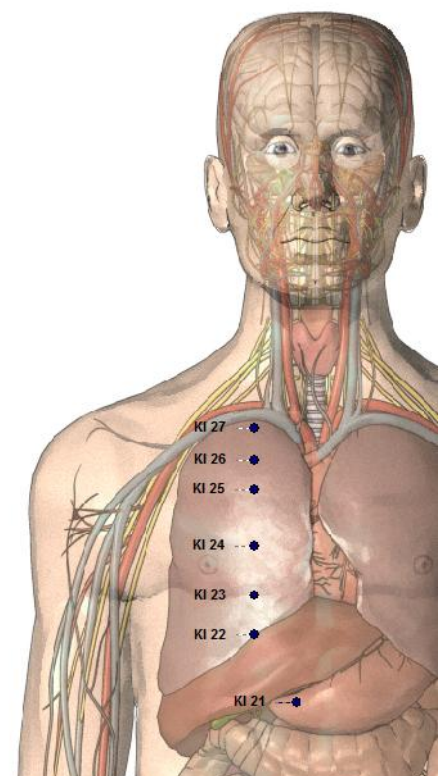
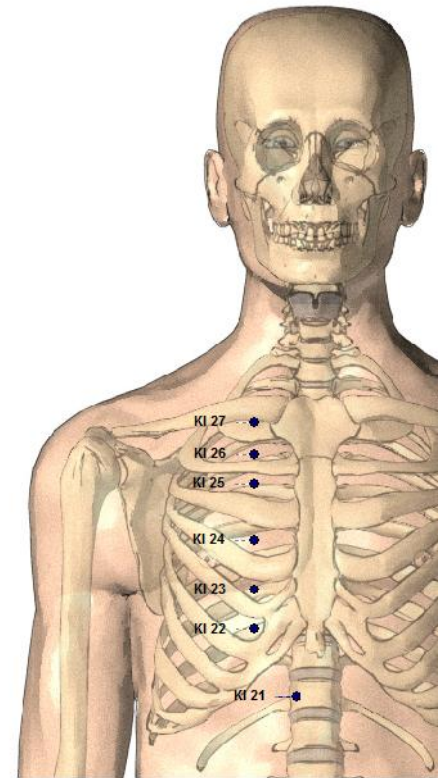
俞府

Name:

KI 27 - Shufu = Hollow Residence

Location:

2 cun lateral to the midline, in the depression on the lower border of the clavicle.



Pericardium Channel (Hand-Jueyin)

Course:

The Pericardium Channel starts internally in the chest and emerges at the pericardium. An internal branch from the pericardium connects with the Upper, Middle, and Lower Burner, it passes to CV 17, through the diaphragm to CV 12, to terminate in the Lower Burner at CV 07.

The Pericardium Channel starts its external Channel emerging at PC 01, located 1 cun lateral to the nipple.

From PC 01, the Pericardium Channel descends along the pectoralis major muscle to the medial aspect of the upper arm. Between the heads of the biceps brachii muscle, it descends to the transverse cubital crease. From the cubital crease it passes through the medial aspect of the forearm between the muscles flexor carpi radialis and palmaris longus to the middle of the transverse carpal crease, the wrist. It proceeds over the palm of the hand between the third and fourth metacarpal bone and along the middle finger. The Pericardium Channel terminates at the tip of the middle finger at PC 09.

Point Qualifications:

PC 03	Quze	He-Sea Point, Water Point
PC 04	Ximen	Xi-Cleft Point
PC 05	Jianshi	Jing-River Point, Metal Point
PC 06	Neiguan	Confluent Point of the Yin Wei Mai; Luo-Connecting Point
PC 07	Daling	Shu-Stream Point, Earth Point; Yuan-Source Point
PC 08	Laogong	Ying-Spring Point, Fire Point
PC 09	Zhongchong	Jing-Well Point, Wood Point
BL 14	Jueyinshu	Back-Shu Point of the Pericardium
CV 17	Tanzhong	Front-Mu Alarm Point of the Pericardium

PC 01

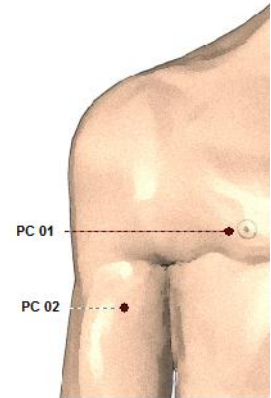
天池

Name:

PC 01 - Tianchi = Celestial Pool

Location:

1 cun lateral of the nipple, in the fourth intercostal space, 5 cun to the midline.



PC 02

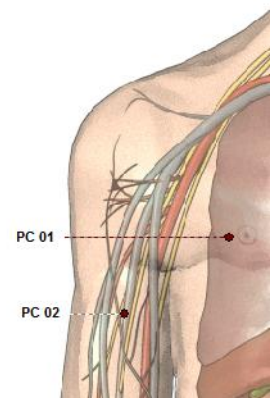
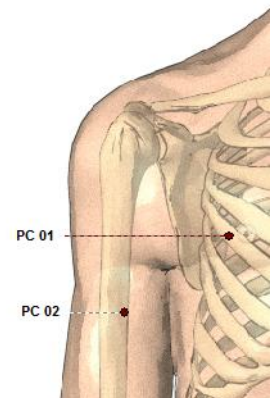
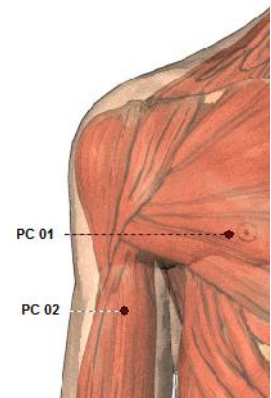
天泉

Name:

PC 02 - Tianquan = Celestial Spring

Location:

2 cun below the level of the axillary fold, in the depression between the heads of the biceps brachii muscle.



PC 03

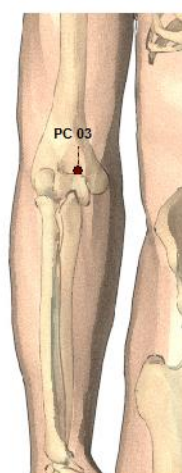
曲泽

Name:

PC 03 - Quze = Marsh at the Bend

Location:

On the transverse cubital crease, at the ulnar side of the tendon of the muscle biceps brachii.



PC 04

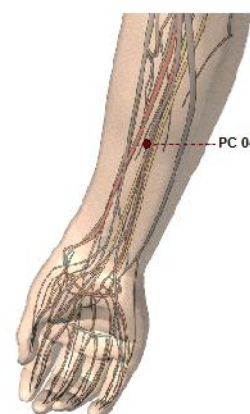
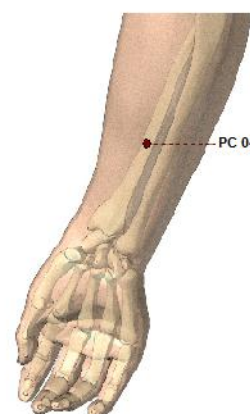
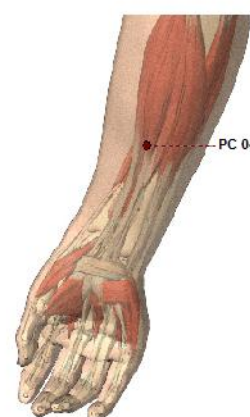
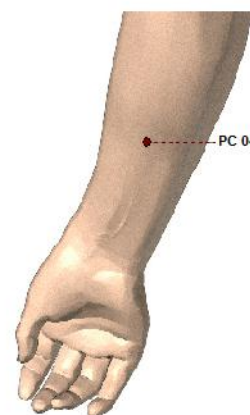
郄门

Name:

PC 04 - Ximen = Gate of the Crevice

Location:

5 cun proximal to the transverse crease of the wrist, between the tendons of the palmaris longus muscle and the flexor carpi radialis muscle.



PC 05

间使

Name:

PC 05 - Jianshi = Intermediary Courier

Location:

3 cun proximal to the transverse crease of the wrist, between the tendons of the palmaris longus muscle and the flexor carpi radialis muscle.

PC 06

内关

Name:

PC 06 - Neiguan = Inner Pass

Location:

2 cun proximal to the transverse crease of the wrist, between the tendons of the palmaris longus muscle and the flexor carpi radialis muscle.

PC 07

大陵

Name:

PC 07 - Daling = Great Mound

Location:

In the middle of the transverse crease of the wrist, between the tendons of the palmaris longus muscle and the flexor carpi radialis muscle.

PC 08

劳宫

Name:

PC 08 - Laogong = Palace of Toil

Location:

On the transverse crease of the palm, between the second and third metacarpal bones, where the middle finger rests when a fist is made.

PC 09

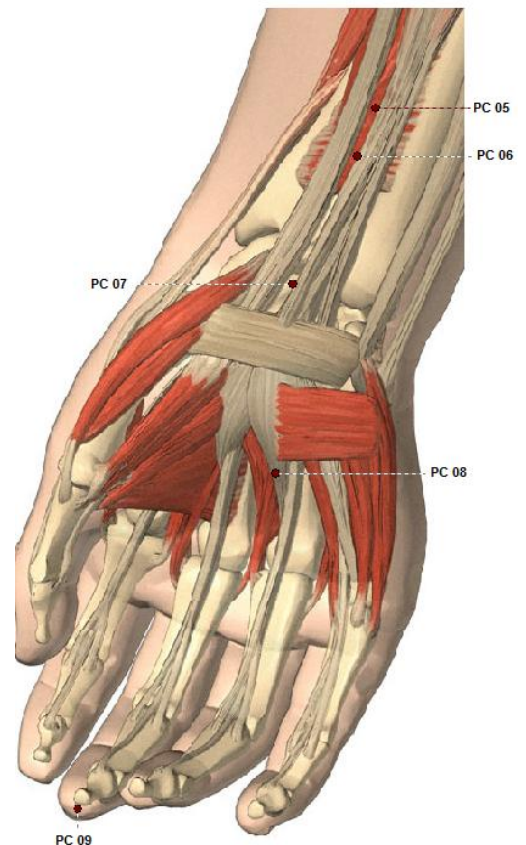
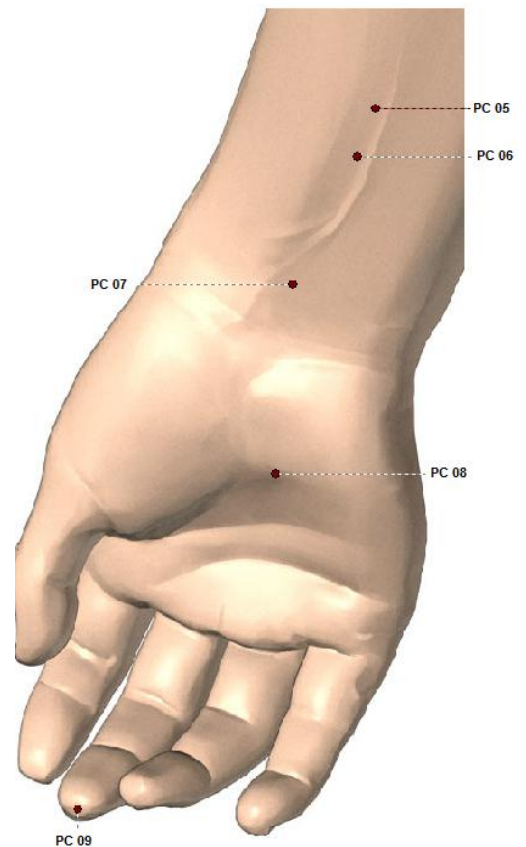
中冲

Name:

PC 09 - Zhongchong = Central Hub

Location:

In the center of the tip of the middle finger.



Triple Burner Channel (Hand-Shaoyang)

Course:

The surface pathway of the Triple Burner Channel starts at the ulnar corner of the nail of the ring finger. It passes along the ulnar side of the ring finger and between the fourth and fifth metacarpal bones to traverse the dorsum of the hand. It ascends to the wrist and continues to ascend the forearm between the ulna and the radius, up to the elbow. It crosses the olecranon and ascends on the lateral, posterior aspect of the upper arm and over the deltoideus muscle up to the shoulder. The Triple Burner Channel crosses the acromion and reaches TB 15 at the upper margin of the trapezius muscle.

From TB 15, a branch passes the supraclavicular fossa and traverses ST 12. At ST 12 it enters the interior of the thorax and connects with the pericardium. The internal branch descends through the aortic hiatus down to the abdomen and then into the small pelvis.

The surface branch ascends from TB 15 along the sternocleidomastoideus muscle to the mastoid process and along the rear of the ear to TB 20. From TB 20, it traverses GB 04 and GB 05 and ends at SI 18. At TB 17, an internal branch enters the ear and re-emerges to the surface at SI 19, the Channel terminates at TB 23.

Point Qualifications:

TB 01	Guanchong	Jing-Well Point, Metal Point
TB 02	Yemen	Ying-Spring Point, Water Point
TB 03	Zhongzhu	Shu-Stream Point, Wood Point
TB 04	Yangchi	Yuan-Source Point
TB 05	Waiguan	Confluent Point of the Yang Wei Mai; Luo-Connecting Point
TB 06	Zhigou	Jing-River Point, Fire Point
TB 07	Huizong	Xi-Cleft Point
TB 10	Tianjing	He-Sea Point, Earth Point
BL 22	Sanjiaoshu	Back-Shu Point of the Triple Burner
CV 05	Shimen	Front-Mu Alarm Point of the Lower Burner
CV 12	Zhongwan	Front-Mu Alarm Point of the Middle Burner
CV 17	Tanzhong	Front-Mu Alarm Point of the Upper Burner

TB 01

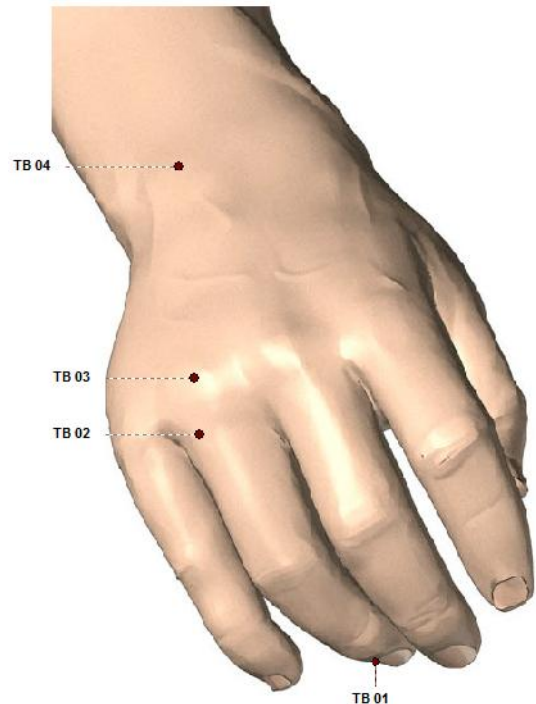
关冲

Name:

TB 01 - Guanchong = Passage Hub

Location:

On the ulnar side of the ring finger, 0.1 cun proximal to the corner of the nail.



TB 02

液门

Name:

TB 02 - Yemen = Humor Gate

Location:

On the dorsum of the hand, between the distal end of the metacarpo-phalangeal joints of the fourth and fifth finger.

TB 03

中渚

Name:

TB 03 - Zhongzhu = Central Islet

Location:

On the back of the hand, in a depression between the proximal end of the metacarpo-phalangeal joints of the fourth and fifth finger.

TB 04

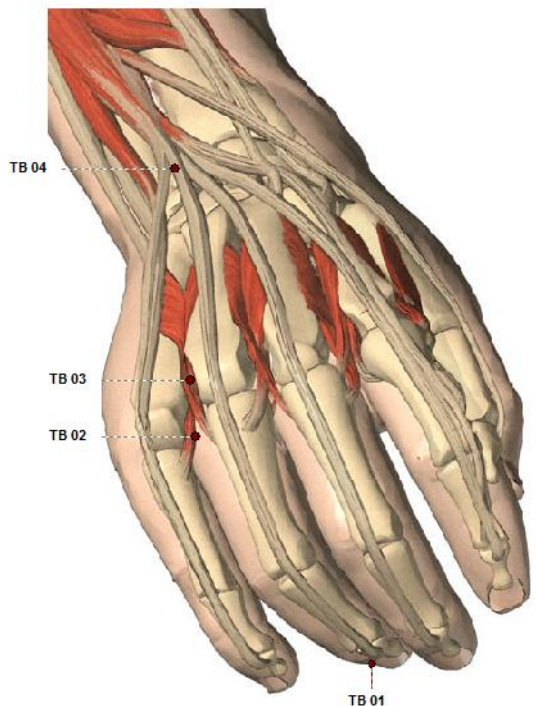
阳池

Name:

TB 04 - Yangchi = Yang Pool

Location:

On the dorsum of the wrist, in the middle of the transverse crease, in the depression lateral to the tendon of the extensor digitorum muscle.



TB 05 外关

Name:

TB 05 - Waiguan = Outer Pass

Location:

On the dorsum of the wrist, 2 cun proximal to the transverse crease of the wrist between radius and ulna.

TB 06 支沟

Name:

TB 06 - Zhigou = Branch Ditch

Location:

On the outside of the forearm, 3 cun proximal to the transverse crease of the wrist between radius and ulna.

TB 07 会宗

Name:

TB 07 - Huizong = Convergence and Gathering

Location:

On the outside of the forearm, 3 cun proximal to the transverse crease of the wrist at the radial side of the ulna.

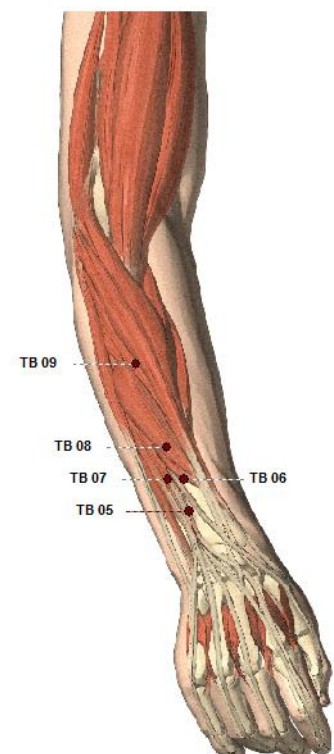
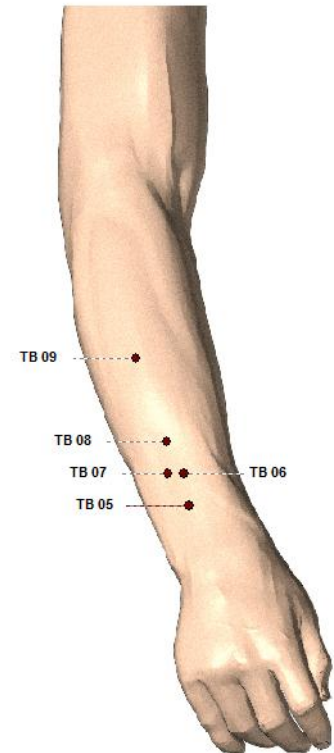
TB 08 三阳络

Name:

TB 08 - Sanyangluo = Three Yang Connection

Location:

On the outside of the forearm, 4 cun proximal to the transverse crease of the wrist between radius and ulna.



TB 09

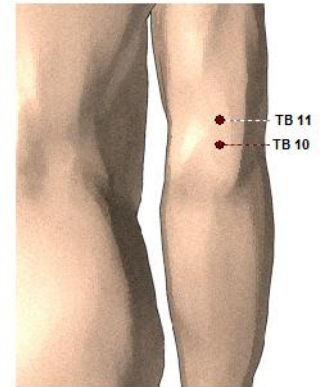
四渎

Name:

TB 09 - Sidu = Four Rivers

Location:

On the lateral side of the forearm, 7 cun proximal to the transverse crease of the wrist between radius and ulna, 5 cun distal of the olecranon.



TB 10

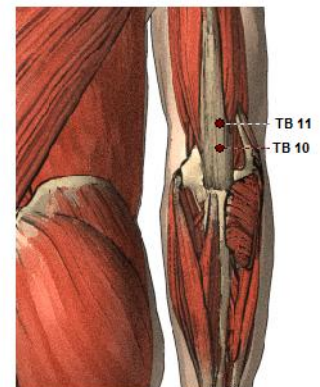
天井

Name:

TB 10 - Tianjing = Celestial Well

Location:

1 cun proximal to the olecranon, in a depression, when the elbow is flexed.



TB 11

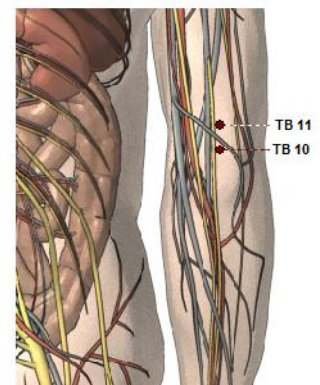
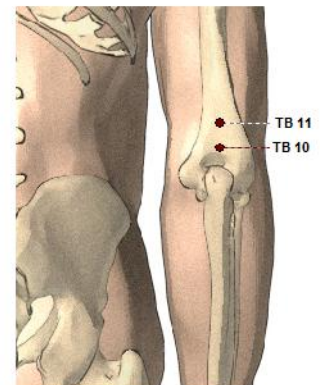
清冷渊

Name:

TB 11 - Qinglengquan = Clear Cold Abyss

Location:

2 cun proximal to the olecranon, when the elbow is flexed.



TB 12 消冻

Name:

TB 12 - Xiaoluo = Dispersing Riverbed

Location:

In the middle of the connecting line between TB 11 and TB 13, 7 cun proximal to the olecranon.

TB 13 臑会

Name:

TB 13 - Naohui = upper arm convergence

Location:

On the posterior border of the deltoid muscle, on the connecting line between TB 14 and the olecranon, 3 cun distal to TB 14.

TB 14 肩髃

Name:

TB 14 - Jianliao = Shoulder Bone-Hole

Location:

In the dorsal and caudal depression between acromion and major tubercle of the humerus, when the arm is abducted.

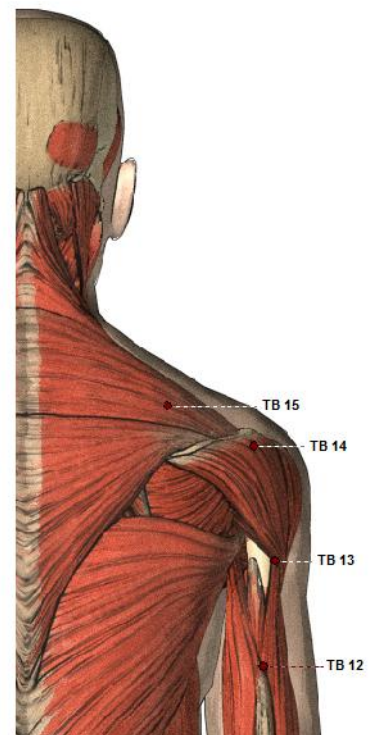
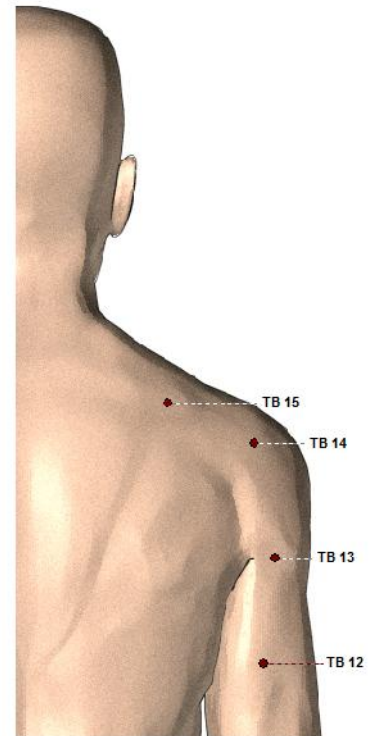
TB 15 天髃

Name:

TB 15 - Tianliao = Celestial Bone-Hole

Location:

In the middle of the connecting line between acromion and the spinous process of Th 1.



