



STANDARD ACUPUNCTURE NOMENCLATURE

Second Edition



WORLD HEALTH ORGANIZATION
Regional Office for the Western Pacific
MANILA

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*A Brief Explanation of
361 Classical Acupuncture Point Names
and their Multilingual Comparative List*



**World Health Organization
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FOREWORD

International academic exchange on acupuncture has increased with its widespread development and use in the world. There are now many acupuncture specialists, several international and national meetings have been held, and a multitude of publications have appeared.

Translations of the original Han (Chinese) texts and characters have proliferated. Numerous problems due to differences of spelling and pronunciation have arisen. Today, the same acupuncture points may have a wide variety of names because of these differences. Furthermore, to help those who do not read Han characters, a variety of alphanumeric codes have been given to meridian and acupuncture points. The need for standardization has become increasingly pressing.

In December 1982, the WHO Regional Office for the Western Pacific convened a working group meeting in Manila on the standardization of acupuncture. This was followed by a series of meetings between 1985 and 1989 which ratified the decisions of the working group and made it possible to present the material as it appears in this revised edition.

In this second edition, each of the 361 entries has three parts: (1) the standardized name of the classical point, (2) a brief explanation of the name of the point, and (3) a multilingual comparative list of the names of the point.

It is hoped that this publication on standard acupuncture nomenclature will contribute to further information exchange on acupuncture throughout the world.



S. T. Han, MD, Ph.D.
Regional Director

INTRODUCTION

Acupuncture as a medical science began more than 2500 years ago in the early Chinese dynasties, and has been constantly evolving ever since, but particularly during the last 30 years. Its development in China, with its many dialects, as well as in neighbouring countries where such languages as Japanese, Korean and Vietnamese are spoken, has given rise to a great many differences in nomenclature. Certain acupuncture points have a number of different names, while the different ways of pronouncing the same Han (Chinese) characters, and a variety of translations and transliterations have all added to the current confusion.

Efforts to develop a uniform nomenclature have been going on for some time. In 1965, the Japan Meridian and Points Committee was established, which recommended a tentative standard Japanese name for each acupuncture point, and an international numbering system. In China, the All China Acupuncture and Moxibustion Society established a committee which has developed a standard nomenclature. Since then, several other countries have formed national nomenclature committees.

With a view to achieving global agreement on a standard acupuncture nomenclature, the World Health Organization Regional Office for the Western Pacific has to date sponsored four regional meetings:

- Working Group on the Standardization of Acupuncture Nomenclature, Manila, December 1982.
- Regional Consultation Meeting on the Standardization of Acupuncture Nomenclature, Tokyo, May 1984.

- Second Working Group on the Standardization of Acupuncture Nomenclature, Hong Kong, July 1985.
- Third Working Group on the Standardization of Acupuncture Nomenclature, Seoul, June 1987.

After basic agreement at the regional level, a Scientific Group To Adopt A Standard International Acupuncture Nomenclature was held in Geneva in October-November 1989.

The working group in Manila agreed that there were a total of 361 classical acupuncture points and that the order of meridians and acupuncture points would be based on the circulation pattern of the meridians as currently perceived in China, Japan, Republic of Korea and Viet Nam.

It proposed that the standard nomenclature should consist of three essential elements, as follows: (1) alphanumeric code; (2) the Chinese phonetic alphabet (Pinyin) name; and (3) the Han (Chinese) characters of the meridian and the acupuncture point.

The alphanumeric code facilitates international exchange but lacks meaning from a therapeutic point of view and can lead to ambiguity, as exemplified by the meridian code of H, which can stand for both heart and liver (hepar), depending on the sources used. Nonetheless, the working group, noting that international exchange on acupuncture, at least in the Western Pacific Region, is mainly conducted in English, recommended that the alphanumeric code should be derived from the English language translation of the meridian names.

The Han character is widely used in oriental medicine in China, Japan, Republic of Korea, Singapore and Hong Kong, and gives the meridian and the acupuncture point name a meaning of therapeutic value which often defies translation. It should therefore be an essential element of the standard acupuncture nomenclature. It was also agreed that by using the Han

characters, the original form of writing would be used with a simplified version of the characters in parentheses.

As we have observed, Ban characters are difficult for non-Ran-using readers, so it is important that their meaning should be expressed in other languages. The Chinese phonetic alphabet (Pinyin) names of the meridians and acupuncture points allow readers to pronounce them accurately. These names also facilitate the formation of an alphabetic index and thus make the study of acupuncture, especially the meaning of the Ban characters, easier for those who do not use the Han language.

At the Manila meeting in 1982, the principle for deciding alphabetic codes of meridians was as follows:

1. When the Ban character for a meridian consists of two characters, an alphabetic code consisting of two capital letters, one for each Ran character, is used.
2. When the Ban character for a meridian consists of one character, an alphabetic code of one capital letter is used.
3. When different meridians have the same alphabetic codes, a lower case letter is added to distinguish them. For example, Lis used for Lung meridian and Liv for liver meridian; S is used for Stomach meridian and Sp for Spleen meridian.

At the Geneva meeting in 1989, this was again reviewed. The system adopted at the Manila meeting was used for seven years. Members of WHO regions other than the Western Pacific were also present at this meeting. Some of the participants found the code adopted in Manila somewhat confusing and difficult to remember. After careful discussion, it was agreed that each alphabetic code should consist of two capital letters.

The former and revised codes are as follows:

Name of Meridian Alphabetic Code

	Former (Manila, 1982)	Revised (Geneva, 1989)
1. Lung Meridian	L	LU
2. Large Intestine Meridian	LI	LI
3. Stomach Meridian	S	ST
4. Spleen Meridian	Sp	SP
5. Heart Meridian	H	HT
6. Small Intestine Meridian	SI	SI
7. Bladder Meridian	B	BL
8. Kidney Meridian	K	KI
9. Pericardium Meridian	P	PC
10. Triple Energizer Meridian	TE	TE
11. Gallbladder Meridian	G	GB
12. Liver Meridian	Liv	LR
13. Governor Vessel	GV	GV
14. Conception Vessel	CY	CY

With regard to the last two, the working group in Hong Kong in 1985 studied the concept of the "Eight Extra Meridians". These are the Governor Vessel Meridians and Conception Vessel Meridian, adopted by the working group in Manila in 1982, plus six extra meridians. These were recognized and it was decided to omit the word "Meridians" after the Governor Vessel and Conception Vessel in order to standardize the nomenclature of the eight extra meridians. This was also adopted at the Geneva meeting in 1989.

The working group in Manila noted that if the acupuncture point name is accompanied by an explanation of the meaning of the Han character it would become more useful. Therefore the All China Acupuncture and Moxibustion Society has attempted to describe the acupuncture points briefly in terms of the basic theory of traditional Chinese medicine, such as Yin-Yang,

Zhang-Fu, Qi, blood and anatomy, the Five Elements, as well as the clinical effects of acupuncture.

The text was adopted at the Regional Consultation Meeting in Tokyo in 1984, subject to minor revision. The final version was accepted after a careful discussion, particularly among members from China and Japan, during the working group meeting in Hong Kong in 1985. Then careful editing was done to make the English as precise as possible without changing the original meaning.

The working group in Manila also recommended that the equivalent names and code names of the acupuncture points as used in various countries should be collected, collated, verified and published, together with the standard acupuncture nomenclature.

This multilingual comparative list of acupuncture nomenclature was developed by Dr Wang Deshen, a member of the working group, and published as *Standard Acupuncture Nomenclature*, WHO Regional Publications, Western Pacific Series No.1, in 1984.

This second edition of the *Standard Acupuncture Nomenclature*, consists of three parts for each of the classical acupuncture points:

(1) The standardized name of the classical point, has three elements, namely the alphanumeric code, the Chinese phonetic alphabet (Pinyin) name, and the Ran (Chinese) characters. The original form of the writing is shown first, and the simplified form of the character is given in parentheses in the order of the use in China, Japan and Republic of Korea.

(2) A brief explanation of the point, i.e., the meaning of the characters in the first paragraph, and a brief explanation of the point in the second paragraph. These meanings have been

recommended by the All China Acupuncture and Moxibustion Society and presented during the Tokyo meeting in 1984.

(3) A multilingual comparative list of names of the point in English (American, British 1, and British 2), French, Japanese, Korean and Vietnamese.

It is abbreviated as follows:

A	English (American)
B1	English (British 1)
B2	English (British 2)
F	French
J	Japanese
K	Korean
V	Vietnamese

The figures appearing on the upper right side are reference numbers for quick index location of the points.

Two indexes have been included in this edition:

(1) The multilingual list of acupuncture points, including the standard (Pinyin) names, arranged in alphabetical order. The standard names appear in bold letters.

(2) The Han (Chinese) characters list of acupuncture points, arranged according to the number of strokes. The simplified characters also appear in the list, according to the number of strokes.

LU

Points of Lung Meridian

Shǒutàiyīn Fèijīng Xué

手太陰（阴）肺經（经，経）穴

LU 1 Zhōngfǔ

中府

001

Zhong : middle; fu : place.

Zhong refers to the Middle Jiao. The lung meridian originates from the Middle Jiao. The point is in the place where the Qi of the spleen and stomach in the Middle Jiao is gathered into the lung meridian.

A : Lu1	Ch'ung Fu (Central prefecture)
B1 : L1	Ch'ung-Fu
B2 : P1	Chung-fu

F : 1P	Tchong-fou
J : I1	Chufu
K : L1	Chungbu
V : I1	Trung phù

LU 2 Yúnmén

雲 (云) 門 (门)

002

Yun : cloud; men : door.

Yun refers to the Qi of the lung. The point is on the upper part of the chest and serves as a door for the Qi of the lung.

A : Lu2	Yun-Men (Cloud gate)
B1 : L2	Yün Men
B2 : P2	Yün-men

F : 2P	Iunn-menn
J : I2	Unmon
K : L2	Unmun
V : I2	Vân mòn

LU 3 Tiānfū

天府

003

Tian : heaven; fu : place.

Tian here means "upper". The point is on the upper arm, which is a confluence of the Qi of the lung.

A : Lu3	Tien-Fu (Heaven prefecture)
B1 : L3	T'ien Fu
B2 : P3	T'ien-fu

F : 3P	Tienn-fou
J : I3	Tenpu
K : L3	Ch'ōnbu
V : I3	Thiên phù

LU 4 Xiábái

俠 (侠) 白

004

Xia : to press from both sides; bai : white.

White colour refers to the lung. When both arms are hanging freely, this point is precisely on both sides of the lung.

A : Lu4	Hsia-Pai (Chivalry white)
B1 : L4	Hsia Pai
B2 : P4	Hsieh-pai

F : 4P	Sié-po (Sia-pae)
J : I4	Kyohaku
K : L4	Hyōppaeak
V : I4	Hiệp bạch

LU 5 Chǐzé

尺澤 (泽, 沢)

005

Chi : ruler, or ulnar; ze : marsh.

Chi refers to the ulnar aspect of the arm (from the wrist to the elbow). The point is in the depression of the elbow fossa at the ulnar aspect. The Qi of the meridian is infused here, like water flowing into a marsh.

A : Lu5	Ch'ih-Tze (Short narrow marsh)
B1 : L5	Ch'ih Tse
B2 : P5	Ch'ih-che (Ch'ih-tse)

F : 5P	Tchre-tsie (Marais du pied)
J : I5	Shakutaku
K : L5	Ch'ōkt'aek
V : I5	Xích trạch

LU 6 Kǒngzuì

孔最

006

Kong : hole; zui : the most.

The hole of this point is the deepest of all.

A : Lu6	K'ung Tzuei (Supreme cave)
B1 : L6	K'ung Tsui
B2 : P6	K'ung-tsui

F : 6P	Krong-tsoe
J : I6	Kosai
K : L6	Kongch'oe
V : I6	Khổng tõi

LU 7 Lièquē

列缺

007

Lie : arrangement; que : depression.

Lightning and the rift in the sky were called Lieque in ancient times. The Hand-Taiyin meridian branches from this point to connect the Hand-Yangming meridian. The point is in the depression superior to the styloid process of the radius.

A : Lu7 Lieh-Ch'üeh
(Extreme shortcoming)
B1 : L7 Lieh Ch'üeh
B2 : P7 Lieh-ch'üeh

F : 7P Lié-tsue
(Plusieurs creux)
J : I7 Rekketsu
K : L7 Yōlgvöl
V : I7 Liêt khuyêt

LU 8 Jingqú

經 (经, 経) 渠

008

Jing : to pass; qu : ditch.

A ditch where the meridian passes.

A : Lu8 Ching-Ch'ü
(Meridian gutter)
B1 : L8 Ching Ch'ü
B2 : P8 Ching-ch'ü

F : 8P Tsing-tsiu
J : I8 Keikyo
K : L8 Kyōng-gō
V : I8 Kinh cù

LU 9 Tàiyuān

太淵 (渊, 溝)

009

Tai : great; yuan : deep pool.

Tai means abundance. The Qi of the meridian in the local part of the point is abundant as water in a deep pool.

A : Lu9 T'ai-Yuan
(Great gulf)
B1 : L9 Tai Yuan
B2 : P9 Tai-yüan

F : 9P Traé-iuann
(Suprême gouffre)
J : I9 Taien
K : L9 Taeyǒn
V : I9 Tháï uyén

LU 10 Yújì

魚 (鱼) 際 (际)

010

Yu : fish; ji : border.

The musculi flexor pollicis in the palm are prominent like a fish; the point is located just on its border. Yuji is now used as an anatomical word.

A : Lu10 Yü-Chi
(Fish seam)
B1 : L10 Yü Chi
B2 : P10 Yü-chi

F : 10P Iu-tsi
J : I10 Gyosai
K : L10 Œje
V : I10 Ngu tê

LU 11 Shàoshāng

少商

011

Shào : immaturity; shang : one of the five sounds, pertaining to metal.

Shao here means less. The lung pertains to metal in the Five Elements and to the shang sound in the Five Sounds. This is the last point of the lung meridian, where the Qi is less.

LI

A : Lu11 Shao-Shang
 (Young tradesman)
 B1 : L11 Shao Shang
 B2 : P11 Shao-shang

F : 11P Chao-chang
 (Moindre marchand)
 J : I11 Shosho
 K : L11 Sosang
 V : I11 Thiểu duong

Points of Large Intestine Meridian

Shǒuyángmíng Dàchángjīng Xué

手陽（阳）明大腸（肠）經（经，経）穴

LU 11 Shàoshāng

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Points of Large Intestine Meridian

Shǒuyángmíng Dàchángjīng Xué

手陽（阳）明大腸（肠）經（经，経）穴

LI 1 Shāngyáng

商陽 (阳)

012

Shang : one of the Five Sounds, pertaining to metal; yang : Yang of Yin-Yang.

The large intestine pertains to metal and is ascribed to the shang sound. Yang refers to the Yang meridian.

A : LI1	Shang-Yang (Tradesman Yang)
B1 : Li1	Shang Yang
B2 : IG1	Shang-yang

F : 1GI	Chang-iang
J : II1	Shoyo
K : LI1	Sang-yang
V : II1	Thufng dufng

LI 2 Èrjiān

二間 (间)

013

Er : two, second; jian : clearance.

Jian here means "point". This is the second point of the large intestine meridian.

A : LI2	Erh-Chien (Two intervals)
B1 : Li2	Erh Chien
B2 : IG2	Erh chien

F : 2GI	Ei-tsienn
J : II2	Jikan
K : LI2	Igan
V : II2	Nhi gian

LI 3 Sānjiān

三間 (间)

014

San : three, third; jian : clearance.

Jian here means "point". This is the third point of the large intestine meridian.

A : LI3 San-chien
(Three intervals)
B1 : Li3 San Chien
B2 : IG3 San-chien

F : 3GI Sann-tsienn
(3e intervalle)
J : II3 Sankan
K : LI3 Samgan
V : II3 Tam gian

LI 4 Hégu

合谷

015

He : junction; gu : valley.

This point lies between the 1st and the 2nd metacarpal bones. The location of the point is depressed as a valley.

A : LI4 Ho-Ku
(Connecting valleys)
B1 : Li4 Ho Ku
B2 : IG4 Ho-ku

F : 4GI Ro-kou
(Fond de vallée)
J : II4 Gokoku
K : LI4 Hapkok
V : II4 Hop cõc

LI 5 Yángxi

陽 (阳) 翳 (溪)

016

Yang : Yang of Yin-Yang; xi : brook.

Yang refers to the Yang meridian. The local depression is like a brook in the mountains.

A : LI5 Yang-Hsi
(Sunny stream)
B1 : Li5 Yang Hsi
B2 : IG5 Yang-ch'i
(Yang-hsi)

F : 5GI Lang-tsri
(Lang-Si)
J : II5 Yo-kei
K : LI5 Yang-gye
V : II5 Dương khe

LI 6 Piānlì

偏歷 (历, 歷)

017

Pian : divergence; li : passway.

A collateral of the large intestine meridian separates from here and diverges to the lung meridian.

A : LI6 P'ien-Li
(Isolated hashness)
B1 : Li6 P'ien Li
B2 : IG6 P'ien li

F : 6GI Pienn-li
(Succession latérale)
J : II6 Henreki
K : LI6 Pyölyök
V : II6 Thiên lich

LI 7 Wēnliū

溫 (温) 溜

018

Wen : to warm; liu : circulation.

This point is able to warm the meridian and promote its circulation, and is good for treating cold pain of the elbow and arm.

A : LI7 Wen-Liu
(Warm stagnant)
B1 : Li7 Wen Liu
B2 : IG7 Wen-liu

F : 7GI Oénn-leou
J : II7 Onryu
K : LI7 Onnyu
V : II7 ôn lúu

LI 9 Shànglián

上廉

020

Shang : superior; lian : edge.

The point is superior to Xialian (LI8) at the dorsal side of the forearm, close to the radial aspect.

A : LI9 Shang-Lien
(Upper screen)
B1 : Li9 Shang Lien
B2 : IG9 Shang-lien

F : 9GI Chang-lienn
J : II9 Joren
K : LI9 Sangnyõm
V : II9 Thuong liem

LI 8 Xiàlián

下廉

019

Xia : inferior; lian : edge.

The point is inferior to Shanglian (LI9) at the dorsal side of the forearm, close to the radial aspect.

A : LI8 Hsia-Lien
(Lower screen)
B1 : Li8 Hsia Lien
B2 : IG8 Hsia-lien

F : 8GI Sia-lienn
J : II8 Geren
K : LI8 Haryõm
V : II8 Ha liem

LI 10 Shǒusānlǐ

手三里

021

Shou : arm; san : three; li : taken as cun in ancient times.

The point is on the forearm. With the arm stretched, the point is 3 cun below Quchi (LI11).

A : LI10 San-Li
(Three Li)
B1 : Li10 Shou San Li
B2 : IG10 San-li

F : 10GI Sann-li du bras
(3e village)
J : II10 Te no sanri
K : LI10 Susamni
V : II10 Thu tam ly

LI 11 Qūchí

曲池

022

Qu : crooked; chi : pond.

When the arm is bent, the depression at the elbow is like a pool and this point is inside it.

A : LI11 Ch'ü-Ch'ih
(Bent pond)
B1 : Li11 Ch'ü Ch'ih
B2 : IG11 Ch'u-ch'ih

F : 11GI Tsiou-tchre
(Etang courbe)
J : II11 Kyokuchi
K : LI11 Kokchi
V : II11 Khúc trì

LI 13 Shōuwǔlǐ

手五里

024

Shou : arm; wu : five; li: taken as cun in ancient times.

The point is on the upper arm, 5 cun below Tianfu. (LU3)

A : LI13 Wu-Li
(Five Li)
B1 : Li13 Shou Wu Li
(Wu Li)
B2 : IG13 Wu-li

F : 13GI Ou-li du bras
J : II13 Te no gori
K : LI13 Suori
V : II13 Thủ ngũ lý

LI 12 Zhōuliáo

肘髎 (髎)

023

Zhou : elbow; liao : foramen.

The point is at the elbow and close to the foramen.

A : LI12 Chow-Liao
(Elbow bone)
B1 : Li12 Chou Liao
B2 : IG12 Chou-chiao
(Chou-liao)

F : 12GI Tcheou-tsiao
(Tcheou-liao)
J : II12 Churyo
K : LI12 Churyo
V : II12 Trửu liêu

LI 14 Bìnào

臂臑

025

Bi : arm; nao : muscle prominence of the arm.

The point is at the muscle prominence of the arm.

A : LI14 Pi-Jiao
(Elbow joint)
B1 : Li14 Pi Nao
B2 : IG14 Pei-nao

F : 14GI Pi-nao
J : II14 Hiju
K : LI14 Pino
V : II14 Tý nhu

LI 15 Jiānyú

肩 骞 (髃)

026

Jian : shoulder; yu : corner.

The point is at the corner of the shoulder.

A : LI15 Chien-Yü
(Shoulder bone)
B1 : Li15 Chien Yü
B2 : IG15 Chien-yü

F : 15GI Tsien-niu
(Pointe d'épaule)
J : II15 Kengu
K : LI15 Kyōnu
V : II15 Kiēn ngung

LI 17 Tiāndǐng

天鼎

028

Tian : heaven; ding : an ancient cooking vessel with two loop handles.

Tian means "upper". The head looks like a Ding. The point is below the ear at the neck.

LI 16 Jūgǔ

巨骨 (骨)

027

Ju : huge; gu : bone.

The clavicle was called Jugu in ancient times. The point is close to its acromial end.

A : LI16 Chü-Ku
(Huge bone)
B1 : Li16 Chü Ku
B2 : IG16 Chü-ku

F : 16GI Tsiu-kou
J : II16 Kokotsu
K : LI16 Kōgol
V : II16 Cự cốt

LI 18 Fútū

扶突

029

Fu : side; tu : prominence.

Tu refers to the laryngeal prominence. The point is beside the Adam's apple.

A : LI18 Fu-Tu
(Supporting prominence)
B1 : Li18 Fu T'u
B2 : IG18 Fu-t'u

F : 18GI Fou-trou
J : II18 Hutotsu
K : LI18 Pudol
V : II18 Phù dột

LI 19 Kǒuhéliáo

口禾 體 (體)

030

Kou : mouth; he : grain; liao: foramen.

The grain enters the stomach through the mouth. The point is in the foramen beside the mouth.

