Complementary Medicine

Pocket Atlas of Acupuncture

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Preface

This book was written with both the busy practitioner and the interested patient in mind. Our aim was to create a compact book for ready reference which nonetheless included a discussion of the fundamental principles underlying the practice of Chinese medicine. We envisioned the *Pocket Atlas of Acupuncture* nestling in the satchels of our students, in the pockets of white coats of physicians doing their ward rounds, and on the desks of Chinese translators accompanying groups of western visitors to China. A bestseller, with more than 100 000 copies sold since its original publication in German in 1995, it remains a favorite with students and practitioners.

Of the five treatment options which make up the body of Chinese medicine, acupuncture remains the most popular in the West. Such is the acceptance of Chinese medicine that in present-day Germany there are an estimated 30 000 physicians who practice acupuncture and more than 15 professional societies for the study and promotion of Chinese medicine; lecture series or practical lessons in acupuncture and Chinese medicine are offered at almost all German medical universities.

Since 2001, German medical researchers in Munich, Berlin, and Bochum have been conducting randomized controlled trials of acupuncture. These trials, which were initiated by government agencies and sponsored by German health insurance companies, are the largest, and possibly the costliest, acupuncture research studies to date. Thousands of patients with a variety of health problems, such as tension headaches, migraine, and low back pain, were recruited; hundreds of qualified acupuncturists were selected to participate. However, similar to previous acupuncture studies conducted in other countries, the results of the German studies available thus far have been equivocal, leading to a heated debate amongst researchers and to venomous attacks in the media.

In the midst of this confusion, the *Pocket Atlas of Acupuncture* has remained a steadily twinkling light on the German scene. While the mammoth German acupuncture studies concentrated on the treatment of pain syndromes, in this book we show that acupuncture can treat a broad spectrum of diseases including respiratory, gastrointestinal, and cardiovascular problems. The acupuncture trials removed this healing art from its original setting and dissected it using the conditions and language corresponding to a scientific intervention; this book underscores the importance of maintaining acupuncture strictly within its original cultural and philosophical context. The research studies looked only at results; we have described and examined healing processes, from the first moment of the doctor–patient encounter to the time of the actual acupuncture.

Our colleagues, teachers, and translators both in the English-speaking world and in China encouraged the translation and publication of the *Atlas* in English. We hope that all of them will find it useful in their daily practice or for teaching purposes and we thank them for their support. We also wish to thank Ulrike Brugger for her beautiful and, at the same time, accurate illustrations, our tireless translator David Gough, and our enthusiastic editor Angelika Findgott at Thieme International for their patience and assistance in completing this translation.

Carl-Hermann Hempen
Velia Wortman Chow

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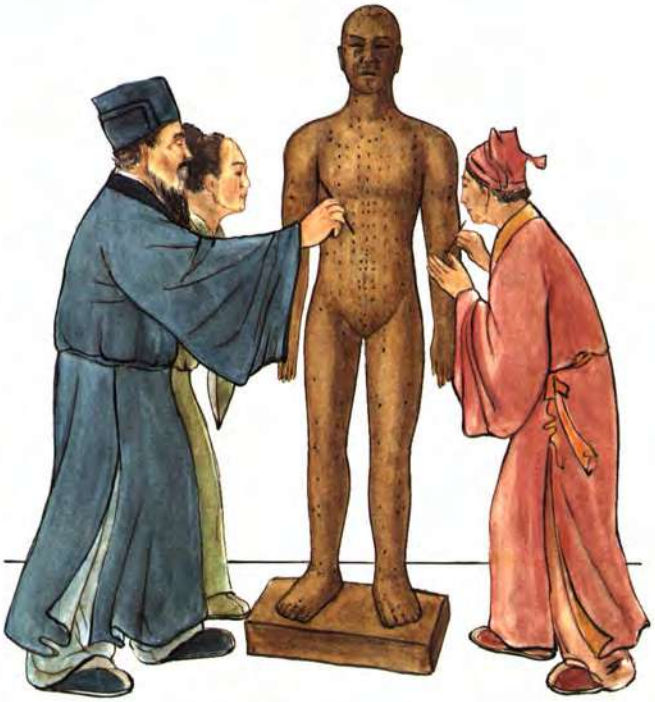
History and Basics of Chinese Medicine



A Bronze figure designed by Wang Weiyi (1027)

B Huangdi

C Li Shizhen (1518–1593)

1 The History of Acupuncture in China

Earliest Records

The first written reference to acupuncture and moxibustion is more than two thousand years old. The first mention of "stone needles" is to be found in the *Records of the Historians* by Sima Qian. More recent burial-ground excavations have revealed that therapeutic instruments of this kind were in use as long as 4000 or 6000 years ago. These early times saw the use not only of stone needles, but also of bamboo splinters.

The oldest medical manual, the *Yellow Emperor's Inner Classic* (*Huangdi Neijing*), which was written at some point between the 2nd century BC and the 2nd century AD (B), establishes this therapeutic treatment for the first time in the practice of Chinese medicine. It described the most important channels, the different needles (metal needles), insertion techniques, and indications for the use of particular acupuncture points, and it discusses 160 classical points. In the form we know it today (from the 13th century), the *Yellow Emperor's Inner Classic* is in two sections: the *Essential Questions* (*Su Wen*) and the *Spiritual Pivot* (*Ling Shu*). The first allusion to the application of mugwort (*Artemisia vulgaris*) for "heat treatment of the acupuncture points" (moxibustion) is to be found in the works of the Chinese philosopher Menzius (*Mengzi*) in the 4th century BC.

The earliest detailed references to acumoxatherapy are to be found in the *Classic of Difficulties* (*Nan Jing*), an extensive work written in the 1st century by unknown authors.

The first classical work that can be dated with any certainty is the *Systematic Classic of Acupuncture and Moxibustion* (*Zhenjiu Jiayi Jing*) by Huang-Fu Mi (215–282). It provides for the first time a clear terminology, a careful topological description of the individual acupuncture points, and a systematic indication of their effects. By this time, the number of classical acupuncture points had increased to some 349 and the entire corpus of acumoxatherapy had been collected into a distinctive, independent therapy in its own right.

In the course of the centuries, there were further compilations and reevaluations of the entire field of knowledge. The advent of printing, which was quite widespread in China as early as the 10th century, led to a propagation of the sciences. New textbooks, but also other instructive materials, served to spread contemporary medical knowledge. In the year 1027, for example, based on preparatory work by Wang Weiyi—a well-known master at the Academy of Sciences—two life-size bronze figures were cast (A), with the channels clearly drawn on them. The acupuncture points lying on the channels were represented by holes. These bronze figures could be covered with a skin of wax and filled with water. Examination candidates in the medical school had to demonstrate their skill by piercing the acupuncture points correctly; their success was then confirmed by water gushing from the opening made by the needle.

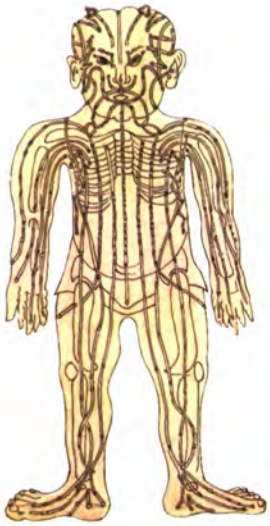
In the following centuries, further important standard works were published such as, in 1341, the famous *Explanation of the Fourteen Main Channels*, by Hua Boren, or, 200 years later, the *Disquisitions on the Eight Odd Channels* by Li Shizhen (1518–1593), which are still works of uncontested authority to this day. Li Shizhen (C), who is famous for his encyclopedic *Pharmacopoeia in Sections and Subsections* (*Ben Cao Gang Mu*), also published less extensive works on the subject of acupuncture.

Overview

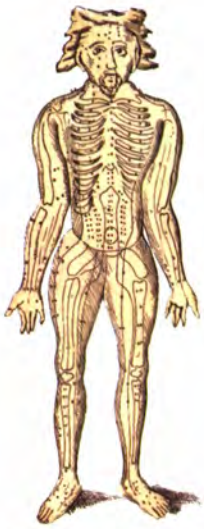
The presentation of the entire field of knowledge about acupuncture reached an initial climax in the 16th and 17th centuries, with the publication of comprehensive works such as the *Great Compendium of Acupuncture and Moxibustion* (*Zhenjiu Dacheng*) by Yang Jizhou (1601). In this treatise, as in other works of that time, the theory underlying the whole of Chinese medicine, as well as the stimulation points and channels was presented with a unity and clarity that has remained unequalled even to the present day.

For this reason, all subsequent instructional manuals, particularly the more recent works, cannot really be seen as representing an improvement. On the contrary, the introduction of Western thought and ideas, and the attempts to marry Western physiology and traditional Chinese medicine have not led to any genuine development, but rather to confusion.