TB 16

天牖

Name:

TB 16 - Tianyou = Celestial Window

Location:

At the posterior border of the sternocleidomastoid muscle, level with the mandibular angle.

TB 17

翳风

Name:

TB 17 - Yifeng = Wind Screen

Location:

Posterior to the ear lobe, in the depression between the mastoid process and the mandible.

TB 18

瘰脉

Name:

TB 18 - Chimai = Spasm Vessel

Location:

Behind the ear, approximately 1 cun cranial to the depression between the mastoid process and the mandible.

TB 19

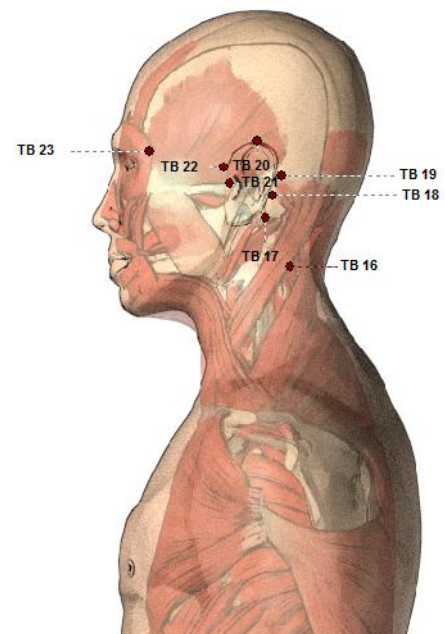
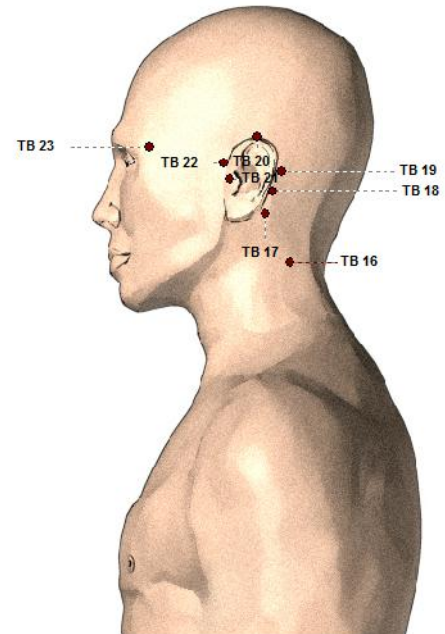
颅息

Name:

TB 19 - Luxi = Skull Rest

Location:

Behind the ear, 2 cun cranial to the depression between the mastoid process and the mandible.



TB 20 角孙

Name:

TB 20 - Jiaosun = Angle Vertex

Location:

Above the ear apex, within the natural hairline.

TB 21 耳门

Name:

TB 21 - Ermen = Ear Gate

Location:

In the depression anterior to the supratragic notch and slightly superior to the condyloid process of the mandible, in the depression formed when the mouth is opened, cranial to SI 19.

TB 22 耳和髎

Name:

TB 22 - Erheliao = Harmony Bone-Hole

Location:

1 cun ventral to the root of the auricle, within the natural hairline.

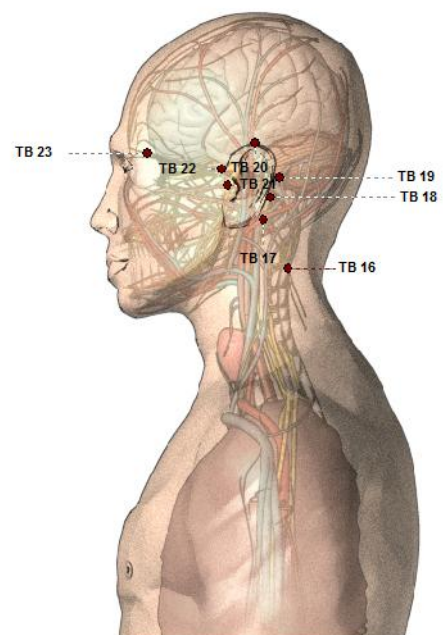
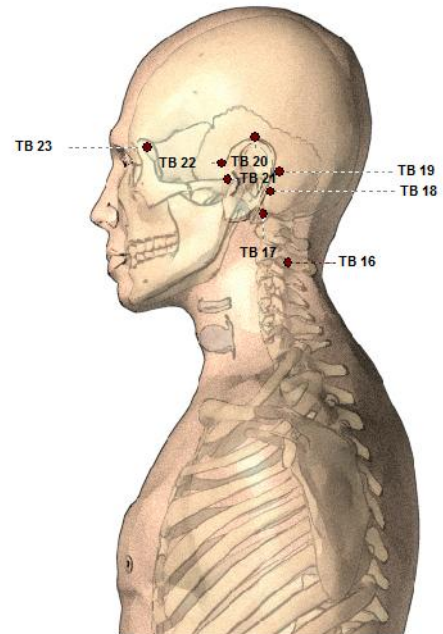
TB 23 丝竹空

Name:

TB 23 - Sizhukong = Silk Bamboo Hole

Location:

In the depression at the lateral end of the eyebrow.



Gallbladder Channel (Foot-Shaoyang)

Course:

The surface pathway of the Gallbladder Channel starts at the outer canthus of the eye at GB 01, runs to the ear and continues from there in a triple zigzag line over the side of the head to GB 20, at the posterior aspect of the occipital bone. From GB 20 it traverses the shoulder, along the anterior aspect of the trapezius muscle to GB 21. From GB 21, a branch traverses the shoulder to intersect with GV 14. This branch passes SI 12 and traverses across the shoulder to ST 12 in the supraclavicular fossa. A branch from ST 12 descends, enters into the thorax, crosses the diaphragm and connects with the Liver before joining the Gallbladder. It descends through the abdomen down to the groin and traverses the buttocks, where it reunites with the surface branch at GB 30.

The surface branch descends from ST 12 to GB 22, in the fourth intercostal space and then downward to the free end of the 12th rib. Then it surrounds the anterior, superior aspect of the iliac spine and traverses the hip to reach the buttocks at GB 30. From there it follows the course of the iliotibial tract along the lateral thigh and reaches GB 34 at the head of the fibula. The surface branch of the Gallbladder Channel continues to descend along the fibula to the lateral malleolus. It passes over the dorsum of the foot, between the fourth and fifth metatarsal bone, and terminates at the lateral corner of the nail of the fourth toe.

Point Qualifications:

GB 34	Yanglingquan	He-Sea Point, Earth Point; Meeting Point of Tendons
GB 36	Waiqiu	Xi-Cleft Point
GB 37	Guangming	Luo-Connecting Point
GB 38	Yangfu	Jing-River Point, Fire Point
GB 39	Xuanzhong	Meeting Point of Marrow
GB 40	Qiuxu	Yuan-Source Point
GB 41	Zulinqi	Shu-Stream Point, Wood Point; Confluent Point of the Dai Mai
GB 43	Jiaxi	Ying-Spring Point, Water Point
GB 44	Zuqiaoyin	Jing-Well Point, Metal Point
BL 19	Danshu	Back-Shu Point of the Gallbladder
GB 24	Riyue	Front-Mu Alarm Point of the Gallbladder

GB 01 瞳子髎

Name:

GB 01 - Tongziliao = Pupil Bone-Hole

Location:

0.5 cun lateral to the outer canthus, in the depression on the lateral side of the orbit.

GB 02 听会

Name:

GB 02 - Tinghui = Auditory Convergence

Location:

Anterior to the intertragic notch, at the posterior border of the condyloid process of the mandible. Located with the mouth open.

GB 03 上关

Name:

GB 03 - Shangguan = Upper Gate

Location:

In front of the ear, on the upper border of the zygomatic arch, in the depression directly above ST 7.

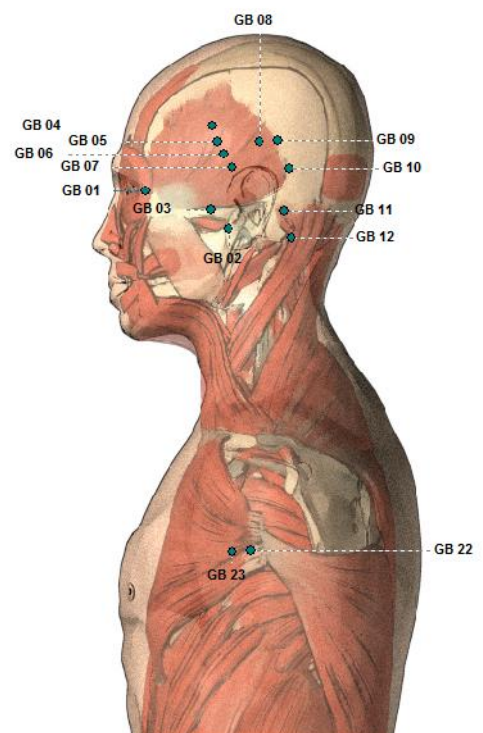
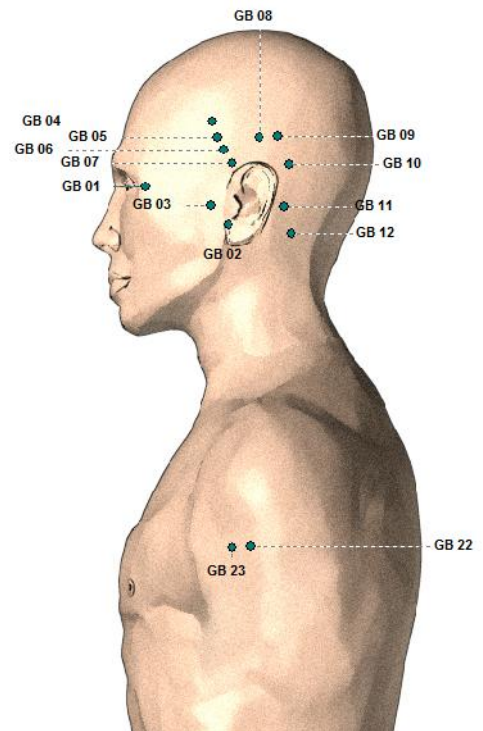
GB 04 颌厌

Name:

GB 04 - Hanyan = Forehead Fullness

Location:

Within the hairline of the temporal region, 5.5 cun lateral to the midline. Between the upper and second quarter of the connecting line between ST 8 and GB 7.



GB 05 悬颅

Name:

GB 05 - Xuanlu = Suspended Skull

Location:

Within the hairline of the temporal region, in the middle of the connecting line between ST 8 and GB 7.

GB 06 悬厘

Name:

GB 06 - Xuanli = Suspended Tuft

Location:

Within the hairline of the temporal region, between the third and last quarter of the connecting line between ST 8 and GB 7.

GB 07 曲鬓

Name:

GB 07 - Qubin = Temporal Hairline Curve

Location:

At the crossing point of the horizontal line through the tip of the ear and the vertical line through the font of the ear.

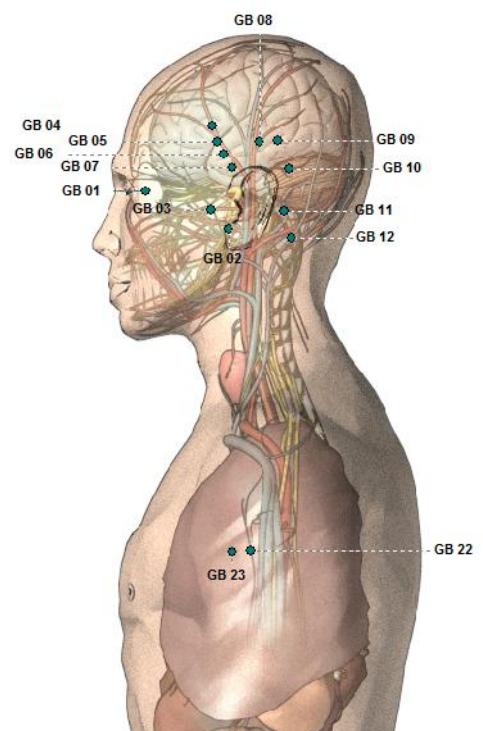
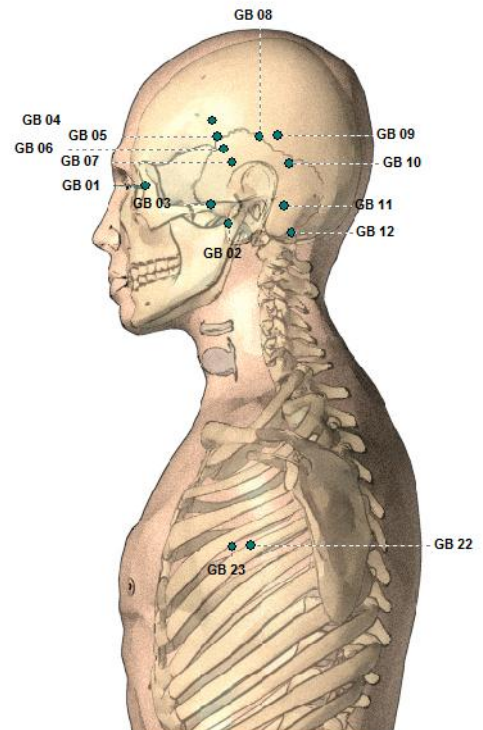
GB 08 率谷

Name:

GB 08 - Shuaigu = Valley Lead

Location:

Directly above the auricular apex, 1.5 cun within the hairline.



GB 09 天冲

Name:

GB 09 - Tianchong = Celestial Hub

Location:

Directly above the posterior border of the auricle, 2 cun within the hairline.

GB 10 浮白

Name:

GB 10 - Fubai = Floating White

Location:

Dorsal and cranial to the mastoid process, midway of the curve line connecting GB 9 and GB 11.

GB 11 窍阴

Name:

GB 11 - Qiaoyin (Tou Qiao Yin) = Head Portal Yin

Location:

Dorsal and cranial to the mastoid process, midway of the curve line connecting GB 10 and GB 12. Dorsal to the middle of the ear, 0.5 cun within the hairline.

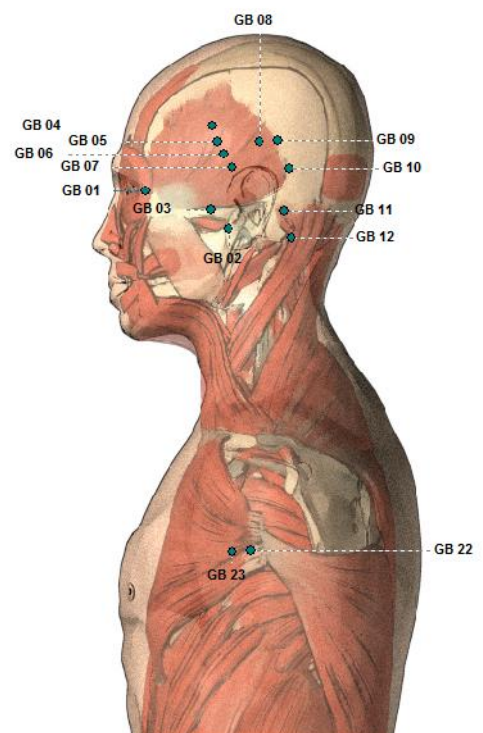
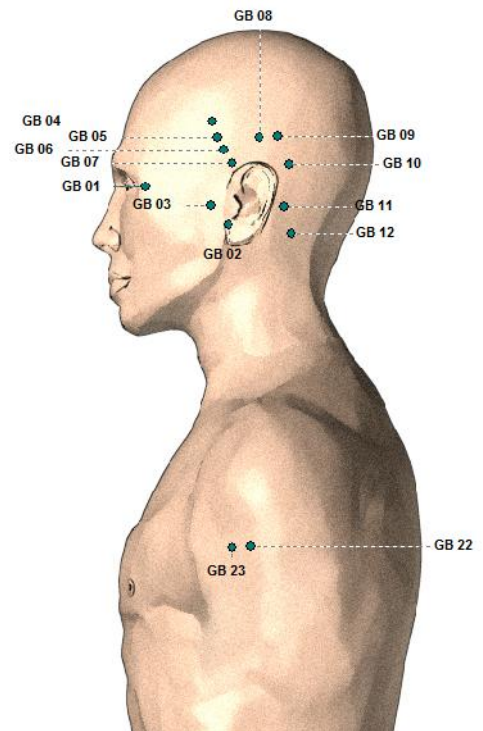
GB 12 完骨

Name:

GB 12 - Wangu = Completion Bone

Location:

In the depression posterior and inferior to the mastoid process.



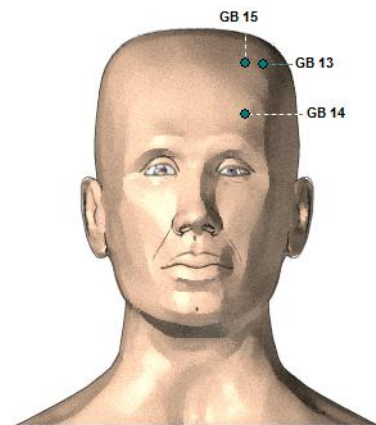
GB 13 本神

Name:

GB 13 - Benshen = Root Spirit

Location:

0.5 cun within the hairline of the forehead, 3 cun lateral to the midline.



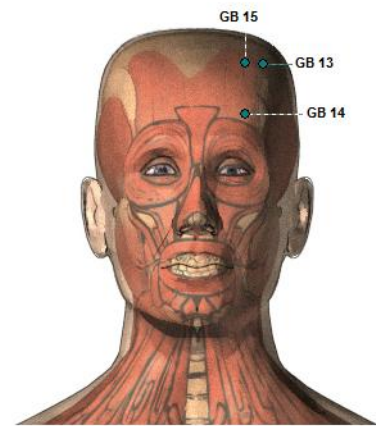
GB 14 阳白

Name:

GB 14 - Yangbai = Yang White

Location:

1 cun directly above the midpoint of the eyebrow.



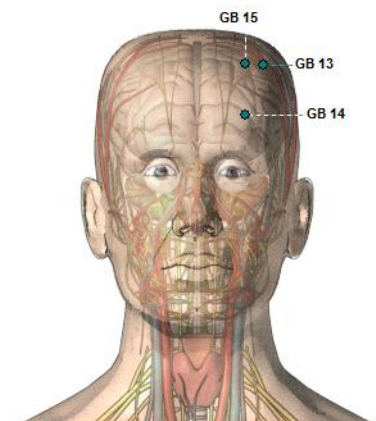
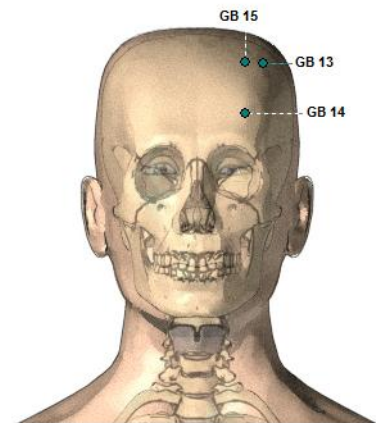
GB 15 头临泣

Name:

GB 15 - Toulinqi = Head Overlooking Tears

Location:

Directly above the midpoint of eyebrow, 0.5 cun within the anterior hairline.



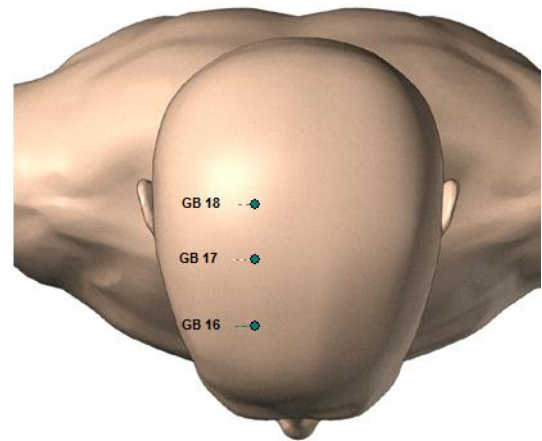
GB 16 目窗

Name:

GB 16 - Muchuang = Eye Window

Location:

2 cun within the anterior hairline, 2.25 cun lateral to the midline, on the connecting line GB 15 and GB 20.



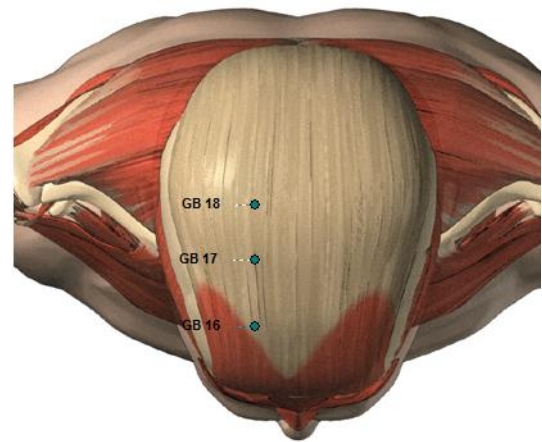
GB 17 正营

Name:

GB 17 - Zhengying = Upright Construction

Location:

3.5 cun within the anterior hairline, 2.25 cun lateral to the midline, on the connecting line GB 15 and GB 20.



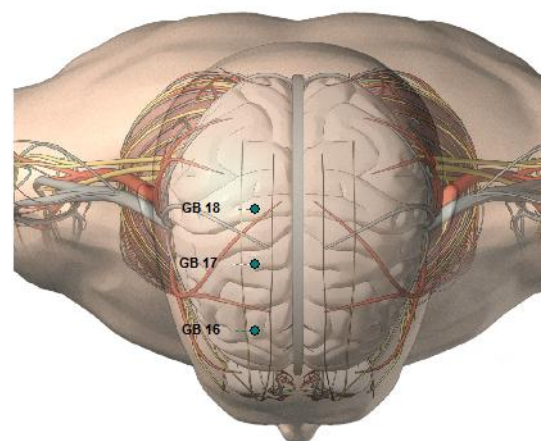
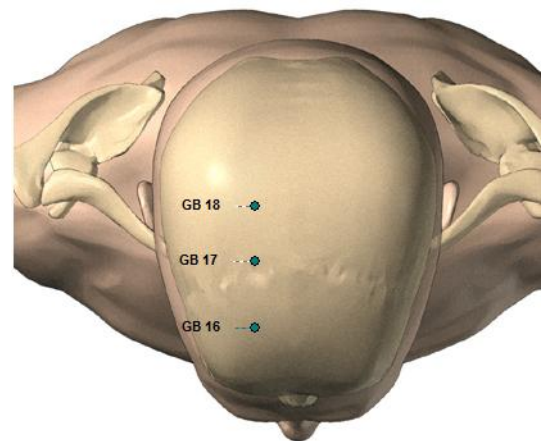
GB 18 承灵

Name:

GB 18 - Chengling = Spirit Support

Location:

5 cun within the anterior hairline, 2.25 cun lateral to the midline, on the connecting line GB 15 and GB 20.



GB 19 脑空

Name:

GB 19 - Naokong = Brain Hollow

Location:

1.5 cun directly above GB 20, at the level of the superior border of the external occipital protuberance, 2.25 cun lateral to the midline.

GB 20 风池

Name:

GB 20 - Fengchi = Wind Pool

Location:

In the depression between the sternocleidomastoid muscle and the trapezius muscle, below the external occipital protuberance.