A : LI19 Ho-Liao
(Stalk bone)
B1 : Li19 Kou Ho Liao
B2 : IG19 Ho-chiao
(Ho-liao)

F : 19GI Ro-tsiao
(Ro-liao)
J : II19 Karyo
K : LI19 Hwaryo
(Pi-hwaryo)
V : II19 Hoà liêu

Points of Stomach Meridian

Zúyángmíng Wèijīng Xué

LI 20 Yíngxiāng

迎 (迎) 香

031

Ying : to meet; xiang : fragrance.

This point is on either side of the nose and is used to treat disorders of the nose, to improve the sense of smell and enable the nose to sense fragrance.

A : LI20 Ying-Hsiang
(Welcome fragrance)
B1 : Li20 Ying Hsiang
B2 : IG20 Ying-hsiang

F : 20GI Ing-siang
J : II20 Geiko
K : LI20 Yǒnghyang
V : II20 Nghênh hương

足陽 (阳) 明胃經 (经, 経) 穴

ST 1 Chéngqì

承泣

032

Cheng : to receive; qi : tears.

The point is below the eye, a place for receiving tears.

A : St1	Cheng-Ch'i (Lacrimation receiver)
B1 : S1	Ch'eng Ch'i
B2 : V4	Ch'eng-ch'i

F : 4E	Tchreng-tsri
J : III1	Shokyu
K : S1	Süng-üp
V : III1	Thura kháp

ST 2 Sìbái

四白

033

Si : four directions; bai : brightness.

This point is below the eye and is indicated in treating diseases of the eyes. It is said to improve the vision and give one sharp eyes in all four directions.

A : St2	Ssu-Pai (Four white)
B1 : S2	Szu Pai
B2 : VS	Szu-pai

F : 5E	Se-pae
J : III2	Shihaku
K : S2	Sabaek
V : III2	Tứ bạch

ST 3 Jùliáo

巨髎 (髎)

034

Ju : huge; liao : foramen.

The point is in the big foramen at the junction of the superior maxillary bone and the zygomatic bone.

A : St3 Chü-Liao
(Big bone)
B1 : S3 Chü Liao
B2 : V6 Chü-chiao
(Chü-liao)

F : 6E Tsiu-tsiao
(Tsiu-liao)
J : III3 Koryo
K : S3 Kōryō
(Myōn-Kōryō)
V : III3 Cự liêu

ST 5 Dàiyíng

大迎 (迎)

036

Da : large; ying : to receive.

The point lies beside the Daying artery (the extramaxillary artery).

A : St5 Ta-Ying
(The great welcome)
B1 : S5 Ta Ying
B2 : V8 Ta-ying

F : 8E Ta-ing
J : III5 Daigei
K : S5 Taeyōng
V : III5 Đại nghênh

ST 4 Dìcāng

地倉 (仓)

035

Di : earth; cang : granary.

The five grains grow on the earth. The grain enters the stomach through the mouth, as if going into a granary. The point is at the corner of the mouth.

A : St4 Ti-Ts'ang
(Terrestrial granary)
B1 : S4 Ti Ts'ang
B2 : V7 Ti-ts'ang

F : 7E Ti-ts'rang
J : III4 Chiso
K : S4 Chich'ang
V : III4 Dia thương

ST 6 Jiáché

頰 (颊) 車 (车)

037

Jia : cheek; che : vehicle.

Che refers to the mandible. The point is on the cheek, close to the angle of the mandible.

A : St6 Chia-Ch'e
(Check chariot)
B1 : S6 Chia Ch'e
B2 : V3 Chia-ch'e

F : 3E Tsia-tchré
J : III6 Kyosha
K : S6 Hyöpkö
V : III6 Giáp xa

ST 7 Xiàguān

下關 (关, 閣, 阔)

038

Xia : lower; guan : pass.

Guan indicates the zygomatic arch; the point is below it.

A : St7 Hsia-Kuan
 (Lower pass)
 B1 : S7 Hsia Kuan
 B2 : V2 Hsia-kuan

F : 2E Sia-koann
 J : III7 Gekan
 K : S7 Hagwan
 V : III7 Ha quan

ST 8 Tóuwéi

頭 (头) 維 (维)

039

Tou : head; wei : corner.

The point is at the corner between two hairlines at the forehead.

A : S8 T'ou-Wei
 (Head support)
 B1 : S8 T'ou Wei
 B2 : V1 T'ou-wei

F : 1E Treou-oe
 J : III8 Zui
 K : S8 Tuyu
 V : III8 Dâu duy

ST 9 Rényíng

人迎 (迎)

040

Ren : mankind; ying : to meet.

The point lies beside Rénying artery (common carotid artery).

A : St9 Jen-Ying
 (Welcomed by man)
 B1 : S9 Jen Ying
 B2 : V9 Jen-ying

F : 9E Jen-ying
 J : III9 Jingei
 K : S9 Inyöng
 V : III9 Nhân nghênh

ST 10 Shuǐtū

水突

041

Shui : water; tu : passing through.

The point is at the neck, close to the esophagus, where water and food pass.

A : S10 Shuei-Tu
 (Rushing water)
 B1 : S10 Shui-T'u
 B2 : V10 Shui-t'u

F : 10E Choé-trou
 J : III10 Suitotsu
 K : S10 Sudot
 V : III10 Thùy dột

ST 11 Qìshè

氣 (气，氣) 舍 (舍) 042

Qi : Qi (vital energy); she : residence.

Qi refers to the vital energy of the lung and stomach. The point is beside the trachea, like a residence for the Qi.

A : St11 Ch'i-Sheh
(Energy house)
B1 : S11 Ch'i Shen
B2 : V11 Ch'i-she

F : 11E Tsri-che
J : III11 Kisha
K : S11 Kisa
V : III11 Khí xá

ST 12 Quēpén

缺盆

043

Que : depression; pen : basin.

Quepen refers to the suprACLAVICULAR fossa, where the point is located.

A : St12 Ch'üeh-P'en
(Broken basin)
B1 : S12 Ch'üeh P'en
B2 : V12 Ch'üeh-p'en

F : 12E Tsieu-prenn
J : III12 Ketsubon
K : S12 Kyōibun
V : III12 Khuyết bồn

ST 13 Qìhù

氣 (气，氣) 戶 044

Qi : Qi (vital energy); hu : door.

The point is on the upper part of the chest, like a door for the Qi, the vital energy of the lung and stomach.

A : St13 Ch'i-Hu
(Energy window)
B1 : S13 Ch'i Hu
B2 : V13 Ch'ih-hu

F : 13E Tsri-rou
J : III13 Kiko
K : S13 Kiho
V : III13 Khí hô

ST 14 Kùfáng

庫 (库) 房 045

Ku : storehouse; fang : side room.

Inhaled air is stored in the lungs as if in a storehouse, going downwards as if from a door into a side room.

A : St14 Ku-Fang
(Storage house)
B1 : S14 K'u Fang
B2 : V14 K'u-fang

F : 14E Krou-fang
J : III14 Kobo
K : S14 Kobang
V : III14 Khô phòng

ST 15 Wūyì

屋翳

046

Wu : room; yi : concealment.

The point is in the middle of the chest; when the inhaled air reaches this point, it "conceals" itself in the underlying room.

A : St15 Wu-i
(Chamber screen)
B1 : S15 Wu Yi
B2 : V15 Wu-i

F : 15E Ou-i
J : III15 Okuei
K : S15 Ogye
V : III15 ōc ē

ST 17 Rǔzhōng

乳 (乳) 中

048

Ru : breast; zhong : centre.

The point is at the centre of the nipple.

A : St17 Ju-Chung
(Center of breast)
B1 : S17 Ju Chung
B2 : V17 Ju-chung

F : 17E Jou-tchong
J : III17 Nyuchu
K : S17 Yujung
V : III17 Nhū trung

ST 16 Yingchuāng

膺窗 (窓)

047

Ying : chest; chuang : window.

The point is on the chest, like a window into it.

A : St16 Yung-Ch'uang
(Ying-Ch'uang)
(Window ornaments)
B1 : S16 Ying Ch'uang
B2 : V16 Ying-ch'uang

F : 16E Ing-tchroang
J : III16 Yoso
K : S16 Üngch'ang
V : IH16 üng song

ST 18 Rǔgēn

乳 (乳) 根

049

Ru : breast; gen : root.

The point is at the root of the breast.

A : St18 Ju-Ken
(Breast base)
B1 : S18 Ju Ken
B2 : V18 Ju-ken

F : 18E Jou-kenn
J : III18 Nyukon
K : S18 Yugün
V : HI18 Nhū cǎn

ST 19 Bùróng

不容

050

Bu : not; rong : to contain.

The point is on the upper abdomen, it indicates that the level of the point is the limit of where the stomach receives water and food.

A : St19 Ju-Jung
(Pu-Jung)
(No containment)
B1 : S19 Pu Jung

B2 : V19 Pu-jung
F : 19E Pou-jong
J : III19 Fuyo
K : S19 Puryong
V : III19 Bất dung

ST 20 Chéngmǎn

承滿 (满, 滿)

051

Cheng : to receive; man : fullness.

The point is on the upper abdomen. The stomach is full when the water and food it takes in have reached this level.

A : St20 Ch'eng-Man
(Full receiving)
B1 : S20 Ch'eng Man
B2 : V20 Ch'eng-man

F : 20E Tchreng-mann
J : III20 Shoman
K : S20 Sëngman
V : III20 Thùa mản

ST 21 Liángmén

梁門 (门)

052

Liang : grain or food; men : door.

The point is on the upper epigastric region and is the door for passage of food to stomach.

A : St21 Liang-Men
(Beam gate)
B1 : S21 Liang Men
B2 : V21 Liang-men

F : 21E Leang-menn
J : III21 Ryomon
K : S21 Yangmun
V : III21 Lương môn

ST 22 Guānmén

關 (关, 関, 閂) 門 (门)

053

Guan : pass; men : door.

The point is close to the lower stomach and correspond to the junction between the stomach and the intestines, closings and opening like a door.

A : St22 Kuan-Men
(Pass gate)
B1 : S22 Kuan Men
B2 : V22 Kuan-men

F : 22E Koann-menn
J : III22 Kanmon
K : S22 Kwanmun
V : III22 Quan môn

ST 23 Taiyǐ

太乙

054

Tai : great; yi : one of the Ten Heavenly Stems.

The centre was considered Taiyi in ancient times. Taiyi is the Central Palace of Hetu (the Eight Diagrams). The spleen is at the centre, of the abdomen and is likened to Taiyi. The point is on the stomach, corresponding to the centre of the abdomen.

A : St23 T'ai-Yi
(Great Yi)
B1 : S23 T'ai Yi
B2 : V23 T'ai-i

F : 23E Traé-i
J : III23 Taiitsu
K : S23 Tacül
V : III23 Thai át

ST 24 Huáròumén

滑(滑)肉門(门)

055

Hua : good; rou : muscle; men : door.

Huarou refers to preliminarily digested fine food. The point is on the level 1 cun above the navel; the stomach contents are clear above and turbid below it. This is like a door through which the fine food passes.

A : St24 Hua-Jou-Men
(Slippery flesh gate)
B1 : S24 Hua Jou Men
B2 : V24 Hua-jou(ju)
(Hua-jou-men)

F : 24E Roa-jeou
(Roa-jeou-menn)
J : III24 Katsunikumon
K : S24 Hwaryungmun
V : III24 Hoat nhuc mòn

ST 25 Tiānshū

天樞(枢)

056

Tian : heaven; shu : pivot.

The region above the navel is considered as the heaven, pertaining to Yang, and the region below it as the earth, pertaining to Yin. The point is on the level with the navel, like a pivot between heaven and earth.

A : St25 Tien-Shu
(Celestial pivot)
B1 : S25 T'ien Shu
B2 : V25 T'ien-ch'u
(T'ien-shu)

F : 25E Tienn-tchrou
(Tienn-chou)
J : III25 Tensu
K : S25 Ch'önc'h'u
V : III25 Thiên khu

ST 26 Wàilíng

外陵

057

Wai : exterior; ling : hill.

The local prominence of the point is like a hill.

A : St26 Wai-Ling
(Outer mound)
B1 : S26 Wai Ling
B2 : V26 Wai-ling

F : 26E Oaé-ling
J : III26 Gairyō
K : S26 Oenüng
V : III26 Ngoại lăng

ST 27 Dàjù

大巨

058

Da : large; ju : huge.

The point is on the greatest prominence of the abdominal wall.

A : St27 Ta-Chü
(Super great)
B1 : S27 Ta Chü
B2 : V27 Ta-chü

F : 27E Ta-tsiu
J : III27 Daiko
K : S27 Taegō
V : III27 Đại cự

ST 28 Shuǐdào

水道 (道)

059

Shui : water; dao : passage.

The deep region of the point corresponds to the small intestines and is close to the bladder, pertaining to the lower Jiao, where waterway passes.

A : St28 Shuei-Tao
(Water pathway)
B1 : S28 Shui Tao
B2 : V28 Shui-tao

F : 28E Choé-tao
J : III28 Suido
K : S28 Sudo
V : III28 Thủ đạo

ST 29 Guīlái

歸 (归, 帰) 來 (来)

060

Gui : return; lai : arrival.

This point is indicated in prolapse of the uterus and hernia for returning them to their original places.

A : St29 Kuei-Lai
(Return)
B1 : S29 Kuei Lai
B2 : V29 Kuei-lai

F : 29E Koé-laé
J : III29 Kirai
K : S29 Kwirae
V : III29 Quy lai

ST 30 Qìchōng

氣 (气, 氣) 衝 (冲)

061

Qi : Qi of the meridian; chong : gushing.

The point is located in a Qi "street" and is a passageway for the Qi of the meridian to circulate.

A : St30 Ch'i-Ch'ung
(Rushing energy)
B1 : S30 Ch'i Ch'ung
B2 : V30 Ch'i-ch'ung

F : 30E Tsri-tchrong
J : III30 Kisho
K : S30 Kich'ung
V : III30 Khí xung

ST 31 Bìguān

脾(脾)關(关, 閔)

062

Bi : thigh; guan : joint.

The point is at the femoral joint.

A : St31 Pi-Kuan
(Thigh pass)
B1 : S31 Pi Kuan
B2 : V31 Pi-kuan

F : 31E Pi-koann
J : III31 Hikan
K : S31 Pigwan
V : III31 Bé quan

ST 33 Yīnshì

陰(阴)市

064

Yin : Yin of Yin-Yang; shi : market.

Yin refers to pathogenic cold, and shi means dispersion.
The point is used to disperse pathogenic cold from the knee.

A : S33 Yin-Shih
(Pair in shade)
B1 : S33 Yin Shih
B2 : V33 Yin-shin

F : 33E Inn-che
J : III33 Inshi
K : S33 Ümshi
V : III33 âm thi

ST 32 Fútù

伏兔(兔)

063

Fu : lying prostrate; tu : rabbit.

The prominence of the local muscle of the point looks like a prostrate rabbit.

A : St32 Fu-T'u
(Conquered rabbit)
B1 : S32 Fu T'u
B2 : V32 Fu-t'u

F : 32E Fou-trou
J : III32 Fukuto
K : S32 Pokt'o
V : III32 Phục thỏ

ST 34 Liángqiū

梁丘

065

Liang : ridge; qiu : hills.

The prominent muscle above the knee where this point is located, looks like a ridge and hill.

A : S34 Liang-Ch'iü
(Beam mound)
B1 : S34 Liang Ch'iü
B2 : V34 Liang-ch'iü

F : 34E Leang-tsiox
J : III34 Ryokyu
K : S34 Yang-gu
V : III34 Lương khâu

ST 35 Dúbfí

犢 (犊) 鼻

066

Du : calf; bi : nose.

The depressions on both sides below the kneecap look like the nostrils of a calf and the point is at the external foramen.

A : St35 Tu-Pi
(Nose of calf)
B1 : S35 Tu Pi
B2 : V35 Tu-pi

F : 35E Tou-pi
J : III35 Tokubi
K : S35 Tokpi
V : III35 Dộc ty

ST 37 Shàngjùxū

上巨虛 (虚)

068

Shang : upper; ju : great; xu : void.

A large void lies between the tibia and fibula. The point is in the upper part of the void.

A : St37 Shang-Chü-Hsü
(Super great void)
B1 : S37 Shang Chü Hsü
B2 : V37 Shang-lien

F : 37E Chang-lienn
J : III37 Jokokyō
K : S37 Sang-gôhō
V : III37 Thương cự hư

ST 36 Zúsānlǐ

足三里

067

Zu : lower limbs; san : three; li : taken as cun in ancient times.

The point is on the legs, 3 cun below the knee.

A : St36 Tsu-San-Li
(Walking three miles)
B1 : S36 Tsu San Li
B2 : V36 San-li

F : 36E Sann-li de jambe
(Troisième village)
J : III36 Ashi no Sanri
K : S36 Chok-samni
V : III36 Túc tam lý

ST 38 Tiáokǒu

條 (条) 口

069

Tiao : strip; kou : space.

The point is in the strip space between the fibula and tibia.

A : St38 Tiao-Kou
(Strip mouth)
B1 : S38 Tiao K'ou
B2 : V38 T'iao-k'ou

F : 38E Tiao-kreou
J : III38 Joko
K : S38 Cho-gu
V : III38 Diêu khâu

ST 39 Xiàjùxū

下巨虛 (虚)

070

Xia : lower; ju : great; xu : void.

A large void is formed between the tibia and the fibula. The point lies in the lower part of the void.

A : St39 Ksio-Chü-Hsü
(Inferior great void)
B1 : S39 Hsia Chü Hsü
B2 : V39 Hsia-lien

F : 39E Sia-liann
J : III39 Gekokyo
K : S39 Hagōhō
V : III39 Ha cự hư

ST 41 Jiěxi

解谿 (溪)

072

Jie : separation; xi : stream.

Xi refers to a minor depression on the body surface. The point is in the anterior articular depression of the ankle joint.

A : St41 Chieh-Hsi
(Dissolving brook)
B1 : S41 Chieh Hsi
B2 : V41 Chieh-ch'i
(Chieh-hsi)

F : 41E Tsie-tsri
(Tsie-si)
J : III41 Kaikai
K : S41 Haegye
V : III41 Giải khê

ST 40 Fēnglóng豐 (丰 , 豊) 隆 (隆) **071**

Feng : plentiful; long : abundance.

The plentiful grain Qi of the stomach meridian is abundant; at this point it overflows into its major collateral.

A : St40 Fung-Lung
(Rich and prosperous)
B1 : S40 Feng Lung
B2 : V40 Feng-lung

F : 40E Fong-long
(Abondance et prospérité)
J : III40 Horyu
K : S40 P'ungnyung
V : III40 Phong long

ST 42 Chōngyáng

衝 (冲) 陽 (阳)

073

Chong : important place; yang : Yang of Yin-Yang.

The point is where the Chongyang pulse is located (arteria dorsalis pedis).

A : St42 Ch'ung-Yang
(Flushing Yang)
B1 : S42 Ch'ung Yang
B2 : V42 Ch'ung-yang

F : 42E Tchrong-iang
(Solaire assaillant)
J : III42 Shoyo
K : S42 Ch'ungnyang
V : III42 Xung duong

ST 43 Xiàngǔ

陷 (陷) 谷

074

Xian : depression; gu : valley.

Gu refers to a depression on the body surface. The point is in the depression between the second and third metatarsals.

A : St43 Hsien-Ku
(Sinking valley)
B1 : S43 Hsien Ku
B2 : V43 Hsien-ku

F : 43E Sienn-kou
J : III43 Kankoku
K : S43 Hamgok
V : III43 Hām cōc

ST 45 Lìduì

厲(厉)兌(兑)

076

Li : stomach; dui : door.

This point is at the end of the second toe, like a door of the stomach meridian.

A : St45 Li-Tuei
(Strict exchange)
B1 : S45 Li Tui
B2 : V45 Li-tui

F : 45E Li-toé
(Paiement cruel)
J : III45 Reida
K : S45 Yōt'ae
V : III45 Lê doài

ST 44 Nèiting

內庭

075

Nei : interior; ting : courtyard.

This point lies next to Lidui (ST45), as if it were a courtyard to it.

A : St44 Nei-T'ing
(Inner court)
B1 : S44 Nei T'ing
B2 : V44 Nei-t'ing

F : 44E Nei-ting
J : III44 Naitei
K : S44 Naejöng
V : III44 Nội đình

SP

Points of Spleen Meridian

Zútaiyīn Píjīng Xué

足太陰（阴）脾經（经，絏）穴

SP 1 Yǐnbái

隱 (隱, 隱) 白

077

Yin : hidden; bai : white.

The point is in a hidden region, where the colour is white.

A : Sp1 Yin-Pai
 A : Sp3 Tai-Pai
 (Hidden white)
 B1 : Sp1 Yin Pai
 B2 : LP1 Yin-pai

F : 1RP Inn-po
 J : IV1 Impaku
 K : Sp1 Ünbaek
 V : IV1 ấn bạch

SP 2 Dàdū

大都 (都)

078

Da : big; du : assembling.

The point is at the big toe, where the Qi of the meridian gathers.

A : Sp2 Ta-Tu
 (Great metropolis)
 B1 : Sp2 Ta Tu
 B2 : LP2 Ta-tu

F : 2RP Ta-tou du pied
 (Grande capitale)
 J : IV2 Daito
 K : Sp2 Taedo
 V : IV2 Dai dō

SP 3 Tàibái

太白

079

Tai : great; bai : white.

The point is in the white skin of the big toe, where the white skin is the widest.

A : Sp3 T'ai Pai
(Too white)
B1 : Sp3 T'ai Pai
B2 : LP3 T'ai-pai

F : 3RP Traé-po
(Suprême blancheur)
J : IV3 Taihaku
K : Sp3 Taebaek
V : IV3 Thái bạch

SP 4 Gōngsūn

公孫 (孙)

080

Gong : connection; sun : reticular collateral.

Sun here means "collateral"; from this point the collateral of the spleen meridian connects with the stomach meridian.

A : Sp4 Kung-Sun
(Generation gap)
B1 : Sp4 Kung Sun
B2 : LP4 Kung-sun

F : 4RP Kong-soun
(Fils du prince)
J : IV4 Koson
K : Sp4 Kongson
V : IV4 Công tôn

SP 5 Shāngqiū

商丘

081

Shang : one of the Five Sounds, pertaining to metal; qiu : hills.

This is the Jing-River point of the spleen meridian and pertains to metal. The point is below the medial malleolus, which looks like a hill.