A Inside cover illustration from Andreas Cleyer's *Specimen Medicinae Sinicae* (1682)



B Andreas Cleyer's illustration of the channel pathways



C First Western presentation of the acupuncture points by Willem Ten Rhyne (1683)

2 The History of Acupuncture in Europe

Transmission of Treatment

The method of treating patients by the insertion of needles for therapeutic purposes first became known in Europe in 1657. In W. Piso's book *De Utriusque Indiae* (Amsterdam), mention is made of a Dutchman, De Bondt, who observed such methods in Japan. A more thorough report was compiled in 1683 by Dr Willem Ten Rhyne, who was employed as a doctor by the East India Trading Company. Not only did he describe the clinical effects of needle insertion therapy, but he was also the person responsible for the introduction of the term "acupuncture" (C). He provided information about the location of the points for treatment and was to some extent successful in transmitting something of the Chinese understanding of medicine.

The first theoretical presentation was provided in a work by Andreas Cleyer in 1682, *Specimen Medicinae Sinicae* (A, B). Even though demands for the practical introduction of these methods had already been expressed in a medical treatise (Stefan Blancard, Leipzig, 1692), it took another 100 years before there was any evidence of clinical application.

The Parisian doctor Louis Berlioz, father of the composer, began extensive clinical trials in 1809 based on the work of M. Dujardin (1774) and Felix Vicq d'Azyr (1787). The imagination of the doctors of that time was very much influenced by a mechanistic notion, and thus they employed acupuncture almost exclusively in pain therapy. Berlioz, however, also observed general reactions such as an improved resorption of tissue fluid, increased diuresis, and general relaxation.

In the following decades, there was an outbreak of acupuncture euphoria in certain medical circles in Paris. Attempts were made by Chevalier Sarlandière to improve therapy results by using electrostimulation; J. Cloquet treated thousands of patients and published a report covering some 300 cases which included such severe conditions as convulsions, epilepsy, and delirium.

The first German language publication on the subject of acupuncture appeared in 1824, a translation from the English *A Treatise on Acupuncturation* by the Englishman James M. Churchill. In 1825 the first dissertation on the subject of acupuncture appeared (C.A.L. Schneider, Berlin). Among the few acupuncture practitioners in Germany was the Berlin doctor Heinrich Sabatier von Michaelis, who later became court physician, who described the positive effects achieved by acupuncture in treating rheumatic illnesses. Western medical science found it difficult, however, to accept its use. Acupuncture therapy simply could not be assimilated into the system of a causal-analytical science that, in the mid-19th century, was moving toward what it believed to be the height of its triumph. Thus the Western world's first encounters with this ancient Oriental system of medicine did not prove very fruitful.

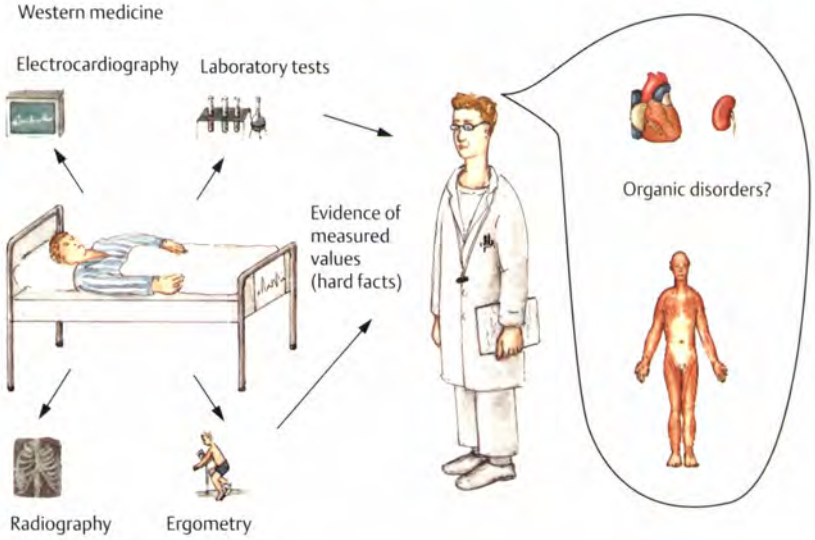
It was Soulie de Morant, in France, who engineered the breakthrough, on his return from 30 years of study in China (1901–1931), by contributing some of the essential elements that helped to provide the theoretical background and to introduce Chinese physiology and diagnostics to the Western mind.

Developments

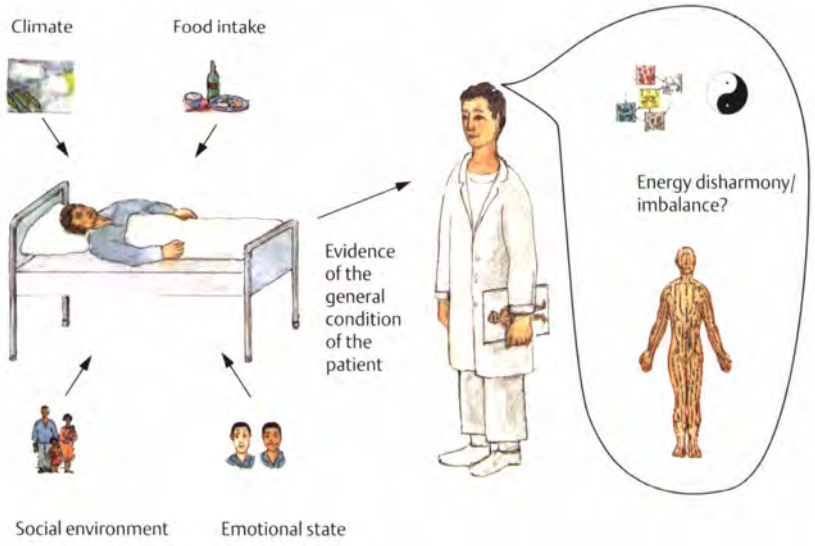
From this point onwards, two perspectives, which in their approaches are quite diverse, have governed the way this ancient method of treatment has been considered. On the one hand, the reflex therapists, joined by the Western-oriented Chinese doctors, attempt to prescribe models and ideas from Western neurophysiology and biochemistry as a prerequisite for the understanding of acupuncture. By generating evidence of its efficacy using Western scientific criteria, they try to facilitate the smooth integration of the method into Western medicine and to avoid any confrontation with a completely different mentality and medical tradition.

On the other hand, doctors who belong to a classical traditional school believe that a medical system based on observation and experience over two thousand years must have an inherent conesiveness and rationale which meets western scientific criteria and thus complements western causal-analytic medicine. Thus today the majority of textbooks on the subject of acupuncture take the Western, natural scientific approach as their starting point, but others are based on traditional Chinese teachings and the inductive synthesis, the understanding of Chinese medicine as an analogous system.

Western medicine



Chinese medicine



3 Western Medicine and Chinese Medicine

Criticism of Medicine

There is no doubt that a more critical attitude toward Western medicine is steadily growing. The financial expense and scientific involvement on behalf of medicine, particularly in the high-technology nations, has taken on quite unexpectedly large proportions. Yet, at the same time, the general health of the population remains disturbingly poor.

Functional Complaints

Two-thirds of the Western population do not feel healthy. They are suffering from indistinct feelings of discomfort, oversensitivity, disturbed sleep patterns, exhaustion, dizziness, sensitivity to the weather, headaches, etc. Backache is the seventh most common reason for taking sick leave. Only in a minority of these patients, however, is it possible to establish any measurable cause for the pain and thus, in Western terms, to make any clear diagnosis. So what happens to these patients who credibly claim to be suffering, but who are not measurably ill, and who can claim only a general feeling of unease or pain? After all, such patients constitute over half the people who leave doctors' practices with the feeling that they have not been understood and with no prescribed treatment.

Chronic Illnesses

A second problem is even more disturbing: more than 10 % of the population in Western countries suffer from chronic illness. They may suffer from a clearly diagnosed illness, but even in the best outcome Western medicine can only offer an alleviation of symptoms and not a cure. Typical examples are: rheumatism, asthma, diabetes, or the rapidly increasing incidence of allergies. For some decades now the attention of some doctors and scientists has been turned toward overcoming this dilemma of inadequate treatment for chronic illness.

Analysis of the Causes

For more than a century, Western medicine has been systematically built around a scientific methodology that it has adopted from the natural sciences, namely causal analysis. The key word has been "measurability." In this approach it is not so much the subjective assessment of the patient but rather the objective findings provided by measuring equipment that are given primary attention. The consequence of this is to adopt an organ-related approach which requires the verification of pathological parameters with the maximum possible hard data. Thus patients whose blood tests do not testify to a pathological condition, whose radiographs reveal no deformity, or who suffer simply from nervousness, oversensitivity, despondency, depression, heat sensitivity, inability to concentrate, pain, or susceptibility to infection simply cannot be accounted for or treated within this causal system.