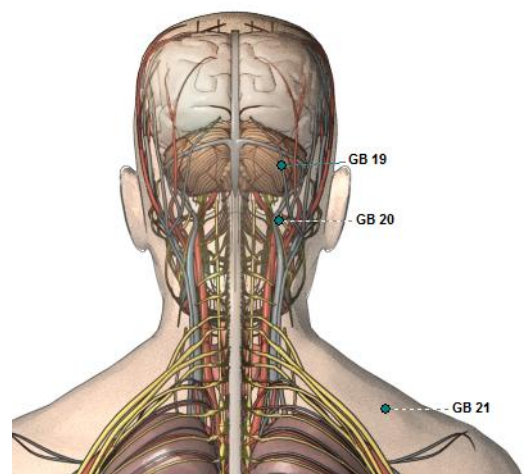
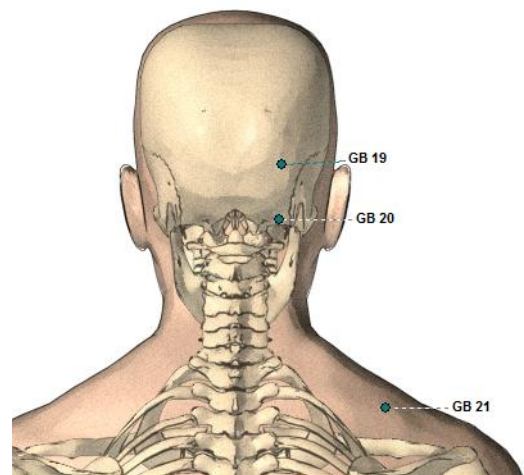
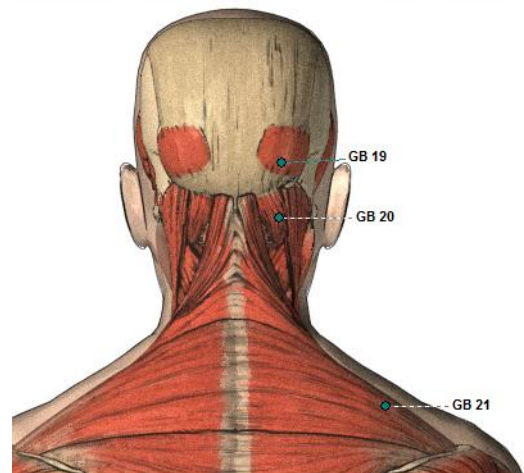
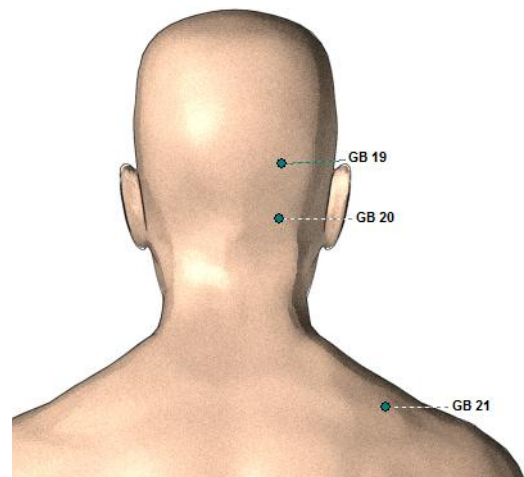
GB 21 肩井

Name:

GB 21 - Jianjing = Shoulder Well

Location:

At the midpoint between the depression below the spinous process of the seventh cervical vertebra and the acromion, at the highest point of the shoulder.



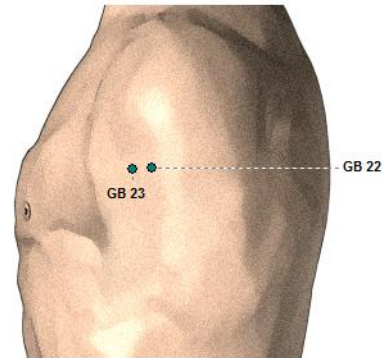
GB 22 渊腋

Name:

GB 22 - Yuanye = Armpit Abyss

Location:

On the mid-axillary line when the arm is raised, 3 cun below axilla, in the fourth intercostal space.



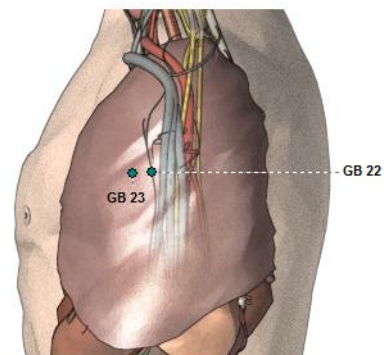
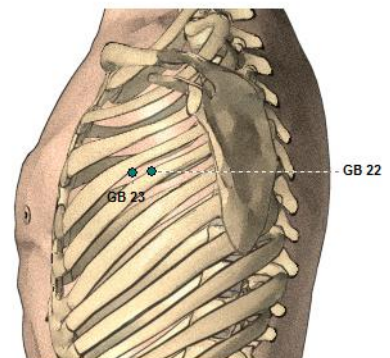
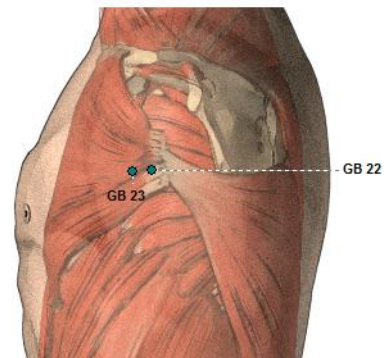
GB 23 辄筋

Name:

GB 23 - Zhejin = Sinew Seat

Location:

1 cun ventral to GB 22, 3 cun below axilla, in the fourth intercostal space, at the level of the nipple.



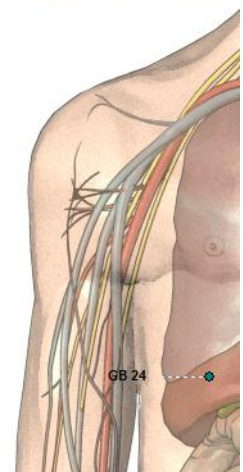
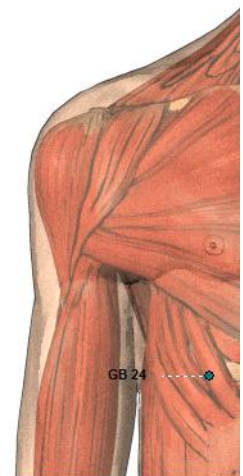
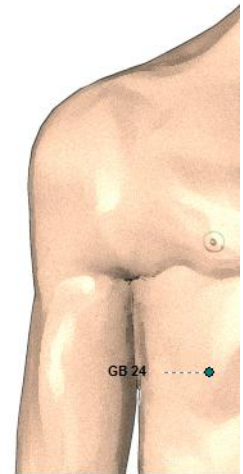
GB 24 日月

Name:

GB 24 - Riyue = Sun and Moon

Location:

On the mamillar line in the seventh intercostal space, 4 cun lateral to the midline.



GB 25 京门

Name:

GB 25 - Jingmen = Capital Gate

Location:

On the lateral side of the abdomen, on the lower border of the free end of the 12th rib.

GB 26 带脉

Name:

GB 26 - Daimai = Girdling Vessel

Location:

On the level with the umbilicus, below the end of the 11th rib, 1.8 cun ventro-caudal to LV 13.

GB 27 五枢

Name:

GB 27 - Wushu = Fifth Pivot

Location:

On the lateral side of the abdomen, 0.5 cun ventral to the anterior superior iliac spine, 3 cun below the level of the umbilicus.

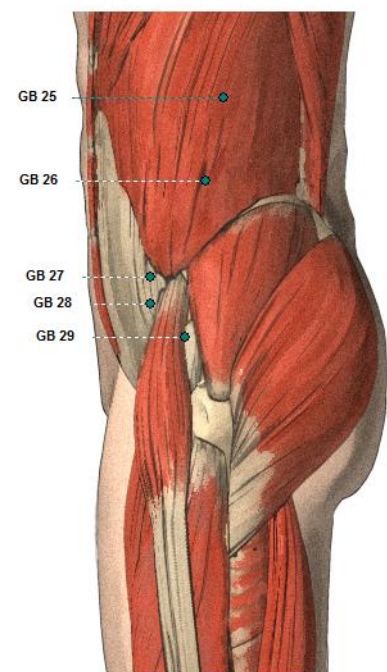
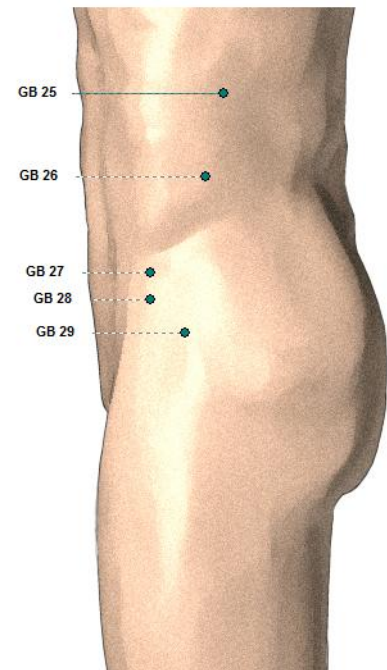
GB 28 维道

Name:

GB 28 - Weidao = Linking Path

Location:

Anterior and inferior to the anterior superior iliac spine, 0.5 cun ventro-caudal to GB 27.



GB 29 居髃

Name:

GB 29 - Juliao = Squatting Bone-Hole

Location:

At the midpoint between the anterosuperior iliac spine and the great trochanter.

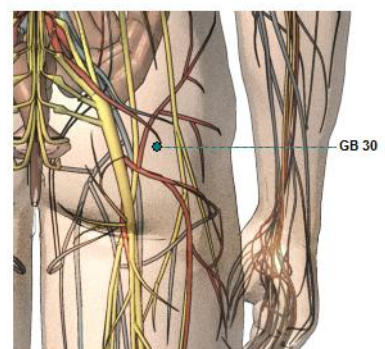
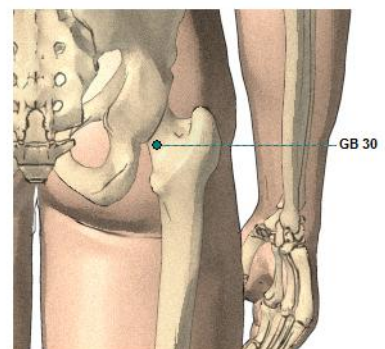
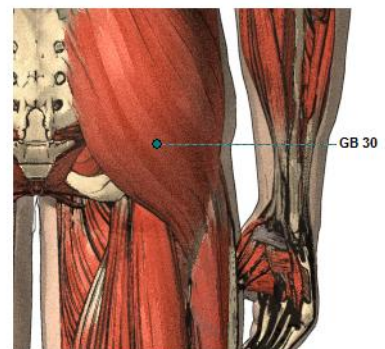
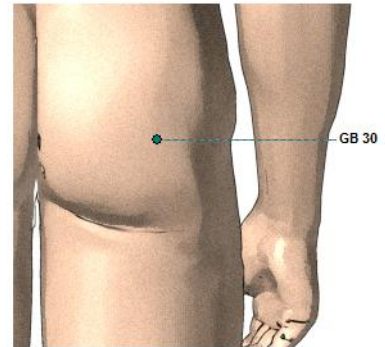
GB 30 环跳

Name:

GB 30 - Huantiao = Jumping Round

Location:

When the patient is lying in lateral recumbent position, at the lateral 1/3 and the medial 2/3 of the distance between the great trochanter and the sacral hiatus.



GB 31 风市

Name:

GB 31 - Fengshi = Wind Market

Location:

7 cun above the traverse popliteal crease, on the midline of lateral side of the upper leg, with the patient standing and the arm relaxed the tip of the middle finger touches the point.

GB 32 中渚

Name:

GB 32 - Zhongdu = Central River

Location:

5 cun above the traverse popliteal crease, on the lateral side of the leg, between the vastus lateralis muscle and the biceps femoris muscle.

GB 33 膝阳关

Name:

GB 33 - Xiyangguan = Knee Yang Joint

Location:

In the depression proximal to the lateral epicondyle of the femur, 3 cun proximal to GB 34, between the femur and the tendon of the biceps femoris muscle. Easy to palpate when the knee is flexed.

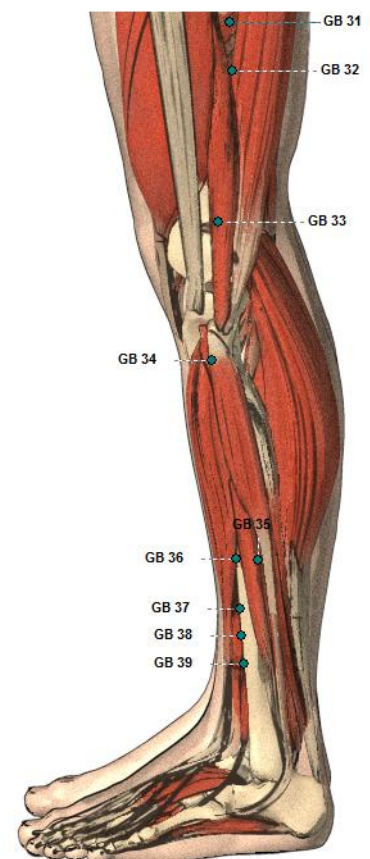
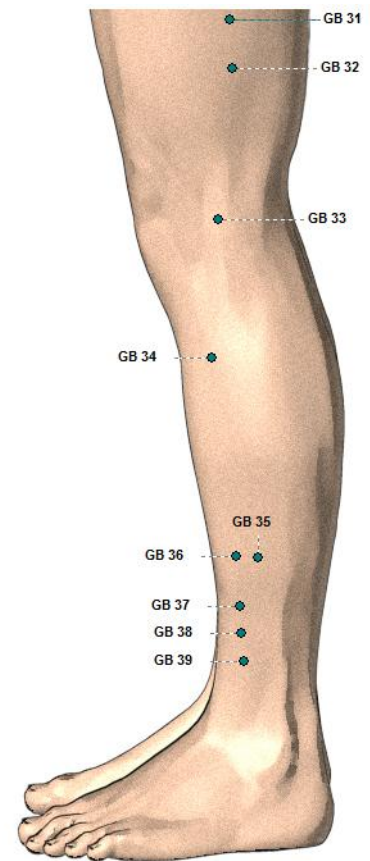
GB 34 阳陵泉

Name:

GB 34 - Yanglingquan = Yang Mound Spring

Location:

In the depression ventral and distal to the head of the fibula.



GB 35 阳交

Name:

GB 35 - Yangjiao = Yang Intersection

Location:

7 cun above the highest point of the external malleolus, on the posterior border of the fibula.

GB 36 外丘

Name:

GB 36 - Waiqiu = Outer Hill

Location:

7 cun above the highest point of the external malleolus on the anterior border of the fibula. Most Chinese texts locate the point on the posterior border of the fibula.

GB 37 光明

Name:

GB 37 - Guangming = Bright Light

Location:

5 cun above the highest point of the external malleolus at the anterior border of the fibula.

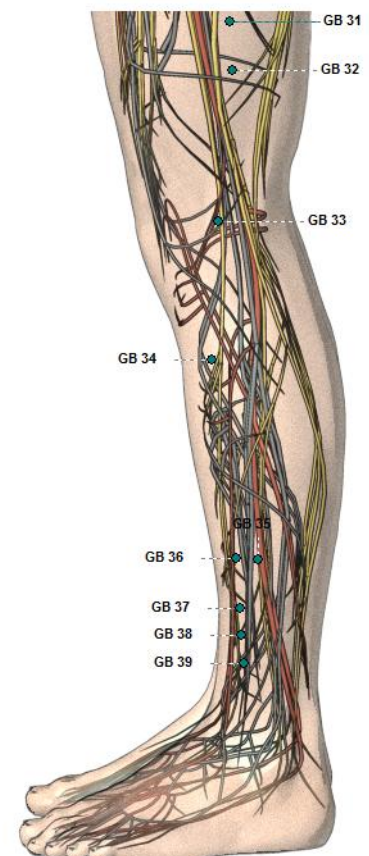
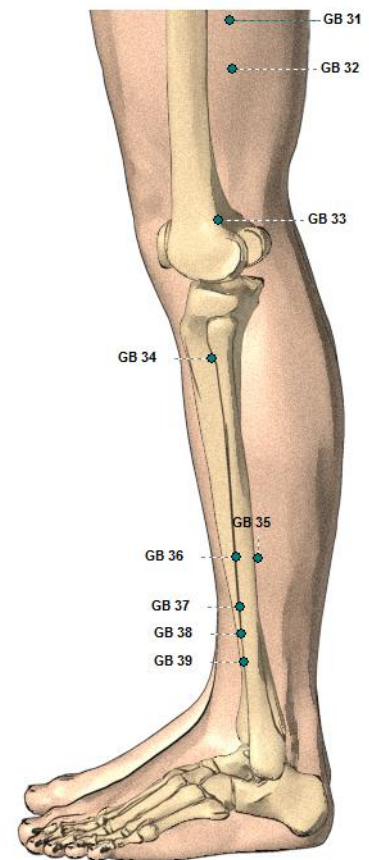
GB 38 阳辅

Name:

GB 38 - Yangfu = Yang Assistance

Location:

4 cun above the highest point of the external malleolus at the anterior border of the fibula.



GB 39 悬钟

Name:

GB 39 - Xuanzhong = Suspended Bell

Location:

3 cun above the highest point of the external malleolus at the anterior border of the fibula. Most Chinese texts locate the point on the posterior border of the fibula.

GB 40 丘墟

Name:

GB 40 - Qiuxu = Hill Ruins

Location:

Ventral and distal to the external malleolus, in the depression lateral to the extensor digitorum longus muscle.

GB 41 足临泣

Name:

GB 41 - Zulinqi = Foot Overlooking Tears

Location:

In the proximal ankle between the fourth and fifth metatarsal bones, in the depression lateral to the tendon of the extensor digiti minimi of the foot.

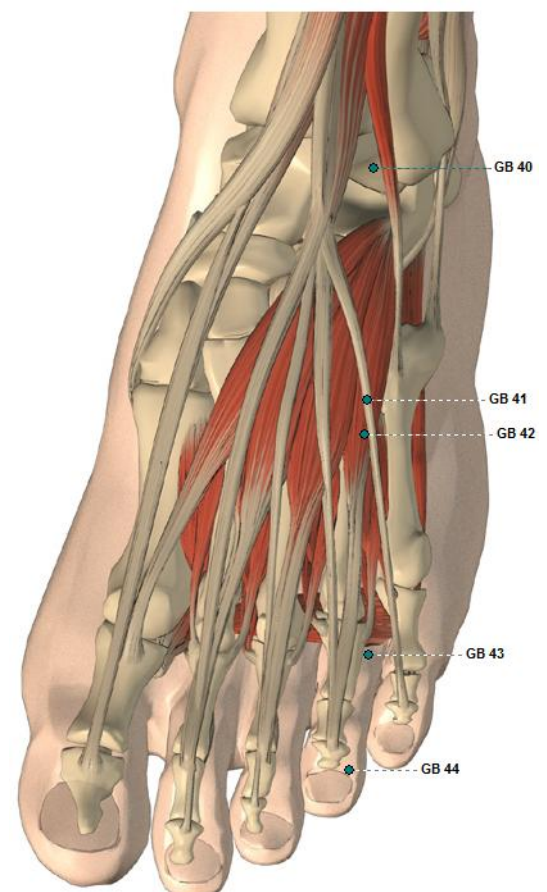
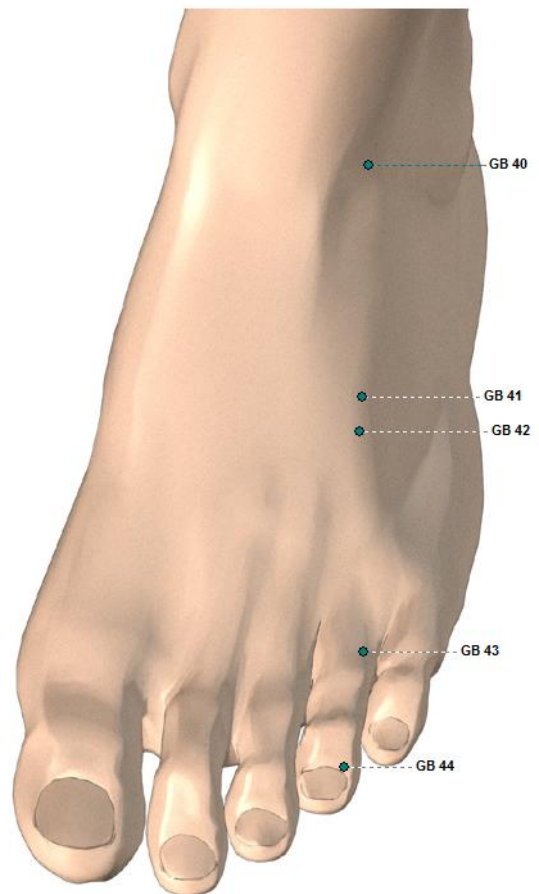
GB 42 地五会

Name:

GB 42 - Diwuhui = Earth Fivefold Convergence

Location:

0.5 cun distal to the corner between the fourth and fifth metatarsal bones, medial to the muscle extensor digiti minimi of the foot.



GB 43 侠溪

Name:

GB 43 - Xiaksi = Pinched Ravine

Location:

Between the fourth and fifth metatarso-phalangeal joints, proximal to the margin of the web between the fourth and fifth toe.

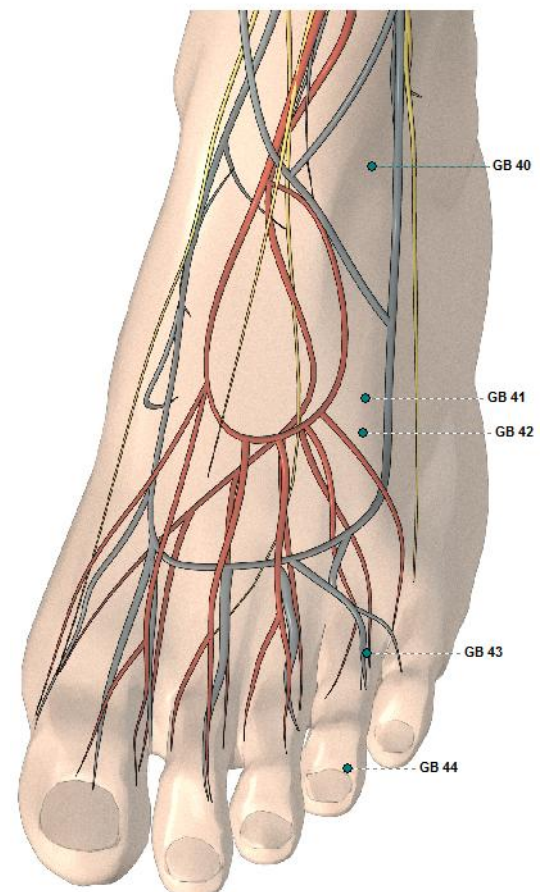
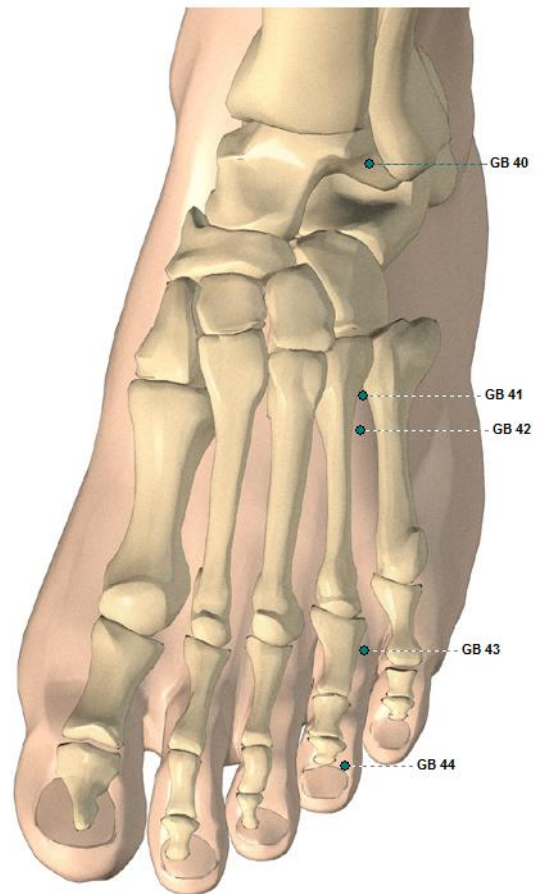
GB 44 足窍阴

Name:

GB 44 - Zuqiaoyin = Foot Portal Yin

Location:

0.1 cun proximal to the corner of the nail on the lateral side of the fourth toe.