A : Sp5 Shang-Ch'iu
(Trades hill)
B1 : Sp5 Shang Ch'iu
B2 : LP5 Shang-ch'iu

F : 5RP Chang-tsiou
(Tertre des marchands)
J : IV5 Shokyu
K : Sp5 Sang-gu
V : IV5 Thương khâu

SP 6 Sānyīnjīāo

三陰 (阴) 交

082

Sanyin : three Yin meridians; jiao : crossing.

This is an intersecting point of the spleen meridian, the liver meridian and the kidney meridian.

A : Sp6 San-Yin-Chiao
(Crossroad of 3 Yin)
B1 : Sp6 San Yin Chiao
B2 : LP6 San-yin-chiao

F : 6RP Sann-inn-tsiao
(Croisement de 3 inn)
J : IV6 Saninko
K : Sp6 Samǔmgyo
V : IV6 Tam ấm giao

SP 7 Lòugǔ

漏谷

083

Lou : aperture; gu : valley.

The point is located in the depression posterior to the tibia, like in a valley.

A : Sp7 Lou-ku
(Leaking valley)
B1 : Sp7 Lou Ku
B2 : LP7 Lou-ku

F : 7RP Léou-kou
J : IV7 Rokoku
K : Sp7 Nugok
V : IV7 Lậu cốc

SP 9 Yīnlíngquán

陰(阴)陵 泉

085

Yin : Yin of Yin-Yang; ling : hill; quan : spring.

Yin here means "interior". The point lies in the depression at the interior border of the medial epicondyle of the tibia, like a spring at the foot of a hill.

SP 8 Dìjī

地機(机)

084

Di : earth; ji : importance.

Di refers to the lower limbs where the point is located. The local muscle is very thick and is an important region for leg movement.

A : Sp8 Ti-Chi
(Terrestrial machine)
B1 : Sp8 Ti Chi
B2 : LP8 Ti-chi

F : 8RP Ti-tsi
J : IV8 Chiki
K : Sp8 Chigi
V : IV8 Djá co'

SP 10 Xuèhǎi

血海(海)

086

Xue : blood; hai : sea.

This point is indicated in blood diseases, in the sense of returning overflowed blood into the sea.

A : Sp10 Hsüeh-Hai
(Sea of blood)
B1 : Sp10 Hsüeh Hai
B2 : LP10 Hsüeh-hai

F : 10RP Siue-raé
J : IV10 Kekkai
K : Sp10 Hyōlhae
V : IV10 Huyết hải

SP 11 Jimén

箕門 (门)

087

Ji : dustpan; men : door.

A man sitting with both legs outstretched is reminiscent of a dustpan in shape. The point is on the medial aspect of both thighs, just like the opening of the dustpan.

A : Sp11 Ch'i-Men
(Windowing gate)
B1 : Sp11 Ch'i Men
B2 : LP11 Chi-men

F : 11RP Tsi-enn
J : IV11 Kimon
K : Sp11 Kimun
(Kak-Kimun)
V : IV11 Co'môn

SP 13 Fǔshè

府舍 (舍)

089

Fu : Zang-fu organs; she : dwelling.

The deep region of this point is the abdominal cavity, which is the dwelling place of the Zang-fu organs.

A : Sp13 Fu-Sheh
(Prefecture house)
B1 : Sp13 Fu She
B2 : LP13 Fu-she

F : 13RP Fou-che
J : IV13 Fusha
K : Sp13 Pusa
V : IV13 Phù xù

SP 12 Chōngmén

衝 (冲) 門 (门)

088

Chong : pass; men : door.

The point is in Qi "Street" and is an important door for the passage of the Qi of the meridian.

A : Sp12 Ch'ung-Men
(Flushing gate)
B1 : Sp12 Ch'ung Men
B2 : LP12 Ch'ung-men

F : 12RP Tchrong-menn
J : IV12 Shomon
K : Sp12 Ch'ungmun
V : IV12 Xung mòn

SP 14 Fùjié

腹結 (结)

090

Fu : abdomen; jie : stagnation.

This point is indicated in treating abdominal stagnation.

A : Sp14 Fu-Chieh
(Knot of belly)
B1 : Sp14 Fu Chieh
B2 : LP14 Fu-chieh

F : 14RP Fou-tsié
J : IV14 Fukketsu
K : Sp14 Pokkyööl
V : IV14 Phúc kết

SP 15 Dàhéng

大橫

091

Da : large; heng : horizontal.

This point is on the large part of the abdomen horizontal to the navel.

A : Sp15 Ta-Heng
(Great cross)
B1 : Sp15 Ta Heng
B2 : LP15 Ta-heng

F : 15RP Ta-rong
J : IV15 Daio
K : Sp15 Taehoeng
V : IV15 Đại hành

SP 16 Fù'ài

腹哀

092

Fu : abdomen; ai : pain.

This point is good for treating abdominal pain.

A : Sp16 Fu-Ai
(Sorrow belly)
B1 : Sp16 Fu Ai
B2 : LP16 Fu-ai

F : 16RP Fou-ngré
J : IV16 Fukuai
K : Sp16 Pogae
V : IV16 Phúc ai

SP 17 Shídòu

食竇 (窦)

093

Shi : food; dou : sinus

The point is infero-lateral to the nipple and in its deep region there is a sinus in which milk is stored. This point is used to promote absorption of food and for tonification.

A : Sp17 Shih-Tou
(Food cave)
B1 : Sp17 Shih Tou
B2 : LP17 Shih-tou

F : 17RP Che-teou
J : IV17 Shokutoku
K : Sp17 Shiktu
V : IV17 Thực dậu

SP 18 Tiānxi

天谿 (溪)

094

Tian : heaven; xi : valley.

Tian here means "upper". The point is in the stream-like intercoastal space.

A : Sp18 Tien-Hsi
(Celestial stream)
B1 : Sp18 T'ien Hsi
B2 : LP18 T'ien-ch'i

F : 18RP Tienn-tsri
J : IV18 Tenkei
K : Sp18 Ch'ón-gye
V : IV18 Thiên khê

SP 19 Xiōngxiāng

胸鄉 (乡，鄉)

095

Xiong : chest; xiang : vast place.

This point is located on the vast part of the upper chest.

A : Sp19 Hsiung-Hsiang
 (Chest country)
 B1 : Sp19 Hsiung-Hsiang
 B2 : LP19 Hsiung-hsiang

F : 19RP Siong-siang
 J : IV19 Kyokyo
 K : Sp19 Hyunghyang
 V : IV19 Hung hương

SP 21 Dàbāo

大包 (包)

097

Da : large; bao : containing.

This point pertains to the major collateral of the spleen meridian. The spleen (earth) lies in the center and is related to all the Zang-Fu organs.

A : Sp21 Ta-Pao
 (Great bundle)
 B1 : Sp21 Ta Pao
 B2 : LP21 Ta-pao

F : 21RP Ta-pao
 J : IV21 Daiho
 K : Sp21 Taep'o
 V : IV21 Đại bao

SP 20 Zhōuróng

周榮 (荣，榮)

096

Zhou : general; rong : nourishment.

The point functions to harmonize the nutrient Qi and to nourish the whole body.

A : Sp20 Chou-Jung
 (Full glory)
 B1 : Sp20 Chou Jung
 (Chou Yung)
 B2 : LP20 Chou-jung

F : 20RP Tcheou-jong
 J : IV20 Shuei
 K : Sp20 ChuYong
 V : IV20 Chu Vinh

HT

Points of Heart Meridian

Shǒushàoyīn Xīnjīng Xué

手少陰（阴）心經（经，絏）穴

HT 1 Jíquán

極(极)泉

098

Ji : summit; quan : spring.

The point is in the centre of the armpit; the local depression is like a spring.

A : He1	Chi-Chüan (Extreme spring)
B1 : H1	Chi Ch'üan
B2 : C1	Chi-chüan

F : 1C	Tsi-tsiuann
J : V1	Kyokusen
K : H1	Kükch'ün
V : V1	Cực tuyền

HT 2 Qinglíng青(青)靈(灵, 灵) **099**

Qing : the colour signifying origination; ling : mind.

The heart is an official monarch with the functions of resuscitation, and housing the mind. This point is the source of the Qi of the meridian.

A : He2	Ch'ing-Ling (Green ghost)
B1 : H2	Ch'ing Ling
B2 : C2	Ch'ing-ling

F : 2C	Tsing-ling
J : V2	Seirei
K : H2	Ch'öngnyöng
V : V2	Thanh linh

HT 3 Shàohǎi

少海 (海)

100

Shao : young; hai : sea.

Shao refers to the Hand-Shaoyin meridian. This is the He-sea point of the heart meridian. The Qi of the meridian circulates to this point, like water flowing into the sea.

A : He3 Shao-Hai
(Young sea)
B1 : H3 Shao Hai
B2 : C3 Shao-hai

F : 3C Chao-raé
J : V3 Shokai
K : H3 Sohae
(Üm-Sohaé)
V : V3 Thiêu hǎi

HT 5 Tōnglǐ

通 (通) 里

102

Tong : leading to; li : interior.

From this point the collateral of this meridian branches to the small intestine meridian.

A : He5 T'ung-Li
(Inner communication)
B1 : H5 T'ung Li
B2 : CS T'ung-li

F : 5C Trong-li
(Village communicant)
J : V5 Tsuri
K : HS T'ongni
V : V5 Thông lý

HT 4 Língdào靈 (灵 , 靈) 道 (道) **101**

Ling : mind; dao : pathway.

The heart dominates the mind. This point is in the depression on the radial side of the tendon of m. flexor carpi ulnaris; it is like a pathway leading toward the mind.

A : He4 Ling-Tao
(Ghost path)
B1 : H4 Ling Tao
B2 : C4 Ling-tao

F : 4C Ling-tao
J : V4 Reido
K : H4 Yǒngdo
V : V4 Linh đạo

HT 6 Yīnxì

陰 (阴) 邏

103

Yin : Yin of Yin-Yang; xi : cleft.

This is the Xi-cleft point of the Hand-Shaoyin Meridian.

A : He6 Yin-Chieh
(Yin tortuosity)
B1 : H6 Yin Hsi
B2 : C6 Yin-ch'i
(Yin-hsi)

F : 6C Inn-tsri
J : V6 Ingeki
K : H6 Ümgük
V : V6 ăm khích

HT 7 Shénmén

神(神)門(门)

104

Shen : mind; men : door.

The heart houses the mind. This point is a door for the mind.

A : He7 Shen-Men
 (God's door)
 B1 : H7 Shen Men
 B2 : C7 Shen-men

F : 7C Chinn-menn
 (Porte du conscient)
 J : V7 Shinmon
 K : H7 Shinmun
 V : V7 Thân môn

HT 8 Shàofǔ

少府

105

Shao : young; fu : place.

The point belongs to the Hand-Shaoyin Meridian and is where the Qi of the meridian flows in.

A : He8 Shao-Fu
 (Young prefecture)
 B1 : H8 Shao Fu
 B2 : C8 Shao-fu

F : 8C Chao-fou
 J : V8 Shofu
 K : H8 Sобу
 V : V8 Thiếu phu

HT 9 Shàochōng

少衝(冲)

106

Shao : young; chong : gushing.

The point is on the little finger on the Hand-Shaoyin Meridian, where the Qi of the meridian originates and gushes upwards along the meridian.

A : He9 Shao-Ch'ung
 (Little flush)
 B1 : H9 Shao Ch'ung
 B2 : C9 Shao-ch'ung

F : 9C Chao-tchrong
 (Moindre assaut)
 J : V9 Shosho
 K : H9 Soch'ung
 V : V9 Thiếu xung

SI

Points of Small Intestine Meridian

Shǒutàiyáng Xiǎochángjīng Xué

手太陽（阳）小腸（肠）經（经，絏）穴

SI 1 Shàozé

少澤 (澤, 沢)

107

Shao : young; ze : marsh.

The point is located on the little finger, just where the Qi of the meridian originates; it is like a small marsh.

A : SI1	Shao-Tze
	(Young marsh)
B1 : Si1	Shao Tse
B2 : IT1	Shao-ch'e (Shao-tse)

F : 1IG	Chao-tsre
J : VI1	Shotaku
K : SI1	Sot'aek
V : VI1	Thiēu trach

SI 2 Qiángǔ

前谷

108

Qian : front; gu : valley.

This point lies in the depression in front of the 5th metacarpophalangeal joint, which is like a valley.

A : SI2	Ch'ien-Ku
	(Front valley)
B1 : Si2	Ch'ien Ku
B2 : IT2	Ch'ien-ku

F : 2IG	Tsienn-kou
J : VI2	Zenkoku
K : SI2	Chōn-gok
V : VI2	Tiēn cōc

SI 3 Hòuxi

後(后)谿(溪)

109

Hou : back; xi : brook.

This point lies in the brook-like depression at the back of the 5th metacarpophalangeal joint.

A : SI3 Hou-Hsi
(Back stream)
B1 : Si3 Hou Hsi
B2 : IT3 Hou-ch'i
(Hou-hsi)

F : 3IG Réou-tsri (Réou-si)
(Vallon supérieur)
J : VI3 Gokei
K : SI3 Hugye
V : VI3 Hậu khê

SI 4 Wàngǔ

腕骨(骨)

110

Wan : wrist; gu : bone.

The point is between the bones of the wrist.

A : SI4 Wan-Ku
(Wrist bone)
B1 : Si4 Wan Ku
B2 : IT4 Wan-ku

F : 4IG Oann-kou
de la main
J : VI4 Wankotsu
K : SI4 Wan-gol
(Su-wan-gol)
V : VI4 Uyển cốt

SI 5 Yánggǔ

陽(阳)谷

111

Yang : Yang of Yin-Yang; gu : valley.

Yang means the "exterior". The seam on the exterior aspect of the wrist, where the point is located, is like a valley.

A : SI5 Yang-Ku
(Sunny village)
B2 : IT5 Yang-ku
B1 : Si5 Yang Ku

F : 5IG Lang-kou
J : VI5 Yokoku
K : SI5 Yang-gok
V : VI5 Dương cốc

SI 6 Yǎnglǎo

養(养)老

112

Yang : to support; lao : old people.

This point is good for treating geriatric diseases such as blurring of vision, deafness, lumbago, shoulder pain, etc.

A : SI6 Yang-Lao
(Nourishing the old)
B1 : Si6 Yang Lao
B2 : IT6 Yang-lao

F : 6IG Lang-lao
J : VI6 Yoro
K : SI6 Yangno
V : VI6 Dương lão

SI 7 Zhīzhèng

支正

113

Zhi : divergence; zheng : regular meridian.

The collateral of the small intestine meridian diverges from this point to the heart meridian.

A : SI7 Chih-Cheng
(Supporting the upright)
B1 : Si7 Chih Cheng
B2 : IT7 Chih-cheng

F : 7IG Tche-tcheng
(Correction des membres)
J : VI7 Shisei
K : SI7 Chijöng
V : VI7 Chi chinh

SI 8 Xiǎohǎi

小海 (海)

114

Xiao : small; hai : sea.

Xiao refers to the small intestine meridian, and this is the He-sea point of the meridian. When the Qi and blood arrive at this point, it is just like water flowing into the sea.

A : SI8 Hsiao-Hai
(Small sea)
B1 : Si8 Hsiao Hai
B2 : IT8 Hsiao-hai

F : 8IG Siao-raé
(Petite mer)
J : VI8 Shokai
K : SI8 Sohae
(Yang-Sohaë)
V : VI8 Tiểu hải

SI 9 Jiānzhēn

肩貞 (贞)

115

Jian : shoulder; zhen : upright.

This is the point where the small intestine meridian goes on to the shoulder.

A : SI9 Chih-Cheng
(Chien Cheng)
(Shoulder chastity)
B1 : Si9 Chien Chen
B2 : IT9 Chien-chen

F : 9IG Tsien-tchenn
J : VI9 Kentei
K : SI9 Kyōnjōng
(Sojang-Kyōnjōng)
V : VI9 Kiên trinh

SI 8 Xiǎohǎi

小海 (海)

114

Xiao : small; hai : sea.

Xiao refers to the small intestine meridian, and this is the He-sea point of the meridian. When the Qi and blood arrive at this point, it is just like water flowing into the sea.

A : SI8 Hsiao-Hai
(Small sea)
B1 : Si8 Hsiao Hai
B2 : IT8 Hsiao-hai

F : 8IG Siao-raé
(Petite mer)
J : VI8 Shokai
K : SI8 Sohae
(Yang-Sohaë)
V : VI8 Tiểu hải

SI 10 Nàoshū

臑俞 (俞)

116

Nao : muscle prominence of the upper arm; shu : point.

The point is on the upper arm, where the Qi of the meridian is infused in.

A : SI10 Nao-Shu
(Nao locus)
B1 : Si10 Nao Shu
B2 : IT10 Nao-yü
(Nao-shu)

F : 10IG Nao-iu
(Nao-chou)
J : VI10 Juyu
K : SI10 Nosu
V : VI10 Nhu du

SI 11 Tiānzōng

天宗

117

Tian : upper part; zong : respect.

Tianzong means an important point on the upper part of the body.

A : SI11 Tien-Tsung
(Celestial ancestor)
B1 : Si11 Tien Tsung
B2 : IT11 T'ien-tsung

F : 11IG Tienn-tsong
J : VI11 Tenso
K : SI11 Ch'ǒnjong
V : VI11 Thiên tông

SI 13 Qūyuán

曲垣

119

Qu : curved; yuan : wall.

The spine of the scapula is like a curved wall, and this point is located on it.

SI 12 Bǐngfēng

秉風(风)

118

Bing : to receive; feng : pathogenic wind.

The point is located at a place where it is easily invaded by the pathogenic wind.

A : SI12 Ping-Fung
(Straight wind)
B1 : Si12 Ping Feng
B2 : IT12 Ch'eng-feng
(Ping-feng)

F : 12IG Tchreng-fong
(Ping-fong)
J : VI12 Heifu
K : SI12 Pyōngp'ung
V : VI12 Bình phong

SI 14 Jiānwàishū

肩外俞(俞)

120

Jian : shoulder; wai : lateral aspect; shu : point.

The point is on the shoulder, slightly lateral to the vertebral border of the scapula.

A : SI14 Chien-Wai-Shu
(Outside of shoulder)
B1 : Si14 Chien Wai Shu
B2 : IT14 Chien-wai
(Chien-wai-shu)

F : 14IG Tsienn-oae
(Tsienn-oae-chou)
J : VI14 Kengaiyu
K : SI14 Kyōnoesu
V : VI14 Kiến ngoại du

SI 15 Jiānzhōngshū

肩中俞 (俞)

121

Jian : shoulder; zhong : central; shu : point.

The point is on the shoulder and is in the centre of the vertebral border of the scapula.

A : SI15 Chien-Chung-Shu
 (Middle of shoulder)
 B1 : Si15 Chien Chung Shu
 B2 : IT15 Chien-chung
 (Chien-chung-shu)

F : 15IG Tsien-tchong
 (Tsien-tchong-chou)
 J : VI15 Kenchuyu
 K : SI15 Kyōnjungsu
 V : VII5 Kiēn trung du

SI 16 Tiānchuāng

天窗 (窓)

122

Tian : upper part; chuang : window.

This point is on the neck and indicated in treating otological diseases. Its function is to restore hearing loss, as if a window were being opened.

A : SI16 Tien-Ch'uang
 (Celestial window)
 B1 : Si16 T'ien Ch'uang
 B2 : IT16 T'ien-ch'uang

F : 16IG Tienn-tchroang
 J : VI16 Tenso
 K : SI16 Ch'ōnch'ang
 V : VII6 Thiēn song

SI 17 Tiānróng

天容

123

Tian : upper part; rong : abundance.

The point is on the head, where the Qi of the meridian is abundant.

A : SI17 Tien-Jung
 (Celestial acceptance)
 B1 : Si17 T'ien Jung
 B2 : IT17 T'ien-jung

F : 17IG Tienn-jong
 J : VI17 Tenyo
 K : SI17 Ch'onyong
 V : VII7 Thiēn dung

SI 18 Quánliáo

顴 (顴) 髒 (髒)

124

Quan : zygoma; liao : foramen.

The point is on the raphe of the zygomatic bone.

A : SI18 Chüan-Lao
 (Cheek bone)
 B1 : Si18 Chuan Liao
 B2 : IT18 Chuan-chiao
 (Chuan-liao)

F : 18IG Tsiuann-tsiao
 (Tsiuann-liao)
 J : VI18 Kenryo
 K : SI18 Kwallyo
 V : VII8 Quyēn liēu

SI 19 Tinggōng聽 (听 , 聽) 宮 (宫) **125**

Ting : hearing; gong : palace.

Tinggong refers to the ear. The point is located in front of the ear and is indicated in treating otological diseases.

BL

A : SI19 Ting-Kung
 (Listening palace)
 B1 : Si19 T'ing Kung
 B2 : IT19 Ting-kung

F : 19IG Ting-kong
 J : VII9 Chokyu
 K : SI19 Ch'ōng-gung
 V : VII9 Thính cung

*Points of Bladder Meridian**Zútài yáng Pángguāngjīng Xué*

足太陽 (阳) 膀胱經 (经, 経) 穴

SI 19 Tinggōng聽 (听 , 聽) 宮 (宫) **125**

Ting : hearing; gong : palace.

Tinggong refers to the ear. The point is located in front of the ear and is indicated in treating otological diseases.

BL

A : SI19 Ting-Kung
 (Listening palace)
 B1 : Si19 T'ing Kung
 B2 : IT19 Ting-kung

F : 19IG Ting-kong
 J : VII9 Chokyu
 K : SI19 Ch'ōng-gung
 V : VII9 Thính cung

Points of Bladder Meridian**Zútài yáng Pángguāngjīng Xué**

足太陽 (阳) 膀胱經 (经, 経) 穴

BL 1 Jingmíng

睛(睛)明

126

Jing : eye; ming : brightness.

The point is located near the eye and its function is to clear the eye.

A : BI1 Ching-Ming
(Eye bright)

B1 : B1 Ching Ming
B2 : VU1 Ching-ming

F : IV Tsing-ming
J : VII1 Seimei

K : B1 Ch'ongmyöng
V : VII1 Tinh minh

BL 2 Cuánzhú (Zānzhú)

攢(攢, 攢)竹

127

Cuan : to assemble; zhu : bamboo.

The point is at the end of the eyebrow, which looks like a luxuriant bamboo plant.