Chinese Medicine

A completely different medical approach has been gaining increasing attention unobtrusively over the last 100 years, and over the last few decades rather more vehemently. For many thousands of years, Chinese medicine has pursued the approach that the human being is a part of an interwoven network of cosmic energies.

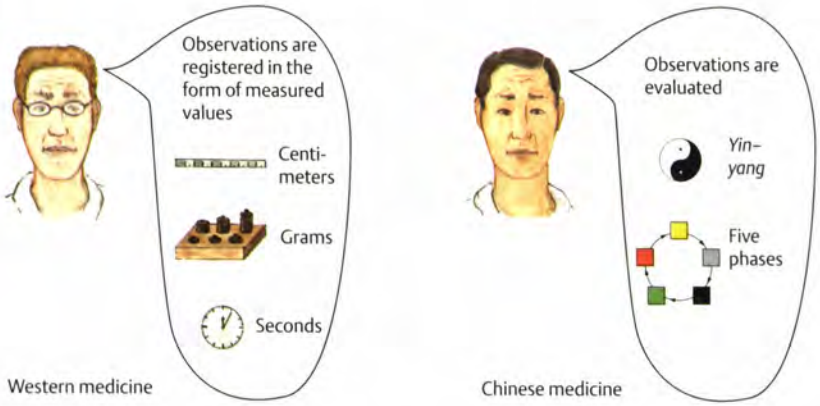
Yin and *Yang*

Man is seen to be a reflection of the natural harmony established between the heavens and the earth, between the poles of *yin* and *yang*. In simple terms, the doctors of traditional Chinese medicine look at the individual as a concentration of energies. They are interested primarily in energy phenomena, in all active expressions of life, in the emotions and the vital bodily functions, since these are the clues to identifying the possible disharmonies in the overall balance of energies within the individual.

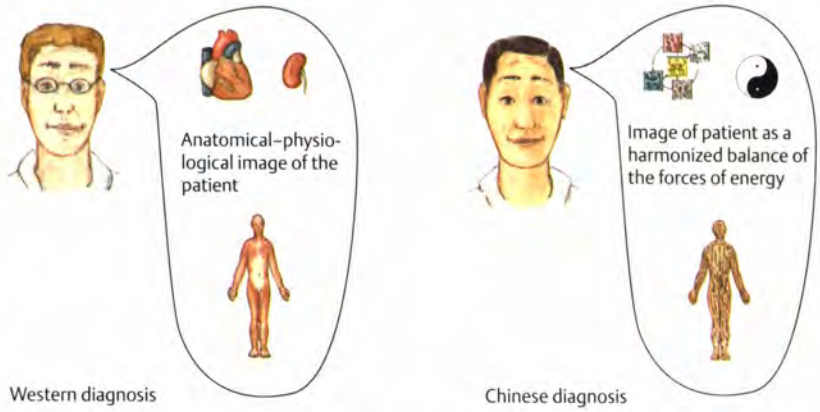
Qi

The Chinese term *qi* refers to the delicate balance of energy influences that exist in every individual, the energy potential that flows and gathers in the rivers and lakes of the internal landscape of the body. In the experience of the ancient doctors, this *qi* flows in a cyclical sequence along clearly defined channels from the center of the body to the extremities and back again. An individual's expressions of life are to be seen as an expression of this balance of energies. It is not the objective of the physician to measure anything at a particular organic point, but rather to ascertain the energy situation, the state of balance of the *qi*, and to assess correctly any pathological imbalance. For this reason all the patient's reported symptoms, subjective and objective, are of importance to the medical practitioner in order to reach a proper diagnosis.

A Positive empiricism (repeated observations)



B Fundamental standards



C Systematic network: the three scientific criteria (heuristic criteria according to Sarton et al.)

Concept of Functional Systems (*Zang Fu*)

Over the course of the centuries, Chinese medicine has become more precise with regard to the symptoms of disorders, the different manifestations of vital forces, and the various phenomena of life, by establishing a systematic arrangement of its observations. Man is seen as part of the cosmos, embedded in the rhythm of the universe. Physician organize their findings according to a system of correspondence and identify these functional systems, known in Chinese as *zang fu*. The symptoms of an illness give a specific indication of weaknesses, damage, or imbalance in one or more of these functional systems.

In addition, the practitioner is able to define the pathogenic factors and identify possible imbalances which could give rise to characteristic symptoms. A further fundamental factor for diagnosis in Chinese medicine is the evaluation of all imbalances within the system of the eight diagnostic principles.

4 Methods and Prerequisites of Chinese Medicine

Diagnosis

By taking careful notice of all the information that is available, the Chinese physician considers the patient in their entirety—an approach that contrasts so markedly, and reflects so unfavorably, on the practice which still dominates Western medicine of separating psyche from physical body.

Indeed, the ability to integrate such comprehensively collected data into a separate system of relationships must be the true sign of a well-grounded and mature culture of medicine which meets scientific criteria. In view of the wide range of possible individual findings, the formulation of a diagnosis (in accordance with a predefined terminology) is the prerequisite for any action by the physician. All the subsequent therapeutic measures in Chinese medicine reflect these structures of order, as they are inherently prescribed in the diagnosis. Everything conforms to the same paradigm. The ability to be able to describe the effect achieved by every therapeutic measure is the essence distilled from a process that has proven its worth over many generations.

Thus, in order to work effectively and successfully with the therapeutic facilities of Chinese medicine, it is essential to form a diagnosis according to the methods established in that discipline.

Therapy

There are a variety of therapeutic processes available to the physician. In addition to acupuncture, the most frequently employed therapy is the administration of natural medicines (of herbal, animal, and mineral origin) prescribed in combination as a decoction. Use can also be made of specific diet, of movement therapy (*tai ji quan, qi gong*),and massage treatment (*tui na*).

Prerequisites of Theory and Methodology

Chinese medicine is a scientific medicine. To justify this claim, three scientific criteria have to be fulfilled:

1. There is no doubt that Chinese medicine draws on a background of infinitely extensive clinical experience. Over the millennia the observations of countless physicians have been meticulously recorded and this knowledge has been assembled in specialized compendia. In scientific fields this knowledge gathered from experience is called positive empiricism (A);
2. In order to express the many observations and statements, a special terminology or language is necessary to enable reference to be made to common established standards (B). In the same way, for example, that the vast panoply of technical experience in Western medicine is only communicable by using the metric system, so it is necessary to have some form of standardized language to be able to pass on objectively the clinical experience gained over generations by Chinese physicians.
3. The clinical observations of Chinese medicine and acupuncture could only then become a scientific body when they were brought together into a rational system. To this end, it was necessary to create a separate structure such as the postulation of the *zang fu* and the channels. By anchoring every individual statement in a clear and strict system of relationships, the criteria of a rational network of observation data and/or systematization (C) are satisfied.

A Main lung channel (1601)

B Controlling vessel (1601)

C Man's internal channels *(nei jing tu)*

5 Acupuncture

Acupuncture therapy is the first aspect of Chinese medicine to have become known in the West and it has received the most attention, not least because of the exotic images it evokes. It was the fate of James Reston, a journalist for *The New York Times*, accompanying US President Nixon on a visit to China in 1972, which captured Western public imagination and drew attention to acupuncture. He had an attack of appendicitis, so Chinese physicians operated immediately; the anesthesia for the operation and for alleviating postsurgical pain was administered by means of acupuncture. As the pictures of this event were sent around the world, it became a challenge not only for doctors but also for other scientists to acquaint themselves more closely with this technique. From this time on, acupuncture has been a major focus of interest for pain therapists.

The Chinese term *zhen jiu* can be translated roughly as acumoxatherapy (acupuncture and moxibustion). This form of therapy comprises mechanical stimulation (acupuncture [Latin: *acus pungere*, needle pricking; Chinese: *zhen*]) and/or thermal stimulation (moxibustion [moxa, derived from the Japanese: *mogusa*, which corresponds to the Chinese: *jiu*]) at a particular point on the body surface. This mechanical and thermal effect on the body surface is also known in Chinese medicine as external therapy *(wai zhi)*, which contrasts with internal therapy *(nei zhi)*, the administration of medicines.

Treatment Objectives

The aim of acupuncture therapy is to activate the patient's energy potential. The flow of *qi* within the body is accessible from the outside via certain cavities, depressions, and entries in the skin. This vital energy (C) flows in the tissue under the skin along topographically defined lines known as channels (A, B). It is the objective of the treatment to gain access to this network, the circulation of *qi*, and to modulate it by using needles at specific points on the skin, the acupuncture points. The therapeutic intention corresponds to the diagnosis; for example, a blockage of the flow of *qi* can be released, the flow of *qi* can be strengthened, or pathogenic *qi* can be eliminated from the body.