Liver Channel (Foot-Jueyin)

Course:

The surface pathway of the Liver Channel starts at the lateral corner of the nail of the big toe. It traverses over the dorsum of the foot between the first and second metacarpal bones and ascends along the medial aspect of the lower leg to SP 06. From here it continues to ascend along the medial aspect of the leg and traverses the medial edge of the popliteal fossa. It further ascends along the posterior septum of the sartorius muscle, the medial thigh, and up to LR 12 in the groin.

From LR 12 an internal branch passes over SP 12 and SP 13, surrounds the external genitalia, and meets the Conception Vessel. At CV 2, it follows the course of the Conception Vessel up to CV 04 and passes over the abdomen to LR 13 and to the end of the 11th rib at the lateral aspect of the thorax.

An internal branch of the Liver Channel enters the abdomen at LR 13, traverses the stomach and reaches the Liver. From the liver it ascends through the diaphragm and ascends to the Lungs and down to the Gallbladder. From the gallbladder it joins LR 14. From LR 14 it traverses the diaphragm and ascends the posterior aspect of the throat to the nasopharynx and continues to ascend to the head to meet the eyes, emerges again and crosses the forehead to meet LG 20, where it enters the brain. From the tissue around the eyes, an additional branch descends the cheeks and enters the mouth cavity to the inner surface of the lips.

From LR 13 the surface branch ascends to LR 14, in the sixth intercostal space on the mamillar line, and terminates there.

Point Qualifications:

LR 01	Dadun	Jing-Well Point, Wood Point
LR 02	Xingjian	Ying-Spring Point, Fire Point
LR 03	Taichong	Shu-Stream Point, Earth Point, Yuan-Source Point
LR 04	Zhongfeng	Jing-River Point, Metal Point
LR 05	Ligou	Luo-Connecting Point
LR 06	Zhongdu	Xi-Cleft Point
LR 08	Ququan	He-Sea Point, Water Point
LR 13	Zhangmen	Meeting Point of the five Yin organs; Front-Mu Alarm Point of the Spleen
BL 18	Ganshu	Front-Mu Alarm Point of the Liver
LR 14	Qimen	Back-Shu Point of the Liver

LR 01

大敦

Name:

LR 01 - Dadun = Large Pile

Location:

0.1 cun proximal to the lateral corner of the nail of the big toe.

LR 02

行间

Name:

LR 02 - Xingjian = Moving Between

Location:

On the dorsum of the foot, between the first and second metatarso-phalangeal joint, proximal to the margin of the web.

LR 03

太冲

Name:

LR 03 - Taichong = Great Surge

Location:

On the dorsum of the foot, between the first and second metatarsal bones, 2 cun proximal to the margin of the web.

LR 04

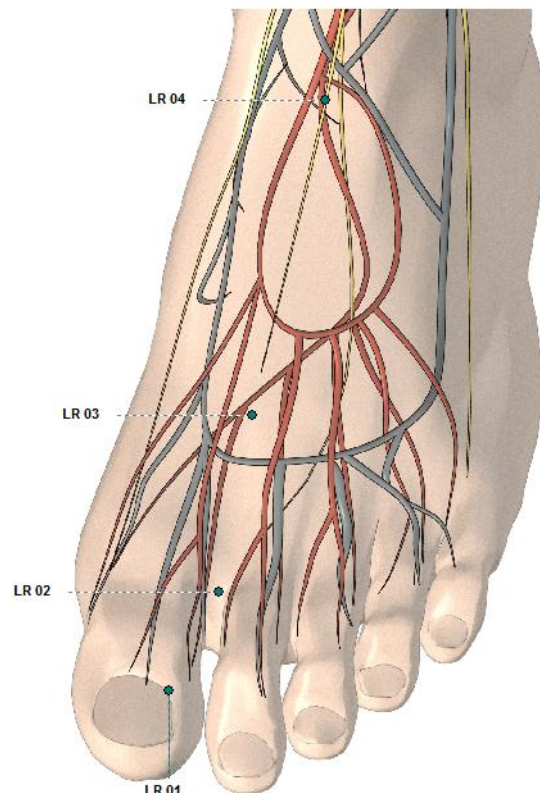
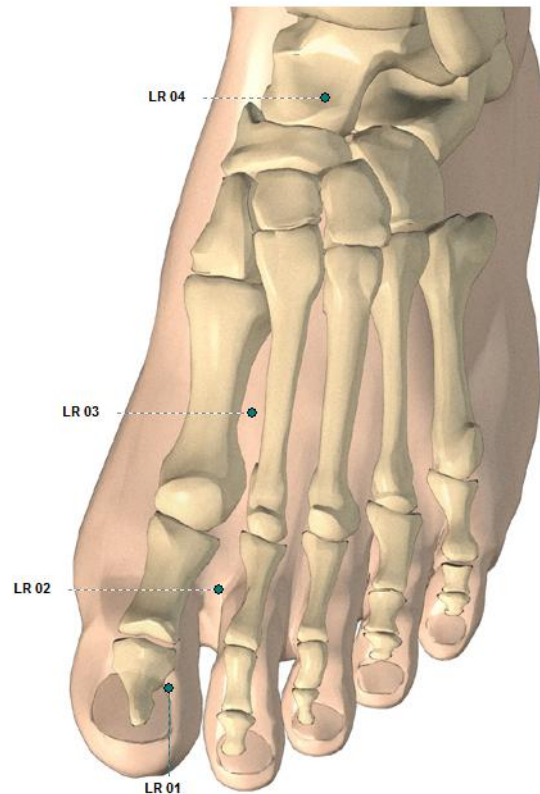
中封

Name:

LR 04 - Zhongfeng = Mound Center

Location:

In the depression on the medial side of the tendon of muscle tibialis anterior, 1 cun anterior to the medial malleolus, on the connecting line between SP 5 and ST 41.



LR 05

蠡沟

Name:

LR 05 - Ligou = Woodworm Canal

Location:

5 cun above the tip of the medial malleolus, on the medial side and near the medial border of the tibia.

LR 06

中都

Name:

LR 06 - Zhongdu = Central Metropolis

Location:

7 cun above the tip of the medial malleolus, on the medial side and near the medial border of the tibia.

LR 07

膝关

Name:

LR 07 - Xiguan = Knee Joint

Location:

Posterior and inferior to the medial condyle of the tibia, 1 cun dorsal to SP 9.

LR 08

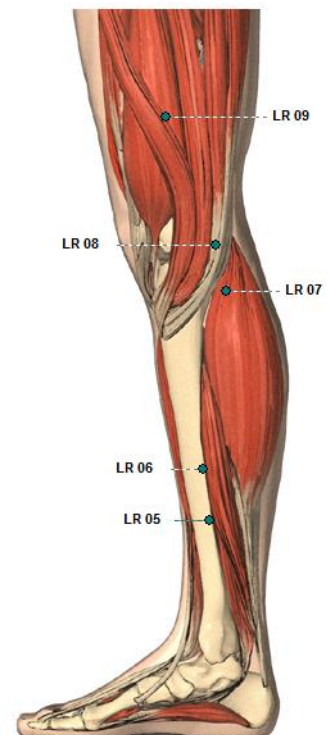
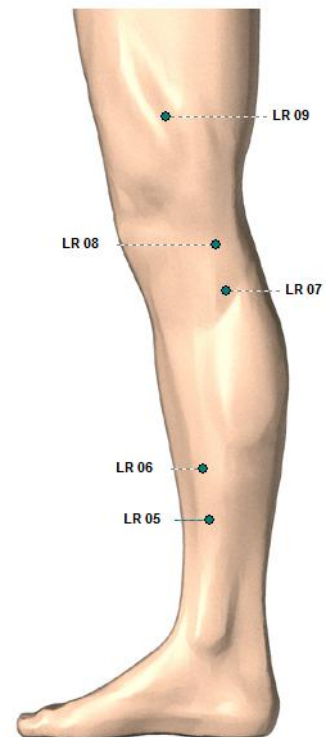
曲泉

Name:

LR 08 - Ququan = Spring at the Bend

Location:

When the knee is flexed, at the medial end of the popliteal crease, posterior to the medial epicondyle of the femur, in the depression on the anterior part of insertion of the tendons of the semimembranosus muscle and semitendinosus muscle.



LR 09

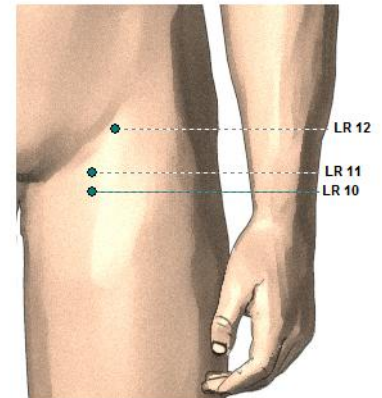
阴包

Name:

LR 09 - Yinbao = Yin Bladder

Location:

4 cun above the medial epicondyle of the femur, in the depression between the muscle vastus medialis muscle and sartorius muscle.



LR 10

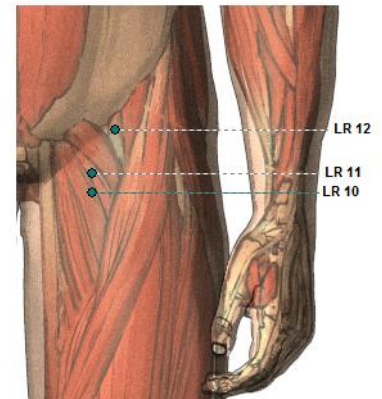
足五里

Name:

LR 10 - Zuwuli = Foot Five Li

Location:

2 cun lateral to the midline, 3 cun caudal to the cranial margin of the pubic bone, 3 cun below ST 30, on the lateral border of the abductor longus muscle.



LR 11

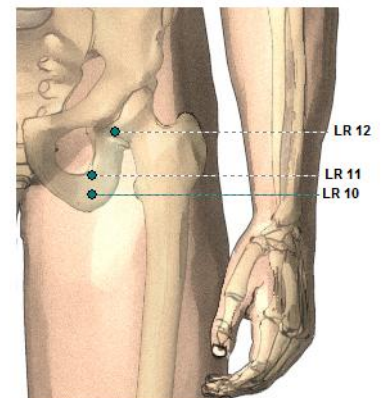
阴廉

Name:

LR 11 - Yinlian = Yin Corner

Location:

2 cun lateral to the midline, 2 cun caudal to the cranial margin of the pubic bone, 2 cun below ST 30, on the lateral border of the abductor longus muscle.



LR 12

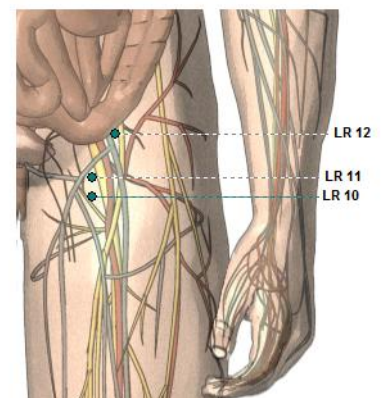
急脉

Name:

LR 12 - Jimai = Urgent Pulse

Location:

2.5 cun lateral to the midline and lateral to the symphysis, 1 cun caudal of the cranial margin of the pubic bone, in the groin above the femoral artery.



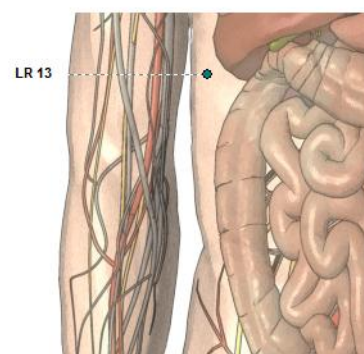
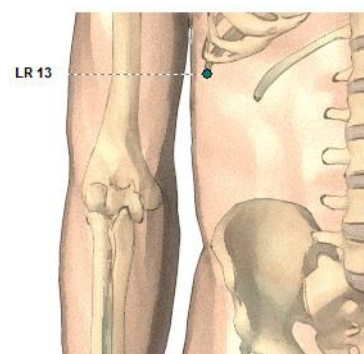
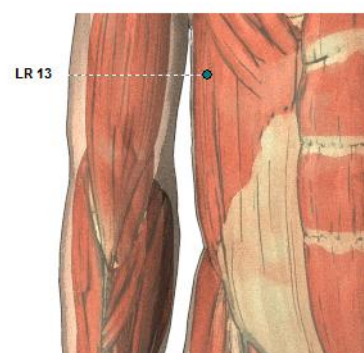
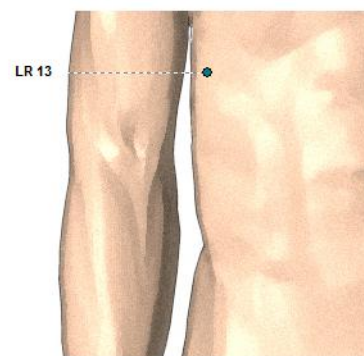
LR 13 章门

Name:

LR 13 - Zhangmen = Camphorwood Gate

Location:

On the lateral side of the abdomen; below the free end of the eleventh rib.



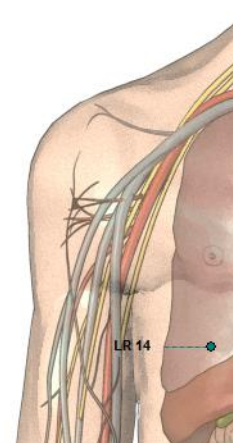
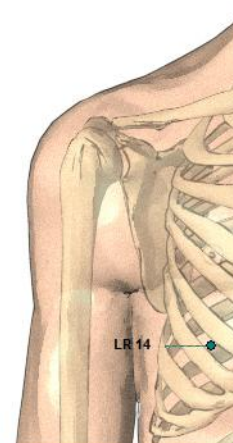
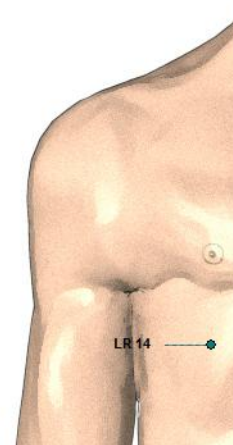
LR 14 期门

Name:

LR 14 - Qimen = Cycle Gate

Location:

In the sixth intercostal space, directly below the nipple, 4 cun lateral to the midline.



Governor Vessel (*Du Mai*)

Course:

The Governor Vessel starts in the lower abdomen or pelvic cavity. The surface pathway emerges from the perineum at GV 01, between the anus and the tip of the coccyx. From there it ascends along the spinal column and reaches GV 16 at the nape of the neck. An internal branch enters the brain and re-emerges at the vertex GV 20. From GV 16 the channel continues to ascend over the top of the head, and descends over the forehead to the tip of the nose and terminates at the junction of the gum and the frenulum on the upper lip.

Point Qualifications:

CV 04	Mingmen	Crossing Point with all Yang Channels
CV 14	Dazhui	
CV 20	Bahui	
SI 03	Houxi	Confluent Point of the Du Mai
BL 62	Shenmai	Coupling Point of the Du Mai

GV 01

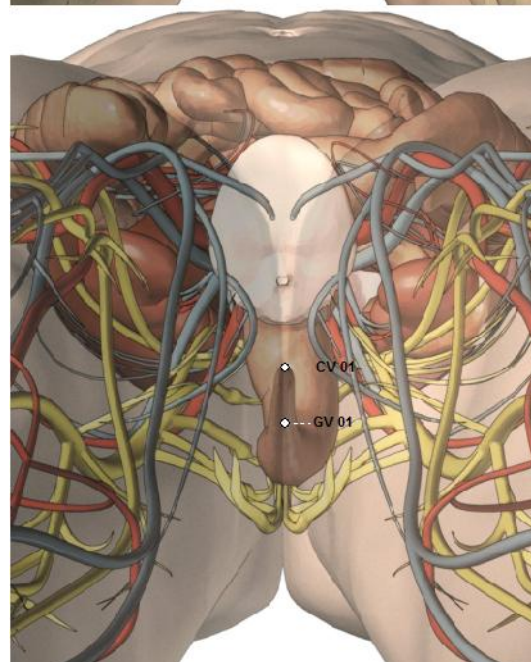
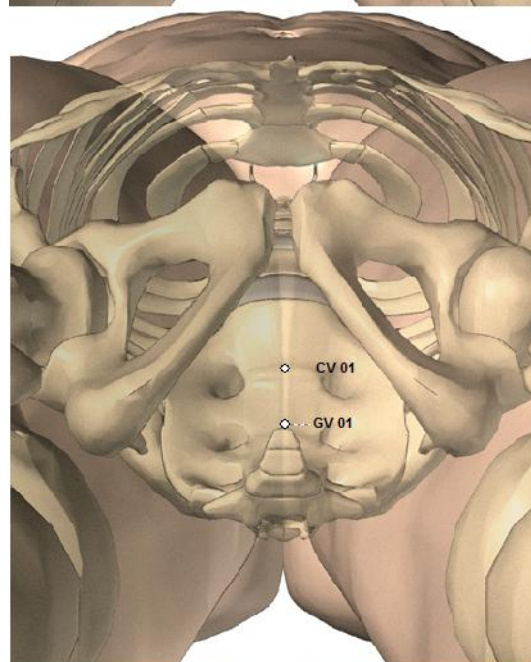
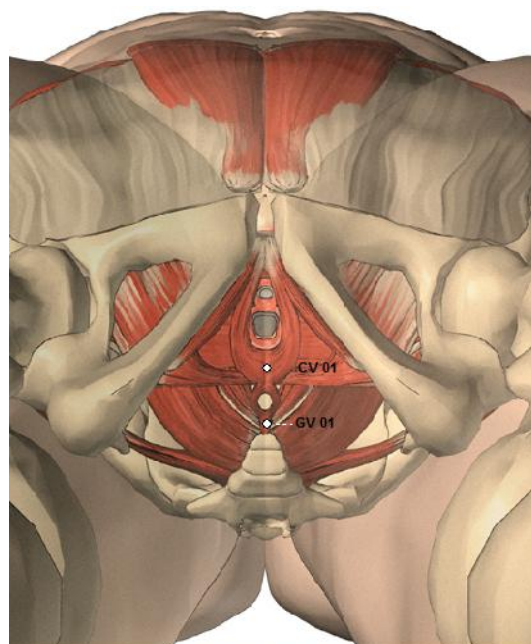
长强

Name:

GV 01 - Changqiang = Long Strong

Location:

Midway between the tip of the coccyx and the anus.



GV 02 腰俞

Name:

GV 02 - Yaoshu = Lumbar Shu

Location:

In the sacral hiatus.

GV 03 腰阳关

Name:

GV 03 - Yaoyangguan = Lumbar Yang Pass

Location:

Below the spinous process of the fourth lumbar vertebra.

GV 04 命门

Name:

GV 04 - Mingmen = Life Gate

Location:

Below the spinous process of the second lumbar vertebra.

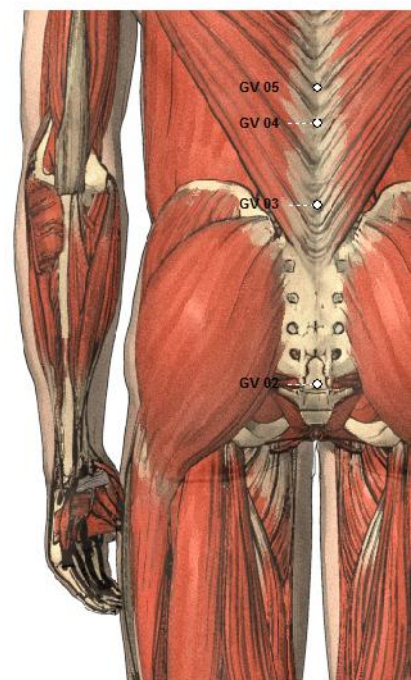
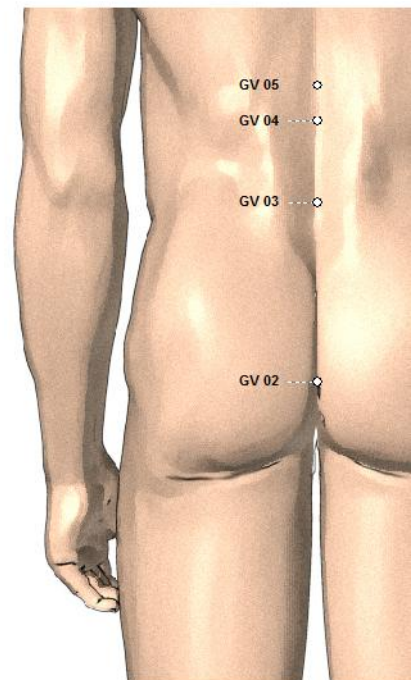
GV 05 悬枢

Name:

GV 05 - Xuanshu = Suspended Pivot

Location:

Below the spinous process of the first lumbar vertebra.



GV 06

脊中

Name:

GV 06 - Jizhong = Spinal Center

Location:

Below the spinous process of the eleventh thoracic vertebra.

GV 07

中枢

Name:

GV 07 - Zhongshu = Central Pivot

Location:

Below the spinous process of the tenth thoracic vertebra.

GV 08

筋缩

Name:

GV 08 - Jinsuo = Sinew Contraction

Location:

Below the spinous process of the ninth thoracic vertebra.

GV 09

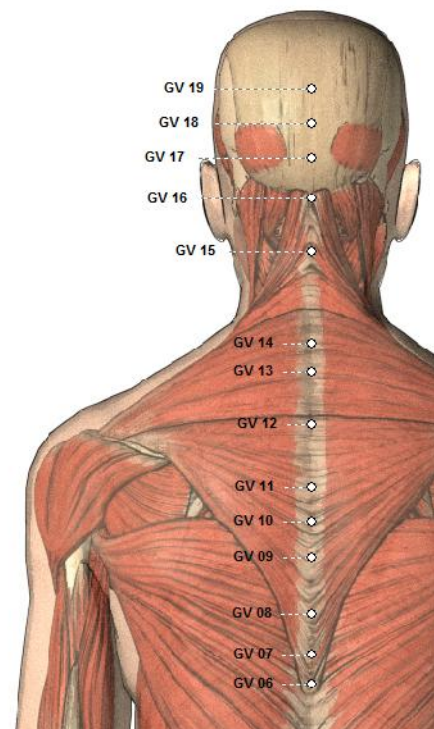
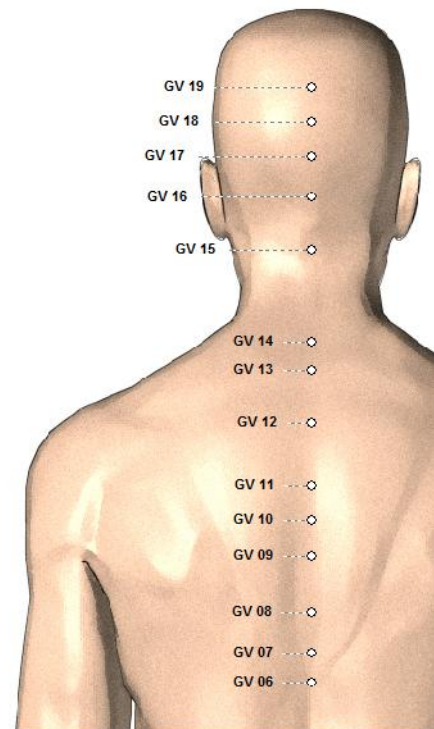
至阳

Name:

GV 09 - Zhiyang = Extremity of Yang

Location:

Below the spinous process of the seventh thoracic vertebra.



GV 10 灵台

Name:

GV 10 - Lingtai = Spirit Tower

Location:

Below the spinous process of the sixth thoracic vertebra.

GV 11 神道

Name:

GV 11 - Shendao = Spirit Path

Location:

Below the spinous process of the fifth thoracic vertebra.

GV 12 身柱

Name:

GV 12 - Shenzhu = Body Pillar

Location:

Below the spinous process of the third thoracic vertebra.