A : BI2 Tsuan-Chu
(Drilling bamboo)

B1 : B2 Tsuan Chu
B2 : VU2 Tsuan-chu

F : 2V Tsroann-tchou
J : VII2 Sanchiku

K : B2 Ch'anjük
V : VII2 Toán trúc

BL 3 Méichōng

眉衝 (冲)

128

Mei : eyebrow; chong : upward.

The point is at the anterior hairline, directly above the eyebrow.

A : BI3 Mei-Ch'ung
(Eyebrow flush)
B1 : B3 Mei Ch'ung
B2 : VU3 Mei-ch'ung

F : 3V Mei-tchrong
J : VII3 Bisho
K : B3 Mich'ung
V : VII3 Mi xung

BL 4 Qūchā (Qūchāi)

曲差 (差)

129

Qu : crooked; cha : unevenness.

The meridian runs crooked laterally from Meichong (BL 3) and then runs posteriorly from this point. It is marked by unevenness.

A : BI4 Ch'ü-Ch'a
(Crooked and inferior)
B1 : B4 Ch'u Cha
B2 : VU4 Ch'ü-ch'a

F : 4V Tsiou-tchrae
J : VII4 Kyokusa
K : B4 Kokch'a
V : VII4 Khúc sai

BL 5 Wǔchù

五處 (处, 处)

130

Wu : fifth; chu : place.

This is the fifth point of the bladder meridian of Foot-Taiyang.

A : BI5 Wu-Ch'u
(Five locations)
B1 : B5 Wu Ch'u
B2 : VU5 Wu-ch'u

F : 5V Ou-tchrou
J : VII5 Goshō
K : B5 Ochō
V : VII5 Ngū xū

BL 6 Chéngguāng

承光

131

Cheng : to receive; guang : brightness.

The point is at the vertex of the head, where brightness is easily perceived.

A : BI6 Ch'eng-Kuang
(Receiving light)
B1 : B6 Ch'eng Kuang
B2 : VU6 Ch'eng-kuang

F : 6V Tchreng-koang
J : VII6 Shoko
K : B6 Sŭng-gwang
V : VII6 Thùa quang

BL 7 Tōngtiān

通(通)天

132

Tong : reaching; tian : heaven.

The upper part of the head is likened as the heaven. The point is at the head and connects upwards with vertex.

A : BI7 Tung-Tien
(Reaching heaven)
B1 : B7 Tung T'ien
B2 : VU7 Tung-t'ien

F : 7V Trong-tienn
J : VII7 Tsuten
K : B7 Tongch'ın
V : VII7 Thông thién

BL 8 Luòquè

絡(络)卻(却)

133

Luo : linking; que : return

The collateral of the bladder meridian returns to the body surface from this point after linking with the brain.

A : BI8 Lo-Ch'ueh
(Discard refute)
B1 : B8 Lo Ch'ueh
B2 : VU8 Lo-ch'i
(Luo-ch'ueh)

F : 8V Lo-tsri
(Lo-tsiue)
J : VII8 Rakkyaku
K : B8 Naggak
V : VII8 Lạc khuốc

BL 9 Yùzhěn

玉枕

134

Yu : jade; zhen : pillow.

The ancient name of the occipital bone is "Yuzhengu" (jade pillow bone), and the point is on it.

A : BI9 Yü-Chen
(Jade pillow)
B1 : B9 Yu Chen
B2 : VU9 Yü-chen

F : 9V Iu-tchenn
J : VII9 Gyokuchin
K : B9 Okch'im
V : VII9 Ngoc châm

BL 10 Tiānzhù

天柱

135

Tian : heaven; zhu : pillar.

Heaven here means "upper". The cervical spine was called "Zhugu" (pillar bone) in ancient times and the point is lateral to it.

A : BI10 Tien-Chu
(Celestial pillar)
B1 : B10 Tien Chu
B2 : VU10 T'ien-chu

F : 10V Tienn-tchou
J : VII10 Tenchu
K : B10 Ch'ónju
V : VII10 Thiên trụ

BL 11 Dàzhù

大杼

136

Da : big; zhu : shuttle.

The first thoracic vertebra is bigger; the spinous process is like a shuttle, and the point is lateral to it.

A : BI11 Ta-Chu
(Great slaughter)
B1 : BI11 Ta Chu
B2 : VU11 Ta-chu

F : 11V Ta-tchrou
J : VII11 Daijo
K : BI11 Taejō
V : VII11 Dại trú

BL 12 Fēngmén

風 (风) 門 (门)

137

Feng : pathogenic wind; men : door.

This point is located where it is easily invaded by the pathogenic wind and is good for treating the diseases caused by the wind. The point is therefore considered as the door of the pathogenic wind.

A : BI12 Fung-Men
(Windy door)
B1 : B12 Feng Men
B2 : VU12 Feng-men

F : 12V Fong-menn
J : VII12 Fumon
K : B12 P'ungmun
V : VII12 Phong môn

BL 13 Fèishū

肺俞 (俞)

138

Fei : lung; shu : point.

This point is the place where the Qi of the lung is infused into the back.

A : BI13 Fei-Shu
(Lung locus)
B1 : B13 Fei Shu
B2 : VU13 Fei-yü
(Fei-shu)

F : 13V Fei-iu
(Fei-chou)
(Assentiment des poumons)
J : VII13 Haiyu
K : B13 P'yésu
V : VII13 Phê du

BL 12 Fēngmén

風 (风) 門 (门)

137

Feng : pathogenic wind; men : door.

This point is located where it is easily invaded by the pathogenic wind and is good for treating the diseases caused by the wind. The point is therefore considered as the door of the pathogenic wind.

A : BI12 Fung-Men
(Windy door)
B1 : B12 Feng Men
B2 : VU12 Feng-men

F : 12V Fong-menn
J : VII12 Fumon
K : B12 P'ungmun
V : VII12 Phong môn

BL 14 JuéyInshū

厥陰 (阴) 俞 (俞)

139

Jueyin : the end of Yin meridians, here referring to the Back-Shu point of pericardium.

This point is the place where the Qi of the pericardium is infused into the back.

A : BI14 Ch'üeh-Yin-Shu
(Yin in equilibrium locus)
B1 : B14 Ch'üeh Yin Shu
B2 : VU14 Ch'üeh-yin-yü
(Ch'üeh-yin-shu)

F : 14V Tsie-inn-iu
(Tsuie-inn-chou)
J : VII14 Ketsuinyu
K : B14 Kwörümsu
V : VII14 Quyet âm du

BL 15 Xīnshū

心俞(俞)

140

Xin : heart; shu : point.

This point is the place where the Qi of the heart is infused into the back.

A : BI15 Hsin-Shu
(Heart locus)
B1 : B15 Hsin Shu
B2 : VU15 Hsin-yü
(Hsin-shu)

F : 15V Sinn-iu
(Sinn-chou)
J : VII15 Shinyu
K : B15 Shimsu
V : VII15 Tâm du

BL 17 Géshū

膈俞(俞)

142

Ge : diaphragm; shu : point.

This point is the place where the Qi of the diaphragm is infused into the back.

A : BI17 Ke-Shu
(Diaphragm locus)
B1 : B17 Ke Shu
B2 : VU17 Ko-yü
(Ko-shu)

F : 17V Ko-iu
(Ko-chou)
(Assentiment diaphragme)
J : VII17 Kakuyu
K : B17 Kyōksu
V : VII17 Cäch du

BL 16 Dūshū

督俞(俞)

141

Du : Governor Vessel; shu : point.

This point is the place where the Qi of the governor vessel is infused.

A : BI16 Tu-Shu
(Governor locus)
B1 : B16 Tu Shu
B2 : VU16 Tu-yü
(Tu shu)

F : 16V Tou-iu
(Tou-chou)
J : VII16 Tokyu
K : B16 Toksu
V : VII16 Đốc du

BL 18 Gānshū

肝俞(俞)

143

Gan : liver; shu : point.

This point is the place where the Qi of the liver is infused into the back.

A : BI18 Kan-Shu
(Liver locus)
B1 : B18 Kan Shu
B2 : VU18 Kan-yü
(Kan-shu)

F : 18V Kann-iu
(Kann-chou)
J : VII18 Kanyu
K : B18 Kansu
V : VII18 Can du

BL 19 Dǎnshū

膽(胆)俞(俞)

144

Dan : gallbladder; shu : point.

This point is the place where the Qi of the gallbladder is infused into the back.

A : BI19 Tan-Shu
(Gallbladder locus)
B1 : B19 Tan Shu
B2 : VU19 Tan-yü
(Tan-shu)

F : 19V Tann-iu
(Tann-chou)
J : VII19 Tanyu
K : B19 Tamsu
V : VII19 Dóm du

BL 21 Wèishū

胃俞(俞)

146

Wei : stomach; shu : point.

This is the place where the Qi of the stomach is infused into the back.

A : BI21 Wei-Shu
(Stomach locus)
B1 : B21 Wei Shu
B2 : VU21 Wei-yü
(Wei-shu)

F : 21V Oé-iu
(Oé-chou)
(Assentiment estomac)
J : VII21 Iyu
K : B21 Wisu
V : VII21 Vi du

BL 20 Píshū

脾俞(俞)

145

Pi : spleen; shu : point.

This is the place where the Qi of the spleen is infused into the back.

A : BI20 Pi-Shu
(Spleen locus)
B1 : B20 Pi Shu
B2 : VU20 Pi-yü
(Pi-shu)

F : 20V Pi-iu
(Pi-chou)
J : VII20 Hiyu
K : B20 Pisu
V : VII20 Ty du

BL 22 Sānjiāoshū

三焦俞(俞)

147

Sanjiao : three regions of the body cavity; shu : point.

This is the place where the Qi of the Sanjiao is infused into the back.

A : BI22 San-Chiao-Shu
(Triple burner locus)
B1 : B22 San Chiao Shu
B2 : VU22 San-chiao-yü

F : 22V Sann-tsiao-iu
(Sann-tsiao-chou)
J : VII22 Sanshouyu
K : B22 Samch'osu
V : VII22 Tam tiêu du

BL 23 Shènshū

腎(肾)俞(俞)

148

Shen : kidney; shu : point.

This is the place where the Qi of the kidney is infused into the back.

A : BI23 Shen-Shu
(Kidney locus)
B1 : B23 Shen Shu
B2 : VU23 Shen-yü
(Shen-shu)

F : 23V Chenn-iu
(Chenn-chou)
(Assentiment reins)
J : VII23 Jinyu
K : B23 Shinsu
V : VII23 Thân du

BL 24 Qīhǎishū

氣(气，氣)海(海)俞(俞)

149

Qihai : sea of the primary Qi; shu : point.

This point is opposite to Qihai (CV6), where the primary Qi is infused into the back.

A : BI24 Ch'i-Hai-Shu
(Energy sex locus)
B1 : B24 Ch'i Hai Shu
B2 : VU24 Ch'i-hai-yü
(Ch'i-hai-shu)

F : 24V Tsri-raé-iu
(Tsri-raé-chou)
J : VII24 Kikaiyu
K : B24 Kihaesu
V : VII24 Khí hải du

BL 25 Dàchángshū

大腸(肠)俞(俞)

150

Dachang : large intestine; shu : point.

This point is the place where the Qi of the large intestine is infused into the back.

A : BI25 Ta-Ch'ang-Shu
(Large intestine locus)
B1 : B25 Ta Ch'ang Shu
B2 : VU25 Ta-chang-yü
(Ta-chang-shu)

F : 25V Ta-tchrang-iu
J : VII25 Daichoyu
K : B25 Tacjangsu
V : VII25 Đại trường du

BL 26 Guānyuánshū

關(关，閔，閔)元俞(俞)

151

Guan : storage; yuan : primary Qi; shu : point.

This point is opposite to Guanyuan (CV4), where the stored Qi of primary Yin and primary Yang is infused into the back.

A : BI26 Kuan-Yüan-Shu
(Kuan-Yüan locus)
B1 : B26 Kuan Yüan Shu
B2 : VU26 Kuan-yüan-yü
(Kuan-yüan-shu)

F : 26V Koann-iuann-iu
(Koann-iuann-chou)
J : VII26 Kangenyu
K : B26 Kwanwonsu
V : VII26 Quan nguyên du

BL 27 Xiǎochángshū

小腸(肠)俞(俞)

152

Xiaochang : small intestine; shu : point.

This is the place where the Qi of the small intestine is infused into the back.

A : BI27 Hsiao-Chang-Shu
(Small intestine locus)
B1 : B27 Hsiao Chang Shu
B2 : VU27 Hsiao-ch'ang-yü
(Hsiao-ch'ang-shu)

F : 27V Siao-tchrang-iu
(Siao-tchrang-chou)
J : VII27 Shoccoyu
K : B27 Sojangsu
V : VII27 Tiểu trườ'ng du

BL 29 Zhōnglǚshū

中膂俞(俞)

154

Zhong : centre; lü : muscles on both sides of the spine; shu : point.

This point is in the centre of the body, where the Qi of the muscles on both sides of the spine is infused into the back.

A : BI29 Chung-Lü-Shu
(Middle of spine locus)
B1 : B29 Chong Lü Shu
B2 : VU29 Chong-lü-yü
(Chong-lü-shu)

F : 29V Tchong-liu-iu
(Tchong-liu-chou)
J : VII29 Churoyu
K : B29 Chungnyǒsu
V : VII29 Trung lữ du

BL 28 Pángguāngshū

膀胱俞(俞)

153

Pangguan : bladder; shu : point.

This point is the place where the Qi of the bladder is infused into the back.

A : BI28 P'ang-Kuang-Shu
(Bladder locus)
B1 : B28 P'ang Kuang Shu
B2 : VU28 P'ang-jzang-yü
(Pang-kuang-shu)

F : V28 Prang-koang-iu
(Prang-koang-chou)
J : VII28 Bokoyu
K : B28 Pang-gwangsu
V : VII28 Bàng quang du

BL 30 Báihuánshū

白環(环)俞(俞)

155

Bai : white; huan : ring; shu : point.

This point is indicated in leukorrhoea.

A : BI30 Pai-Huan-Shu
(White circle locus)
B1 : B30 Pai Huan Shu
B2 : VU30 Pai-huan-yü
(Pai-huan-shu)

F : 30V Paé-roann-iu
(Paé-roann-chou)
J : VII30 Hakkanyu
K : B30 Paek'wansu
V : VII30 Bạch hoàn du

BL 31 Shàngliáo

上 體 (體)

156

Shang : upper; liao : foramen.

This point is at the first dorsal sacral foramen.

A : BI31 Shang-Liao
(Superior bone)
B1 : B31 Shang Liao
B2 : VU31 Shang-chiao
(Shang-liao)

F : 31V Chang-tsiao (liao)
(Trou supérieur)
J : VII31 Joryo
K : B31 Sangnyo
V : VII31 Thượng liêu

BL 33 Zhōngliáo

中 體 (體)

158

Zhong : middle; liao : foramen.

This point is at the third posterior sacral foramen,
approximately at the middle part.**BL 32 Ciliáo**

次 體 (體)

157

Ci : second; liao : foramen.

This point is at the second posterior sacral foramen.

A : BI32 T'ze-Liao
(Secondary bone)
B1 : B32 Tzu Liao
B2 : VU32 T'zu-chiao
(T'si-liao)

F : 32V Tsre-tsiao
(Tsre-liao)
J : VII32 Jiryo
K : B32 Ch'aryo
V : VII32 Thủ liêu

BL 34 Xiàliáo

下 體 (體)

159

Xia : lower; liao : foramen.

This point is at the fourth posterior sacral foramen.

A : BI34 Hsia-Liao
(Inferior bone)
B1 : B34 Hsia Liao
B2 : VU34 Hsia-chiao
(Hsia-liao)

F : 34V Sia-tsiao
(Siao-liao)
J : VII34 Geryo
K : B34 Haryo
V : VII34 Hạ liêu

BL 35 Huìyáng

會(会)陽(阳)

160

Hui : crossing; yang : Yang of Yin-Yang.

This point pertains to the Yang meridian where it crosses the Governor Vessel (Dumai), which is considered as the sea of the Yang meridians.

A : BI35 Hui-Yang
(Meeting of the Yang)
B1 : B35 Hui Yang
B2 : VU35 Hui-yang

F : 35V Roé-iang
J : VII35 Eyo
K : B35 Hoeyang
V : VII35 Hội dương

BL 36 Chéngfú

承扶

161

Cheng : sustaining; fu : support.

This point is on the upper part of the femur at the midpoint of the gluteofemoral crease; its function is to enable the lower limbs to sustain the body weight.

A : BI36 Cheng-Fu
(Great support)
B1 : B50 Chen Fu
B2 : VU50 Ch'eng-fu

F : 50V Tchreng-fou
(Support)
J : VII50 Shofu
K : B50 Súngbu
V : VII36 Thùa phù

BL 37 Yínmén

殷門(门)

162

Yin : thickness; men : door.

The local muscle of the point is thick, and the point is a door where the Qi of the bladder meridian passes through.

A : BI37 Yin-Men
(Great gate)
B1 : B51 Yin Men
B2 : VU51 Yin-men

F : 51V Inn-menn
J : VII51 Inmon
K : BS1 Ünmun
V : VII37 ân mòn

BL 38 Fúxi

浮(浮)郤

163

Fu : floating; xi : seam.

This point is on the upper border of the popliteus.

A : BI38 Fu-Chieh
(Fu Hsi)
(Superficial tortuosity)
B1 : B52 Fu Hsi
B2 : VU52 Fu-ch'i
(Fu-hsi)

F : 52V Feou-tsri
(Fou-si)
J : VII52 Fugeki
K : BS2 Pugük
V : VII38 Phù khích

BL 39 Wéiyáng

委陽 (阳)

164

Wei : crooked; yang : Yang of Yin-Yang.

Yang means "exterior". The point is lateral to Weizhong (BL40) on the transverse crease of the popliteal fossa.

A : BI39 Wei-Yang
(Delegating Yang)
B1 : BS3 Wei Yang
B2 : VU53 Wei-yang

F : S3V Oé-jiang
J : VII53 Iyo
K : BS3 Wiyang
V : VII39 úy dương

BL 40 Wéizhōng

委中

165

Wei : crooked; zhong : middle.

The point is at the midpoint of the transverse crease of the popliteal fossa.

A : BI40 Wei-Chung
(Commanding median)
B1 : BS4 Wei Chung
B2 : VU54 Wei-chung

F : S4V Oé-tchong
J : VII54 Ichu
K : BS4 Wijung
V : VII40 úy trung

BL 41 Fùfēn

附分

166

Fu : attached; fen : separation.

The bladder meridian runs downward bilaterally from the neck. This point is at the beginning of the second line and attached to the first line.

A : BI41 Fu-Fen
(Small supplementation)
B1 : B36 Fu Fen
B2 : VU36 Fu-fen

F : 36V Fou-fenn
J : VII36 Fubun
K : B36 Pubun
V : VII41 Phụ phần

BL 42 Pòhù

魄戶

167

Po : spirit; hu : door

The lung stores the spirit. The point is at the level of Feishu (BL13), like a door for the Qi of the lung.

A : BI42 P'o-Hu
(Soul shelter)
B1 : B37 P'o Hu
B2 : VU37 P'o-hu

F : 37V Pro-rou
J : VII37 Hakko
K : B37 Paek'o
V : VII42 Phách hô

BL 43 Gāohuāng

膏肓

168

Gao : fat; huang : membrane.

Gao huang refers to the fat and membrane below the heart and above the diaphragm. Since this part is close to the pericardium, it is considered as the component of the pericardium. The point is at the level of the Jueyinshu (BL14).

A : BI43 Kao-Mang
(Kao-Huang)
(Vital organs)
B1 : B38 Kao Hoang
B2 : VU38 Kao-huang

F : 38V Kao-roang
(Centre vital)
J : VII38 Koko
K : B38 Kohwang
V : VII43 Cao hoang

BL 44 Shéntáng

神(神)堂

169

Shen : mind; tang : hall.

The heart houses the mind. The point is at the level of Xinshu (BL15), like a hall in which the mind is housed.

A : BI44 Shen-Tang
(God's temple)
B1 : B39 Shen T'ang
B2 : VU39 Shen-t'ang

F : 39V Chenn-trang
J : VII39 Shindo
K : B39 Shindang
V : VII44 Thân dường

BL 45 Yǐxī

噫(噫)嘻(嘻)

170

Yixi : a sighing sound.

If the patient is asked to say "Yixi" when the point is being located, the doctor's fingers may feel the vocal fremitus.

A : BI45 Yi-Hsi
(Happy giggling)
B1 : B40 Yi Hsi
B2 : VU40 I-hsi

F : 40V I-si
J : VII40 Iki
K : B40 Ūihüi
V : VII45 Y hì

BL 44 Shéntáng

神(神)堂

169

Shen : mind; tang : hall.

The heart houses the mind. The point is at the level of Xinshu (BL15), like a hall in which the mind is housed.

A : BI44 Shen-Tang
(God's temple)
B1 : B39 Shen T'ang
B2 : VU39 Shen-t'ang

F : 39V Chenn-trang
J : VII39 Shindo
K : B39 Shindang
V : VII44 Thân dường

BL 46 Géguān

隔關(关, 関, 閂)

171

Ge : diaphragm; guan : pass.

The point is at the level of Geshu (BL17) and is therefore likened to a pass for treating disorders of the diaphragm.

A : BI46 Ke-Kuan
(Diaphragm pass)
B1 : B41 Ke Kuan
B2 : VU41 Ko-kuan

F : 41V Ko-koann
J : VII41 Kakukan
K : B41 Kyōkkwan
V : VII46 Cách quan

BL 47 Húnmén

魂門(門)

172

Hun : soul; men : door.

The liver stores the soul. The point is at the level of Ganshu, (BL18) like a door for the Qi of the liver.

A : BI47 Hun-Men
(Soul gate)
B1 : B42 Hun Men
B2 : VU42 Hun-men

F : 42V Roun-menn
J : VII42 Konmon
K : B42 Honmun
V : VII47 Hôn mòn

BL 48 Yánggāng

陽(阳)綱(纲)

173

Yang : Yang of Yin-Yang; gang : key link.

The gallbladder pertains to Yang. The point is at the level of Danshu (BL19) and is important in treating gallbladder diseases.

A : BI48 Yang-Kang
(Yang principles)
B1 : B43 Yang Kang
B2 : VU43 Yang-kang

F : 43V Lang-kang
J : VII43 Yoko
K : B43 Yang-gang
V : VII48 Dương cuồng

BL 49 Yishè

意舍(舍)

174

Yi : ideas; she : residence.

