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| 1、箕门Sp 11 | |
| 位置：在大腿内侧，当血海与冲门连线上，血海上6寸。 | The location: On the inside of the thigh, when the blood line with the door, the blood on the sea of 6 inches. |
| 功效：健脾渗湿，通利下焦 | Effect: tonifying spleen, excreting dampness, getting through Xiajiao |
| 主治：  1.小便不利，遗尿  2.腹股沟肿痛 | Main treatments:  1. Adverse urination, enuresis  2.Groin pain |
| 常用手法：推法 | Common manipulation: pushing manipulation |

下肢穴位

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| 2、足三里St 36 | |
| 位置：在小腿外侧，犊鼻下3寸，犊鼻与解溪连线上。 | Th location: Outside the calf, 3 inches below the Dubi(S 35), the Dubi and Xiexi line. |
| 功效：生发胃气、燥化脾湿 | Effect：Generating stomach qi, drying dampness of spleen |
| 主治：  1.胃痛，呕吐，呃逆，腹胀，腹痛，肠鸣，消化不良，泄泻，便秘，痢疾。  2.咳嗽气喘，心悸气短，乳痈。  3.失眠，癫狂，头晕。  4.虚劳赢瘦，水肿。  5.膝痛，下肢痿痹，脚气。 | Main treatments:   1. Stomachache, vomiting, hiccup, abdominal distension, abdominal pain, bowel rumbling, dyspepsia, diarrhea, constipation, dysentery.   2. Cough, asthma, palpitations, shortness of breath, mammary carbuncle.  3. Insomnia, mania, dizziness.  4. Weak and emaciated, edema.  5. Knee pain, lower limb paralysis, dermatophytosis. |
| 常用手法：按法 | Common manipulation: pressing manipulation |

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| 3、丰隆ST40 | |
| 位置：外踝尖上8寸，条口穴外1寸，胫骨前嵴外2横指处 | The location: 8 inches above the tip of lateral malleolus, 1 inch outside the tibial ridge, 2 fingers outside the tibial anterior crest. |
| 功效：健脾化痰、和胃降逆、开窍 | Effect：tonifying spleen and reducing phlegm, harmonizing stomach, resuscitating |
| 主治：  1.头痛、眩晕。  2.咳嗽痰多等痰饮病证。  3.癫狂。  4.下肢痿痹。 | Main treatments：  1. Headache, dizziness.  2. Cough sputum and other phlegm syndrome.  3. The madness.  4. Paralysis of the lower limbs |
| 常用手法：按揉法 | Common manipulation: pressing kneading manipulation |

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| 4、三阴交SP6 | |
| 位置：在小腿内侧，内踝尖上3寸，胫骨内侧缘后际。 | The location: 3 inches above the tip of the medial malleolus, medial margin of the tibia. |
| 功效：[健脾](https://www.wiki8.com/jianpi_13746/" \o "医学百科：健脾)[理血](https://www.wiki8.com/lixue_12478/)，益[肾平](https://www.wiki8.com/shenping_8918/)肝 | Effect：tonifying spleen and regulating blood, benefiting kidney and calming liver |
| 主治：  1. 肠鸣，腹胀，腹泻等脾胃虚弱诸证；  2. 月经不调，带下，阴挺，不孕，滞产等妇产科病证；  3. 遗精，阳痿，遗尿等生殖泌尿系统疾患；  4. 心悸，失眠，高血压；  5. 下肢痿痹；  6. 阴虚诸证。 | Main treatments:  1. Bowel ringing, abdominal distension, diarrhea and other symptoms of spleen and stomach weakness;  2.Abnormal menstruation, leukorrheal diseases, uterine prolapse, infertility, hysteresis and other gynecological diseases;  3. Spermatorrhea, impotence, enuresis and other genitourinary diseases;  4. Palpitations, insomnia, hypertension;  5. Paralysis of lower limbs;  6. Yin deficiency. |
| 常用手法：按揉法 | Common manipulation: pressing kneading manipulation |