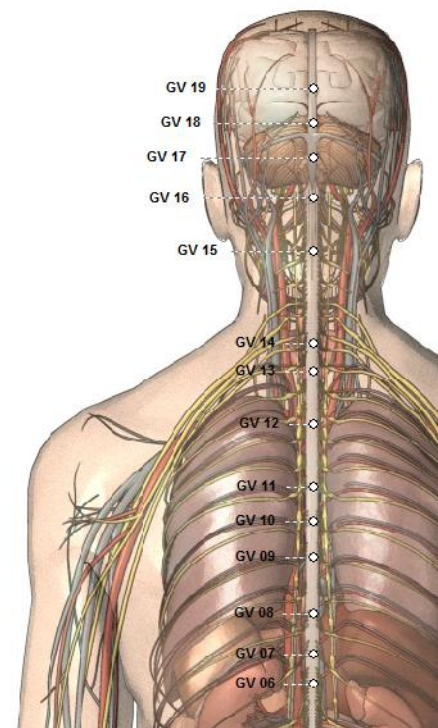
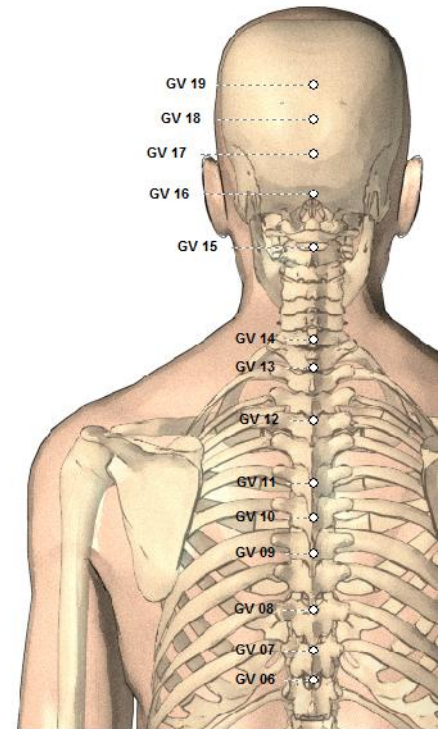
GV 13 陶道

Name:

GV 13 - Taodao = Kiln Path

Location:

Below the spinous process of the first thoracic vertebra.



GV 14 大椎

Name:

GV 14 - Dazhui = Great Hammer

Location:

Below the spinous process of the seventh cervical vertebra.

GV 15 哑门

Name:

GV 15 - Yamen = Mute's Gate

Location:

0.5 cun cranial to the midpoint of the posterior hairline, in the depression below the spinous process of the first cervical vertebra.

GV 16 风府

Name:

GV 16 - Fengfu = Wind Mansion

Location:

1 cun above the midpoint of the posterior hairline, directly below the external occipital protuberance.

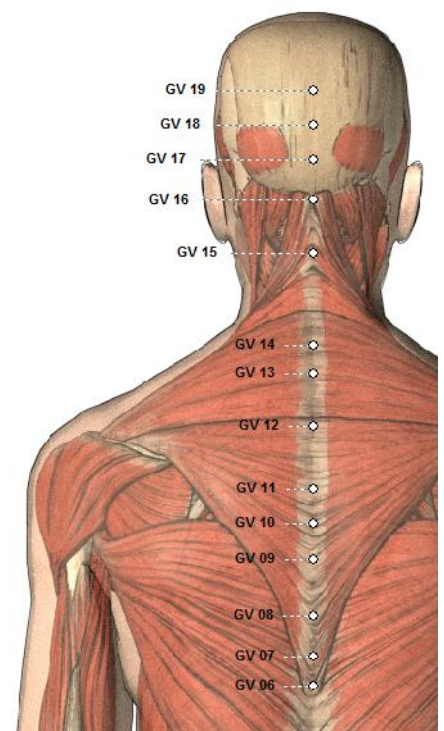
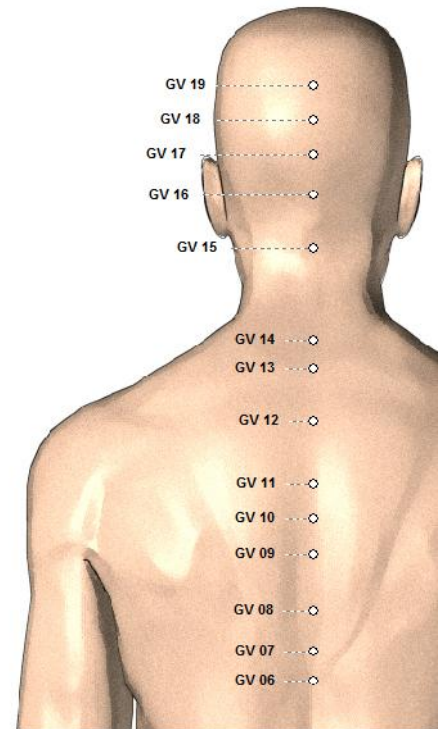
GV 17 脑户

Name:

GV 17 - Naohu = Brain's Door

Location:

On the midline of the head, 2.5 cun within the midpoint of the posterior hairline, in the depression at the superior border of the external occipital protuberance.



GV 18 强间

Name:

GV 18 - Qiangjian = Unyielding Space

Location:

On the midline of the head, 4 cun within the posterior hairline.

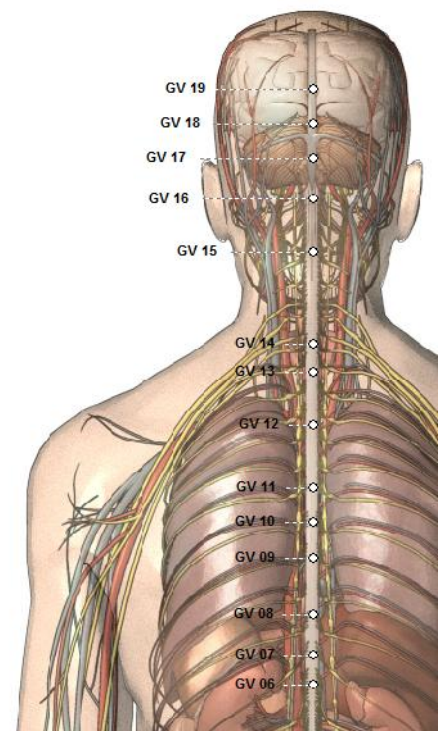
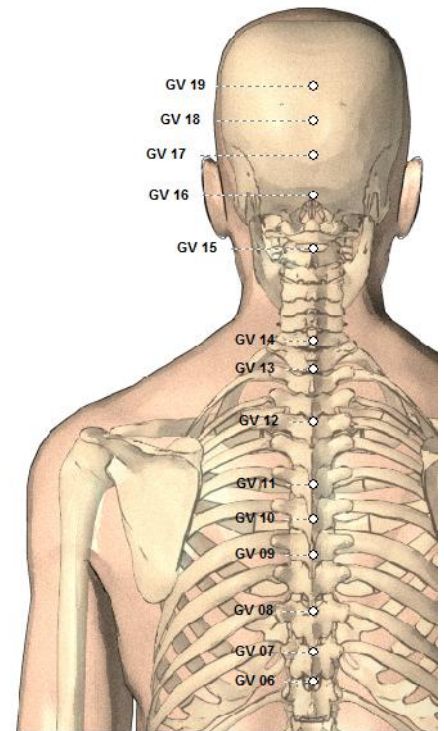
GV 19 后顶

Name:

GV 19 - Houding = Behind the Vertex

Location:

On the midline of the head, 5.5 cun within the posterior hairline.



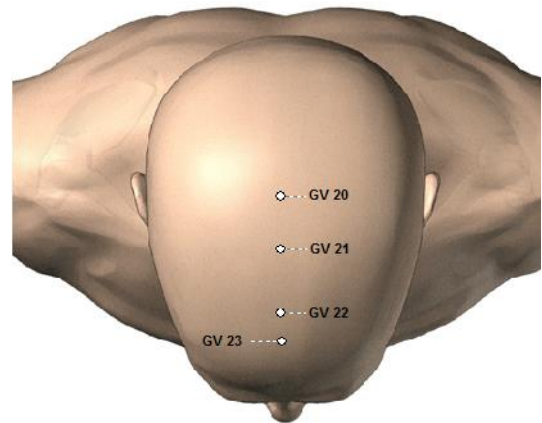
GV 20 百会

Name:

GV 20 - Baihui = Hundred Convergences

Location:

On the midline of the head, 7 cun within the posterior hairline, 5 cun within the anterior hairline, midpoint of the line connecting apexes of both ears.



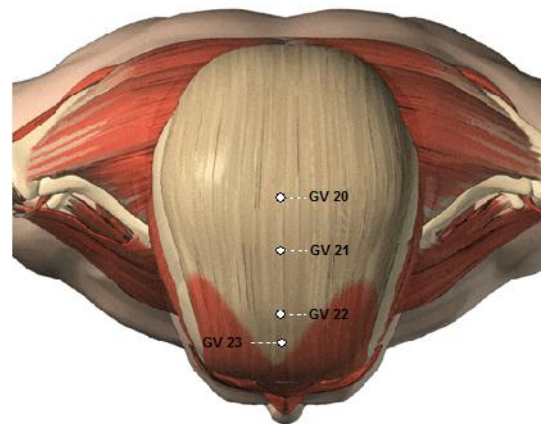
GV 21 前顶

Name:

GV 21 - Qianding = Before the Vertex

Location:

On the midline of the head, 3.5 cun within the anterior hairline.



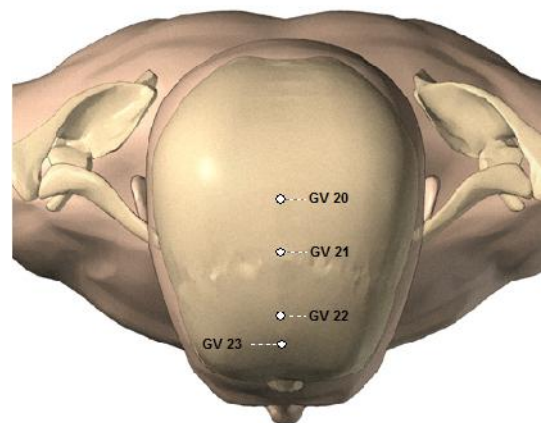
GV 22 囟会

Name:

GV 22 - Xinhui = Fontanel Meeting

Location:

On the midline of the head, 2 cun within the anterior hairline.



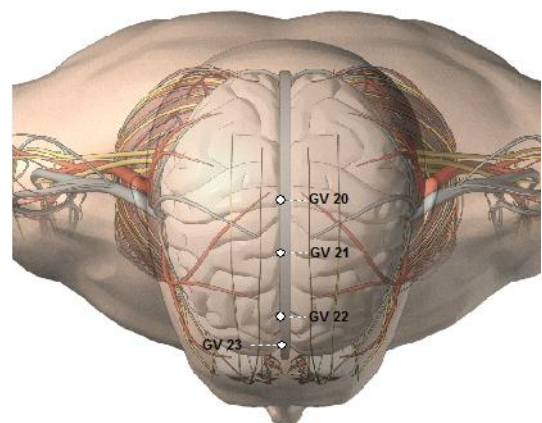
GV 23 上星

Name:

GV 23 - Shangxing = Upper Star

Location:

On the midline of the head, 1 cun within the anterior hairline.



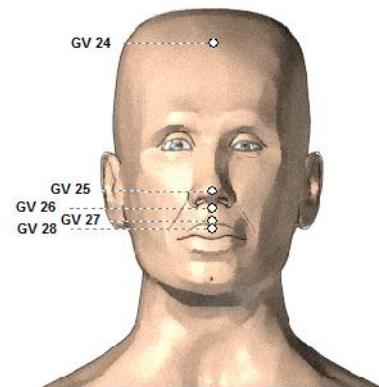
GV 24 神庭

Name:

GV 24 - Shenting = Spirit Court

Location:

On the midline of the head, 0.5 cun within the anterior hairline.



GV 25 素髎

Name:

GV 25 - Suliao = White Bone-Hole

Location:

On the tip of the nose.

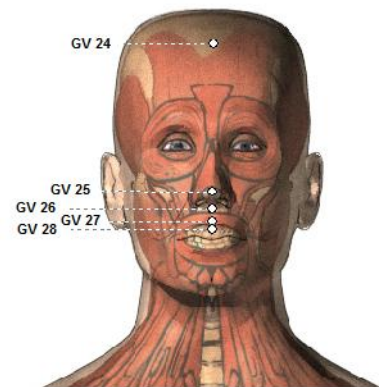
GV 26 水沟

Name:

GV 26 - Shuigou (Renzhong) = Water Trough

Location:

On the midline, below the nose in the upper third of the philtrum.



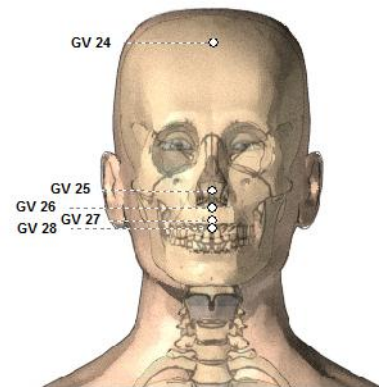
GV 27 兑端

Name:

GV 27 - Duiduan = Extremity of the Mouth

Location:

On the tubercle of the upper lip, at the junction of skin and lip.



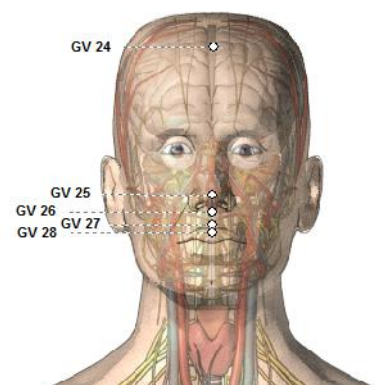
GV 28 龈交

Name:

GV 28 - Yinjiao = Gum Intersection

Location:

On the junction of the gum and the frenulum of the upper lip.



Conception Vessel (*Ren Mai*)

Course:

The Conception Vessel begins in the lower abdomen or the uterus in women. The channel passes through the urogenituary organs and the surface pathway starts at the perineum at CV 01. The channel ascends the midline of the abdomen, across the chest through the neck, up to the metolabial groove on the chin. From there the channel splits and encircles the mouth and ascends to terminate at ST 01 below the eye socket.

Point Qualifications:

CV 03	Zhongji	Front-Mu Alarm Point of the Bladder; Crossing Point with the Liver, Spleen and Kidney Channel
CV 04	Guanyuan	Front-Mu Alarm Point of the Small Intestines; Crossing Point with the Liver, Spleen and Kidney Channel; Crossing Point with Chong Mai
CV 05	Shimen	Front-Mu Alarm Point of the Triple Burner
CV 06	Qihai	
CV 12	Zhongwan	Front-Mu Alarm Point of the Stomach; Front-Mu Alarm Point of the Middle Burner; Gathering Point of the Yang organs; Crossing Point with the Small Intestine, Stomach and Triple Burner Channel
CV 14	Juque	Front-Mu Alarm Point of the Heart
CV 15	Jiuwei	Yuan-Source Point of the five Yin organs
CV 17	Tanzhong	Front-Mu Alarm Point of the Pericardium; Front-Mu Alarm Point of the Upper Burner; Meeting Point of the Qi; Concentration Point of all Luo-Connecting Points; Crossing Point with Small Intestine, Spleen, Kidney and Triple Burner Channel
LU 07	Lieque	Confluent Point of the Ren Mai
KI 06	Zhaohai	Coupling Point of the Ren Mai

CV 01

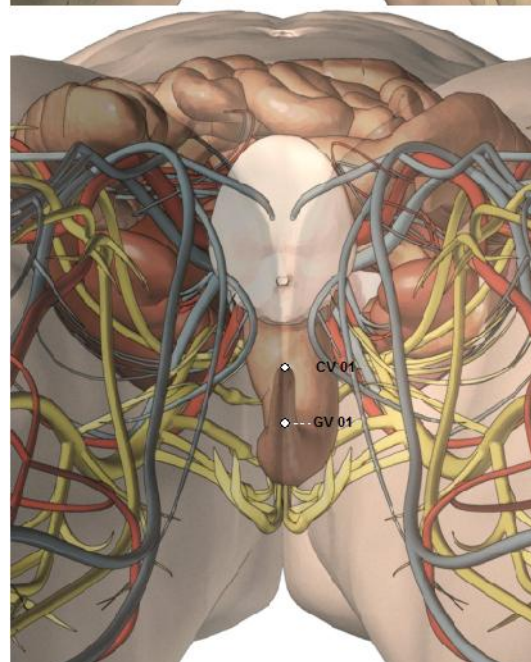
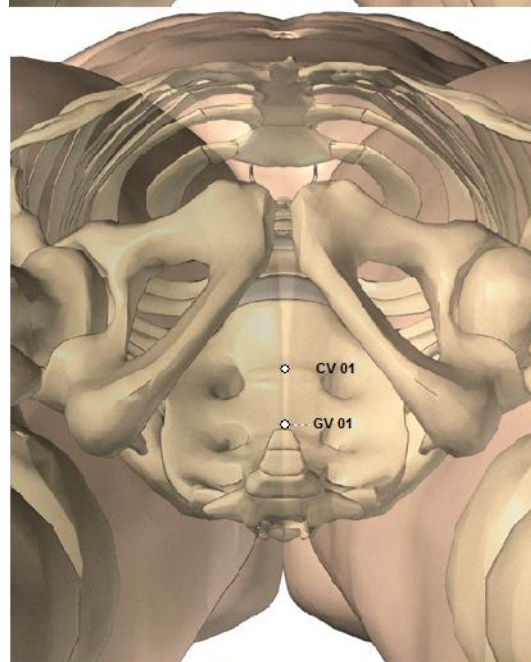
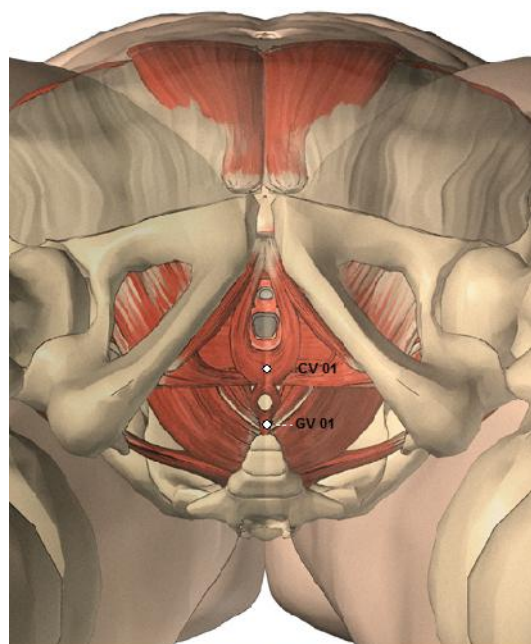
会阴

Name:

CV 01 - Huiyin = Meeting of the Yin

Location:

On the midline, in the middle of the perineum.



CV 02 曲骨

Name:

CV 02 - Qugu = Curved Bone

Location:

On the midpoint of the superior border of the symphysis pubis.

CV 03 中极

Name:

CV 03 - Zhongji = Central Pole

Location:

On the midline, 1 cun cranial to the superior border of the symphysis pubis, 4 cun below to the umbilicus.

CV 04 关元

Name:

CV 04 - Guanyuan = Origin Pass

Location:

On the midline, 2 cun cranial to the superior border of the symphysis pubis, 3 cun below to the umbilicus.

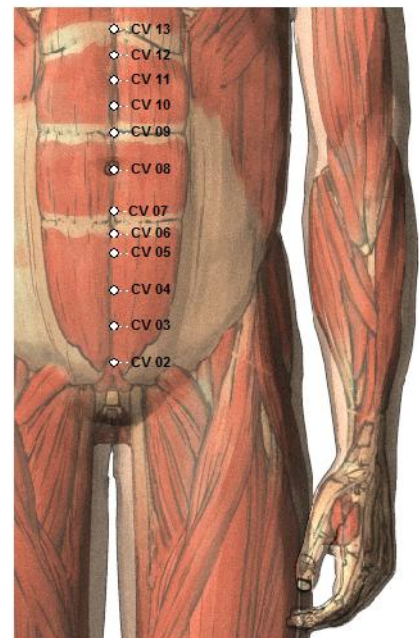
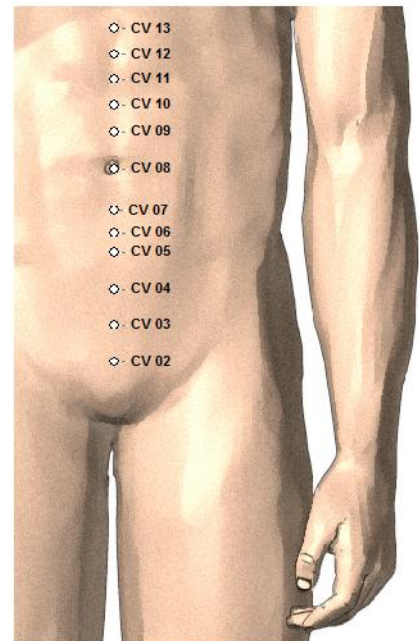
CV 05 石门

Name:

CV 05 - Shimen = Stone Gate

Location:

On the midline, 2 cun below to the umbilicus.



CV 06 气海

Name:

CV 06 - Qihai = Sea of Qi

Location:

On the midline, 1.5 cun below to the umbilicus.

CV 07 阴交

Name:

CV 07 - Yinjiao = Yin Intersection

Location:

1 cun caudal to the umbilicus on the midline

CV 08 神阙

Name:

CV 08 - Shenque = Spirit Gate

Location:

In the center of the umbilicus.

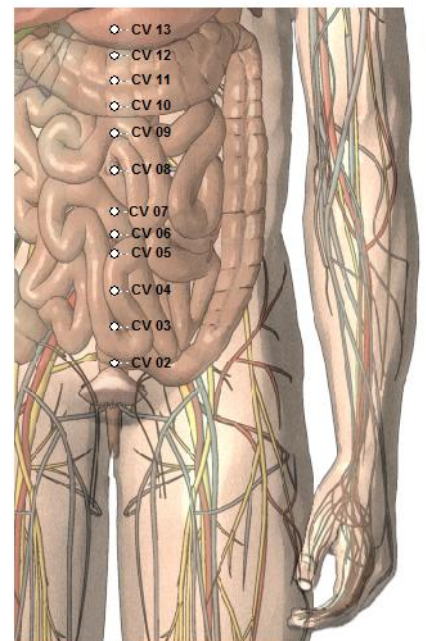
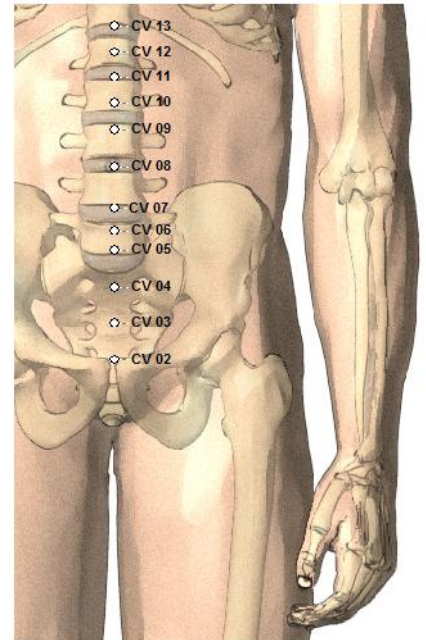
CV 09 水分

Name:

CV 09 - Shuifen = Water Divide

Location:

On the midline, 1 cun above the umbilicus.



CV 10 下脘

Name:

CV 10 - Xiawan = Lower Venter

Location:

On the midline, 2 cun above the umbilicus.

CV 11 建里

Name:

CV 11 - Jianli = Interior Strengthening

Location:

On the midline, 3 cun above the umbilicus.

CV 12 中脘

Name:

CV 12 - Zhongwan = Central Venter

Location:

On the midline, 4 cun above the umbilicus.