The spleen stores ideas. The point is at the level of Pishu, (BL20) like a residence for the Qi of the spleen.

A : BI49 Yi-She
(Thought refuge)
B1 : B44 Yi She
B2 : VU44 I-she

F : 44V I-che
J : VII44 Isha
K : B44 Čisa
V : VII49 ý xá

BL 50 Wèicāng

胃倉(仓)

175

Wei : stomach; cang : storehouse.

The point is at the level of Weishu (BL21). The stomach receives food, just like a storehouse.

A : BI50 Wei-Ts'ang
(Stomach granary)
B1 : B45 Wei Tsang
B2 : VU45 Wei-ts'ang

F : 45V Oè-tsrang
J : VII45 Iso
K : B45 Wich'ang
V : VII50 Vị thương

BL 51 Huāngmén

肓門(門)

176

Huang : membrane; men : door.

The point is at the level of Sanjiaoshu (BL22), like a door for the Qi of the Sanjiao.

A : BL51 Man-Men
(Huang-Men)
(Organ gate)
B1 : B46 Huang Men
B2 : VU46 Huang-men

F : 46V Roang-menn
J : VII46 Komon
K : B46 Hwangmun
V : VII51 Hoang môn

BL 53 Bāohuāng

胞(胞)肓

178

Bao : bladder; huang : membrane.

Bao refers to the bladder. The point is at the level of Pangguangshu (BL30).

A : BL53 P'ao-Mang
(P'ao-Huang)
(Placenta & organ)
B1 : B48 Pao Huang
B2 : VU48 Pao-huang

F : 48V Pao-roang
J : VII48 Hoko
K : B48 P'ohwang
V : VII53 Bào hoang

BL 52 Zhìshí

志室

177

Zhi : will; shi : chamber.

The kidney stores the will. The point is at the level of Shenshu (BL23), like a chamber where the Qi of the kidney gathers.

A : BL52 Chih-Shih
(Room of determination)
B1 : B47 Chih Shih
B2 : VU47 Chih-shih

F : 47V Tche-che
J : VII47 Shishitsu
K : B47 Chishil
V : VII52 Chí thắt

BL 54 Zhìbiān

秩邊(边, 辺)

179

Zhi : order; bian : edge.

The back-Shu points of the bladder meridian are arranged in order. This point is at the lowest among them.

A : BL54 Chih-Pian
(Orderly edge)
B1 : B49 Chih Pian
B2 : VU49 Chih-pian

F : 49V Tche-piann
J : VII49 Chippen
K : B49 Chilbyǒn
V : VII54 Trật biến

BL 55 Héyáng

合陽 (阳)

180

He : confluence; yang : Yang of Yin-Yang.

The meridian runs downwards from the neck, where it branches out into two lines. After meeting at Weizhong (BL40), it travels downwards and gradually descends along the muscle. The higher point is considered as Yang.

A : BI55 Ho-Yang
(Meeting of the Yang)
B1 : B55 Yo Yang
B2 : VU55 Ho-yang

F : 55V Ro-iang
(Milieu du délégué)
J : VII55 Goyo
K : B55 Habyang
V : VII55 Họp dường

BL 56 Chéngjīn

承筋

181

Cheng : sustain; jin : tendon and muscle.

The point is on the gastrocnemius muscle, which is an important leg muscle helping to sustain the upper part of the body.

A : BI56 Ch'eng-Chin
(Supporting ligaments)
B1 : B56 Ch'eng Chin
B2 : VU56 Ch'eng-chin

F : 56V Tchreng-tsinn
J : VII56 Shokin
K : B56 Súng-gún
V : VII56 Thủa cân

BL 57 Chéngshān

承山

182

Cheng : sustain; shan : mountain.

The two bellies of the gastrocnemius muscle are so prominent as a mountain; the point is below them, as if sustaining the mountain.

A : BI57 Ch'eng-Shan
(Supporting hill)
B1 : B57 Cheng Shan
B2 : VU57 Ch'eng-shan

F : 57V Tchreng-chann
J : VII57 Shozan
K : B57 Súngsan
V : VII57 Thủa sòn

BL 58 Fēiyáng

飛 (飞) 揚 (扬)

183

Fei : to fly; yang : lifting.

The point is a Luo-connecting point on the lateral aspect of leg and the collateral of this meridian flies out from this point to the kidney meridian.

A : BI58 Fei-Yang
(Flying and expanding)
B1 : B58 Fei Yang
B2 : VU58 Fei-yang

F : 58V Fei-iang
(Vol plane)
J : VII58 Hiyo
K : B58 Piyang
V : VII58 Phi dương

BL 59 Fūyáng

跗陽 (阳)

184

Fu : tarsus; yang : Yang of Yin-Yang.

Yang here means "exterior and superior". The point is on the superior aspect of the tarsus and on the lateral aspect of the leg.

A : Bl59 Fu-Yang
(Foot Yang)
B1 : B59 Fu Yang
B2 : VU59 Fu-yang

F : 59V Fou-iang
J : VII59 Fuyo
K : B59 Puyang
V : VII59 Phụ dương

BL 60 Kūnlún

崑 (昆) 崧 (侖 , 仑) 185

Kunlun : name of a mountain in West China.

The lateral malleolus is shaped like a mountain. The point is located next to it.

A : Bl60 K'un-Lun
(K'un Lun mountains)
B1 : B60 K'un Lun
B2 : VU60 K'un-lun

F : 60V Kroun-loun
J : VII60 Konron
K : B60 Kollyun
V : VII60 Côn lòn

BL 61 Púcān (Púshēn)

僕 (仆) 參 (参)

186

Pu : servant; can : paying respects.

The point is at the lateral aspect of the heel, and is therefore exposed when a servant pays his respects.

A : Bl61 Pu-Shen
(Supporting personal)
B1 : B61 P'u Shen
B2 : VU61 P'u-shen

F : 61V Prou-chenn
J : VII61 Bokushin
K : B61 Poksam
V : VII61 Bộc tham

BL 62 Shēnmài

申脈 (脉)

187

Shen : to extend; mai : meridian.

The point pertains to the bladder meridian, from where the meridian extends to the Yang Heel Vessel (Yangqiaomai).

A : Bl62 Shen-Mai
(Stretching vessel)
B1 : B62 Shen Mai
B2 : VU62 Shen-mo

F : 62V Chenn-mo
(lang-tsiao)
J : VII62 Shinmyaku
K : B62 Shinmaek
V : VII62 Thân mạch

BL 63 Jīnmén

金門(門)

188

Jin : gold; men : door.

The point pertains to the bladder meridian of Foot-Taiyang and is the starting point of the Yang Link Vessel (Yangweimai), like a door to enter the Yang Link Vessel.

A : Bl63 Chin-Men
(Golden gate)
B1 : B63 Chin Men
B2 : VU63 Chin-men

F : 63V Tsinn-menn
J : VII63 Kinmon
K : B63 Kūmmun
V : VII63 Kim mōn

BL 64 Jīnggǔ

京骨(骨)

189

Jinggu is an ancient name for the tuberosity of the 5th metatarsal.

The point is on the lateral aspect of the tuberosity of the 5th metatarsal.

A : Bl64 Ching-Ku
(Capital bone)
B1 : B64 Ching Ku
B2 : VU64 Ching-ku

F : 64V Tsing-kou
(Métatarsien, os de capitale)
J : VII64 Keikotsu
K : B64 Kyōng-gol
V : VII64 Kinh cốt

BL 65 Shùgǔ

束骨(骨)

190

Shu : bundle up; gu : bone.

Shugu is an ancient name of the head of the 5th metatarsal. The point is on the lateral inferior aspect of the head of the 5th metatarsal.

A : Bl65 Shu-Ku
(Restrict bone)
B1 : B65 Shu Ku
B2 : VU65 Shu-ku

F : 65V Chou-kou
(Os lié)
J : VII65 Sokkotsu
K : B65 Sokkol
V : VII65 Thúc cốt

BL 64 Jīnggǔ

京骨(骨)

189

Jinggu is an ancient name for the tuberosity of the 5th metatarsal.

The point is on the lateral aspect of the tuberosity of the 5th metatarsal.

A : Bl64 Ching-Ku
(Capital bone)
B1 : B64 Ching Ku
B2 : VU64 Ching-ku

F : 64V Tsing-kou
(Métatarsien, os de capitale)
J : VII64 Keikotsu
K : B64 Kyōng-gol
V : VII64 Kinh cốt

BL 66 Zútōnggǔ

足通(通)谷

191

Zu : foot; tong : passing; gu : valley.

The point is in the depression of the foot, which is likened to a valley through which the Qi of the meridian passes.

A : Bl66 T'ung-Ku
(Communicating
the valleys)
B1 : B66 Tsu-T'ung Ku
B2 : VU66 T'ung-ku

F : B66 Trong-kou
de la jambe
J : VII66 Ashi no Tsukoku
K : B66 Chok-t'ong-gok
V : VII66 Thông cốc

BL 67 Zhiyin

至陰 (阴)

192

Zhi : reaching; yin : Yin of Yin-Yang.

Yin refers to the Foot-Shaoyin Meridian. This is the end point of the bladder meridian of Foot-Taiyang. From here it reaches to the Foot-Shaoyin meridian.

A : BI67 Chih-Yin
 (Extreme Yin)
 B1 : B67 Chih Yin
 B2 : VU67 Chih-yin

F : 67V Tche-inn
 J : VII67 Shiin
 K : B67 Chiüm
 V : VII67 Chí âm

KI*Points of Kidney Meridian**Zúshàoyīn Shènjīng Xué*

足少陰 (阴) 腎 (肾) 經 (经, 経) 穴

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KI*Points of Kidney Meridian**Zúshàoyīn Shènjīng Xué*

足少陰 (阴) 腎 (肾) 經 (经, 経) 穴

KI 1 Yǒngquán

湧(涌)泉

193

Yong : to gush; quan : spring.

Water welling up is called a gushing spring. The point is on the depression of the sole and the Qi of the meridian flows upwards like a gushing spring.

A : K1 Yung-Ch'üan
 (Pouring spring)
 B1 : K1 Ying Ch'üan
 B2 : R1 Yung-ch'üan

F : 1R Iong-tsiuann
 (Source bouillonnante)
 J : VIII1 Yusen
 K : K1 Yongch'ün
 V : VIII1 Dung tuyen

KI 2 Rángǔ

然谷

194

Ran : tuberosity of the navicular bone; gu : valley.

The point is in the depression below the tuberosity of the navicular bone, as in a valley.

A : K2 Jen-Ku
 (Blazing valley)
 B1 : K2 Jan Ku
 B2 : R2 Jen-ku

F : 2R Jenn-kou
 J : VIII2 Nenkoku
 K : K2 Yön-gok
 V : VIII2 Nhiên cốc

KI 3 Tàixī

太谿 (溪)

195

Tai : great; xi : canyon.

The point is in the depression between the medial malleolus and the Achilles tendon, as in a vast canyon.

A : Ki3 T'ai-Hsi
(Great brook)
B1 : K6 T'ai Hsi
B2 : R3 T'ai-ch'i

F : 3R Traé-tsri
(Vallon suprême)
J : VIIII3 Taikei
K : K3 T'aegye
V : VIIII3 Thái khê

KI 4 Dàzhōng

大鍾 (钟)

196

Da : big; zhong : heel.

This point is at the heel and the calcaneous bone is big, hence the name.

A : Ki4 Ta-Chung
(Big Ben)
B1 : K5 Ta Chung
B2 : R4 Ta-chung

F : 4R Ta-tchong
(Grande cloche)
J : VIIII4 Daisho
K : K4 Taejong
V : VIIII4 Dai chung

KI 5 Shuǐquán

水泉

197

Shui : water; quan : spring.

Shuiquan means water source. The kidney dominates water clearance. This point is a Xi-cleft point of the kidney meridian and indicated in treating dribbling of urine.

A : Ki5 Shuei-Ch'üan
(Water spring)
B1 : K4 Shui Ch'üan
B2 : R5 Shui-ch'üan

F : 5R Choé-tsuiann
J : VIIIS Suisen
K : K5 Suchöön
V : VIIIS Thùy tuyễn

KI 6 Zhàohǎi

照海 (海)

198

Zhao : to shine; hai : sea.

This point pertains to the kidney meridian and the Qi here is as abundant as a sea. It means that the real Yang of the kidney may illuminate the whole body.

A : Ki6 Chao-Hai
(Shine to sea)
B1 : K3 Chao Hai
B2 : R6 Chao-hai

F : 6R Tchao-raé
J : VIIII6 Shokai
K : K6 Chohae
V : VIIII6 Chiểu hải

KI 7 Fùliū

復(复)溜

199

Fu : continuing; liu : flowing.

The point is above Zhaohai (K16) and refers to the Qi of the meridian flowing into the "sea", re-emerging and continuing to flow.

A : KI7 Fu-Liu
(Repeating stagnant)
B1 : K7 Fu Liu
B2 : R7 Fou-liu

F : 7R Fou-léou
(Soudre de nouveau)
J : VIII7 Fukuryu
K : K7 Puryu
V : VIII7 Phục lưu

KI 8 Jiāoxìn

交信

200

Jiao : crossing; xin : belief.

Xin is one of the Five-Moralities (benevolence, loyalty, courtesy, intelligence and belief), pertaining to earth and thus referring to the spleen. The Qi of the meridian is crossed by the spleen meridian at this point.

A : KI8 Chiao-Hsin
(Delivering message)
B1 : K8 Chiao Hsin
B2 : R8 Chiao-hsin

F : 8R Tsiao-sinn
J : VIII8 Koshin
K : K8 Kyoshin
V : VIII8 Giao tín

KI 9 Zhùbīn

築(筑)賓(宾)

201

Zhu : strong; bin : knee and leg.

The point is on the medial aspect of the leg. It has the function of strengthening the knee and leg.

A : KI9 Chu-Pin
(Building for guest)
B1 : K9 Chu Pin
B2 : R9 Chu-pin

F : 9R Tso-pinn
J : VIII9 Chikuhin
K : K9 Ch'ukpin
V : VIII9 Trúc tân

KI 10 Yǐngǔ

陰(阴)谷

202

Yin : Yin of Yin-Yang; gu : valley.

Yin means "interior". The point is at the medial aspect of the knee joint and the local depression is like a valley.

A : KI10 Yin-Ku
(Yin valley)
B1 : K10 Yin Ku
B2 : R10 Yin-ku

F : 10R Inn-kou
J : VIII10 Inkoku
K : K10 Ümgok
V : VIII10 âm cốc

KI 11 Hénggǔ

橫骨 (骨)

203

Henggu is the ancient name of the pubis.

The point is on the superior border of the pubis.

A : Ki11 Heng-Ku
(Horizontal bone)
B1 : K11 Heng Ku
B2 : R11 Heng-ku

F : 11R Rong-kou
J : VIII11 Okotsu
K : K11 Hwoeng-gol
V : VIII11 Hoành cốt

KI 13 Qìxué

氣 (气 , 氣) 穴

205

Qi : vital energy; xue : cave.

Qi refers to the Qi of the kidney. The point is beside Guanyuan (CV4), like a cave where the kidney Qi is stored.

A : Ki13 Ch'i-Hsüeh
(Energy cave)
B1 : K13 Ch'i Hsüeh
B2 : R13 Ch'i-chüeh

F : 13R Tsri-tsüe (à gauche)
(Tsri-süe)
J : VIII13 Kiketsu
K : K13 Kihyöl
V : VIII13 Khí huyệt

KI 12 Dàhè

大赫

204

Da : great; he : plentiful.

This point is the confluence of the kidney meridian and Thoroughfare Vessel (Chongmai), where the primary Qi of the Lower Jiao is plentiful.

A : Ki12 Ta-Ho
(Great threat)
B1 : K12 Ta Ho
B2 : R12 Ta-heh

F : 12R Ta-ro
J : VIII12 Daikaku
K : K12 Taehyök
V : VIII12 Đại hách

KI 14 Sìmǎn

四滿 (满 , 滿)

206

Si : fourth; man : fullness.

This is the fourth point of the kidney meridian on the abdomen, and is indicated in abdominal distention.

A : Ki14 Ssu-Man
(Four-full)
B1 : K14 Szu Man
B2 : R14 Szu-man

F : 14R Se-mann
J : VIII14 Shiman
K : K14 Saman
V : VIII14 Tứ mán

KI 15 Zhōngzhù

中注

207

Zhong : middle; zhu : to pour.

The Qi of the kidney meridian pours from this point into the Middle Jiao.

A : Ki15 Chung-Chu
(Middle injection)
B1 : K15 Chung Chu
B2 : R15 Chung-chu

F : 15R Tchong-tchou
J : VIII15 Chuchu
K : K15 Chungju
V : VIII15 Trung chú

KI 16 Huāngshū

肓俞(俞)

208

Huang : Huang-membrane; shu : to transport.

The Qi of the kidney infuses from this point into the Huang-membrane.

A : Ki16 Mang-Shu
(Huang-Shu)
(Mang locus)
B1 : K16 Huang Shu
B2 : R16 Huang-yü
(Huang-shu)

F : 16R Roang-iu
(Roang-chou)
J : VIII16 Koyu
K : K16 Hwangsu
V : VIII16 Hoang du

KI 17 Shāngqū

商曲

209

Shang : one of the five sounds, pertaining to metal; qu : bend.

The large intestine also pertains to metal. This point corresponds to the flexure of the intestines.

A : Ki17 Shang-Ch'ü
(Tradesman's music)
B1 : K17 Shang Ch'u
B2 : R17 Shang-ch'u

F : 17R Chang-tsiou
J : VIII17 Shokyoku
K : K17 Sang-gok
V : VIII17 Thương khúc

KI18 Shíguān

石關(关, 関, 閔)

210

Shi : stone; guan : importance.

Stone here means "hard" in consistency. This is an important point in the treatment of abdominal diseases.

A : Ki18 Shih-Kuan
(Stone pass)
B1 : K18 Shih Kuan
B2 : R18 Shih-kuan

F : 18R Che-koenn
J : VIII18 Sekikan
K : K18 Sökkwan
V : VIII18 Thạch quan

KI 19 Yindū

陰(阴)都(都)

211

Yin : Yin of Yin-Yang; du : to gather.

Yin refers to the abdomen and the Yin meridian. The point is in the abdomen where water and food are stored.

A : Ki19 Yin-Tu
(Yin capital)
B1 : K19 Yin Tu
B2 : R19 Yin-tu

F : 19R Inn-tou
J : VIII19 Into
K : K19 Ündo
V : VIII19 âm dō

KI 20 Fùtōnggu

腹通(通)谷

212

Fu : abdomen; tong : passing; gu : water and food.

The point is in the abdomen, where water and food pass.

A : Ki20 T'ung-Ku
(Reaching valley)
B1 : K20 Fu T'ung Ku
(Tung Ku)
B2 : R20 T'ung-ku

F : 20R Trong-kou
(Epig)
J : VIII20 Hara no Tsukoku
K : K20 Pok-t'ong-gok
V : VIII20 Thông cốc

KI 21 Yōumén

幽門(门)

213

You : hiding; men : door.

The point pertains to the kidney meridian and is located where the lower orifice of the stomach is situated interiorly. It is hidden in the deep part of the abdomen.

A : Ki21 Yu-Men
(Pylorus gate)
B1 : K21 Yu Men
B2 : R21 Yu-men

F : 21R Iou-menn
J : VIII21 Yumon
K : K21 Yumun
V : VIII21 U mòn

KI 22 Bùláng

步(步)廊

214

Bu : step; lang : corridor.

The point lies along the Zhongting (middle courtyard). When the Qi of the meridian flows here, it is stepping into a corridor on either side of a courtyard.

A : Ki22 Pu-Lang
(Walking pavilion)
B1 : K22 Pu Lang
B2 : R22 Pu-lang

F : 22R Pou-lang
J : VIII22 Horo
K : K22 Porang
V : VIII22 Bô lang

KI 23 Shénfēng

神(神)封

215

Shen : mind, implying the heart; feng : manor.

The point is located in the region which is subjected to the heart.

A : Ki23 Shen-Fung
(God's seal)
B1 : K23 Sheng Feng
B2 : R23 Shen-feng

F : 23R Chenn-fong
J : VIII23 Shimpo
K : K23 Shinpong
V : VIII23 Thàn phong

KI 24 Língxū

靈(灵, 靈)墟(墟) 216

Ling : spirit, imply the heart; xu : mound.

The point internally corresponds to the heart and externally it is on the muscle prominence, which looks like a mound.

A : Ki24 Ling-Hsü
(Ghost night fair)
B1 : K24 Ling Hsü
B2 : R24 Ling-hsü

F : 24R Ling-siu
J : VIII24 Reikyo
K : K24 Yǒnghō
V : VIII24 Linh khu

KI 25 Shéncáng

神(神)藏(藏)

217

Shen : mind, implying the heart; cang : concealment.

This point is at the place where the mind is concealed.

A : Ki25 Shen-Ts'ang
(God's storage)
B1 : K25 Shen Ts'ang
B2 : R25 Shen-ts'ang

F : 25R Chenn-tsrang
J : VIII25 Shinzo
K : K25 Shinjang
V : VIII25 Thàn tàng

KI 26 Yùzhōng

或中

218

Yu : luxuriance; zhong : middle.

The point is at the place where the Qi of the kidney is luxuriant when flowing into the chest.

A : Ki26 Huo-Chung
(Yu-Chung)
(Perhaps)
B1 : K26 Yü Chung
B2 : R26 Huo-chung
(Yü-chung)

F : 26R Rouo-tchong
(Iu-tchong)
J : VIII26 Wakuchu
K : K26 Ukchung
V : VIII26 Quăc trung

KI 27 Shūfū

俞(俞)府

219

Shu : point; fu : organ.

The Qi of the kidney infuses from this point into the Fu organs.

A : Ki27 Shu-Fu
 (Shu prefecture)
 B1 : K27 Shu Fu
 B2 : R27 Yü-fu
 (Shu-fu)

F : 27R Iu-fou
 (Chou-fou)
 J : VIII27 Yufu
 K : K27 Subu
 V : VIII27 Du phù

PC***Points of Pericardium Meridian****Shōujuéyīn Xīnbāojīng Xué*

手厥陰(阴) 心包(包) 經(经, 経) 穴

KI 27 Shūfū

俞(俞)府

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PC 1 Tiānchí

天池

220

Tian : heaven; chi : pool.