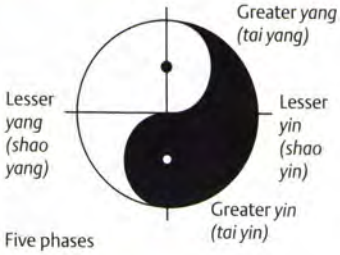
Acupuncture as it is often practiced in the West no longer has very much in common with this traditional concept of acupuncture. An allegedly clear Western diagnosis is required as the foundation for the correct needle-prick therapy. This newer form of acupuncture therapy is built on a Western view of the world: the reduction of complex phenomena to measurable data, and the detractive transformation of finely differentiated influential factors to a simplified pattern of effects. It is only when Chinese medicine and acupuncture therapy methods satisfy the methodological requirements of Western science that this Western approximation deigns to show any respect or acknowledgement. Only those phenomena that can be explained in terms of some measurable unit or which conform to some neurophysiological model are deemed to be acceptable; all other observations tend to be dismissed as witchcraft. But the thousands of years of clinical experience gathered by Chinese physicians and the positive results of everyday medical practice endow this system with an undeniable credibility that cannot be dismissed so easily.

Understanding Chinese Medicine

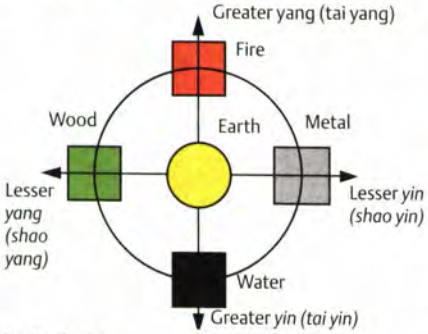
The practice of acupuncture demands a thorough understanding of the flow of energy within the body, a knowledge of the anatomical location of the points of influence, and a precise picture of the possible effects achievable at the individual acupuncture points. This potential of any particular acupuncture point is strongly linked to the terms of the diagnosis. Accordingly, the real potency and ability of the entire range of acumoxatherapy can only be brought into its own in the context of Chinese medicine, that is, in combination with a Chinese diagnosis.

The structures of Chinese medicine can only be understood when one comprehends the linguistic elements and, above all, the established concepts such as *yin* and *yang* (see p. 13) and the five phases (see p. 13 ff.). Knowledge of the *zang fu* (see p. 17) and the channels (*jing mai*; see p. 19 ff.), with their physiology and their pathological deviations, are also as much a prerequisite, as is the knowledge of the 361 classical acupuncture points (*shu xue*; see p. 61 ff.), with their locations, classification, effects, indications, and needling techniques. In the course of millennia, these concepts have become part of the entire system of Chinese medicine and, as a result of infinitely extensive and protracted clinical experience, have achieved therapeutic maturity and stability.

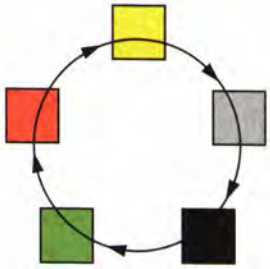
A *Tai ji* symbol



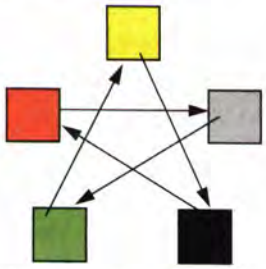
B Five phases



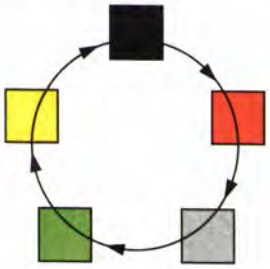
C Earth phase

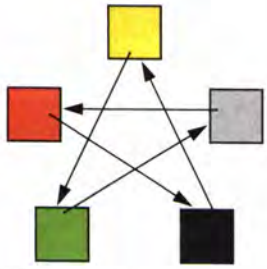


D Generating sequence

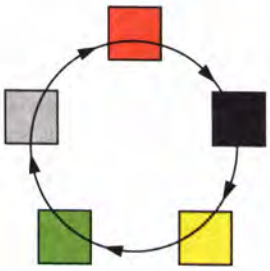


E Controlling sequence





F Inhibiting sequence



6 Fundamental Standards and Basic Terminology of Energy

In the qualitative value system of Chinese medicine, the conventions *yin* and *yang* simply stand for complementary, coexistent opposite forces (sunlight and shadow; heaven and earth). These opposing poles could be seen in terms of power, or of energies, or as polar aspects of a static situation or of a rhythmic, chronological process. The *yin* aspect represents the calm, cool, preserving, containing, concentrating, substantive, structural, and organic qualities. Conversely, the *yang* aspect reflects the active, warm, light, dynamic, extrovert, expanding energy, the active energetic process of life, to be seen in bodily movement, emotions, the physical, mental but not in the material world. Examples of such poles from everyday observations would be:

Yang	*Yin*
Sun	Moon
Day	Night
Top	Bottom
Cold	Warm
Male	Female
Heaven	Earth
Active	Resting
Functional	Structural
Dynamic	Substantive

The *yin* and *yang* alternate constantly. In the same way that everything has a top and a bottom, an inside and an outside, life too consists of bodily form and activity. At the same time, however, the activity forms the body; the *yang* with its creative power can modify and influence the *yin*. In turn, the *yin*, the material aspect, resists this active energy, confronting this modifying force with its conservative and sustaining stance. The rhythmic alternation of *yin* and *yang*, the interweaving of these two aspects, can best be seen in the classical *tai ji* symbol (A). The *tai ji* symbol represents the polar aspects of day and night in their rhythmical sequence and the course of the year in its cyclical process: the *yin* aspect being the night or the winter, and the *yang* aspect being the midday or the summer.

Certain sequential processes can be described more precisely by means of the five phases (B), which are derived from *ying-yang* theory. The example of the evolution of the day illustrates this: the early morning, when the *yang* (the sun) begins to emerge, is described as the infant *yang* (lesser *yang* or *shao yang*) or, more symbolically, as the evolutive phase of wood. It represents a process of development. The concept of wood represents all that is growing, budding, or in the process of externalization. When the *yang* energies reach their full development at midday, the mature *yang* (greater *yang* or *tai yang*), the evolutive phase is described as fire. Fire symbolizes the stage of full development, of maximum externalization, energy pure and simple.

As the day goes on, the sun descends to the West and finally disappears over the horizon; the evening sets in, and so begins the period of *yin*. At first there is the period of the infant *yin* (lesser *yin* or *shao yin*), which is described as the metal phase. The image of metal stands for all that is calm, preserving, containing, and substantial. During this phase, activity recedes and the dynamic fades as the calmness and material quality of the *yin* aspect prevail. By midnight the *yin* has reached its culmination, the mature *yin* (greater *yin* or *tai yin*). This phase is symbolized by water; it is the phase of greatest concentration, absolute stillness, the absence of all dynamic, of restoration, and of hibernation. Fixation, hardening, and encapsulation are represented by water.

In their classical presentation, the four phases were arranged around the periphery as the four seasons or the four points of the compass, with the earth as the static pole in the middle, representing the fifth phase (C). In the course of time, a generating sequence (D) has developed in which the earth phase has been inserted between the *yang* aspect of fire and the *yin* aspect of metal. The generating sequence plays a particularly important role in the system of Chinese medicine. This cybernetic system requires a natural counterbalance, which is to be found in the controlling sequence (E), in which, by skipping over the phase immediately following, it is possible to monitor, check, and regulate the phase that comes after it.