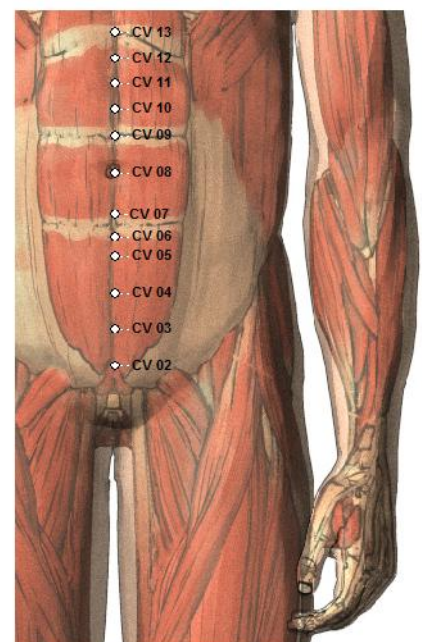
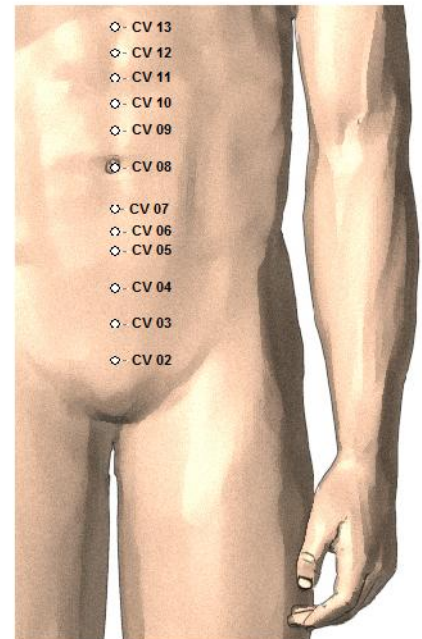
CV 13 上脘

Name:

CV 13 - Shangwan = Upper Venter

Location:

On the midline, 5 cun above the umbilicus.



CV 14

巨阙

Name:

CV 14 - Juque = Great Tower Gate

Location:

1.5 cun below to the xiphoid process, on the anterior midline, 6 cun above the umbilicus.

CV 15

鸠尾

Name:

CV 15 - Jiuwei = Turtledove Tail

Location:

0.5 cun below to the xiphoid process, on the midline, 7 cun above the umbilicus.

CV 16

中庭

Name:

CV 16 - Zhongting = Center Palace

Location:

On the anterior midline, at the midpoint of the xiphsternal joint, at the level with the fifth intercostal space.

CV 17

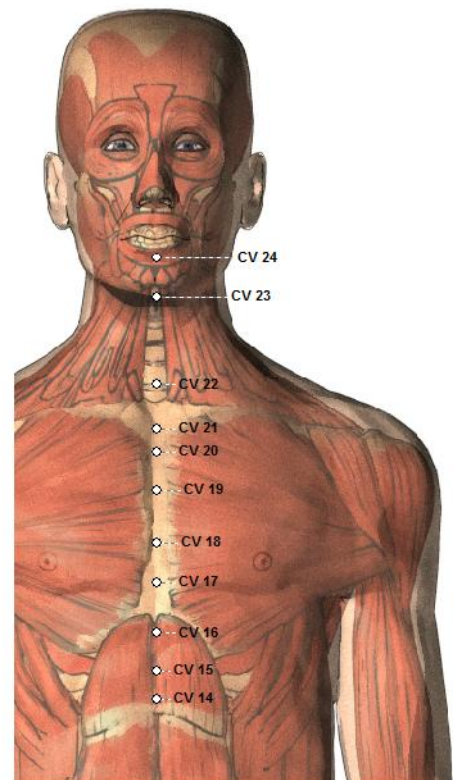
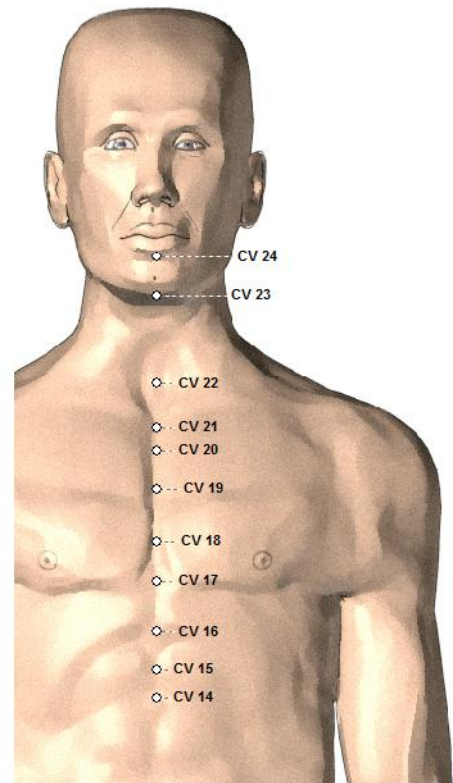
膻中

Name:

CV 17 - Danzhong = Chest Center

Location:

On the anterior midline, at the level with the fourth intercostal space (normally between the nipples).



CV 18

玉堂

Name:

CV 18 - Yutang = Jade Hall

Location:

On the anterior midline, at the level with the third intercostal space.

CV 19

紫宫

Name:

CV 19 - Zigong = Purple Palace

Location:

On the anterior midline, at the level with the second intercostal space.

CV 20

华盖

Name:

CV 20 - Huagai = Florid Canopy

Location:

On the anterior midline, at the midpoint of the sternal angle, at the level with the first intercostal space.

CV 21

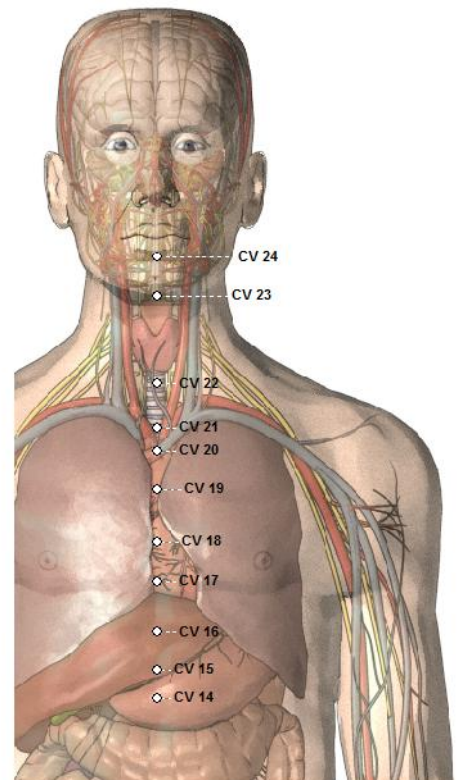
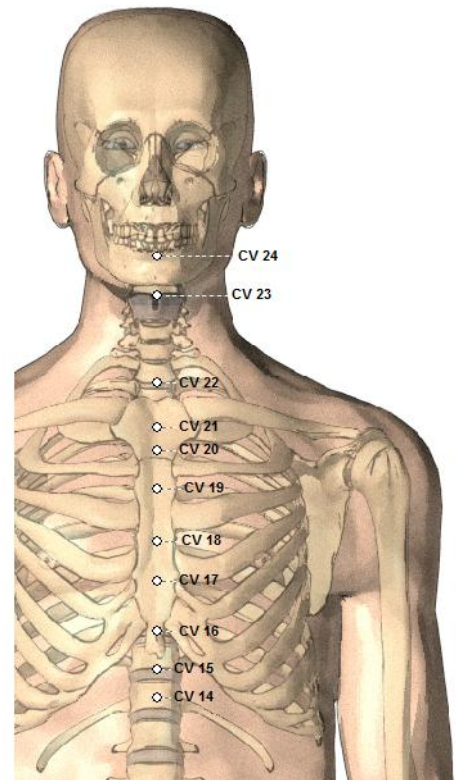
璇玑

Name:

CV 21 - Xuanji = Jade Pivot

Location:

On the anterior midline, in the center of the sternal manubrium.



CV 22

天突

Name:

CV 22 - Tiantu = Celestial Chimney

Location:

In the center of the suprasternal fossa.

CV 23

廉泉

Name:

CV 23 - Lianquan = Ridge Spring

Location:

Above the Adam's Apple, in the depression superior to the hyoid bone.

CV 24

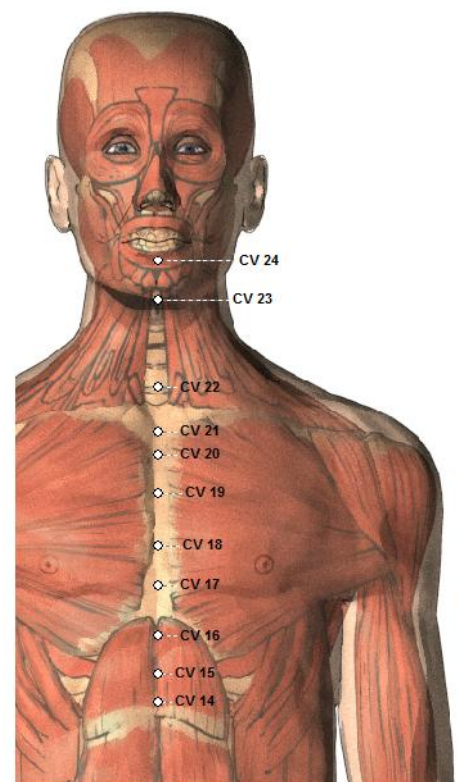
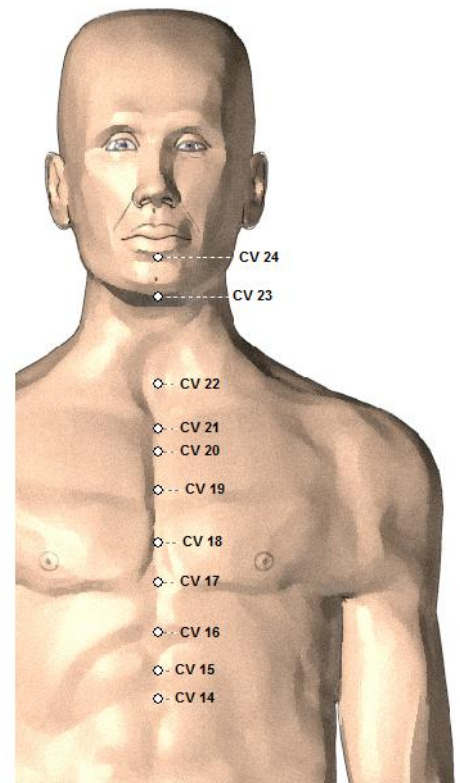
承浆

Name:

CV 24 - Chengjiang = Sauce Receptacle

Location:

In the depression in the center of the metolabial groove.



Extrapoints

Ex-B 01 定喘

Name:

Ex-B 01 - Dingchuan = Calm Panting

Location:

0.5 cun lateral to the spinous process of the seventh cervical vertebra at the level of DU 14.

Ex-B 02 夹脊

Name:

Ex-B 02 - Huatuojiayi = Hua Tuo's Paravertebral Points

Location:

A group of 17 points on each side of the spinal column. Located 0.5 cun lateral to the midline, level with the lower borders of each spinous process from the first thoracic vertebra to the fifth lumbar vertebra.

Ex-B 03 胃脘下俞

Name:

Ex-B 03 - Weiguanxiashu = Lower Shu Point of Stomach Cavity

Location:

1.5 cun lateral to the midline, level with the lower border of the spinous process of the eighth thoracic vertebra.

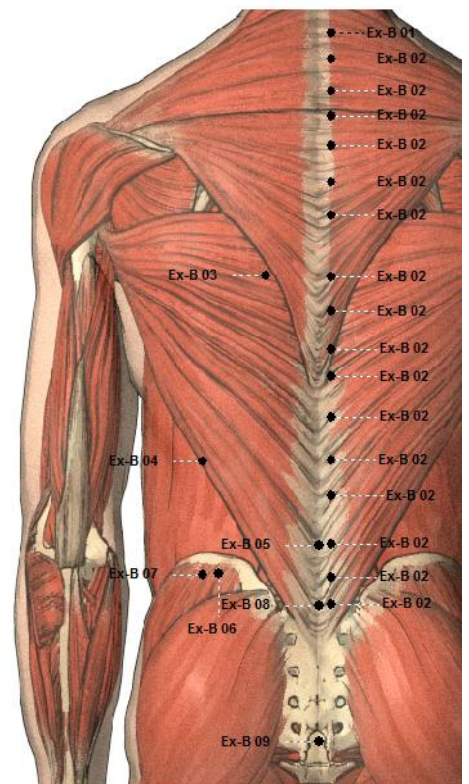
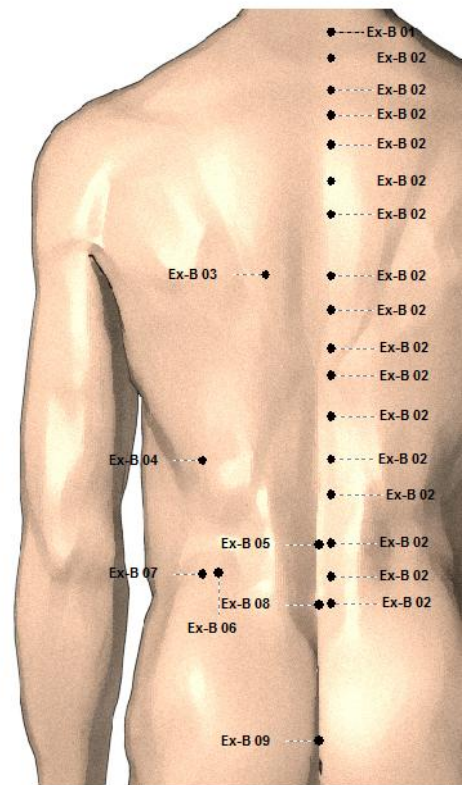
Ex-B 04 痞根

Name:

Ex-B 04 - Pigen = Root of Abdominal Swelling

Location:

3.5 cun lateral to the midline, level with the lower border of the spinous process of the first lumbar vertebra.



Ex-B 05 下极俞

Name:

Ex-B 05 - Xiajishu = Transport Point of the Lower Pole

Location:

In the depression below the spinous process of the third lumbar vertebra.

Ex-B 06 腰宜

Name:

Ex-B 06 - Yaoyi = Serving the Lumbar Region

Location:

3 cun lateral to the midline, level with the lower border of the spinous process of the fourth lumbar vertebra.

Ex-B 07 腰眼

Name:

Ex-B 07 - Yaoyan = Lumbar Eyes

Location:

3,5 cun lateral to the midline, level with the lower border of the spinous process of the fourth lumbar vertebra.

Ex-B 08 十七椎

Name:

Ex-B 08 - Shiqizhui = Seventeenth Vertebra

Location:

In the depression below the spinous process of the fifth lumbar vertebra.

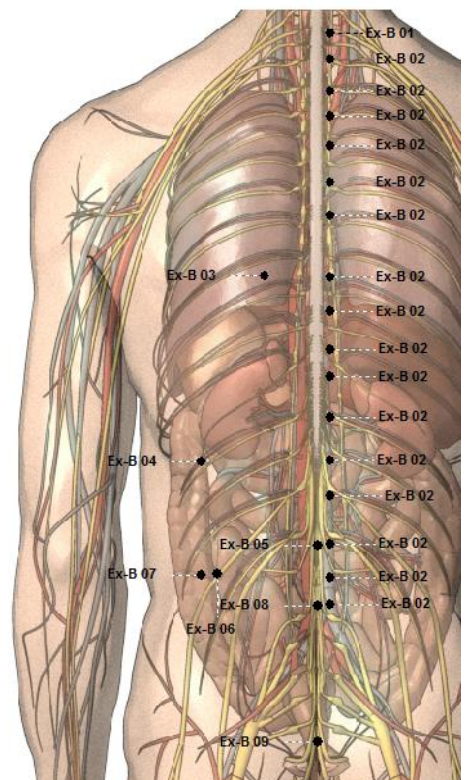
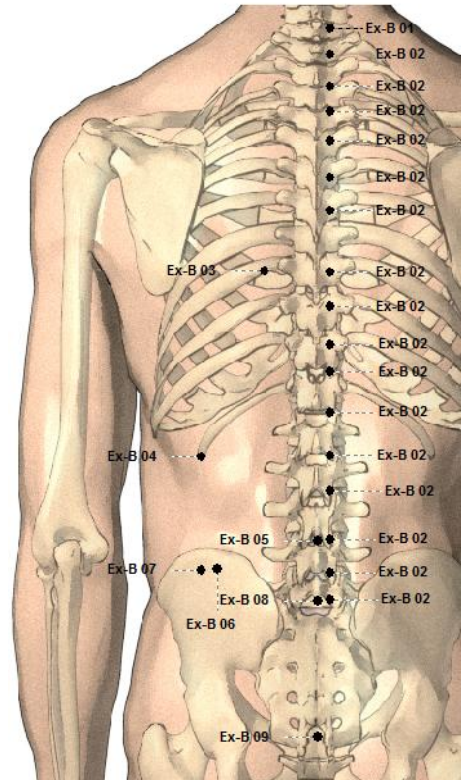
Ex-B 09 腰奇

Name:

Ex-B 09 - Yaoqi = Marvellous for the Lumbar Region

Location:

On the midline, 2 cun directly above the tip of the coccyx in a depression.



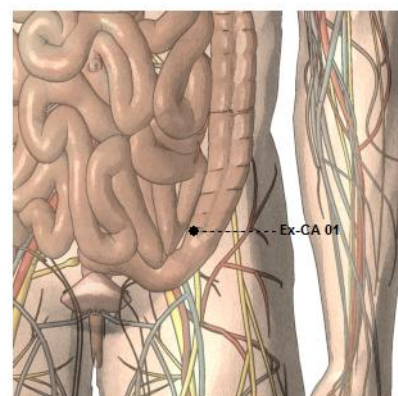
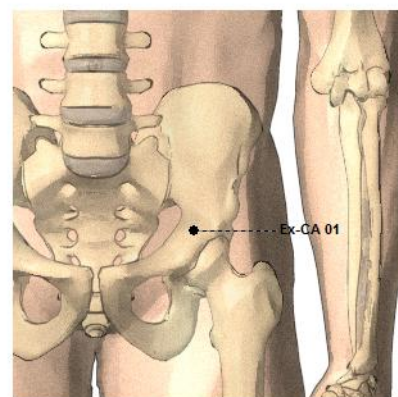
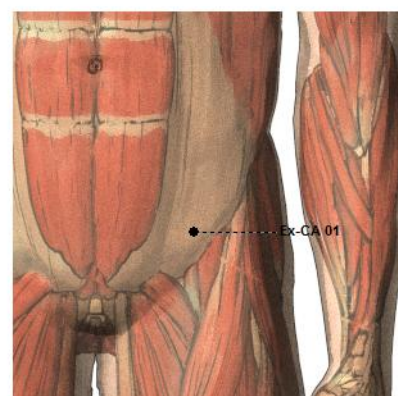
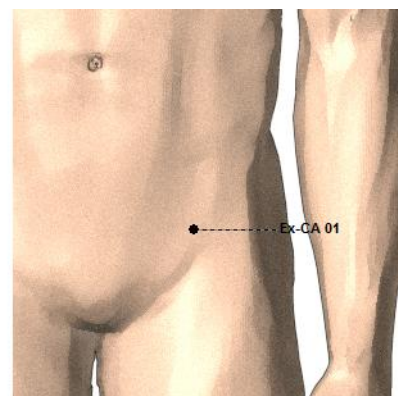
Ex-CA 01 子宫

Name:

Ex-CA 01 - Zigong = Palace of the Child (Uterus)

Location:

1 cun superior to the pubic symphysis. 3 cun lateral to the midline.
Level with Ren-3.



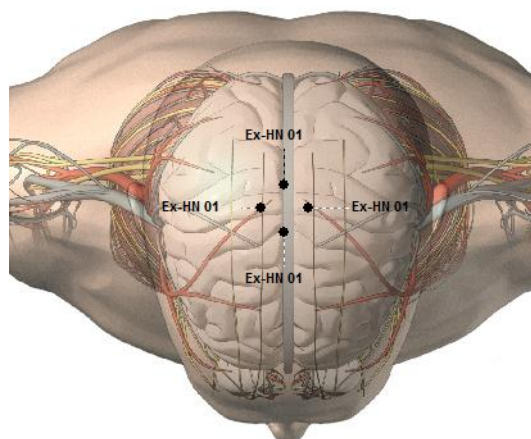
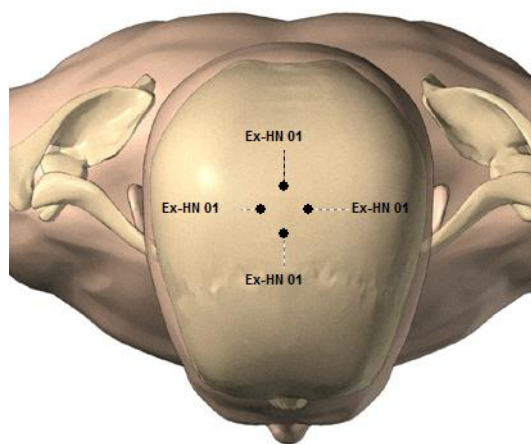
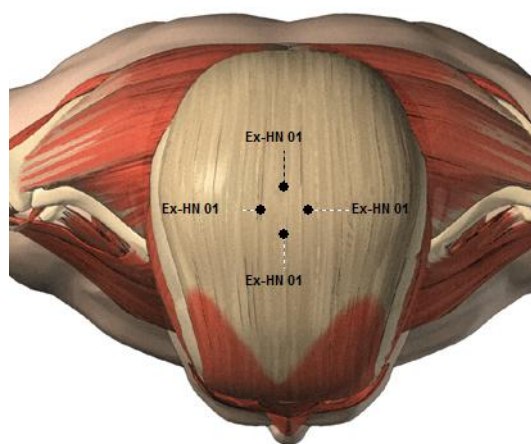
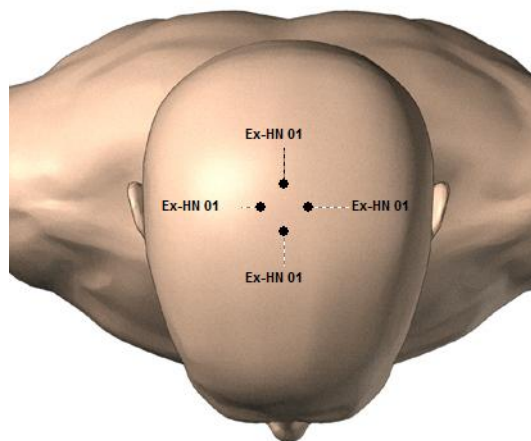
Ex-HN 01 四神聪

Name:

Ex-HN 01 - Sishencong = Four Alert Spirit

Location:

A group of 4 points at the vertex, 1 cun posterior, anterior, and bilateral to Du 20.



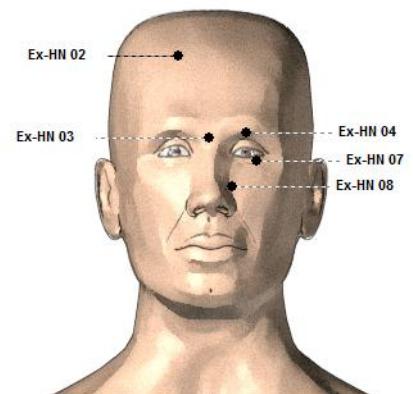
Ex-HN 02 当阳

Name:

Ex-HN 02 - Dangyang = Toward the Yang

Location:

1 cun cranial to the anterior hairline, directly above the pupil. While the patient is looking straight ahead.



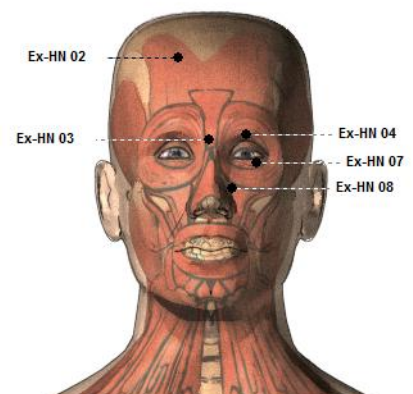
Ex-HN 03 印堂

Name:

Ex-HN 03 - Yintang = Hall of Impression

Location:

At the midpoint between the eyebrows.