The point is lateral to the breast and the milk secreted from the breast is as if coming from a heavenly pool.

A : EH1 Ten-Ch'ih
 (Celestial pond)
 B1 : Cx1 T'ien Ch'ih
 (P1)
 B2 : HC1 T'ien-ch'ih

F : 1ECS Tienn-tchre
 J : IX1 Tenchi
 K : P1 Ch'ōnji
 V : IX1 Thiên trì

PC 2 Tiānquán

天泉

221

Tian : heaven; quan : spring.

The Qi of the meridian originating from Tianchi flows downwards like spring water coming down from heaven.

A : EH2 Tien-Ch'üan
 (Celestial spring)
 B1 : Cx2 T'ien Ch'üan
 (P2)
 B2 : HC2 T'ien-ch'üan

F : 2ECS Tienn-tsiuann
 J : IX2 Tensen
 K : P2 Ch'ōnch'ōn
 V : IX2 Thiên tuyễn

PC 3 Qūzé

曲澤 (泽, 沢)

222

Qu : curve; ze : marsh.

The Qi of the meridian infuses into the shallow depression of the elbow like water flowing into a marsh.

A : EH3 Ch'ü-Tze
(Crooked pond)
B1 : Cx3 Ch'u Tse
(P3)
B2 : HC3 Ch'u-che (tse)

F : 3ECS Tsioou-tsre
J : IX3 Kyokutaku
K : P3 Kok'taeck
V : IX3 Khúc trach

PC 5 Jiānshǐ

間 (间) 使

224

Jian : space; shi : minister of a monarchy.

This point pertains to the pericardium meridian and is in the space between the two tendons. It is so named because the pericardium is pictured as the minister of the heart.

PC 4 Xímén

鄙門 (门)

223

Xi : cleft; men : door.

This is a Xi - cleft point of the pericardium meridian, and is a door where the Qi of the meridian enters and exits.

A : EH4 Chich-Men
(Crooked gate)
B1 : Cx4 Hsi Men
(P4)
B2 : HC4 Ch'i-men
(Hsi-men)

F : 4ECS Tsri-menn
(Si-menn)
J : IX4 Gekimon
K : P4 Künghmun
V : IX4 Khích mòn

PC 6 Nèiguān

內關 (关, 関, 閔)

225

Nei : medial; guan : pass.

The point is at an important site on the medial aspect of the forearm, like a pass.

A : EH6 Nei-Kuan
(Inner pass)
B1 : Cx6 Nei Kuan
(P6)
B2 : HC6 Nei-kuan

F : 6ECS Nei-kouenn
(Barrière interne)
J : IX6 Naikan
K : P6 Naegwan
V : IX6 Nội quan

PC 7 Dàlíng

大陵

226

Da : large; ling : mound.

The palmar root is prominent, like a large mound. This point is in the depression of the wrist proximal to it.

A : EH7 Ta-Lung (Ta-Ling)
(Great mound)
B1 : Cx7 Ta Ling
(P7)
B2 : HC7 Ta-ling

F : 7ECS Ta-ling
(Grand tertre)
J : IX7 Dairyō
K : P7 Taenüng
V : IX7 Đại lăng

PC 9 Zhōngchōng

中衝（冲）

228

Zhong : middle; chong : gushing.

The point is at the tip of the middle finger and is the Jing-well point of the pericardium meridian, where the Qi of the meridian originates and gushes upwards along the meridian.

PC 8 Láogōng

勞（劳，勞）宮（宫）

227

Lao : labour; gong : centre.

The hand is used for labour. "Lao" refers to the hand. The point is in the centre of the palm.

A : EH8 Lao-Kung
(Laboured palace)
B1 : Cx8 Lao Kung
(P8)
B2 : HC8 Lao-kung

F : 8ECS Lao-Kong
J : IX8 Rokyu
K : P8 Nogung
V : IX8 Lao cung

A : EH9 Chung-Ch'ung
(Middle flush)
B1 : Cx9 Chung Ch'ung
(P9)
B2 : HC9 Chung-ch'ung

F : 9ECS Tchong-tchrong
(Assaut du centre)
J : IX9 Chusho
K : P9 Chungch'ung
V : IX9 Trung xung

TE

Points of Triple Energizer Meridian

Shǒushàoyáng Sānjiāojīng Xué

手少陽（阳）三焦經（经，經）穴

TE 1 Guānchōng 關(关, 関, 阔) 衝 (冲) **229**

Guan : bend; chong : gushing.

The ring finger cannot be stretched out alone. Guan here refers to the ring finger. The point is at the tip of the ring finger and is the Jing-well point of the Sanjiao meridian, where the Qi of the meridian originates and gushes upwards along the meridian.

A : TB1	Kuan-Ch'ung (Pass flush)
B1 : T1	Kuan Ch'ung
B2 : SC1	Kuan-ch'ung

F : 1TR	Koann-tchrong
J : X1	Kansyo
K : T1	Kwanch'ung
V : X1	Quan xung

TE 2 Yèmén 液門 (门) **230**

Ye : water; men : door.

This is a Ying-spring point of this meridian, pertaining to water. It has a function of regulating the passage of water like a door for entry and exit of water.

A : TB2	Yeh-Men (Secretion door)
B1 : T2	Yeh Men
B2 : SC2	Yeh-men

F : 2TR	Ie-menn
J : X2	Ekimon
K : T2	Aengmun
V : X2	Dich mōn

TE 3 Zhōngzhǔ

中渚 (渚)

231

Zhong : middle; zhu : water margin.

This point is in the middle of the Five-Shu points and the Qi of the meridian flows like water along the water margin.

A : TB3 Chung-Chü
(Middle island)
B1 : T3 Chung Chu
B2 : SC3 Chung-chu

F : 3TR Tchong-tchou
de main (Ilot central)
J : X3 Chusho
K : T3 Chungjö
V : X3 Trung chü

TE 4 Yángchí

陽 (阳) 池

232

Yang : Yang of Yin-Yang; chi : pool.

This point is in the depression on the back of the wrist and the Qi of the meridian flows like water into a pool.

A : TB4 Yang-Ch'ih
(Yang pond)
B1 : T4 Yang Ch'ih
B2 : SC4 Yang-ch'ih

F : 4TR Lang-tchre
(Etang externe)
J : X4 Yochi
K : T4 Yangji
V : X4 Dương tri

TE 5 Wàiguān

外關 (关, 閣, 阔)

233

Wai : lateral; guan : pass.

This point is at an important place on the lateral aspect of the forearm like a pass.

A : TB5 Wai-Kuan
(Outer pass)
B1 : TS Wai Kuan
B2 : SCS Wai-kuan

F : STR Oae-koann
(Barrière externe)
J : XS Gaikan
K : TS Oegwan
V : XS Ngoai quan

TE 6 Zhīgōu

支溝 (沟)

234

Zhi : limbs; gou : ditch.

Zhi here refers to the upper limbs. The point is located between the radius and the ulna.

A : TB6 Chih-Kou
(Branching ditch)
B1 : T6 Chih Kou
B2 : SC6 Chih-kou

F : 6TR Teche-kéou
J : X6 Shiko
K : T6 Chigu
V : X6 Chi câu

TE 7 Huìzōng

會（会）宗

235

Hui : meeting; zong : gathering.

This is a Xi-cleft point of this meridian, where the Qi of the meridian gathers.

A : TB7	Huei-Tsung (Meeting ancestors)
B1 : T7	Hui Tsung
B2 : SC7	Hui-tsung

F : 7TR	Roé-tsong
J : X7	Eso
K : T7	Hoejong
V : X7	Hội tông

TE 8 Sānyángluò

三陽（阳）絡（络）

236

Sanyang : the three Yang meridians of the hand; Luo : connection.

This point connects with the three Yang meridians of the hand.

A : TB8	San-Yang-Lo (Three Yang vessels)
B1 : T8	San Yang Lo
B2 : SC8	San-yang-lo

F : 8TR	Sann-iang-jo
J : X8	Sanyoraku
K : T8	Samyangnak
V : X8	Tam dương lạc

TE 9 Sidú

四瀆（渎）

237

Si : four; du : river.

The Yangtze, the Yellow River, the Huaihe River and Jishui River were called Sidu in ancient times. The Qi of the meridian is able to irrigate more regions when it reaches this point.

A : TB9	Ssu-Tu (Four rivers)
B1 : T9	Szu Tu
B2 : SC9	Szu-tu

F : 9TR	Se-tou
J : X9	Shitoku
K : T9	Sadok
V : X9	Tú dọc

TE 10 Tiānjǐng

天井

238

Tian : heaven; jing : well.

The upper indicates the heaven. The point is in the depression by the olecranon of the upper limb, which is likened to a well.

A : TB10	Tien-Ching (Celestial well)
B1 : T10	Tien Ching
B2 : SC10	Tien-ching

F : 10TR	Tienn-tsing (Puits céleste)
J : X10	Tensei
K : T10	Ch'ǒnjöng (Chu-ch'ǒnjöng)
V : X10	Thiên tĩnh

TE 11 Qīnglèngyuān 清(清)冷(令)淵(淵, 潺) 239

Qing : cool; leng : cold; yuan : deep water.

The function of this point is to eliminate the heat of Sanjiao as if the patient were in cool deep water.

A : TB11 Ching-Leng-Yüan
(Bitter cold abyss)
B1 : T11 Ch'ing Leng Yuan
B2 : SC11 Ch'ing-leng-yüan

F : 11TR Tsing-leng-iuann
J : X11 Seireien
K : T11 Ch'ongnaeng-yǒn
V : X11 Thanh lanh uyên

TE 12 Xiāoluò 消瀉(泺) 240

Xiao : to eliminate; luo : marsh.

This point pertains to the triple energizer meridian and functions to regulate water passage (water metabolism).

A : TB12 Hsiao-Lo
(Melting river)
B1 : T12 Hsiao Lo
B2 : SC12 Hsiao-lo

F : 12TR Siao-lo
J : X12 Shoreki
K : T12 Sorak
V : X12 Tiêu lạc

TE 13 Nàohuì 脣會(会) 241

Nao : muscle prominence of the upper arm; hui : confluence.

The point is at the muscle prominence of the upper arm and is a confluence of this meridian with the Yang Link Vessel (yangweimai).

A : TB13 Nao-Hui
(Shoulder meet)
B1 : T13 Nao Hui
B2 : SC13 Nao-hui

F : 13TR Nao-roé
J : X13 Jue
K : T13 Nohoe
V : X13 Nhu hội

TE 14 Jiānliáo 肩髎(髎) 242

Jian : shoulder; liao : foramen.

The point is in a foramen on the shoulder.

A : TB14 Chien-Liao
(Shoulder bone)
B1 : T14 Chien Lao
B2 : SC14 Chien-chiao
(Chien-liao)

F : 14TR Tsienn-tsiao
(Tsienn-liao)
J : X14 Kenryo
K : T14 Kyōllyo
V : X14 Kiēn liēu

TE 15 Tiānliáo

天髎 (髎)

243

Tian : heaven; liaο : foramen.

"Heaven" here means "upper". The point is in a foramen above the shoulder blade.

A : TB15 Tien-Liao
(Celestial bone)
B1 : T15 Tien Liao
B2 : SC15 Tien-chiao
(Tien-liao)

F : 15TR Tienn-tsiao
(Tienn-liao)
J : X15 Tenyo
K : T15 Ch'ōlyo
V : X15 Thiēn liēu

TE 16 Tiānyǒu

天牖

244

Tian : heaven; you : window.

"Heaven" here means "upper". Tianyou means heavenly windows. The point is on the upper part of the lateral aspect of

A : TB16 Tien-Yung
(Celestial window)
B1 : T16 Tien Yu
B2 : SC16 Tien-yu

F : 16TR Tienn-iou
J : X16 Tenyo
K : T16 Ch'ōnyu
V : X16 Thiēn dù

TE 17 Yǐfēng

翳風 (风)

245

Yi : shielding; feng : pathogenic wind.

The point is behind the earlobe and is the place for shielding off the pathogenic wind.

A : TB17 Yi-Fung
(Shielding wind)
B1 : T17 Yi Feng
B2 : SC17 I-feng

F : 17TR I-fong
J : X17 Eifu
K : T17 Yep'ung
V : X17 ē phong

TE 18 Chìmài (Qìmài)

瘓脈 (脉)

246

Chi : convulsion; mai : collateral.

The point is behind the ear, where the collaterals are distributed, and is good for treating convulsions.

A : TB18 Chih-Mai
(Crazy vessel)
B1 : T18 Ch'i Mai
B2 : SC18 Chih-mo

F : 18TR Tchre-mo
(Tsri-maé)
J : X18 Keimyaku
K : T18 Kyemaeck
V : X18 Khẽ mạch

TE 19 Lúxi

顱 (颅) 息

247

Lu : skull; xi : tranquility.

This point is on the skull and is used to calm the mind.

A : TB19 Lu-Hsi
(Skull rest)
B1 : T19 Lu Hsi
B2 : SC19 Lu-hsi

F : 19TR Lou-si
J : X19 Rosoku
K : T19 Noshik
V : X19 Lu tuc

TE 20 Jiāosūn

角孫 (孙)

248

Jiao : corner; sun : tertiary collateral.

This point is on the temporal region, corresponding to the apex of the ear, where the tertiary collaterals are distributed.

A : TB20 Chiao-Sun
(Angled grandson)
B1 : T20 Chiao Sun
B2 : SC20 Chüeh-sun
(Chiao-sun)

F : 20TR Tsiou-soun
(Tsiao-soun)
J : X20 Kakuson
K : T20 Kakson
V : X20 Giác tôn

TE 21 Ěrmén

耳門 (门)

249

Er : ear; men : door.

This point is in front of the ear, like a door of the ear.

A : TB21 Erh-Men
(Ear gate)
B1 : T21 Erh Men
B2 : SC23 Erh-men

F : 23TR El-menn
J : X21 Jimon
K : T21 Imun
V : X21 Nhí mòn

TE 22 Ěrhéliáo

耳和髎 (髎)

250

Er : ear; he : harmony; liao : foramen.

This point is in the depression in front of the tragus and is used to improve the hearing.

A : TB22 Ho-Liao
(Harmonious bone)
B1 : T22 Erh Ho Liao
B2 : SC22 Ho-chiao
(Ho-liao)

F : 22TR Ro-tsiao
(Ro-liao)
J : X22 Waryo
K : T22 Hwaryo
(I-hwaryo)
V : X22 Hoà liêu

TE 23 Sizhukōng

絲 (丝) 竹空

251

Sizhu : slender bamboo; kong : space.

This point is at the lateral end of the eyebrow, which looks like a slender bamboo. The locus of the point is a shallow depression.

A : TB23 Ssu-Chu-K'ung
 (Silky empty bamboo)
 B1 : T23 Ssu Chu K'ung
 B2 : SC21 Ssū-chu
 (Ssu-chu-k'ung)

F : 21TR Se-tchou
 (Se-tchou-kong)
 J : X23 Schichikuku
 K : T23 Sajukkong
 V : X23 Ty trúc khōng

GB

Points of Gallbladder Meridian

Zúshàoyáng Dǎnjīng Xué

足少陽 (阳) 膽 (胆) 經 (经, 経) 穴

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GB

Points of Gallbladder Meridian

Zúshàoyáng Dǎnjīng Xué

足少陽 (阳) 膽 (胆) 經 (经, 経) 穴

GB 1 Tóngzǐliáo

瞳子髎 (髎)

252

Tongzi : pupil; liao : foramen.

The point is in a foramen lateral to the outer canthus and on a level with the pupil.

A : GB1 Chung(T'ung)-Tze-Liao (Bone of the pupil)	F : 1VB Trong-tse-tsiao (Trong-tse-liao)
B1 : G1 T'ung Tze Liao	J : XI1 Doshiryo
B2 : VF1 T'ung-tzu-chiao (T'ung-tzu-liao)	K : G1 Tongiaryo

V : XI1 Đồng tử liêu

GB 2 Tinghuì

聽 (听、聴) 會 (会)

253

Ting : hearing; hui : gathering.

This point is in front of the ear and beneficial to hearing. It is a place where the Qi of the meridian at the ear is gathered.

A : GB2 T'ing-Hui (Listening conference)	F : 2VB Ting-roé
B1 : G2 T'ing Hui	J : XI2 Choe
B2 : VF2 T'ing-hui	K : G2 Ch'onghoe

V : XI2 Thính hội

GB 3 Shàngguān

上關 (关, 関, 閃)

254

Shang : upper; guan : border.

Other name : Kèzhurén

Guan refers to the zygomatic arch. The point is at the upper margin of the zygomatic arch.

A : GB3 Shang-Kuang
(Upper pass)
B1 : G3 Shang Kuan
(K'o Chu Jen)
B2 : VF3 K'o-chu-jen

F : 3VB Kro-tchou-jenn
J : XI3 Jyokan
K : G3 Sang-gwan
(Kaekchuin)
V : XI3 Thượng quan

GB 5 Xuánlú

懸 (悬) 頸 (頚)

256

Xuan : hang; lu : skull.

This point is at the temple as if hanging on both sides of the skull.

A : GB5 Hsüan-Lu
(Skull in suspension)
B1 : G5 Hsüan Lu
B2 : VF5 Hsüan-lu

F : 5VB Siuann-lou
J : XI5 Kenro
K : G5 Hyōlio
V : XI5 Huyễn lu

GB 4 Hànyàn

領 (领) 厥 (厌)

255

Han : mandible; yan : obedience.

The point is at the temple and the local muscle moves along with the motion of the mandible when chewing.

A : GB4 Han-Yan
(Jaw hated)
B1 : G4 Han Yen
B2 : VF4 Han-ya
(Han-yen)

F : 4VB Rann-ia
(Rann-iann)
J : XI4 Ganen
K : G4 Hamyǒm
V : XI4 Hàm yém

GB 6 Xuánlí

懸 (悬) 蓋 (厘)

257

Xuan : hang; li : hair.

This point is at the temple, and covered by the long hair.

A : GB6 Hsüan-Li
(Small suspension)
B1 : G6 Hsüan Li
B2 : VF6 Hsüan-li

F : 6VB Siuann-li
J : XI6 Kenri
K : G6 Hyōlli
V : XI6 Huyễn li

GB 7 Qūbìn

曲鬚 (鬓)

258

Qu : curve; bin : hair on the temple.

This point is at the hairline on the temple above the ear.

A : GB7 Ch'ü-Pin
(Tortuous sidehair)
B1 : G7 Ch'ü Pin
B2 : VF7 Ch'ü-pin

F : 7VB Tsiou-pinn
J : XI7 Kyokubin
K : G7 Kokpin
V : XI7 Khúc tần

GB 9 Tiānchōng

天衝 (冲)

260

Tian : heaven; chong : gushing.

Tian refers to the head, where the point is located. The Qi and blood gush upwards to the vertex of the head from this point.

A : GB9 T'ien-Chung
(Heavenly flush)
B1 : G9 T'ien Ch'ung
B2 : VF15 T'ien-chung

F : 15VB Tienn-tchrong
J : XI9 Tensho
K : G9 Ch'ōnch'ung
V : XI9 Thiên xung

GB 8 Shuàigǔ

率谷

259

Shuai : command; gu : valley.

This point is above the ear and is the highest of all the points named gu (valley), like a "commander".

A : GB8 Shuai-Ku
(Chains of valleys)
B1 : G8 Shuai Ku
B2 : VF8 Shuai-ku

F : 8VB Choaé-kou
J : XI8 Sokkoku
K : G8 Solgok
V : XI8 Xuất cõc

GB 10 Fúbái

浮 (浮) 白

261

Fu : superficial; bai : bright.

The point is on the superficial layer of the body and functions in clearing the mind and brightening the eyes.

A : GB10 Fu-Pai
(Floating white)
B1 : G10 Fu Pai
B2 : VF16 Fu-pai

F : 16VB Eeou-pae
J : XI10 Fuhamu
K : G10 Pubaek
V : XI10 Phù bạch

GB 11 Tóuqiàoyīn 頭 (头) 窮 (窍) 陰 (阴) 262

Tou : head; qiao : opening; yin : Yin of Yin-Yang.

The kidney and the liver pertain to Yin and open to the ears and the eyes. The point is on the head and indicated in ear and eye diseases.

A : GB11 Ch'iao-Yin
(Empty Yin)
B1 : G11 Tou Chiao Yin
(Chiao Yin)
B2 : VF18 Chiao-yin

F : 18VB Tsiao-inn de la tête
(Treou-tsiao-inn)
J : XI11 Atama no Kyoin
K : G11 Tugyuüm
V : XI11 Khiêu ấm

GB 12 Wángǔ 完骨 (骨) 263

Wangu : mastoid process.

The point is on the lower margin of the mastoid process of the temporal bone, behind the ear.

A : GB12 Wan-Ku
(Last bone)
B1 : G12 Wan Ku
B2 : VF17 Wan-ku

F : 17VB Oann-kou
J : XI12 Kankotsu
K : G12 Wan-gol
(Tu-wan-gol)
V : XI12 Hoàn cốt

GB 13 Běnshén 本神 (神) 264

Ben : essential; shen : mind.

This point is lateral to Shenting along the anterior hairline. Inside the point, the brain is located which is known as the residence of the mind, responsible for mental activities and no doubt is essential to the life of man.

A : GB13 Pen-Shen
(According to God)
B1 : G13 Pen Shen
B2 : VF9 Pen-shen

F : 9VB Penn-chenn
J : XI13 Honshin
K : G13 Ponshin
V : XI13 Bán thần

GB 14 Yángbái 陽 (阳) 白 265

Yang : Yang of Yin-Yang; bai : brightness.

Yang here refers to the head. The point is at the head and its function is to brighten the eye.

A : GB14 Yang-Pai
(Yang white)
B1 : G14 Yang Pai
B2 : VF10 Yang-pai

F : 10VB Iang-paé
J : XI14 Yohaku
K : G14 Yangbaek
V : XI14 Dương bạch

GB 15 Tóulíngqì

頭 (头) 臨 (临) 泣 (泣)

266

Tou : head; lin : regulation; qi : tears.

The point is on the head and indicated in disorders of lacrimation.