If, under pathological circumstances, these energies break out uncontrollably in the opposite direction then there is an inhibiting sequence (F). If the cyclical processes described or other biological processes are followed in the direction given, if they "move with the current" (*shun chuan*), this is described as flow in the proper direction. A movement that flows in the opposite direction to a physiological or cosmic development, a "movement against the current

A Chinese character *qi*

Ancient way of writing *qi*: "current flowing upwards"

氣 ≙ Air, clouds, steam ≙ Shortened form of *qi*

气 Air	+	火 Fire	=	氣	≙	Air, steam above fire	≙	*Qi* as an active aspect
气 Air	+	米 Rice	=	氣	≙	Air, steam above rice	≙	Ancestral *qi* *(zong qi)*
无 "Not being": undifferentiated original state	+	火 Fire	=	炁	≙	Above: "nothing," purposeless action; below: fire	≙	*Qi* nativum, active part of "congenital *qi*"

B Chinese character *xue* (blood)

"Drops of blood in a ritual receptacle" => 血 ≙ 20 drops of blood = *xue*

C The Chinese character *jing* (essence)

米 Rice	+	青 Blue-green	=	精	≙	When the sky clears, becomes blue, then rice is selected	≙	Essence, substantial part of the congenital *qi*

D The Chinese character *shen* (spirit)

示 Spirit, lightning, sign of the sky	+	申 Develop, expand, sacrifice, convey (part of the sound "*shen*")	=	神	≙	Mind (spirit)

E The three energy treasures

气	精	神
Qi	*Jing* (essence)	*Shen* (spirit)

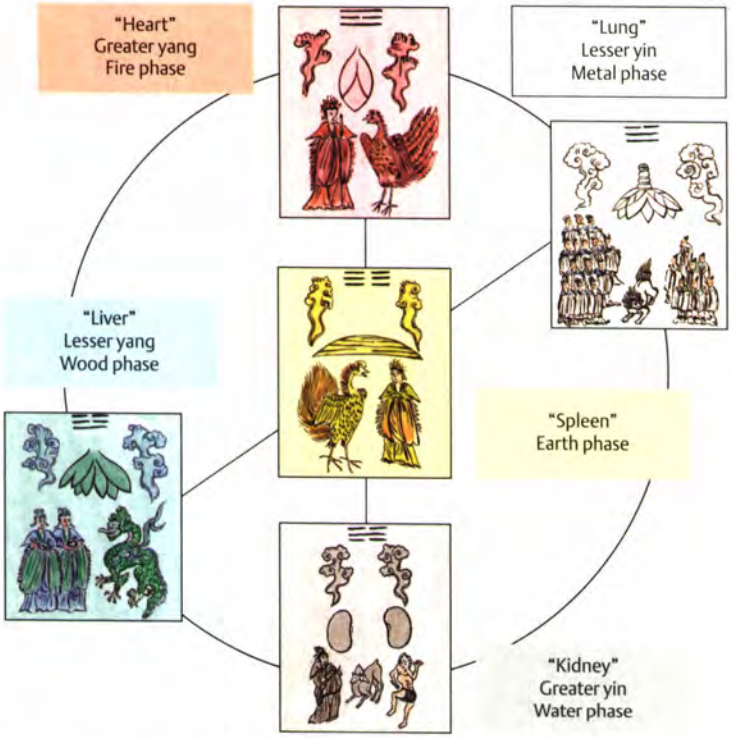
or counter to a natural direction" (*ni*) is described as counterflow.

Chinese medicine is built on a notion of human beings as a delicate balance of energy forces, in contrast to the somatic view of Western medicine, which focuses on the organs of the body. The main focus of the Chinese approach is on the observation and recognition of vital functions. In order to clearly describe these vital functions, an understanding of the basic vocabulary used to describe the facets of energy (E) is required:

1. In Chinese medicine the term *qi* (A) is always used when one talks of an active, vital energy that is presently manifest and directly structured. It always has to be seen in relation to the individual concerned and thus is described as an individually specific, active energy. It includes emotions, all the common vital functions such as respiration, digestion, production of physical movement, and all the other processes requiring biological energy. The term *qi* is often qualified by an adjective that describes its character more precisely:

Hou tian zhi qi	Acquired *qi* (*qi* of later heaven; acquired constitution)
Jing qi	Channel *qi* (*qi* flowing in the channels)
Ying qi	Construction *qi*
Wei qi	Defense *qi*
Gu qi	Grain *qi* (drum *qi*)
Zong qi	Ancestral *qi* (the energy that gathers in the chest, "sea of *qi*"; innate predisposition for rhythmic movement)
Xie qi	Evil *qi* (exogenous or endogenous pathological factor), "*qi* flowing askew"
Zhen qi	True *qi*
Xian tian zhi qi	Congenital *qi* (*qi* of earlier heaven; inherited constitution)
Yuan qi	Source *qi* (active aspect of the inherited constitution)
Zheng qi	Right *qi*, energy that maintains the physiological cycles

2. The term *xue* (B), usually translated approximately as "blood," constitutes the material complement to *qi*. Thus it is described as the individually specific substantial energy. It is the *xue* that carries the individual's material energy; *xue* is moved by the *qi* forces in the body's entire channel system. A certain similarity can be seen with the blood, but they are by no means identical;
3. The energy that provides the foundation of life is the essence *(jing)* (C). It is thus comparable with the inherited constitution *(xian tian zhi qi)* but describes explicitly only the nonspecific part of this; that is to say, neither the prenatal *qi* nor the original *qi (yuan qi)* components. When there is a great deal of essence *(jing)* available, it is an indication of a strong body, a high level of vitality, and good immunity. The essence determines the body fluids, growth, reproduction, sexual maturity, and the ability to become pregnant and give birth;
4. A distinction is made in body fluids between the active body fluids *(jin)* and the material, structural body fluids *(ye)*. The active fluids are clear and circulate with the defensive *qi (wei qi)* at the body surface and keep it moist. The material fluids are occluded and circulate with the nutritive *qi (ying qi)* within the body, in the channels;
5. With its active force, the spirit (*shen*) (D) determines external appearance and consciousness. It represents all the lively aspects of the individual, the personality, mental activity, or intellectual power.



A The five *yin zang fu* classified according to the five phases

B Early illustration (1624) of the *zang fu* in the human body

7 Correspondences of the *Zang Fu*

The physician brings together all the phenomena and information he has gathered from his observations into a "system of correspondence" and classifies them according to the five phases and to the *yin* and *yang*. The sum of all the phenomena that are assigned to a specific phase is known as a *zang fu* or functional system. A distinction is made between a *yin zang fu* (visceral system) and the complementary *yang zang fu* (bowel system), although one *yin zang fu* and one *yang zang fu* together make up an energy pair.

Important correspondences of the five main *zang fu* (five *yin* systems of the five phases) are: the complete classification by *yin* and *yang* and the five phases; the energetic main function; the external development; the bodily manifestation; the sensory organ; the bodily opening; the climate; the time of day and the year; emotion; taste; color; the relations between the channels (A).

The naming of these systems has a long history. It is essentially symbolic and corresponds to the organs of a living creature which were traditionally believed to be associated with certain functions. This has in no way been superseded even though Western medicine, with its analytical methods, may have reached completely different conclusions.

The five *zang fu* that provide expression of Man's essential individual clinical state and which are recognized as the basis of the entire medical system are:
"Liver" ≙ wood phase
"Heart" ≙ fire phase
"Spleen" ≙ earth phase
"Lung" ≙ metal phase
"Kidney" ≙ water phase

All the external *qi* influences (e.g., meteorological, cosmic, and social) meet on the surface, the exterior of the person, either in a figurative sense or literally, such as the air directly contacting the skin and the mucous membranes.

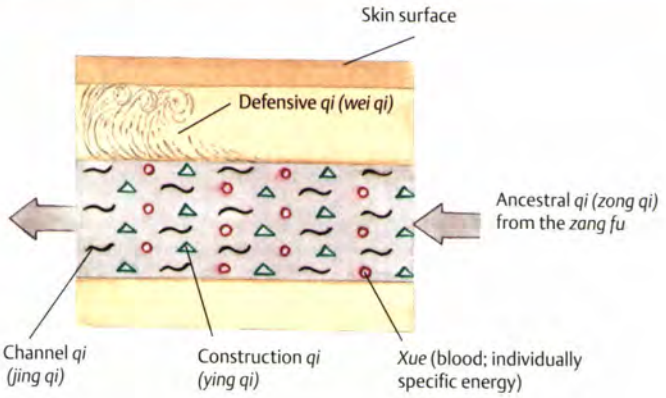
This first contact filter permits an exchange with the environment; it either lets the *qi* influences in or it protects the person by resisting them. This corresponds to the metal phase, because, although the lesser *yin* affords stability and provides protection, the surface of the person can still be strongly influenced. This filter takes in the *qi* and transmits it rhythmically to the individual via a flow system. This rhythm endows the person with stability and resistance and is described as the lung (*fei*).

The *qi* energy absorbed is subsequently transmitted to the central level, the earth phase, where a "separation of the clear and the turbid" takes place. Thus, what is beneficial for the person is separated from what is harmful; the beneficial is assimilated and integrated, the harmful is discharged. This central filter, which examines all influences, not only nutritional, but also mental, emotional, and intellectual processes, is described as the spleen (*pi*). It is here that the postnatal *qi*, which is created from the beneficial influences entering the body, is stored.