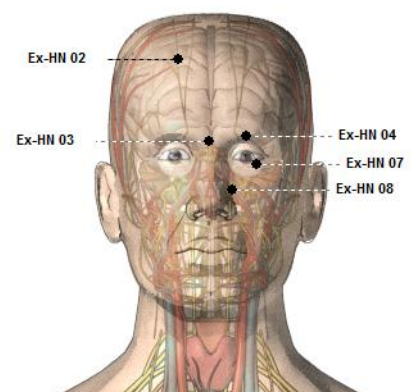
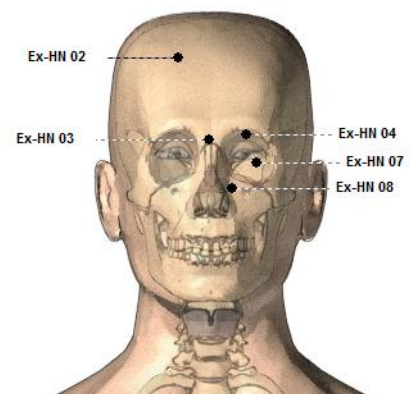
Ex-HN 04 鱼腰

Name:

Ex-HN 04 - Yuyao = Fish Waist

Location:

In the center of the eyebrow, in the depression, directly above the pupil.



Ex-HN 05 太阳

Name:

Ex-HN 05 - Taiyang = Supreme Yang

Location:

In a depression 1 cun posterior to the midpoint between the lateral end of the eyebrow and the outer canthus of the eye.

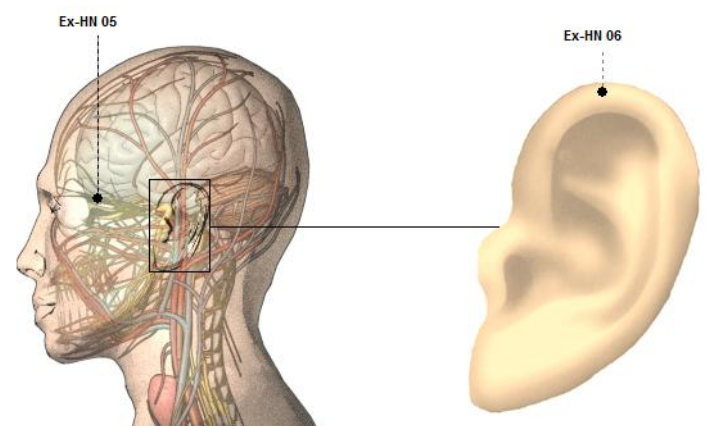
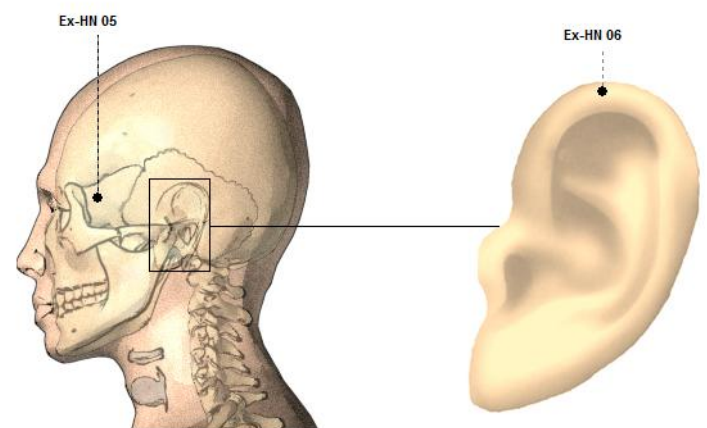
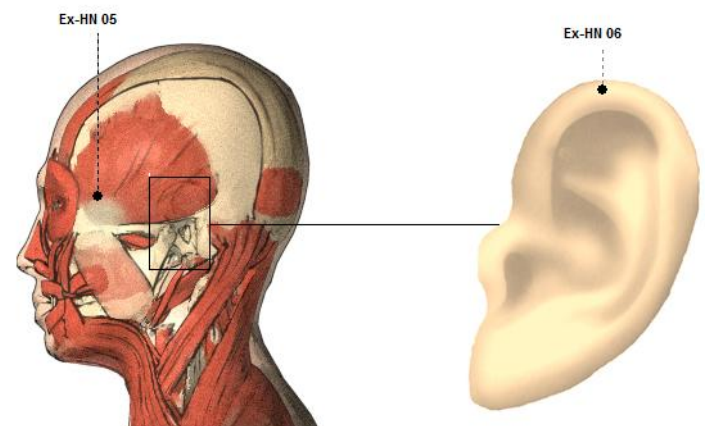
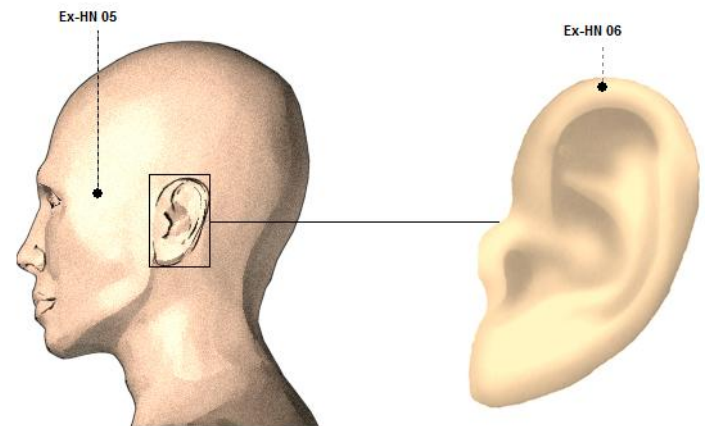
Ex-HN 06 耳尖

Name:

Ex-HN 06 - Erjian = Tip of the Ear

Location:

At the apex of the ear when ear is folded forwards.



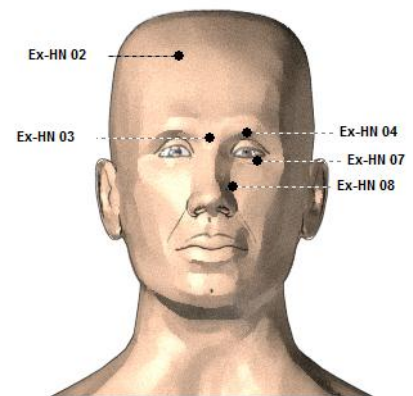
Ex-HN 07 球后

Name:

Ex-HN 07 - Qiuhou - Behind the Ball

Location:

Along the inferior border of the orbit of the eye. At the junction of the lateral one quarter and medial three quarters of the infr-orbital margin.



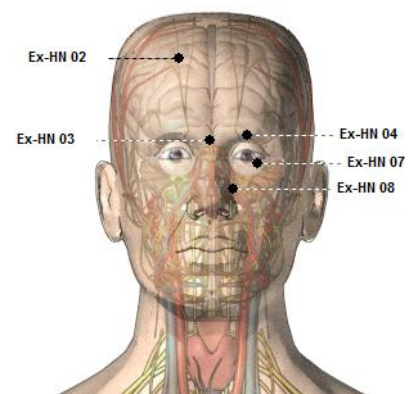
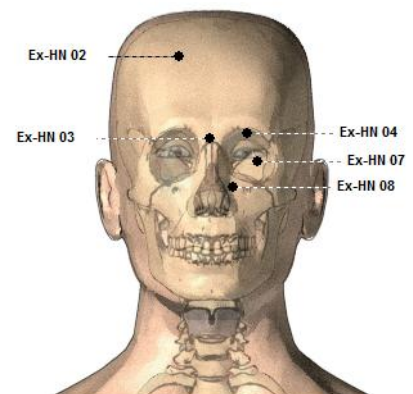
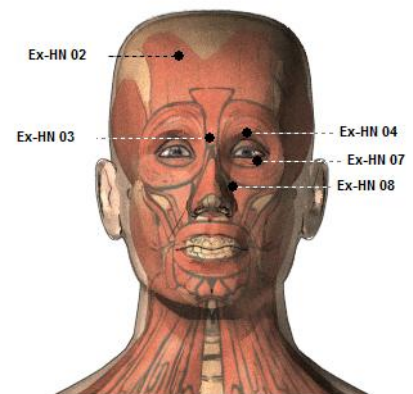
Ex-HN 08 上迎香

Name:

Ex-HN 08 - Shangyingxiang - Above Welcome Fragrance

Location:

Below the nose bone, in the depression of the upper end of the nasolabial sulcus.



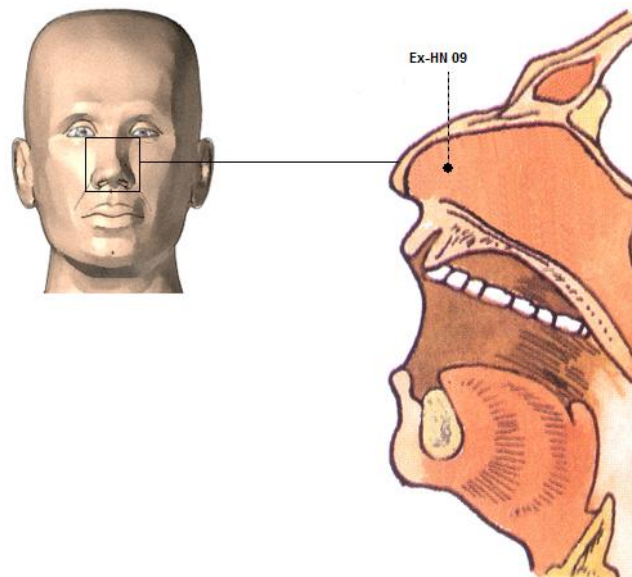
Ex-HN 09 内迎香

Name:

Ex-HN 09 - Neiyangxiang = Inner Welcome Fragrance

Location:

In the mucous membrane of the nose, at the superior end near the opening of the nostril.



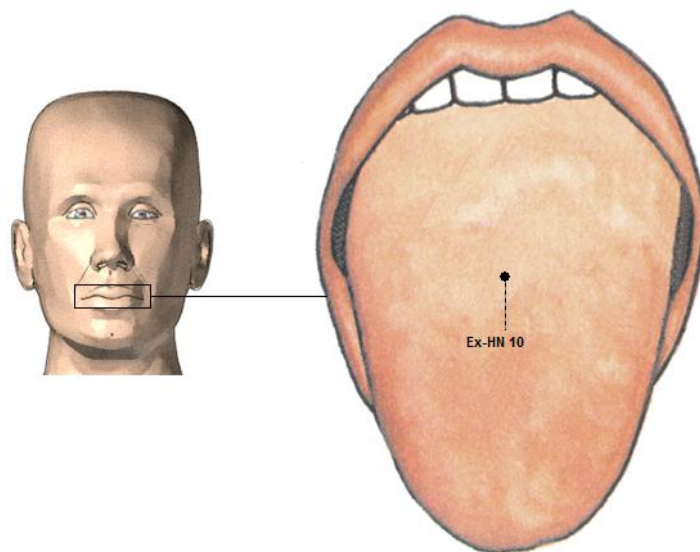
Ex-HN 10 聚泉

Name:

Ex-HN 10 - Juquan = Gathering Spring

Location:

In the center of the dorsum of the tongue.



Ex-HN 11 海泉

Name:

Ex-HN 11 - Haiquan = Sea's Spring

Location:

In the center of the frenum linguae on the underside of the tongue.

Ex-HN 12 金津

Name:

Ex-HN 12 - Jinjin = Gold Fluid

Location:

Under the tongue on the vein on the left side of the frenulum of the tongue.

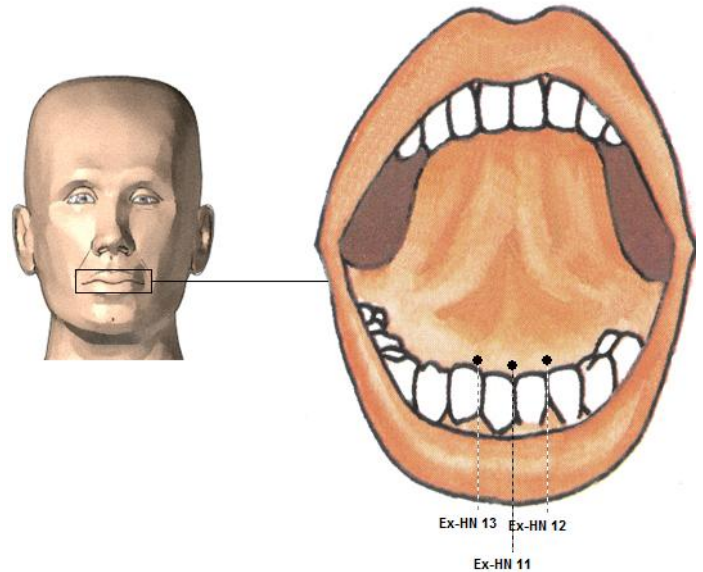
Ex-HN 13 玉液

Name:

Ex-HN 13 - Yuye = Jade Fluid

Location:

Under the tongue on the vein on the right side of the frenulum of the tongue.



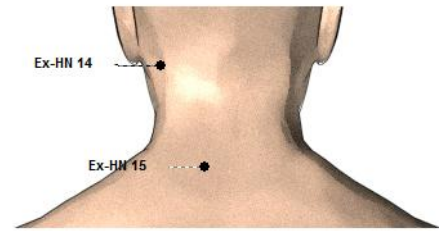
Ex-HN 14 翳明

Name:

Ex-HN 14 - Yiming = Shielding Brightness

Location:

At the neck, 1 cun behind TB 17, on a line between TB 17 and GB 20.



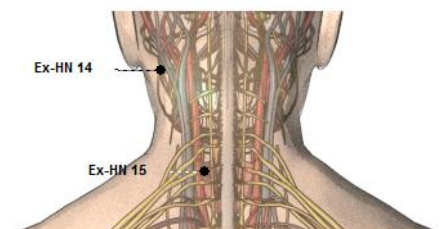
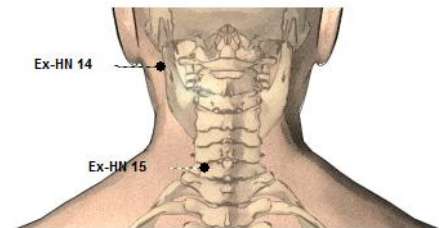
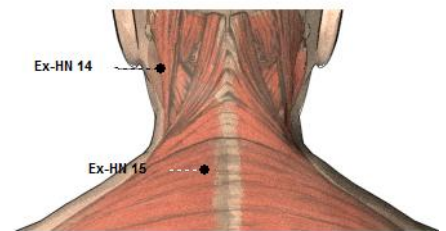
Ex-HN 15 颈百劳

Name:

Ex-HN 15 - Bailao = Hundred Labors

Location:

At the back of the neck, 1 cun lateral to the midline, 2 cun superior to DU 14.



Ex-LE 01 髌骨

Name:

Ex-LE 01 - Kuangu = Hip Bone

Location:

Two points 2 cun above the lateral superior edge of the patella. 1.5 cun medial and lateral to ST 34.

Ex-LE 02 鹤顶

Name:

Ex-LE 02 - Heding = Crane's Summit

Location:

In the depression at the midpoint of the superior border of the patella.

Ex-LE 03 百虫窝

Name:

Ex-LE 03 - Baichongwo = Hundered Insects' Nest

Location:

3 cun proximal to the superior border of the patella. In a depression on the bulge of the vastus medialis muscle.

Ex-LE 04 内膝眼

Name:

Ex-LE 04 - Neixiyan = Inner Eye of the Knee

Location:

In the depression formed when the knee is flexed below the patella and both medial to the patellar ligament.

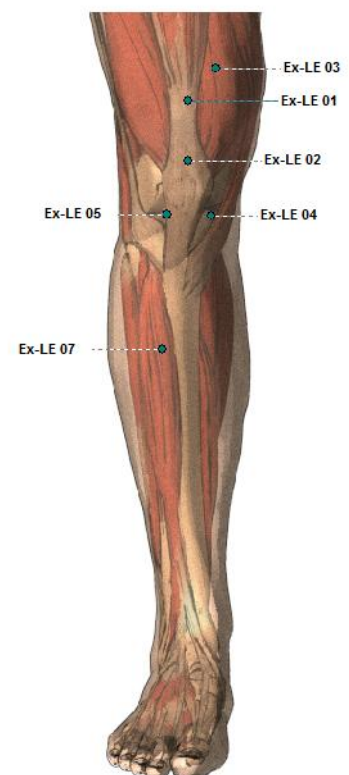
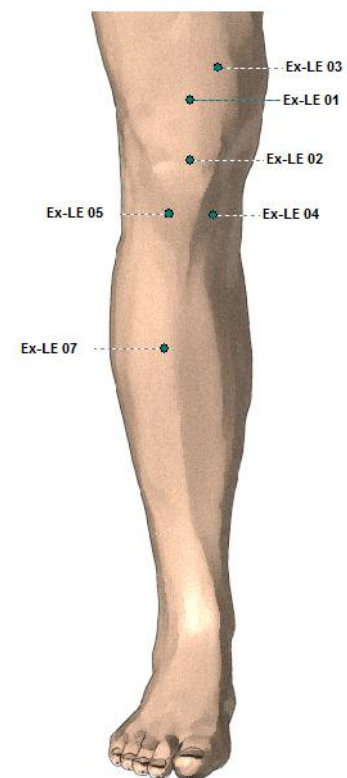
Ex-LE 05 膝眼

Name:

Ex-LE 05 - Xiyan = (Outer) Eye of the Knee

Location:

In the depression formed when the knee is flexed below the patella and both lateral to the patellar ligament. Xiyan = ST 35



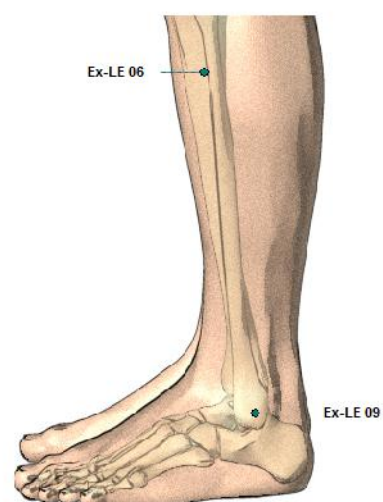
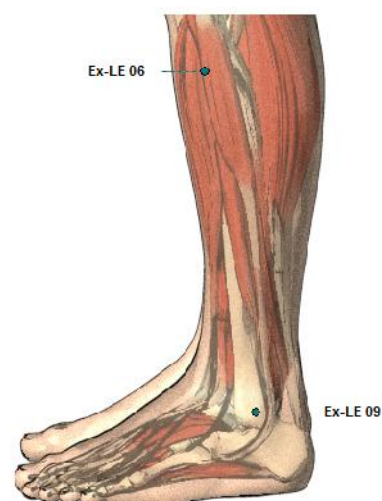
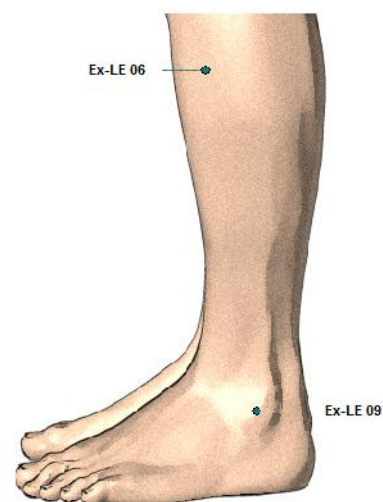
Ex-LE 06 胆囊穴

Name:

Ex-LE 06 - Dannangxue = Gallbladder Point

Location:

1-2 cun distal to GB 34 on the right leg. Chose point that is very tender on palpation.



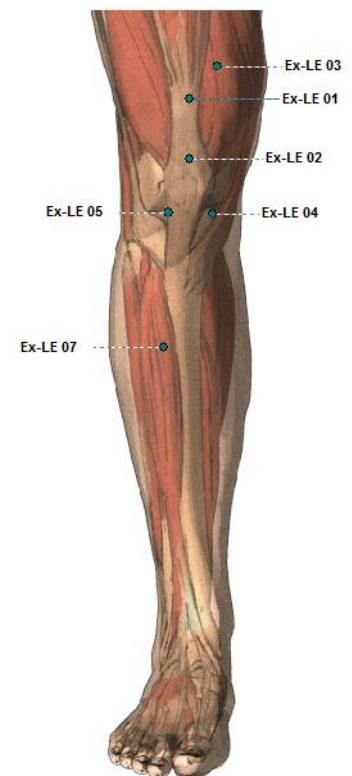
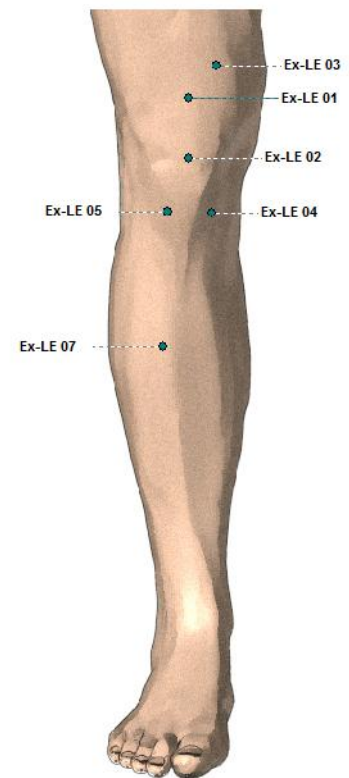
Ex-LE 07 阑尾穴

Name:

Ex-LE 07 - Lanweixue = Appendix Point

Location:

5 cun distal to the lower lateral border of the patella approximately 2 cun distal to ST 36 on the right leg.



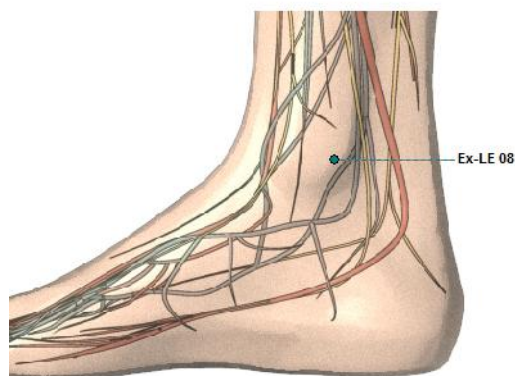
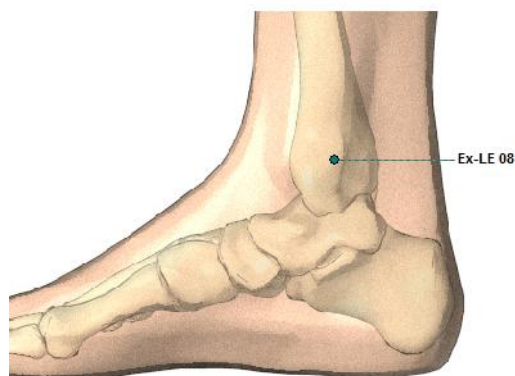
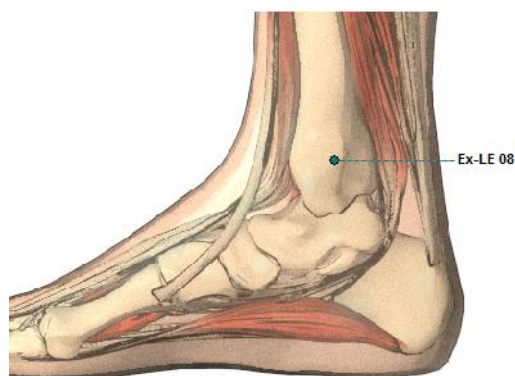
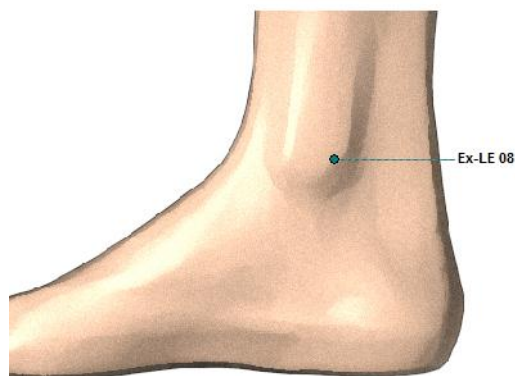
Ex-LE 08 内踝尖

Name:

Ex-LE 08 - Neihuaijian = Tip of Medial Malleolus

Location:

At the tip of the medialen Malleolus.