A : GB15 Lin-Ch'i
(Coming tears)
B1 : G15 T'ou Lin Ch'i
(Lin Chi)
B2 : VF11 Lin-ch'i
(T'ou-lin-chi)

F : 11VB Linn-tsri de la tête
(Treou-linn-tsri)
J : XI15 Atama no Rinkyu
K : G15 Tuimüp
V : XI15 Lâm kháp

GB 16 Mùchuāng

目窗 (窓)

267

Mu : eye; chuang : window.

The point is above the eye and is indicated in treating eye disorders, like a window of the eye.

A : GB16 Mu-Ch'ang
(Eye window)
B1 : G16 Mu Ch'uang
B2 : VF12 Mu-ch'uang

F : 12VB Mou-tchrang
J : XI16 Mokuso
K : G16 Mokch'ang
V : XI16 Mục song

GB 17 Zhèngyíng

正營 (营, 営)

268

Zhengying : fright and fear.

This point is indicated in treating mental disorders such as fright and fear.

A : GB17 Cheng-Ying
(Upright camp)
B1 : G17 Cheng Ying
B2 : VF13 Cheng-ying

F : 13VB Tcheng-ing
J : XI17 Shoen
K : G17 Chöngnyöng
V : XI17 Chính dinh

GB 18 Chénglíng

承靈 (灵, 靈)

269

Cheng : support; ling : spirit.

The brain dominates the mind. The parietal bone is also called the "Tianling" bone. This point is just lateral and inferior to it.

A : GB18 Ch'eng-Ling
(Receiving spirit)
B1 : G18 Ch'eng Ling
B2 : VF14 Ch'eng-ling

F : 14VB Tchreng-ling
J : XI18 Shorei
K : G18 Sëungnyöng
V : XI18 Thùa linh

GB 19 Nǎokōng

腦 (脑, 脑) 空

270

Nao : brain; kong : cavity.

This point is lateral to the occipital bone and internally related to the brain. It is indicated in treating mental disorders.

A : GB19 Nao-K'ung
(Empty brain)
B1 : G19 Nao K'ung
B2 : VF19 Nao-k'ung

F : 19VB Nao-krong
J : XI19 Noku
K : G19 Noegong
V : XI19 Nǎo khōng

GB 20 Fēngchí

風 (风) 池

271

Feng : pathogenic wind; chi : pool.

The point is below the occipital bone in a pool-like depression. It is an important point in eliminating the pathogenic wind.

A : GB20 Fung-Ch'ih
(Wind pond)
B1 : G20 Feng Ch'ih
B2 : VF20 Feng-ch'ih

F : 20VB Fong-tchre
J : XI20 Fuchi
K : G20 P'ungji
V : XI20 Phong trì

GB 21 Jiānjǐng

肩井

272

Jian : shoulder; jing : well.

The point is on the shoulder depression, which is as deep as a well.

A : GB21 Chien-Ching
(Shoulder well)
B1 : G21 Chien Ching
B2 : VF21 Chien-ching

F : 21VB Tsienn-tsing
J : XI21 Kensei
K : G21 Kyǒnjöng
(Tam-Kyǒnjöng)
V : XI21 Kiēn tinh

GB 22 Yuānyè

淵 (渊, 渊) 腋

273

Yuan : deep pond; ye : axilla.

The axilla is likened to a deep pond. The point is at the axilla.

A : GB22 Yüan-Yieh
(Armpit pond)
B1 : G22 Yüan Yeh
B2 : VF22 Yüan-ye

F : 22VB Iuann-ié
J : XI22 Eneki
K : G22 Yǒnaek
V : XI22 úyển đích

GB 23 Zhéjīn

輒 (辄) 筋

274

Zhe : ear of a cart; jin : muscle.

The "ear" of a cart is the plate protecting its wheel. The muscle on both sides of the flanks are as prominent as the ears of a cart, where the point is located.

A : GB23 Che-Chin
(Flank tendons)
B1 : G23 Che Chin
B2 : VF23 Ch'e-chin

F : 23VB Tchre-tsinn
J : XI23 Chokin
K : G23 Ch'öpkün
V : XI23 Triệp cân

GB 24 Rìyuè

日月

275

Ri : sun; yue : moon.

Ri is Yang, indicating the gallbladder, while yue is Yin, indicating the liver. This is an important point in treating liver and gallbladder diseases.

A : GB24 Jih-Yüeh
(Sun moon)
B1 : G24 Jih Yüeh
B2 : VF24 Jih-yüeh

F : 24VB Je-üe
J : XI24 Jitsugetsu
K : G24 Irwol
V : XI24 Nhát nguyệt

GB 25 Jīngmén

京門 (门)

276

Jing : primary; men : door.

This is a Mu-front point of the kidney meridian which dominates the primary Qi of the body in general. The point is like the door through which the Qi of the kidney enters and exits.

A : GB25 Ching-Men
(Capital gate)
B1 : G25 Ching Men
B2 : VF25 Ching-men

F : 25VB Tsing-menn
J : XI25 Keimon
K : G25 Kyöngmun
V : XI25 Kinh môn

GB 24 Rìyuè

日月

275

GB 26 Dàimài

帶 (带, 带) 脈(脉)

277

Dai : belt; mai : meridian.

The point pertains to the gallbladder meridian and meets at the Belt Vessel (Daimai).

A : GB26 Tai-Mai
(Belt meridian)
B1 : G26 Tai Mai
B2 : VF26 Tai-mai

F : 26VB Taé-mo
J : XI26 Taimyaku
K : G26 Taemaek
V : XI26 Dối mạch

GB 27 Wǔshū

五樞 (枢)

278

Wu : five; shu : pivot.

The numeral 5 is a middle number and Shaoyang governs the pivot between the exterior and the interior of the body. The point is in a vital place in the middle of the body.

A : GB27 Wu-Shu
(Five pivots)
B1 : G27 Wu Shu
B2 : VF27 Wu-ch'u
(Wu-shu)

F : 27VB Ou-tchrou
(Ou-chou)
J : XI27 Gosu
K : G27 Och'u
V : XI27 Ngũ khu

GB 28 Wéidào

維 (维) 道 (道)

279

Wei : maintain; dao : passage.

This point is the coinciding point of the gallbladder meridian and the Belt Vessel (Daimai), which encircles and restrains all the meridians.

A : GB28 Wai-Tao
(Protecting path)
B1 : G28 Wei Tao
B2 : VF28 Wei-tao

F : 28VB Oé-tao
J : XI28 Ido
K : G28 Yudo
V : XI28 Duy đạo

GB 29 Jūliáo

居 髑 (髎)

280

Ju : reside; liaoj : foramen.

The point is in the depression on the hip-bone.

A : GB29 Chü-Liao
(Dwelling bone)
B1 : G29 Chü Liao
B2 : VF29 Chü-chiao
(Chü-liao)

F : 29VB Tsui-tsiao
(Tsiu-liao)
J : XI29 Kyoryo
K : G29 Kōryō
(Ko-Kōryō)
V : XI29 Cù liêu

GB 28 Wéidào

維 (维) 道 (道)

279

Wei : maintain; dao : passage.

This point is the coinciding point of the gallbladder meridian and the Belt Vessel (Daimai), which encircles and restrains all the meridians.

A : GB28 Wai-Tao
(Protecting path)
B1 : G28 Wei Tao
B2 : VF28 Wei-tao

F : 28VB Oé-tao
J : XI28 Ido
K : G28 Yudo
V : XI28 Duy đạo

GB 30 Huántiào

環 (环) 跳

281

Huan : a ring; tiao : jump.

The point is on the hipjoint, which is the pivot for jumping.

A : GB30 Huan-Tiao
(Circular jump)
B1 : G30 Huan Tiao
B2 : VF30 Huan-tiao

F : 30VB Roann-tiao
(Sauter dans l'anneau)
J : XI30 Kancho
K : G30 Hwando
V : XI30 Hoàn khiêu

GB 31 Fēngshì

風 (风) 市

282

Feng : pathogenic wind; shi : market.

"Market" means gathering and dispersing. This is an important point for removing the pathogenic wind.

A : GB31 Fung-Shih
(Windy fair)
B1 : G31 Feng Shih
B2 : VF31 Feng-shih

F : 31VB Fong-che
J : XI31 Fushi
K : G31 P'ungshi
V : XI31 Phong thi

GB 32 Zhōngdú

中瀆 (渎)

283

Zhong : middle; du : small ditch.

This point is in between the tendons at the lateral aspect of the thigh, as if in a ditch.

A : GB32 Chung-Tu
(Middle river)
B1 : G32 Chung Tu
B2 : VF32 Hsia-tu
(Chung-tu)

F : 32VB Sia-tou
(Tchong-tou)
J : XI32 Chutoku
K : G32 Chungdok
V : XI32 Trung dōc

GB 33 Xīyángguān 膝陽 (阳) 關 (关, 関, 閔) 284

Xi : knee; yang : Yang of Yin-Yang; guan : joint.

Yang here means lateral. The point is at the lateral aspect of the knee joint.

A : GB33 Ch'i-Yang-Kuan
(Knee Yang pass)
B1 : G33 Hsi Yang Kuan
(Yang Kuan)
B2 : VF33 Yang-kuan

F : 33VB Iang-koann
(Si-iang-koann)
J : XI33 Hiza no Yukan
K : G33 Sul-yang-gwan
(Chok-yang-gwan)
V : XI33 Dương quan

GB 34 Yánglíngquán 陽 (阳) 陵泉 285

Yang : Yang of Yin-Yang; ling : mound; quan : spring.

The lateral is Yang. The head of the fibula at the lateral aspect of the knee is prominent as a mound below which in the depression the point is located, like a spring.

A : GB34 Yang-Ling-Chüan
(Spring in sunny hill)
B1 : G34 Yang Ling Ch'üan
B2 : VF34 Yang-ling-ch'üan

F : 34VB Lang-ling-tsuan
(Source tertre externe)
J : XI34 Yoryosen
K : G34 Yangnungch'ön
V : XI34 Dương lăng tuyễn

GB 35 Yángjiāo

陽 (阳) 交

286

Yang : Yang of Yin-Yang; jiao : crossing.

The lateral is Yang. The point is at the lateral aspect of the leg, where it crosses the bladder meridian.

A : GB35 Yang-Chiao
(Yang crossroad)
B1 : G35 Yang Chiao
B2 : VF35 Yang-chiao

F : 35VB lang-tsiao
J : XI35 Yoko
K : G35 Yang-gyo
V : XI35 Dương giao

GB 36 Wàiqiū

外丘 (邱)

287

Wai : lateral; qiu : mound.

The point is above the lateral malleolus and the local muscle forms a mound-like prominence.

A : GB36 Wai-Ch'iu
(Outer mound)
B1 : G36 Wai Ch'iu
B2 : VF36 Wai-ch'iu

F : 36VB Oaé-tsiox
J : XI36 Gaikyu
K : G36 Oegu
V : XI36 Ngoại khâu

GB 37 Guāngmíng

光明

288

Guangming : brightness.

This is a Luo-connecting point of the gallbladder meridian and is indicated in eye diseases to regain the brightness of the eyes.

A : GB37 Kuang-Ming
(Light bright)
B1 : G37 Kuang Ming
B2 : VF37 Kuang-ming

F : 37VB Koang-ming
(Clarté éclatante)
J : XI37 Komei
K : G37 Kwangmyǒng
V : XI37 Quang minh

GB 38 Yángfǔ

陽 (阳) 輔 (辅)

289

Yang : Yang of Yin-Yang; fu : auxiliary.

The lateral is Yang and fu refers to the fibula. The point is anterior to the fibula on the lateral aspect of the leg.

A : GB38 Yang-Fu
(Positive support)
B1 : G38 Yang Fu
B2 : VF38 Yang-fu

F : 38VB lang-fou
J : XI38 Yoho
K : G38 Yangbo
V : XI38 Dương phu

GB 39 Xuánzhōng

懸 (悬) 鐘 (钟)

290

Xuan : hanging; zhong : bell.

Other name : Juégu

The point is above the lateral malleolus, where children in ancient times used to hang a bell.

A : GB39 Hsüan-Chung
(Suspended bell)
B1 : G39 Hsüan Chung
(Chüeh Ku)
B2 : VF39 Hsüan-chung

F : 39VB Siuann-tchong
J : XI39 Kensho
K : G39 Hyonjong
V : XI39 Huyēn chung

GB 40 Qiūxū

丘 (坵) 墟 (墟)

291

Qiu : mound; xu : large mound.

The point is between the lateral malleolus (like a mound) and the peroneal trochlea of the calcaneus (like a large mound).

A : GB40 Ch'iu-Hsü
(Great cemetery)
B1 : G40 Ch'iu Hsü
B2 : VF40 Ch'iu-hsü

F : 40VB Tsiou-siu
(Voûte du tertre)
J : XI40 Kyukyo
K : G40 Kuhō
V : XI40 Khâu khu

GB 41 Zúlínqì

足臨 (临) 泣

292

Zu : foot; lin : treatment; qi : to tear.

The point is at the foot and is indicated in lacrimation and other eye diseases.

A : GB41 Tsu-Lin-Ch'i
(Foot coming to tears)
B1 : G41 Tsu Lin Ch'i
B2 : VF41 Lin-ch'i

F : 41VB Linn-tsri du pied
J : XI41 Ashi no Rinkyū
K : G41 Chok-imüp
V : XI41 Túc lâm kháp

GB 42 Dìwǔhuì

地五會 (会)

293

Di : ground; wu : five; hui : confluence.

Ground means "inferior", indicating the foot. There are five points of the gallbladder meridian on the foots and this point is

A : GB42 Ti-Wu-Huei
(Ground five meetings)
B1 : G42 Ti Wu Hui
B2 : VF42 Ti-wu-hui

F : 42VB Ti-ou-roé
J : XI42 Chigoe
K : G42 Chiohoc
V : XI42 Dia ngū hôi

GB 43 Xiáxí

俠 (俠) 溪 (溪)

294

Xia : to press from both sides; xi : stream.

The point is in the space between the 4th and the 5th toes.
 The space like a stream.

LR

A : GB43 Hsia-Hsi
 (Chivalrous brook)
 B1 : G43 Hsia Hsi
 B2 : VF43 Hsieh-ch'i

F : 43VB Sié-tsri
 (Proche du vallon)
 J : XI43 Kyokei
 K : G43 Hyōkye
 V : XI43 Hiép khê

Points of Liver Meridian**Zújuéyīn Gānjīng Xué****足厥陰（阴）肝經（经，經）穴****GB 44 Zúqiàoyīn**

足竅 (窍) 隅 (阴)

295

Zu : foot; qiao : opening; yin : Yin of Yin-Yang.

The kidney and the liver pertain to Yin and open into the ear and the eye. The point is on the foot and is indicated in treating ear and eye disorders.

A : GB44 Tsu-Ch'iao-Yin
 (Foot empty Yin)
 B1 : G44 Tsu-Chiao Yin
 B2 : VF44 Chiao-yin

F : 44VB Tsiao-inn du pied
 J : XI44 Ashi no kyoin
 K : G44 Chok-kyu-ŭm
 V : XI44 Túc khiêu âm

LR 1 Dàdūn

大敦

296

Dà : big; dun : thickness.

"Dà" refers to the big toe. The point is on the lateral aspect of the big toe, where the muscle is thick.

A : Li1	Ta-Tun (Great mound)
B1 : Liv1	Ta Tun
B2 : H1	Ta-tun

F : 1F	Ta-toun
J : XII1	Daiton
K : Liv1	Taedon
V : XII1	Dai dòn

LR 2 Xíngjiān

行間 (间)

297

Xing : walking; jian : middle.

The point is in the depression anterior to the first and second metatarsophalangeal joints. The Qi of the meridian runs between them.

A : Li2	Hsing-Chien (Between columns)
B1 : Liv2	Hsing Chien
B2 : H2	Hsing-chien

F : 2F	Sing-tsienn (Intervalle agissant)
J : XII2	Kokan
K : Liv2	Haeng-gan
V : XII2	Hành gian

LR 3 Tàichōng

太衝 (冲)

298

Tai : big; chong : important pass.

The point is on the foot, where the Qi of the meridian is abundant. It is an important "pass" in this meridian.

A : Li3 T'ai-Ch'ung
(Great flush)
B1 : Liv3 T'ai Ch'ung
B2 : H3 T'ai-ch'ung

F : 3F Traé-tchrong
(Suprême assaut)
J : XII3 Taisho
K : Liv3 T'aech'ung
V : XII3 Tháï xung

LR 5 Lígōu

蠡溝 (沟)

300

Li : shell; gou : groove.

The external shape of the gastrocnemius muscle looks like a shell and the point is in the groove medial and anterior to it.

LR 4 Zhōngfēng

中封

299

Zhong : middle; feng : earth heaped into a mound.

This point lies between the two malleoli, as if between two mounds.

A : Li4 Chung-Fung
(Middle seal)
B1 : Liv4 Chung Feng
B2 : H4 Chung-feng

F : 4F Tchong-fong
J : XII4 Chuho
K : Liv4 Chungbong
V : XII4 Trung phong

LR 6 Zhōngdū

中都 (都)

301

Zhong : middle; du : confluence.

The point is at the midpoint of the medial aspect of the leg, and is a confluence of the Qi of the Liver meridian.

A : Li6 Chung-Tu
(Middle capital)
B1 : Liv6 Chung Tu
B2 : H6 Chung-tu

F : 6F Tchong-tou
J : XII6 Chuto
K : Liv6 Chungdo
V : XII6 Trung dô

LR 7 Xiguān

膝關 (关, 関, 閂)

302

Xi : knee; guan : joint.

The point is in the vicinity of the knee joint.

A : Li7 Chi-Kuan
(Knee pass)
B1 : Liv7 Hsi Kuan
B2 : H7 Hsi-kuan

F : 7F Tsri-koann
(Si-koann)
J : XII7 Shitsukan
K : Liv7 Sūlgwan
V : XII7 Tát quan

LR 8 Qūquán

曲泉

303

Qu : crooked; quan : spring.

The point is at the medial end of the transverse crease of the popliteal fossa. With the knee flexed, the local depression is like a spring.

A : Li8 Ch'ü-Ch'üan
(Tortuous spring)
B1 : Liv8 Ch'ü Ch'üan
B2 : H8 Ch'ü-ch'üan

F : 8F Tsiou-tsiuann
(Source de la course)
J : XII8 Kyokusen
K : Liv8 Kokch'ön
V : XII8 Khúc tuyễn

LR 9 Yinbāo

陰 (阴) 包 (包)

304

Yin : Yin of Yin-Yang; bao : womb.

Yin here means "interior". Bao refers to the uterus. The point is at the medial aspect of the thigh and is indicated in treating diseases of the uterus.

A : Li9 Yin-Pao
(Envelope of Yin)
B1 : Liv9 Yin Pao
B2 : H9 Yin-pao

F : 9F Inn-pao
J : XII9 Impo
K : Liv9 Jimpoo
V : XII9 âm bao

LR 10 Zúwǔlǐ

足五里

305

Zu : lower limbs; wu : five; li : used to mean cun in ancient times.

The point is on the lower limbs, 5 cun above Jimen (SP11).

A : Li10 Wu-Li
(Five miles)
B1 : Liv10 Tsu Wu Li
B2 : H10 Wu-li

F : 10F Ou-li
J : XII10 Ashi no Gori
K : Liv10 Chok-ori
V : XII10 Ngũ lý

LR 11 Yinlián

陰（阴）廉

306

Yin : Yin of Yin-Yang; lian : edge.

Yin here means "medial". The point is on the medial aspect of the thigh, near the genitalia.

A : Li11 Yin-Lien
(Yin screen)
B1 : Liv11 Yin Lien
B2 : H11 Yin-lien

F : 11F Inn-lienn
J : XII11 Inren
K : Liv11 Ümnyöm
V : XII11 âm-liêm

LR 12 Jímài

急脈（脉）

307

Ji : urgent; mai : artery.

The point is at the medial aspect of the thigh, where the artery can be palpated.

A : Li12 Chi-Mai
(Rapid pulse)
B1 : Liv12 Chi Mai
B2 : H12 Yang-shih

F : 12F Iang-che
J : XII12 Kyumyaku
K : Liv12 Kŭmmaek
V : XII12 Căp mạch

LR 13 Zhāngmén

章門（门）

308

Zhang : screen; men : door.

The point is below the hypochondrium, which acts like a screen for the internal organs.

A : Li13 Chang-Men
(Broad door)
B1 : Liv13 Chang Men
B2 : H13 Chang-men

F : 13F Tchang-menn
J : XII13 Shomon
K : Liv13 Changmun
V : XII13 Chuong môn

LR 14 Qīmén

期門（门）

309

Qi : cycle; men : door.

The bilateral flanks where the point is located look like an open door. When the Qi of the meridian reaches here, it is considered as one cycle of circulation. The point is therefore named Qimen.

A : Li14 Ch'i-Men
(Time door)
B1 : Liv14 Ch'i Men
B2 : H14 Ch'i-men

F : 14F Tsri-menn
J : XII14 Kimon
K : Liv14 Kimun
(Pok-kimun)
V : XII14 Kỳ môn

GV

Points of Governor Vessel

Dūmài Xué

督脈（脉）穴

GV 1 Chángqiáng

長 (长) 強

310

Chang : long; qiang : strong.

The spinal column is long and strong. The point is at its lower end.

A : Go1 Chang-Ch'iang
 (Long strong)
 B1 : Gv1 Ch'ang Ch'iang
 B2 : TM1 Ch'ang-chiang

F : 1VG Tchrang-tsiang
 J : XIII1 Chokyo
 K : GV1 Chang-gang
 V : XIII1 Trưởng cường

GV 2 Yāoshū

腰俞 (俞)

311

Yao : lower back; shu : point.

The point is on the lower back, where the Qi of the meridian is infused.

A : Go2 Yao-Shu
 (Lumbar locus)
 B1 : Gv2 Yao Shu
 B2 : TM2 Yao-yü
 (Yao-shu)

F : 2VG Iao-iu
 (Iao-chou)
 J : XIII2 Yoyu
 K : GV2 Yosu
 V : XIII2 Yêu du

GV 3 Yāoyángguān 腰陽 (阳) 關 (关, 閥, 阔) 312

Yao : lower back; yang : Yang of Yin-Yang; guan : gear.

The governor vessel is Yang. The point pertains to it and is located in the turning zone of the lower back, like a gear for the lumbar joint.