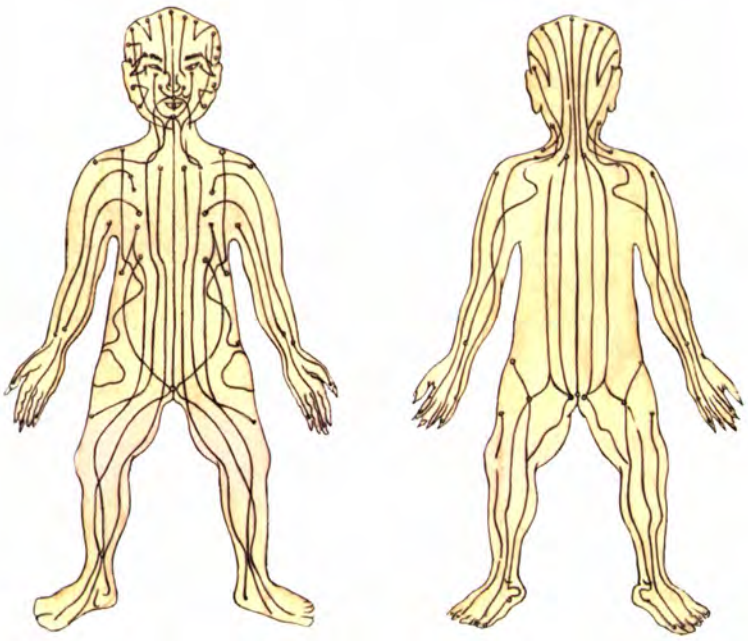
Active vital expression, physical as well as spiritual, emotional, and intellectual, needs some kind of order for its expression, it needs coordination and cohesion. It is an ordered form of vital expression which characterizes the uniqueness of an individual. This active filter, which permits expression to the outside, corresponds to the fire phase and is described as the heart (*xin*).

The greater *yin*, the water phase, confers the necessary provenance and background on the individual. The inherited strength, the collective potential of one's predecessors, and the material concentration accumulated over generations provides support for the vital functions. The prenatal *qi* (*xian tian zhu qi*), the natural aptitudes, talents, and gifts, are all stored in this enormous potential. Chinese medicine calls this the kidney (*shen*).

The lesser *yang*, the wood phase, ensures that the energy and talent latent in the kidney *zang fu* are projected to the outside, that they are able to be mobilized. With decisive power, initiative, and imagination, the potential collected in the reservoirs of the past is brought to the level of projection of the heart *zang fu*. Chinese medicine names this filter symbolically as the liver (*gan*).



A Channel *(jing mai)*



B The twelve main channels

8 Doctrine of the Channels: Part I

The doctrine of the channels can be traced back to the Chinese term *jing mo*. "*Jing*" can be understood as "leading, transporting, transmitting," and "*mo*" means "pulsating." A transmitted pulsation evokes an image of a traditional Western notion and corresponds to its description of the main artery. Since the term artery is already used scientifically, the Chinese image of a pulsating, energy-transmitting process is described as a "Chinese artery" or, in English, "channel" (*jing mai*) (A), a structure conveying energy. This concept of a system of channels complements very appropriately the notion of a system of energy flow which is accessible using the techniques of acupuncture.

The *qi* that is rhythmically distributed throughout the individual by the lung (see p. 41) also gives an active impulse to the carriers of energy in the channel system. Thus, there is a spreading of active energy processes, the *qi*, and in turn, of the two substantial energy elements that are closely related, namely *xue* (blood, the substantial, individually specific energy) and the nutritive energy (*ying qi*). In addition to this, on the outside of the channel system, there is also the defensive energy (*wei qi*) which is not directly accessible via the acupuncture points.

Hierarchy of the Channel System

The channel system can be understood as a kind of network that becomes increasingly dense as it extends. The essential mainstays are the 12 main channels (*jing mai*), which are distributed symmetrically over the body (B). Two extraordinary vessels run along the midline of the body (back and front), the governing vessel (*du mai*) and the controlling vessel (*ren mai*). Acupuncture points lie along these vessels and channels. The density of this network system is increased by:

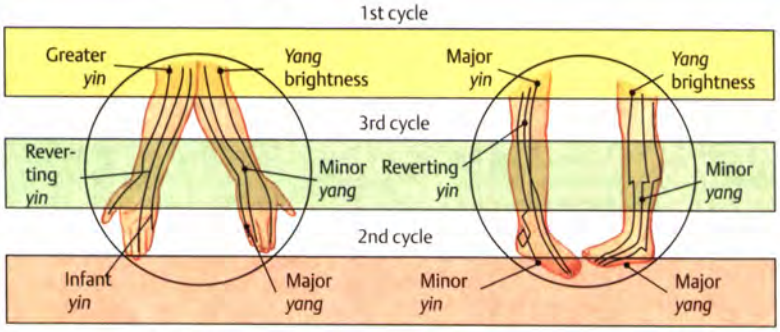
1. The 12 divergent channels (*jing bie*)
2. Another six extraordinary vessels (*qi jing ba mai*)
3. The 15 network (*luo*) channels (*luo mai*):
   - The diverging *luo* channels (*bie luo*)
   - The third-generation reticular channels (*sun luo*)
4. The 12 sinew channels (*jing jin*)
5. The cutaneous regions (*pi bu*)

The main channels and the smaller channels are all situated below the body surface. They have energetic links to the interior of the body (see p. 63). The areas accessible to acupuncture are naturally to be found at the surface, and all the acupuncture points are located on these sections that lie close to the surface.

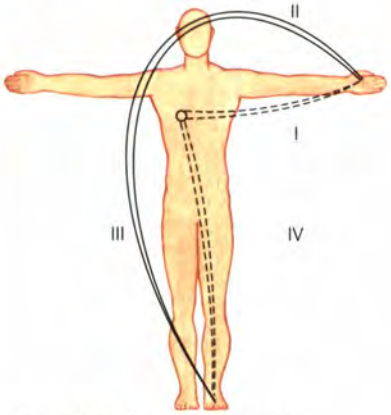
Main Channels (*Jing Mai*)

The 12 main channels constitute the basic structure of the entire channel system. Every main channel is associated with a *zang fu*: every *yin* channel with a *yin zang fu* (viscera), every *yang* channel with a *yang zang fu* (bowels). In the same way that the *zang fu* are linked in a complementary fashion to each other, so are the corresponding channels: the complementary *yin* and *yang* channels at the tips of the fingers and the toes, respectively. In accordance with the polarity of *yin* and *yang* (outer, inner), all the *yin* channels run along the stomach, chest, and the inner sides of the limbs; whereas the *yang* channels are along the back and the outer sides of the limbs. In line with the classification of *yin* and *yang*, all the *yang* channels run upwards, i.e., toward the head as the highest point (connection to heavenly *yang*); all the *yin* channels run downwards, i.e., ending or beginning in the chest–stomach region. The head is seen as the meeting point, the site at which all the *yang* channels come together.

The channels of those *zang fu* whose substrate is located above the diaphragm (the heart, pericardium, and lung) extend over the upper extremities, the channels of those *zang fu* whose substrate is located below the diaphragm (the liver, spleen, and kidney) run across the lower extremities.

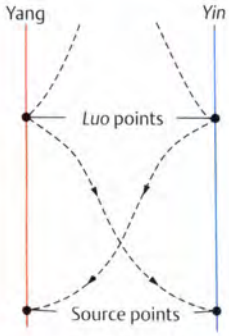


A Classification of the channels

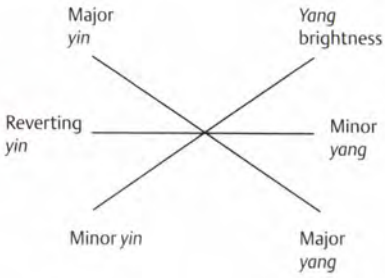


I	Chest–hand	*yin*
II	Hand–head	*yang*
III	Head–foot	*yang*
IV	Foot–chest	*yin*

B Order of the channels per cycle



C The *luo* channels



D Six-part *yin* and *yang* differentiation

Doctrine of the Channels: Part II

Circulation of Energy in the Channels

On each of the upper and lower extremities of the body, there are three *yang* channels (outer side) and three *yin* channels (inner side). These six channels on each extremity are named in the classical tradition according to the six-part *yin* and *yang* differentiation (D).

The *yang* aspect is subdivided into: *yang* brightness (*yang ming*), corresponding to closing, lesser yang (*shao yang*), corresponding to the pivotal, greater yang (*tai yang*), corresponding to opening. The *yin* aspect is subdivided into reverting *yin* (*jue yin*), corresponding to closing, lesser yin (*shao yin*), corresponding to the pivotal, greater yin (*tai yin*), corresponding to opening (A).

The first energy cycle (1st cycle) is set in motion with the initial pulse of the *qi*. Rhythmically generated in the lung (*fei*), the *qi* enters the channel described as the greater yin (*tai yin*). When it reaches the tip of the thumb, the *qi* enters the *yang* brightness channel (*yang ming jing*) of the hand, which is most strongly associated with the *yang* aspect of the lung (corresponding to the large intestine, *da chang*). In the head region, the energy proceeds into the channel described as the *yang* brightness channel of the leg, which has a special relationship to the stomach (*wei*). In the region of the second toe, the *qi* moves over into the channel of the leg described as the greater yin, which corresponds to the spleen (*pi*). These four channels make up the first energy cycle.