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| 5、涌泉KI1 | |
| 位置：在足底部，蜷足时足前部凹陷处，约当足底第2、3跖趾缝纹头端与足跟连线的前1/3与后2/3交点上。 | The location: at the bottom of the foot, in the hollow of the front of the foot when the foot is curled, about the intersection point between the front 1/3 and the back 2/3 of the connection between the suture head of the second and third metatarsophalangeal toes of the plantar foot and the heel of the foot. |
| 功效：散热生气 | Effect：dissipating heat, qi generation |
| 主治：  1.昏厥、中暑、癫痫、小儿惊风等急症及神志病患；  2.头痛，头晕；  3.咯血，咽喉肿痛；  4.小便不利，便秘；  5.足心热；  6.奔豚气。 | Main treatments:  1. Fainting, heat stroke, epilepsy, infantile convulsion and other emergencies and mental patients;  2. Headache and dizziness;  3. Hemoptysis and sore throat;  4. dysuria, constipation;  5. feverishness in palms and soles;  6. up-rushing gas syndrome. |
| 常用手法：擦法、按法、推法、按揉法 | Common manipulation: rubbing manipulation、pressing manipulation、pushing manipulation、pressing kneading manipulation |

**头面穴位**

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| 1、天门 | Tian men |
| 位置：两眉中间至前发际成一直线； | The location: between the eyebrow to former hair into a straight line. |
| 功效：发汗解表，开窍醒神，镇静安神； | Effect：sweating, relieving the surface, resuscitating, calming and tranquilizing |
| 主治：  风寒感冒，发热无汗，头痛，惊惕不安，精神萎靡等症； | Main treatments:  cold, fever without sweat, headache, anxiety, mental malaise and so on. |
| 常用手法：推法 | Common manipulation: pushing manipulation |

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| 2、印堂 | GV29 |
| 位置：两眉连线的中点处； | The location: the midpoint of the line between the eyebrows. |
| 作用：醒脑提神，镇惊，祛风通窍； | Effect：waking up the brain and refreshing the mind, calming the nerves, dispelling the wind and dredging the orifices |
| 主治：  感冒，头痛，昏厥抽搐，慢惊风等症； | Main treatments:  cold, headache, fainting, convulsion, chronic convulsion, etc. |
| 常用手法：按法 | Common manipulation: pressing manipulation |

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| 1. 坎宫（眉宫） | Kangong |
| 位置：自眉头起沿眉向眉梢成一横线 | The location: form a line from brow to brow tip. |
| 功效：发汗解表，醒脑明目，止头痛 | Effect：sweating, relieving the surface, waking up the brain, clearing the eyes, relieving headache |
| 主治：外感发热，头痛无汗，目赤痛，惊风等症。 | Main treatments: external fever, headache without sweat, swelling and pain of eye, infantile convulsion disease. |
| 常用手法：推法 | Common manipulation: pushing manipulation |

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| 4、太阳 | EX-HN5 |
| 位置：眉后凹陷处； | The location: depression behind eyebrow |
| 功效：疏风解表，清热，明目止头痛； | Effect：dispelling the wind and relieving the surface, clearing heat, clearing eyes, relieving headache |
| 主治：感冒发热，有汗或无汗头痛，目赤痛，近视，惊风等病症； | Main treatments: cold fever, sweat or headache without sweat, swelling and pain of eye, myopia, infantile convulsion disease. |
| 常用手法：揉法 | Common manipulation: kneading manipulation |

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| 1. 牙关（颊车） | ST6 |
| 位置：耳垂下1寸，下颌骨陷中； | The location: 1 inch below earlobe, mandible depression. |
| 功效：疏风，开窍，止痛； | Effect：dispelling the wind, resuscitating, relieving pain |
| 主治：牙关紧闭，口眼㖞斜，牙痛，颊肿等； | Main treatments: Teeth closed, mouth and eye dislocation, toothache, cheek swelling, etc |
| 常用手法：按揉法 | Common manipulation: pressing kneading manipulation |

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| 6、迎香 | LI20 |
| 位置：鼻翼旁0.5寸鼻唇沟中； | The location: in the 0.5 inch nasolabial groove beside the alar. |
| 功效：宣肺气，通鼻窍； | Effect：promoting lung qi, opening the orifice of nose |
| 主治：鼻塞不通，鼻流清涕，口眼㖞斜，急、慢性鼻炎等； | Main treatments: stuffy nose, nasal flow, nasal clearance, mouth and eye dislocation, acute, chronic rhinitis, etc. |
| 常用手法：按揉法 | Common manipulation: pressing kneading manipulation |