A : Go3 Yao-Yang-Kuan
(Lumbar sunny pass)
B1 : Gv3 Yao Yang Kuan
B2 : TM3 Yang-kuan

F : 3VG Iang-koann
J : XIII3 Koshi no Yukan
K : GV3 Yo-yang-gwan
V : XIII3 Dương quan

GV 5 Xuánshū 懸 (悬) 樞 (枢) 314

Xuan : suspended; shu : pivot.

The point is on the lower back. When lying supine, the local region is suspended as a pivot for lumbar movement.

A : Go5 Hsüan-Shu
(Hanging pivot)
B1 : Gv5 Hsüan Shu
B2 : TM5 Hsüan-shu

F : 5VG Siuann-tchrou
(Siuann-chou)
J : XIIIS Kensu
K : GVS Hyöñch'u
V : XIIIS Huyễn khu

GV 4 Mìngmén 命門 (门) 313

Ming : life; men : door.

The kidney is the vital source. The point is between Shensu, like a door for the Qi of the kidney.

A : Go4 Ming Meng
(Gate of life)
B1 : Gv4 Ming Men
B2 : TM4 Ming-men

F : 4VG Ming-menn
J : XIII4 Meimon
K : GV4 Myöngmun
V : XIII4 Mệnh môn

GV 6 Jǐzhōng 脊中 315

Ji : spine; zhong : middle.

The spine consists of 21 vertebrae. This point is below the 11th vertebra in exactly the middle of the spine.

A : Go6 Chi-Chung
(Middle of spine)
B1 : Gv6 Chi Chung
B2 : TM6 Chi-chung

F : 6VG Tsi-tchong
J : XIII6 Sekichu
K : GV6 Ch'ökchung
V : XIII6 Tích trung

GV 7 Zhōngshū

中樞 (枢)

316

Zhong : middle; shu : pivot.

This point is below the 10th vertebra and is like a pivot in the middle of the spine.

A : Go7 Chung-Shu
(Middle pivot)
B1 : Gv7 Chung Shu
F : 6VG Tchong-tchrou

J : XIII17 Chusū
K : GV7 Chungch'u
V : XIII17 Trung khu

GV 8 Jīnsuō

筋縮 (缩)

317

Jin : muscle; suo : contracture.

This point is used in treating all kinds of muscle contracture.

A : Go8 Chin-Shueh
(Ligament contraction)
B1 : Gv8 Chin So
B2 : TM7 Chin-shu
(Chin-suo)

F : 7VG Tsinn-chou
J : XIII18 Kinshuku
K : GV8 Kǔnch'uk
V : XIII18 Cân súc

GV 9 Zhìyáng

至陽 (阳)

318

Zhi : reaching; yang : Yang of Yin-Yang.

This point is on a level with the diaphragm. The Qi of the meridian passes here and ascends, i.e. it reaches to "Yang within Yang" above the diaphragm from "Yin within Yang" below the diaphragm.

A : Go9 Chih-Yang
(Bright sunshine)
B1 : Gv9 Chih Yang
B2 : TM8 Chih-yang

F : 8VG Tche-iang
J : XIII19 Shiyo
K : GV9 Chiyang
V : XIII19 Chíduóng

GV 10 Língtái

靈 (灵, 靈) 臺

319

Ling : spirit; tai : platform.

This point is below Shendao (GV11) and Xinshu (BL15) and is therefore likened to a platform for the heart spirit.

A : Go10 Ling-T'ai
(Spiritual terrace)
B1 : Gv10 Ling T'ai
B2 : TM9 Ling-t'ai

F : 9VG Ling-traé
J : XIII10 Reidai
K : GV10 Yǒngdae
V : XIII10 Linh dài

GV11 Shéndào

神 (神) 道 (道)

320

Shen : mind; dao : pathway.

The heart houses the mind. This point is medial to Xinshu (BL15), like a pathway of the mind.

A : Go11 Shen-tao

(God's path)

B1 : Gv11 Shen Tao

B2 : TM10 Shen-tao

F : 10VG Chenn-tao

J : XIII11 Shindo

K : GV11 Shindo

V : XIII11 Thân dạo

GV 13 Táodào

陶道 (道)

322

Tao : moulding; dao : pathway.

The Qi of the Zang-fu organs gathers on the Governor Vessel and ascends along this way.

GV 12 Shēnzhù

身柱

321

Shen : body; zhu : pillar.

This point is below the third thoracic vertebra and connects upwards with the head and the neck when downwards with the back and the lumbar vertebrae, like a pillar of the body.

A : Go12 Shen-Chu

(Pillar of body)

B1 : Gv12 Shen Chu

B2 : TM11 Shen-shu

F : 11VG Chenn-tchou

(Colonne du corps)

J : XIII12 Shinchu

K : GV12 Shinju

V : XIII12 Thân trụ

GV 14 Dàzhūi

大椎

323

Da : large; zhui : vertebra.

This point is below the prominence of the 7th cervical vertebra, which is the largest of the cervical vertebrae.

A : Go14 Ta-Chuei

(Big vertebra)

B1 : Gv14 Ta Chui

B2 : TM13 Pai-lao

F : 13VG Pac-lao

J : XIII14 Daisui

K : GV14 Taech'u

V : XIII14 Đại chùy

GV 15 Yǎmén

瘡 (哑) 門 (门)

324

Ya: mutism; men : door.

This point may either cause or treat mutism. It is likened to a two-way door to mutism.

A : Go15 Ya-Men
(Dumb gate)
B1 : Gv15 Ya Men
B2 : TM14 Ya-men

F : 14VG Ia-menn
J : XIII15 Amon
K : GV15 Amun
V : XIII15 á mòn

GV 16 Fēngfǔ

風 (风) 府

325

Feng : pathogenic wind; fu : place.

This is a point for eliminating the pathogenic wind.

A : Go16 Fung-fu
(Windy prefecture)
B1 : Gv16 Feng Fu
B2 : Tm15 Feng-fu

F : 15VG Fong-fou
J : XIII16 Fufu
K : GV16 P'ungbu
V : XIII16 Phong phù

GV 17 Nǎohù

腦 (脑, 脳) 戸

326

Nao : brain; hu : door.

The Governor Vessel (Dumai) runs upwards along the spine and enters the brain. This point is like a door on the occipital region for the Qi of the meridian flowing into the brain.

A : Go17 Nao-Hu
(Brain window)
B1 : Gv17 Nao Hu
B2 : TM16 Nao-hu

F : 16VG Nao-rou
J : XIII17 Noko
K : GV17 Noeho
V : XIII17 Não hô

GV 18 Qiángjiān

強間 (间)

327

Qiang : stiffness; jian : middle.

This point is between the parietal bone and the occipital bone and is indicated in treating stiff neck and headache.

A : Go18 Chang-Chian
(Strong connections)
B1 : Gv18 Ch'iang Chien
B2 : TM17 Chiang-chien

F : 17VG Tsiang-tsienn
J : XIII18 Kyokan
K : GV18 Kang-gan
V : XIII18 Cường gian

GV 19 Hòudǐng

後 (后) 頂 (顶)

328

Hou : posterior; ding : vertex.

This point is posterior to the vertex.

A : Go19 Hou-Ting
 (Posterior vertex)
 B1 : Gv19 Hou Ting
 B2 : TM18 Hou-ting

F : 18VG Reou-ting
 J : XIII19 Gocho
 K : GV19 Hujǒng
 V : XIII19 Hậu đỉnh

GV 21 Qiándǐng

前頂 (顶)

330

Qian : front; ding : vertex.

This point is in front of the vertex.

A : Go21 Chien-Ting
 (Anterior vertex)
 B1 : Gv21 Ch'ien Ting
 B2 : TM20 Ch'ien-t'ing

F : 20VG Tsien-ting
 J : XIII21 Zencho
 K : GV21 Chǒnjǒng
 V : XIII21 Tiên đỉnh

GV 20 Bǎihuì

百會 (会)

329

Bai : hundred; hui : meeting.

The point is at the vertex, and a meeting place of the three Foot-yang meridians, the liver meridian and the Governor Vessel (Dumai).

A : Go20 Pai-Hui
 (Hundred meetings)
 B1 : Gv20 Pai Hui
 B2 : TM19 Pai-hui

F : 19VG Paé-roé
 (Cent réunions)
 J : XIII20 Hyakue
 K : GV20 Paek'oe
 V : XIII20 Bách hội

GV 22 Xīnhuì

顎 (凶) 會 (会)

331

Xin : fontanel; hui : closing.

The point is located where the anterior fontanel closes.

A : Go22 Hsin-Hui
 (Fontanelle meet)
 B1 : Gv22 Hsin Hui
 B2 : TM21 Hsing-hui

F : 21VG Tchroang-roé
 J : XIII22 Shine
 K : GV22 Shinhoc
 V : XIII22 Tín hội

GV 23 Shàngxīng

上星

332

Shang : upper; xing : star.

The head is considered as the sky. This point is at the head like a star in the sky.

A : Go23 Shang Hsing
(Super star)
B1 : Gv23 Shang Hsing
B2 : TM22 Shang-hsing

F : 22VG Chang-sing
J : XIII23 Josei
K : GV23 Sangsōng
V : XIII23 Thương tinh

GV 24 Shéntíng

神(神)庭

333

Shen : mind; ting : vestibule.

The brain is the mansion of the mind. Shen here means brain. This point is on the forehead, like the vestibule of the brain.

A : Go24 Shen-T'ing
(God's courtyard)
B1 : Gv24 Shen T'ing
B2 : TM23 Shen-t'ing

F : 23VG Chenn-ting
J : XIII24 Shintei
K : GV24 Shinjōng
V : XIII24 Thân đình

GV 25 Sùliáo

素髎(髎)

334

Su : nasal cartilage; liao : foramen.

This point is in a foramen at the lower end of the nasal cartilage.

A : Go25 Su-Liao
(Simple bone)
B1 : Gv25 Su Liao
(Shui Kou)
B2 : TM24 Su-chiao
(Su-liao)

F : 24VG Sou-tsiao
(Sou-liao)
J : XIII25 Soryo
K : GV25 Soryo
V : XIII25 Tố liêu

GV 26 Shuǐgōu

水溝(沟)

335

Shui : water; gou : groove.

Other name : Rénhzhong

This point is in the philtrum, which looks like a water groove.

A : Go26 Shuei-Ko
(Water ditch)
Jen-Chung
(Middle of man)
B1 :
Gv26 Jen Chung

B2 : TM25 Shui-kou
F : 25VG Choe-keou
J : XIII26 Suiko
K : GV26 Sugu
V : XIII26 Nhân trung

GV 27 Duìduān

兑 (兑) 端

336

Dui : mouth; duan : tip.

This point is at the tip of the upper lip.

CV

A : Go27 Ke-Tuan
 (Exchange extreme)
 B1 : Gv27 Tui Tuan
 B2 : TM26 Tui-tuan

F : 26VG Toe-toann
 J : XIII27 Datan
 K : GV27 Taedan
 V : XIII27 Doai doan

*Points of Conception Vessel**Rénmài Xué*

任脈 (脉) 穴

GV 28 Yínjiāo

龈 (龈) 交

337

Yin : gum; jiao : meet.

This point is on the incisive suture of the upper gum, where the Governor Vessel and the Conception Vessel meet.

A : Go28 Ken-Chiao
 (Jen-Chiao)
 (Gum crossing)
 B1 : Gv28 Yin Chiao
 B2 : TM27 Yin-chiao

F : 27VG Inn-tsiao de gencive
 J : XIII28 Ginko
 K : GV28 Ün-gyo
 V : XIII28 Ngân giao

CV 1 Huiyin 會（会）陰（阴） **338**

Hui : crossing; yin : genitalia.

This point is located between the external genitalia and the anus, called Huiyin.

A : Co1	Hueo-Yin (Meeting of Yin)
B1 : Cv1	Hui Yin
B2 : JM1	Hui-yin

F : 1VC	Roé-inn
J : XIV1	Ein
K : CV1	Hoeǔm
V : XIV1	Hội âm

CV 2 Qūgǔ 曲骨（骨） **339**

Qu : crooked; gu : bone.

Qugu refers to the pubic bone, and the point is at the superior border of the pubic symphysis.

A : Co2	Ch'ü-Ku (Crooked bone)
B1 : Cv2	Ch'ü Ku
B2 : JM2	Ch'ü-ku

F : 2VC	Tsiou-Kou
J : XIV2	Kyokkotsu
K : CV2	Kokkol
V : XIV2	Khúc cốt

CV 3 Zhōngjí

中極 (极)

340

Zhong : centre; ji : exactly.

The point is exactly "at the centre" of the body.

A : Co3 Chung-Chi
(Middle extreme)
B1 : Cv3 Chung Chi
B2 : JM3 Chung-chi

F : 3VC Tchong-tsi
J : XIV3 Chukyoku
K : CV3 Chung-gük
V : XIV3 Trung cyc

CV 4 Guānyuán

關 (关, 閥, 阖) 元

341

Guan : storage; yuan : primary Qi.

The point is 3 cun directly below the navel and is a storage place for the primary Qi of the body.

A : Co4 Kuan-Yüan
(Pass origin)
B1 : Cv4 Kuan Yuan
B2 : JM4 Kuan-yüan

F : 4VC Koann-iuann
J : XIV4 Kangen
K : CV4 Kwanwon
V : XIV4 Quan nguyễn

CV 5 Shímén

石門 (门)

342

Shi : stone; men : door.

Stone here means "hard". The point is indicated in treating lumps in the lower abdomen.

A : Co5 Shih-Men
(Stone gate)
B1 : Cv5 Shih Men
B2 : JMS Shih-men

F : 5VC Che-menn
J : XIV5 Sekimon
K : CV5 Söngmun
V : XIV5 Thạch môn

CV 6 Qìhǎi

氣 (气, 氣) 海 (海) 343

Qi : primary Qi; hai : sea.

This point is below the navel and is the sea of the primary Qi of the whole body.

A : Co6 Ch'i-Hai
(Vapor sea)
B1 : Cv6 Ch'i Hai
B2 : JM6 Ch'i-hai

F : 6VC Tsri-raé
J : XIV6 Kikai
K : CV6 Kihae
V : XIV6 Khí hải

CV 7 Yinjiāo

陰（阴）交

344

Yin : Yin of Yin-Yang; jiao : crossing.

This point is 1 cun below the navel, and is the crossing point of the Conception Vessel (Renmai), the thoroughfare Vessel (Chongmai) and the kidney meridian.

A : Co7 Yin-Chiao
(Cross of Yin)
B1 : Cv7 Yin Chiao
B2 : JM7 Yin-chiao

F : 7VC Inn-tsiao du ventre
J : XIV7 Inko
K : CV7 Ümgyo
V : XIV7 âm giao

CV 9 Shuǐfēn

水分

346

Shui : water; fen : separation.

This point is 1 cun above the navel and corresponds internally to the small intestine, where the water and food are separated into the turbid and the clear.

A : Co9 Shuei-Fen
(Water dividing)
B1 : Cv9 Shui Fen
B2 : JM9 Shui-fen

F : 9VC Choé-fenn
J : XIV9 Suibun
K : CV9 Subun
V : XIV9 Thùy phân

CV 8 Shénquè

神（神）闕（阙）

345

Shen : spirit; que : palace gate.

This point is in the centre of the navel which is an important passage for the circulation of the Qi and blood of the foetus, like a palace gate of the spirit.

A : Co8 Shen-Ch'üeh
(Spiritual shrine)
B1 : Cv8 Shen Ch'üeh
B2 : JM8 Shén-kuan
(Shen-ch'üeh)

F : 8VC Chenn-koann
(Chenn-tsue)
J : XIV8 Shinketsu
K : CV8 Shin-gwol
V : XIV8 Thân khuyết

CV 10 Xiàwǎn

下脘

347

Xia : a inferior; wan : stomach.

This point is over the inferior portion of the stomach.

A : Co10 Hsia-Wan
(Lower epigastrium)
B1 : Cv10 Hsia Wan
B2 : JM10 Hsia-kuan
(Hsia-wan)

F : 10VC Sia-koann
(Sia-oann)
J : XIV10 Gekan
K : CV10 Hawan
V : XIV10 Hạ quan

CV 11 Jiànli

建里

348

Jian : establishing; li : interior.

This point is located in the epigastric region and aids in establishing the Qi of the Middle Jiao.

A : Co11 Chien-Li
(Building interior)
B1 : Cv11 Chien Li
B2 : JM11 Chien-li

F : 11VC Tsien-n-li
J : XIV11 Kenri
K : CV11 Kōlli
V : XIV11 Kiên lý

CV 12 Zhōngwǎn

中脘

349

Zhong : middle; wan : stomach.

This point is over the middle of the stomach.

A : Co12 Chung-Wan
(Middle epigastrium)
B1 : Cv12 Ching Wan
B2 : JM12 Chung-kuan
(Chung-wan)

F : 12VC Tchong-koann
(Tchong-oann)
J : XIV12 Chukan
K : CV12 Chung-wan
V : XIV12 Trung quán

CV 13 Shàngwǎn

上脘

350

Shang : superior; wan : stomach.

This point is over the upper portion of the stomach.

A : Co13 Shang-Wan
(Upper epigastrium)
B1 : Cv13 Shang Wan
B2 : JM13 Shang-kuan
(Shang-wan)

F : 13VC Chang-koann
(Chang-oann)
J : XIV13 Jokan
K : CV13 Sang-Wan
V : XIV13 Thượng quản

CV 14 Jùquè

巨闕 (阙)

351

Ju : great; que : palace gate.

This is a Mu-front point of the heart meridian, like a door for the Qi of the heart.

A : Co14 Chü-Chüeh
(Great temple)
B1 : Cv14 Chü Ch'ueh
B2 : JM14 Chü-kuan
(Chü-chüeh)

F : 14VC Tsiu-koann
(Tsiu-tsue)
J : XIV14 Koketsu
K : CV14 Kōgwol
V : XIV14 Cụ khuyết

CV 15 Jiūwěi

鳩 (鳩) 尾

352

Jiu : turtledove; wei : tail.

This point is below the xiphoid process of the sternum which looks like a turtledove's tail.

A : Co15 Chiu-Wei
(Bird's tail)
B1 : Cv15 Chiu Wei
B2 : JM15 Chiu-wei

F : 15VC Tsiou-oé
J : XIV15 Kyubi
K : CV15 Kumi
V : XIV15 Cưu vý

CV 17 Dànzhōng

膻中

354

Dan : exposure; zhong : middle.

The exposed middle part of the chest was called Tanzhong in ancient times. This point is located there.

A : Co17 Tan-Chung
(Middle altar)
B1 : Cv17 Shan Chung
B2 : JM17 Tan-chung

F : 17VC Trann-tchong
J : XIV17 Danchu
K : CV17 Chõnjung
V : XIV17 Dần trung

CV 16 Zhōngtíng

中庭

353

Zhong : middle; ting : courtyard.

This point is below the heart, as if in the courtyard in front of the palace.

A : Co16 Chung-T'ing
(Middle courtyard)
B1 : Cv16 Chung Ting
B2 : JM16 Chung-t'ing

F : 16VC Tchong-ting
J : XIV16 Chutei
K : CV16 Chungjöng
V : XIV16 Trung đình

CV 18 Yùtáng

玉堂

355

Yu : jade; tang : palace.

Jade is valuable. The point is located at the site of the heart. It is so important that it is considered a jade palace.

A : Co18 Yü-Tang
(Hall of jade)
B1 : Cv18 Yü Tang
B2 : JM18 Yü-t'ang

F : 18VC Iu-trang
J : XIV18 Gyokudo
K : CV18 Oktang
V : XIV18 Ngoc duờng

CV 19 Zǐgōng

紫宮 (宮)

356

Zi : purple; gong : palace.

Zigong is the name of a star and refers to the emperor's residence. This point corresponds to the heart which is the organ of monarch, and is therefore called Zigong.

A : Co19 Tze-Kung
(Purple palace)
B1 : Cv19 Tzu Kung
B2 : JM19 Tzu-kung

F : 19VC Tsre-kong
J : XIV19 Shikyu
K : CV19 Chagung
V : XIV19 Tù cung

CV 21 Xuánjī

璇璣 (玑)

358

Xuan : rotation; ji : axis.

Xuanji is the name of the second and the third stars of the Big Dipper, opposite to the star Zigong. This point is also opposite to the point Zigong (CV19) and is therefore named Xuanji.

A : Co21 Hsüan-Chi
(Rotating machine)
B1 : Cv21 Hsüan Chi
B2 : JM21 Hsüan-chi

F : 21VC Siuann-tsi
J : XIV21 Senki
K : CV21 Sὸn-gi
V : XIV21 Toàn co'

CV 20 Huágài

華 (华) 蓋 (盖)

357

Hua : magnificent; gai : umbrella.

Huagai refers to the emperor's umbrella. The location of the point corresponds to the lung, which lies above the heart and like an umbrella over it.

A : Co20 Hua-Kai
(Flowery covering)
B1 : Cv20 Hua Kai
B2 : JM20 Hua-kai

F : 20VC Roa-kaé
J : XIV20 Kagai
K : CV20 Hwagae
V : XIV20 Hoa cái

CV 22 Tiāntū

天突

359

Tian : heaven; tu : chimney.

The location of this point corresponds to the upper part of the trachea, which is like the chimney for the Qi of the lung.

A : Co22 Tien-Tu
(Sky prominence)
B1 : Cv22 T'ien T'u
B2 : JM22 T'ien-t'u

F : 22VC Tienn-trou
J : XIV22 Tentotsu
K : CV22 Ch'ǒndol
V : XIV22 Thiên đốt

CV 23 Liánquán

廉泉

360

Lian : clear; quan : spring.

The two blood vessels below the tongue were called Lianquan in ancient times. This point is at the upper margin of the laryngeal prominence, close to the Lianquan vessels.

A : Co23 Lien-Ch'üan
(Screen spring)
B1 : Cv23 Lien Ch'üan
B2 : JM23 Lien-ch'üan

F : 23VC Lienn-tsiuann
J : XIV23 Rensen
K : CV23 Yōmch'ōn
V : XIV23 Liêm tuyễn

Indexes**CV 24 Chéngjiāng**

承漿 (漿)

361

Cheng : receiving; jiang : fluid.

This point is in the depression at the middle of the chin; it is where excessive saliva is received.

A : Co24 Cheng-Chiang
(Receiving fluid)
B1 : Cv24 Cheng Chiang
B2 : JM24 Chechiang

F : 24VC Tchreng-tsiang
J : XIV24 Shosho
K : CV24 Sŭngjiang
V : XIV24 Thùa tương

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