## 三阴交，

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## 阴陵泉，人体自带最强祛湿药

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## 关元穴，关元穴是人体的保健要穴之一，每天按一按可增强体质

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## 中极穴，生殖器疾病、泌尿疾病、尿频、尿急、生理病、生理不顺、精力不济、冷感症等

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## 气海，补气益肾,涩精固本

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## 肾俞穴，益肾助阳,纳气利水。主治[腰痛](https://xueweidaquan.com/tag/%e8%85%b0%e7%97%9b),骨病;[耳聋](https://xueweidaquan.com/tag/%e8%80%b3%e8%81%8b),[耳鸣](https://xueweidaquan.com/tag/%e8%80%b3%e9%b8%a3),视物昏花;遗尿,[小便不利](https://xueweidaquan.com/tag/%e5%b0%8f%e4%be%bf%e4%b8%8d%e5%88%a9),水肿;遗精,[阳痿](https://xueweidaquan.com/tag/%e9%98%b3%e7%97%bf);

1.配[关元](https://xueweidaquan.com/tag/%e5%85%b3%e5%85%83)穴、[三阴](https://xueweidaquan.com/tag/%e4%b8%89%e9%98%b4)交穴,主治遗精。

2.配[太溪](https://xueweidaquan.com/tag/%e5%a4%aa%e6%ba%aa)穴,主治腰痛。

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## 膀胱俞，清热利湿,通淋止痛。主治[小便不利](https://xueweidaquan.com/tag/%e5%b0%8f%e4%be%bf%e4%b8%8d%e5%88%a9),遗尿

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## 足三里

## 涌泉

## 还有小手指上面的肾穴