The second energy cycle (2nd cycle) is analogous to the first. The *qi* enters the channel defined as lesser yin (*shao yin*), which has a special relationship to the heart (*xin*). Later, in the little finger, it transfers to the channel described as greater yang (*tai yang*) of the upper extremities and subsequently to the greater yang of the lower extremities (linked to the bladder, *pang guang*), and finally it flows into the leg channel classified as lesser yin, which has a special relationship to the kidney (*shen*).

The third energy cycle (3rd cycle) links the reverting *yin* channel of the upper extremities, which is related to the pericardium (*xin bao luo*), to the lesser yang channel of the upper extremities (*shao yang*) which is linked to the triple burner (*san jiao*). This subsequently links up to the lesser yang channel of the leg, which is related to the gall bladder (*dan*), and then to the reverting *yin* channel of the leg (*jue yin*) which is in special connection to the liver (*gan*). (B)

Divergent Channels (*Jing Bie*)

The divergent channels are branches of the main channels, from which they extend to the surface at the extremities. They go from their point of origin in the periphery toward the depths of the trunk of the body, where they connect to the *zang fu*. They then continue to the outer surface of the head.

The Eight Extraordinary Vessels (*Qi Jing Ba Mai*)

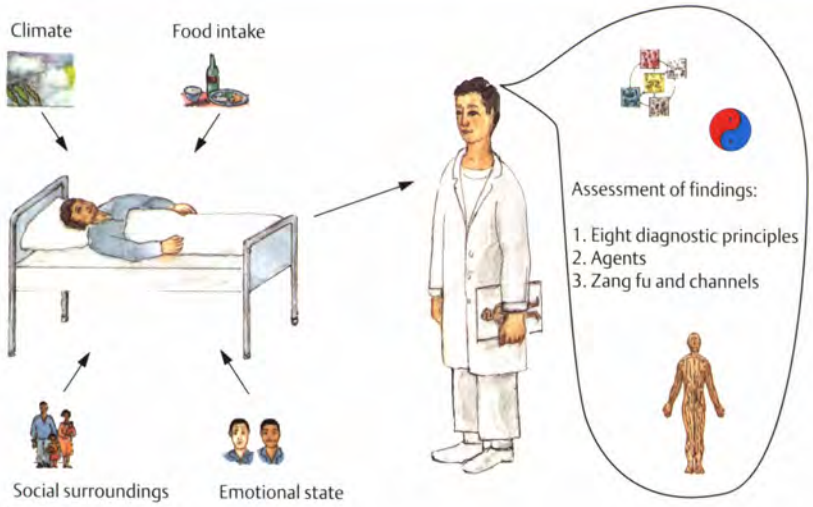
These vessels are described as "extraordinary," because they are not connected to any particular *zang fu* and thus do not conform to the symmetry that prevails in the other channels. The eight extraordinary vessels serve as reservoirs. In classical texts the main channels are compared to rivers flowing through the body; the extraordinary vessels are compared to the lakes and canals which serve to regulate the water level in the rivers.

Network Channels (*Luo Mai*)

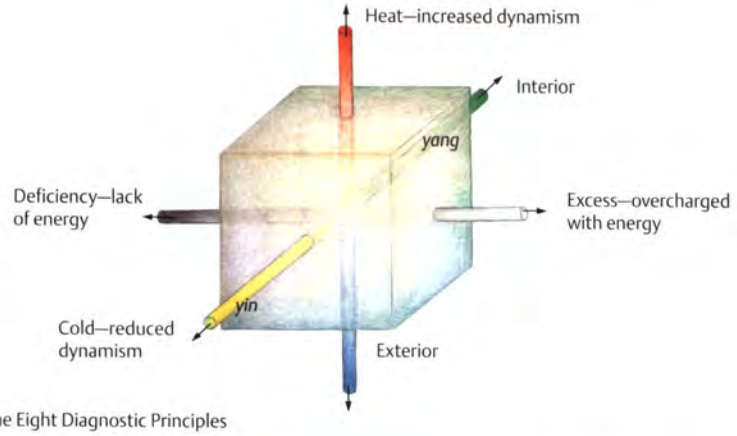
The *luo* channels (C) originate in the *luo* points (see p. 59). They provide a type of network structure interlinking the entire channel system and often converge with the counterpolar source *qi* acupuncture point (source point, *yuan*; see p. 61).

Sinew Channels (*Jing Jin*)

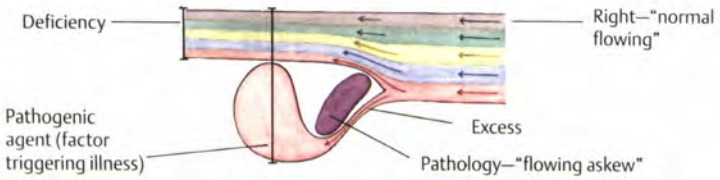
The 12 sinew channels originate in the well points (*jing*; see p. 61). They never come into contact with the *zang fu* within the body, but rather extend to the head or into the muscles of the trunk.



A Chinese diagnosis



B The Eight Diagnostic Principles



C Excess and deficiency of energy

9 Diagnostics: Part I

The rational way to reach a Chinese diagnosis (A) is on the basis of the findings by the physician (four diagnostic procedures; see p. 53 ff.). This consists of three steps:

1. The arrangement of the information found according to the eight diagnostic principles
2. The identification of possible influential pathogenic agents
3. The identification of the *zang fu* or channels (*jing mai*) that are affected

Classification According to the Eight Diagnostic Principles (B)

The terms "cold" and "heat" express whether a pathological process has caused a reduction of the body's vital dynamic or the opposite—an increase in the overall functional dynamic. The classic symptoms are considered to be:

Cold	Heat
Craving for rest	Restlessness
Craving for warmth	Desire for cool drinks
Pale complexion	Flushed complexion
Moist tongue coating	Yellow-brown, dry tongue coating
Pale tongue body	Red tongue body
Copious liquid phlegm	Scant, yellow-green phlegm
Patient is quiet and reluctant to speak	Talkative patient
No thirst	Increased thirst
Clear and copious urine	Scant urine, dark in color
Soft stools	Constipation
Slow pulse (*chi mai*)	Rapid pulse (*shu mai*)

The terms "exterior" and "interior" provide an indication of the depth to which the pathological influences affect the body. Exterior diseases are often induced by climatic excesses (see p. 27) and can eventually penetrate into the depths of the body. Interior diseases are primarily attributable to emotional disturbance (see p. 27). The classic symptoms are:

Exterior	Interior
Increased temperature; chills and shivering	High temperature; fever
Headaches	Chest and abdominal pain
Thin tongue coating	Yellow tongue coating
Blocked-up nose	Dry mouth
Exterior	Interior
Floating pulse (*fu mai*)	Sunken or deep pulse (*chen mai*)
Light-colored urine	Dark-colored urine
Normal appetite	Nausea

The terms "vacuity" (*xu*; lack of energy, emptiness, deficiency) and "repletion" (*shi*; overabundance, excess of energy) refer to the individual's efforts to maintain the balance of their physiological functions (C). This capacity for energy management is known in Chinese medicine as the "right-flowing of vital functions" or orthopathy (*orthos* meaning straight, *pathos* representing the subjective feeling, how this proper vital function is individually experienced). Vacuity is the expression of an inadequate energy, whilst a weakening is always in relation to the constitution.

If an important energetic part of the right-flowing *qi* is displaced or cut off by an external pathogen, we call this a heteropathy (*hetero* = askew) or incorrectly flowing *qi*. This incorrectly flowing *qi* is capable of developing its own erratic dynamic and gives the impression of energetic excess. This heteropathic energy is always pathological and deleterious to the individual's physiology. In the event of a diagnosis of incorrectly flowing *qi*, the specific agent triggering this condition must be found.

Diagnostic classification according to *yin* and *yang* corresponds to an overall evaluation. The following are subsumed under *yin* and *yang*:

Yin	*Yang*
Cold	Heat
Interior	Exterior
Vacuity	Repletion

The Pathogenic Factors

All those factors of interference which have a decisive, disturbing influence on the right-flowing of an individual's energy are pathogenic agents. A distinction must be made between: external agents, also described in Chinese as the six climatic excesses (see p. 27); interior agents, also described as the seven emotions (inner movements; see p. 27); and neutral agents, which include dietary disturbances, excessive alcohol consumption or sexual activity, and external injuries.