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| 7、百会 | GV20 |
| 位置：头部，前发际正中直上5寸，或两耳尖连线的中点处； | The location: head, front hairline straight 5 inches, or the middle point of the line between the two ears. |
| 功效：安神镇惊，升阳举陷，止头痛，开窍明目； | Effect: claming, raising the Yang, relieving headache, resuscitation and enlightening the eyes; |
| 主治：头痛，目眩，惊风，遗尿，脱肛，夜寐不安等； | Main treatments: headache, dizziness, infantile convulsion, enuresis, prolapse, poor sleep quality, etc |
| 常用手法：按法、揉法 | Common manipulation: pressing manipulation、kneading manipulation |

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| 8、风池 | GB20 |
| 位置：后发际（颈项上部）两侧凹陷中； | The location: receding on both sides of posterior hairline (upper neck). |
| 功效：发汗解表，祛风散寒； | Effect：sweating, relieving the surface, dispelling wind and cold |
| 主治：感冒头痛，发热无汗，颈项强痛等； | Main treatments: cold headache, fever without sweat, neck pain and so on. |
| 常用手法：按法、揉法、按揉法 | Common manipulation: pressing manipulation、kneading manipulation、 pressing kneading manipulation |

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| 9、天柱骨 | Celestial pillar |
| 位置：颈后发际正中至大椎成一直线； | The location: a straight line from the middle of the posterior cervical hairline to the greater vertebra. |
| 功效：降逆止呕，祛风散寒； | Effect：stopping vomiting, dispelling wind and cold |
| 主治：呕吐恶心，外感发热，颈项僵痛，后头痛，惊风，咽痛等症； | Main treatments: vomiting, exogenous fever, stiff neck pain, postseizure headache, infantile convulsion, sore throat, etc. |
| 常用手法：推法 | Common manipulation: pushing manipulation |

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| 1. **翳风** | **SJ17** |
| 位置：在[耳垂](https://baike.baidu.com/item/%E8%80%B3%E5%9E%82" \t "https://baike.baidu.com/item/_blank)后，当乳突与下颌骨之间凹陷处。 | The location: Behind the earlobe, right at the depression of mastoid process and the mandibular |
| 功效：聪耳[通窍](https://baike.baidu.com/item/%E9%80%9A%E7%AA%8D)，散内泄热 | Effect：promoting the function of ear, clearing the orifice, relieving internal heat |
| 主治：耳聋耳鸣，头痛牙痛，[腮腺炎](https://baike.baidu.com/item/%E8%85%AE%E8%85%BA%E7%82%8E)，下颌关节炎，口眼喎斜，笑肌麻痹，甲状腺肿，[面神经麻痹](https://baike.baidu.com/item/%E9%9D%A2%E7%A5%9E%E7%BB%8F%E9%BA%BB%E7%97%B9)，[痉病](https://baike.baidu.com/item/%E7%97%89%E7%97%85)，[狂疾](https://baike.baidu.com/item/%E7%8B%82%E7%96%BE)，[膈肌痉挛](https://baike.baidu.com/item/%E8%86%88%E8%82%8C%E7%97%89%E6%8C%9B)。 | Main treatment: Deafness tinnitus, headache, toothache, mumps, jaw arthritis, facial paralysis, laughing myoparalysis, goiter, facial nerve paralysis, spasm, illness, disease, diaphragmatic muscle spasm. |
| 常用手法：按法、揉法 | Common manipulation: pressing manipulation、kneading manipulation |

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| 1. 攒竹 | BL2 |
| 位置：在面部，眉头凹陷中，额切际处 | The location: In the face; in the hollow of the brow and at the frontal notch |
| 功效：吸热生气 | Effect：absorbing heat, generating qi |
| 主治：头痛，眉棱骨痛；眼睑瞤动、眼睑下垂、目视不明、目赤肿痛等目疾；急性腰扭伤。 | Main treatment: Headache, eyebrow ridge bone pain; eyelid vibrating, eyelid drooping, hard to see anything, eyes swelling; acute lumbar sprain. |
| 常用手法：揉法 | Common manipulation: kneading manipulation |

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| 1. 睛明 | BL1 |
| 位置：目内眦角稍上方凹陷处 | The location: Slightly above the medial canthus angle |
| 功效：降温除浊 | Effect：lowering the temperature, removing turbidity |
| 主治：目赤肿痛、目眩、近视等目疾；急性腰扭伤；心动过速。 | Main treatment: Eye diseases such as swelling and pain, vertigo and myopia; Acute lumbar sprain; tachycardia |
| 常用手法：揉法 | Common manipulation: kneading manipulation |