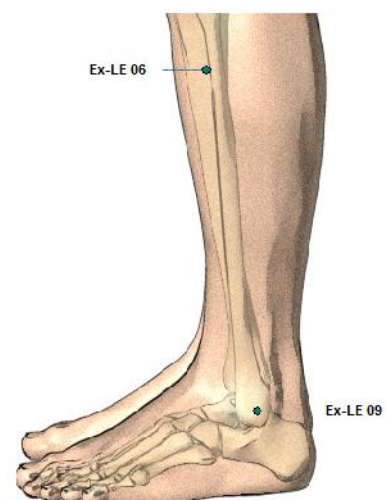
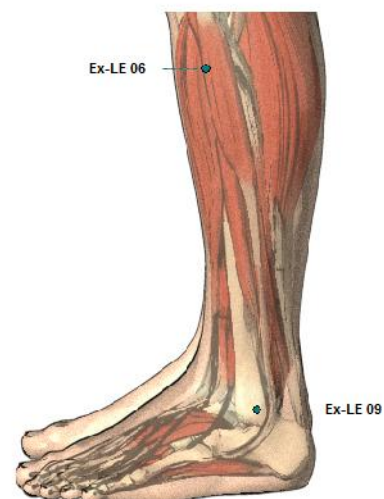
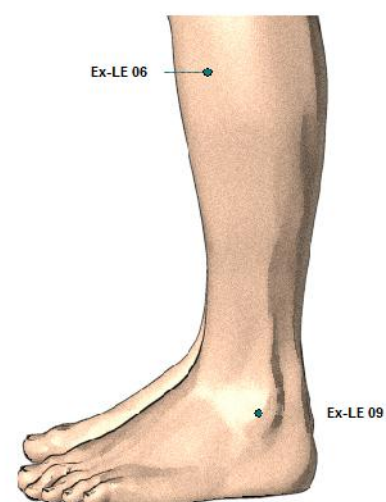
Ex-LE 09 外踝尖

Name:

Ex-LE 09 - Waihuaijian = Tip of Lateral Malleolus

Location:

At the tip of the lateral Malleolus



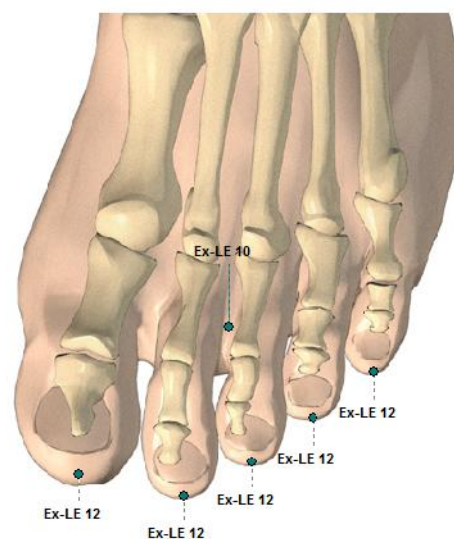
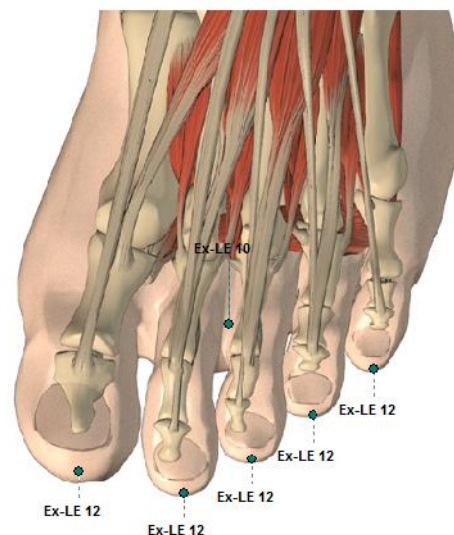
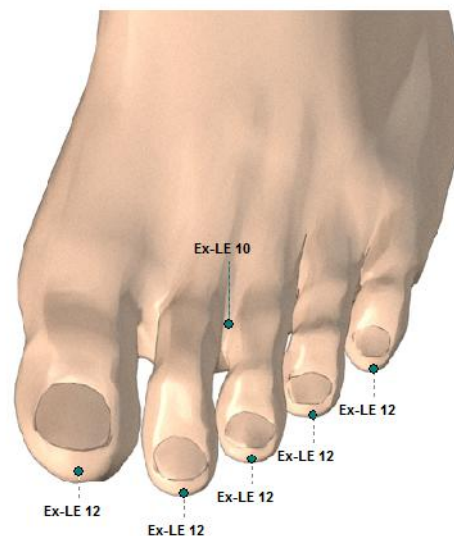
Ex-LE 10 八风

Name:

Ex-LE 10 - Bafeng = Eight Winds

Location:

Four points on each foot, at the dorsum of the foot, between the toes, 0.5 cun proximal to the margin of the web.



Ex-LE 11 独阴

Name:

Ex-LE 11 - Duyin = Single Yin

Location:

At the sole of the foot, on the midpoint of the transverse crease of the distal phalangeal joint of the 2nd toe.



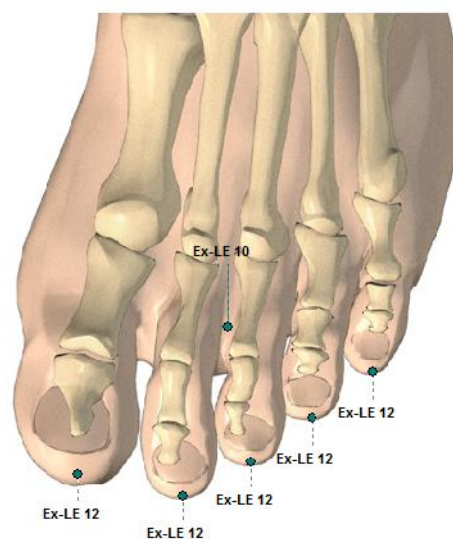
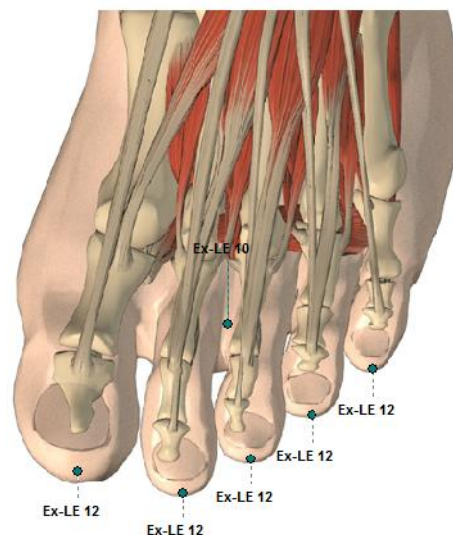
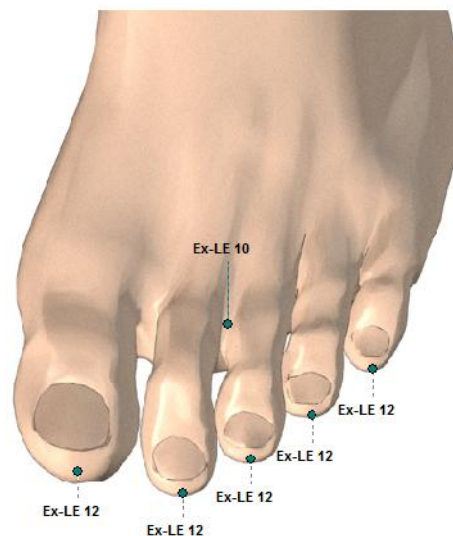
Ex-LE 12 气端

Name:

Ex-LE 12 - Qiduan = Qi's Extremity

Location:

At the tip of each toe.



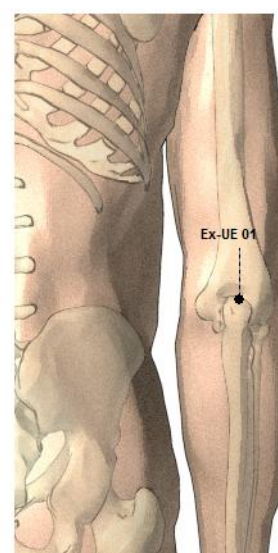
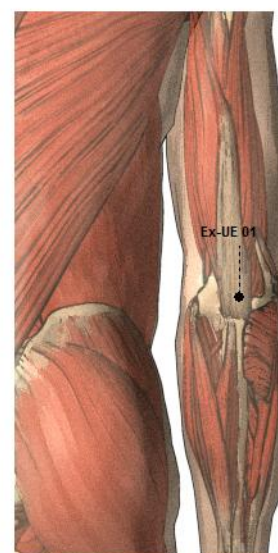
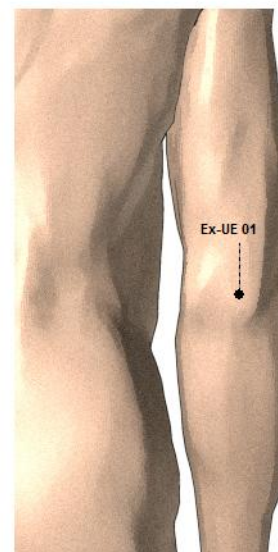
Ex-UE 01 肘尖

Name:

Ex-UE 01 - Zhoujian = Elbow Tip

Location:

On the tip of the olecranon process of the ulna on the TB channel.



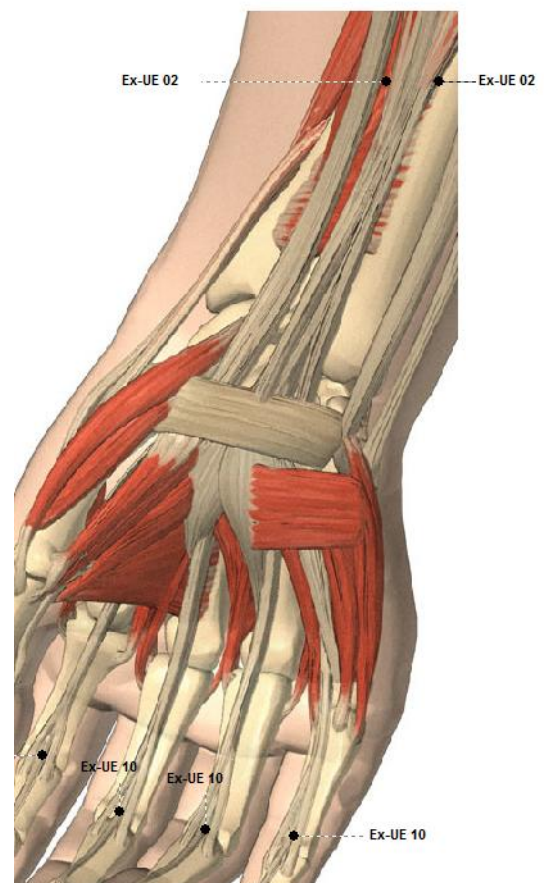
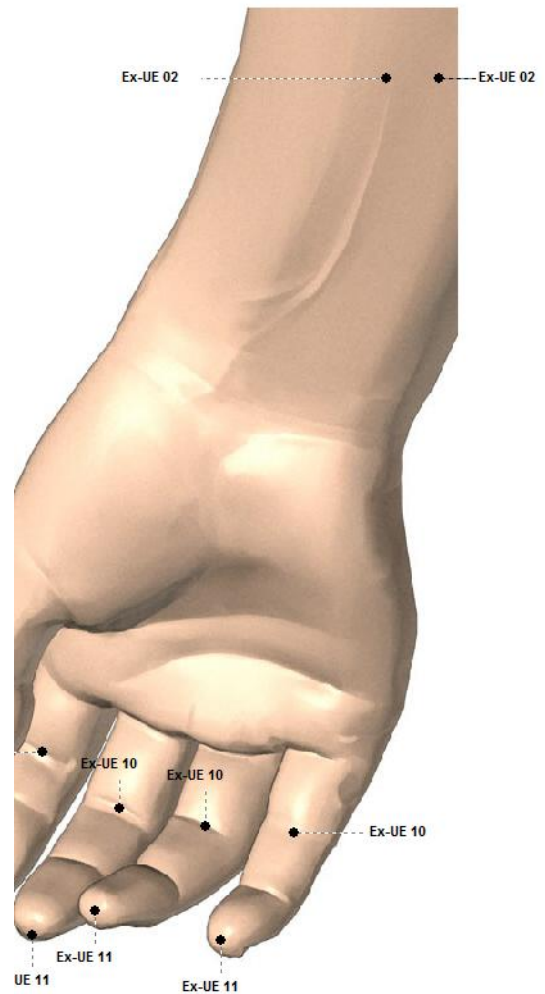
Ex-UE 02 二白

Name:

Ex-UE 02 - Erbai = Two Whites

Location:

Two points on the flexor aspect of the forearm, on either side of the tendon of flexor carpi radialis, 4 cun proximal to the wrist crease.



Ex-UE 03 中泉

Name:

Ex-UE 03 - Zhongquan = Middle Spring

Location:

On the dorsum of the wrist in the depression radial to the M. extensor digitorum communis tendon.

Ex-UE 04 中魁

Name:

Ex-UE 04 - Zhongkui = Middle Eminence

Location:

At the tip of the bone on the proximal phalangeal joint at the dorsal aspect of the middle finger.

Ex-UE 05 大骨空

Name:

Ex-UE 05 - Dagukong = Big Bone's Space

Location:

At the middle of the transverse crease of the phalangeal joint of the dorsal aspect of the thumb.

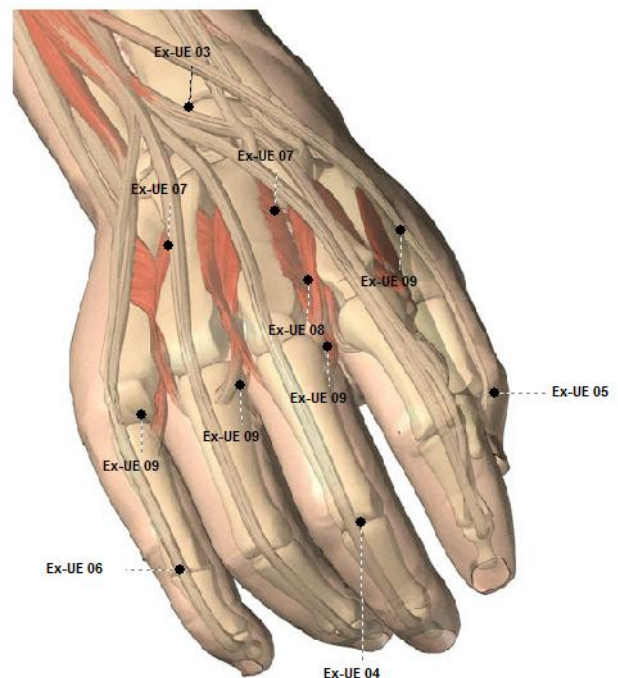
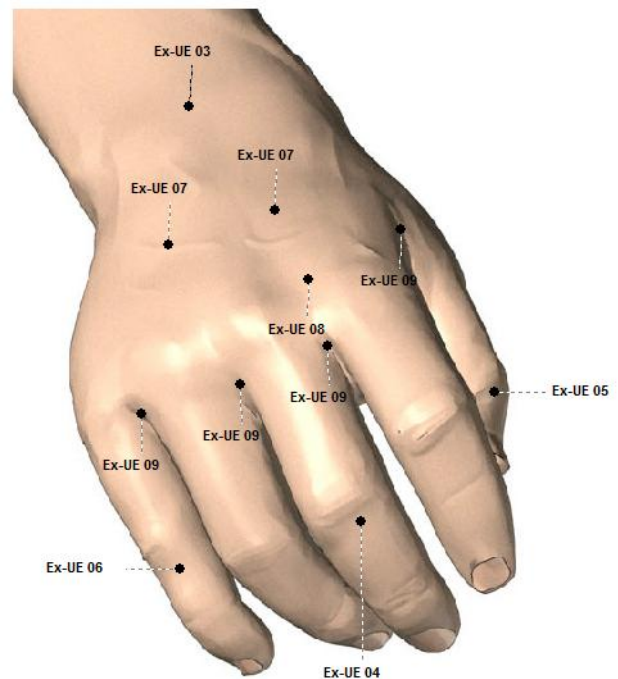
Ex-UE 06 小骨空

Name:

Ex-UE 06 - Xiaogukong = Little Bone's Space

Location:

At the middle of the transverse crease of the phalangeal joint of the dorsal aspect of the little finger.



Ex-UE 07 腰痛点

Name:

Ex-UE 07 - Yaotongdian = Lumbar Pain Point

Location:

Two points on the dorsum of the hand between the second and third and the fourth and fifth metacarpal bones, in the depressions distal to the base of the metacarpals.

Ex-UE 08 落枕

Name:

Ex-UE 08 - Luozhen = Falling Down from Pillow

Location:

On the dorsum of the hand in the depression proximal to the second and third metacarpophalangeal joints.

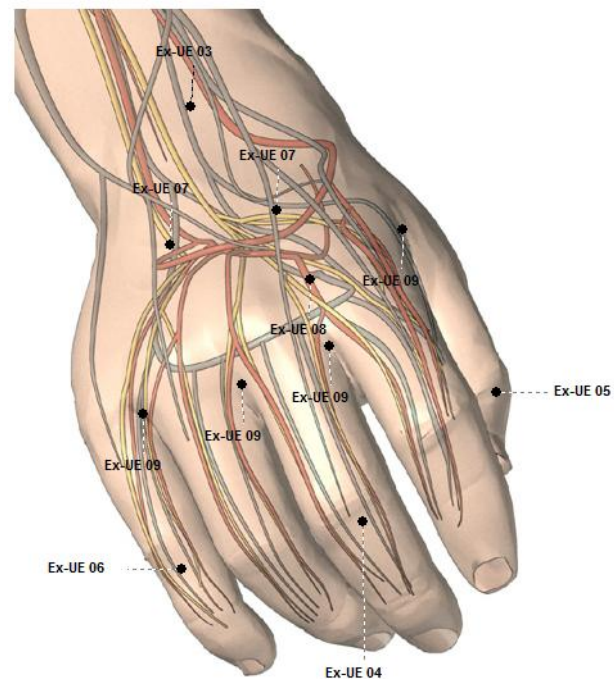
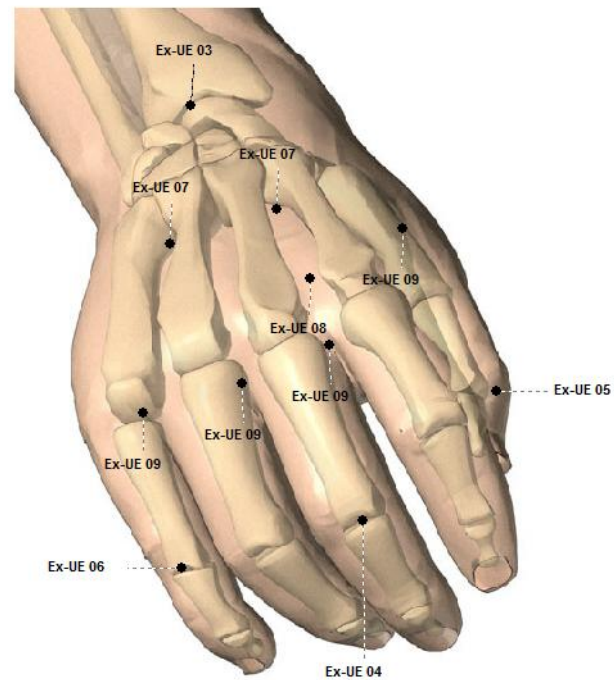
Ex-UE 09 八邪

Name:

Ex-UE 09 - Baxie = Eight Pathogens

Location:

Four points on the back of the hand proximal to the web margins, at the border between darker and lighter skin.



Ex-UE 10 四縫

Name:

Ex-UE 10 - Sifeng = Four Seams

Location:

Four points on each hand, on the palmar side of the hand, at the midpoints of the transverse creases of the proximal interphalangeal joints of index, middle, ring and little finger.

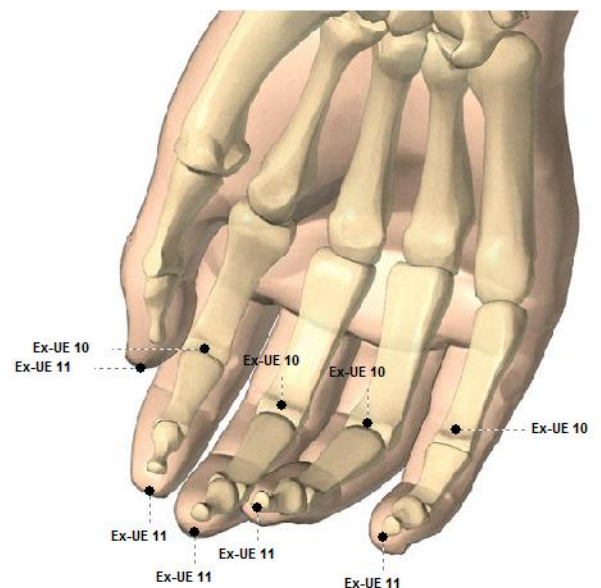
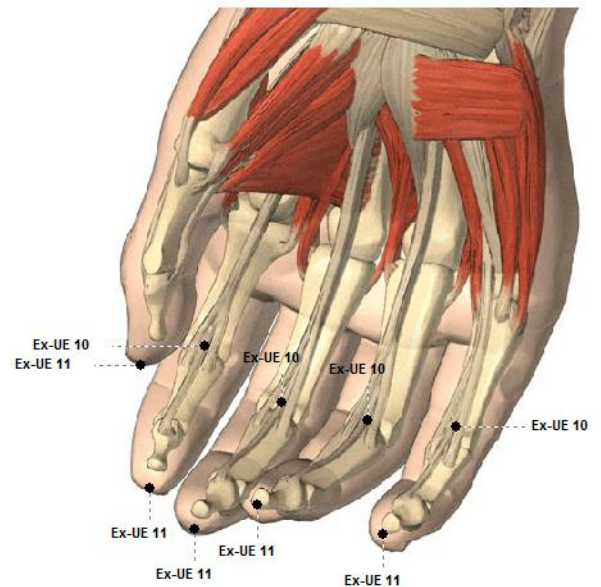
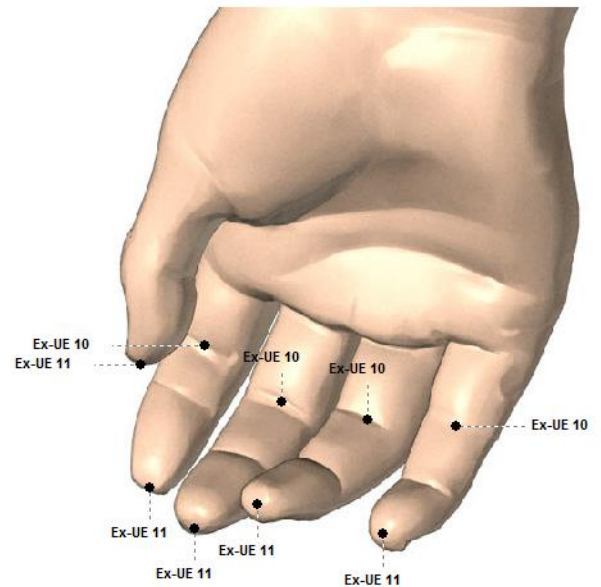
Ex-UE 11 十宣

Name:

Ex-UE 11 - Shixuan = Ten Diffusions

Location:

On the tip of each finger. About 1 cun from the fingernails.



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