Wind (liver)

Anger, irascibility

Heat (kidney and lung)

Fear, fright

Dryness (lung)

Anxiety, grief

Dampness (spleen)

Worry, rumination

Summer heat (heart)

Delight, joy (excessive)

Fire (heart)

A The exterior agents

B The interior agents

Diagnostics: Part II

The Six Climatic Excesses (A)

Wind (*Feng*)

Clinical symptoms are indicative of whether wind damage is an influencing factor. It is useful to consider whether the patient gives the appearance of having been exposed to wind, although, as is the case with the other agents, it is of no real importance whether the patient has been exposed;. it is the clinical presentation that matters. The typical, recognizable features of exogenous wind damage are headaches, a blocked nose, watering eyes, bloodshot eyes, a sore throat, a slight cough, and a chill. When the agent penetrates deeper, it gives rise to additional symptoms such as: wandering or migratory pains, neuralgia, pain in the joints, spasms or even paralysis, skin rashes, itching, and a high temperature.

Cold (*Han*)

Evidence of a severe case of cold is to be seen in such symptoms as fever without perspiration, headaches, neck pain, diffuse pain throughout the body, and a whitish, moist tongue coating. When the channels are affected, symptoms include cramps, rheumatic pains in the limbs, cyanosis of the lips and nails, and cold extremities. When cold penetrates deeper, it gives rise to abdominal pain, diarrhea, vomiting, a pale tongue body, a moist tongue coating, and a deep pulse.

Dampness (*Shi*)

The occurrence of dampness symptoms is a sure sign that the digestive power of the spleen (*pi*; see p. 37) is inadequate. Dampness indicates something unfinished, remaining unprocessed and impure, a kind of sludge. A distinction is made between upper signs of dampness—dizziness, a blocked nose, a yellowish complexion, difficulty in breathing—and lower signs of dampness—swelling of the nose, gynecological disorders, a milky discharge—and external dampness—excessive perspiration, severe tiredness and prostration, swelling, localized pain in the joints.

Internal dampness is indicated by an oppressive feeling in the chest or midriff, loss of appetite, nausea, diarrhea, jaundice.

Summerheat (*Shu*)

Typical signs are fever, dizziness, obstructed breathing, profuse perspiration, an intense thirst, a deep-red coloration of the tongue body, a yellow tongue coating.

Dryness (*Zao*)

Distinction is made between "cool dryness"—slight headaches, a chill, absence of perspiration, a cough, a sore throat, a blocked nose, a dry tongue surface—and "warm dryness"—fever and perspiration, a sore throat, a cough, chest pain, some expectoration of bloody sputum, dryness in the nose, a dry, yellowish tongue coating.

Fire (*Huo*)

The typical symptoms are: a high temperature, extreme restlessness, an intense thirst, a sore throat, a flushed face, bloodshot eyes (red sclerae), an intensely red tongue body, a yellow or sometimes thick or dry tongue coating.

The Seven Emotions (B)

These forces, the "inner movements," are able, as endogenous agents, to induce a deviating flow:

Pleasure and delight. This expression of feeling in the form of an excessive projection of emotions is associated with the heart (see p. 31);

Anger and excitation. Excessive excitation has a particular association with the liver (see p. 27);

Anxiety and dejection. This emotion leads to repercussions on the rhythmic processes and thus on the lung (see p. 41);

Reflection and worry. This emotion characterizes the individual's power to integrate, implement, and assimilate. It is thus linked to the spleen (see p. 37);

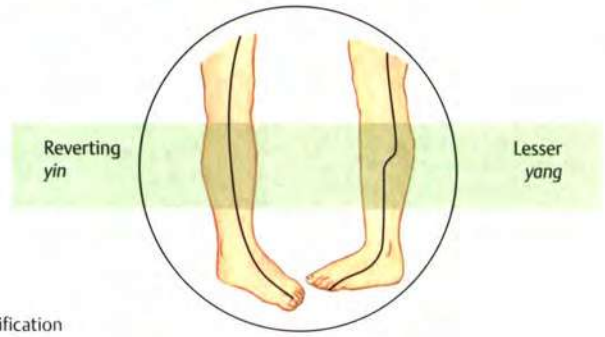
Grief. Grief corresponds to the lung (see p. 41);

Fear. Fear and dread inhibit the expression of vitality and lead to paralysis of the inner movements, thus, this emotion is associated with the kidney (see p. 45);

Fright and shock. An event causing fright or shock blocks the flow of *qi* and affects the heart and kidney.

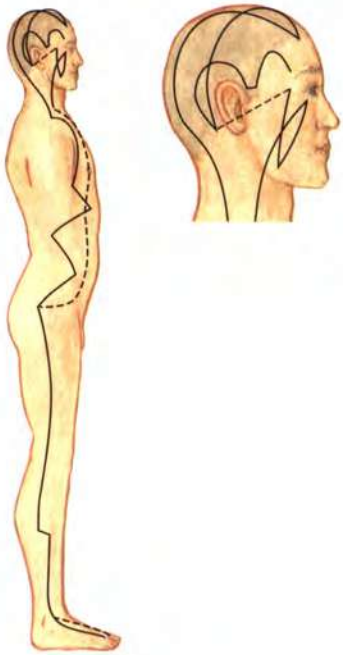
Identification of the *Zang Fu* and Channels (*Jing Mai*) Affected

In the third phase of the diagnostic procedure, the clinical data obtained are classified according to the description of the *zang fu* (see p. 27 ff.). This entails a synthesis of all the basic specific and physiological postulations.



A Classification

B Main liver channel



C Main gall bladder channel

10 Liver and Gall Bladder Channels: Part I

Physiology

Classification (A)

Wood phase, lesser yang (*shao yang*). The liver (*gan*) is the *yin* component (visceral system), and the gall bladder is the complementary *yang* component (bowel system).

Functions

The liver regulates the smooth flow of the *qi* in all directions. The liver *qi* (*gan qi*) has to flow upwards, in contrast to the lung *qi* (*fei qi*), which moves downwards. The liver has the "commander-in-chief's" job. It provides the potential for drive, dynamism, planning, thoughts, and decisions. The free flow of the *qi* for which this *zang fu* is responsible is associated with clinical images of relaxation, release, circulation, balance, and harmony. Any disturbance leads to pathological imbalances such as obstruction of the free flow of the *qi* and stagnation of the *qi*. The clinical manifestation of the energy-flow disturbance occurs especially in the area of the upper and lower abdomen, in the neck and throat, and in the head. A disturbed and disharmonious liver *qi* leads to emotional imbalance, with feelings of frustration, tendency to depression, and anxiety.

The liver is responsible for storing the blood (sea of blood, *xue hai*). It represents the reservoir that delivers *xue* to the body to meet the needs of activity, movement, muscles, tendons, and joints.

The physiological manifestation of the liver is to be found in the muscles and tendons, i.e., in the active musculoskeletal system. An adequate supply of *xue* is the basic prerequisite for the development of strength. The outward manifestation ("blossom") of the liver is in the nails.

The sensory organ assigned to the liver, which is at the same time its bodily opening, is the eye or orbit.

The agent that causes the liver the most difficulty is wind; the liver has a special relationship to this climatic condition. If wind causes damage, then symptoms appear such as bloodshot and watering eyes, tension, and neuralgic pain. Depletion of the *xue* causes interior wind damage, when symptoms such as vertigo, paralysis, and loss of sensitivity are expressed.

The emotion that corresponds to the liver is irascibility and anger.

The temporal associations with the liver are the springtime and the early morning.

The taste that corresponds to the liver is sourness and the corresponding color is green.

Reverting *Yin* Channel of the Foot

The main channel belonging to the liver is that of the reverting *yin* channel of the foot (*jue yin jing*) (B).

Symptoms

Pain, impaired sensitivity, impaired muscle control, and skin rashes in areas along the path of the channel; weakness of the lower limbs, genitourinary complaints, hernias, gynecological disorders, and urinary problems.

Lesser *Yang* Channel of the Foot

The main channel belonging to the gall bladder is the lesser *yang* channel of the foot (*shao yang jing*) (C).

Symptoms

Pain, impaired sensitivity and muscle control, skin rashes along the path of the channel, cold and painful legs and feet, feeling of pressure in the eyes, a bitter taste in the mouth, and swellings in the axilla.

Luo Channel of the Liver (D)

Symptoms

In the event of deficiency, there is itching in the groin; in the event of excess, erections are painful and there is painful swelling of the genitalia.

Luo channel of the Gall Bladder (E)

Symptoms

In the event of deficiency, there is a wasting of the lower limbs and a weakness of the legs. If there is excess, the feet and legs feel cold and icy.

Sinew Channel of the Liver (F)

Symptoms

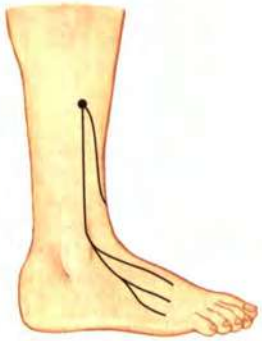
Impaired motor and sensory functions along the path of the channel, and decreased sexual potency.

Sinew Channel of the Gall Bladder (G)

Symptoms

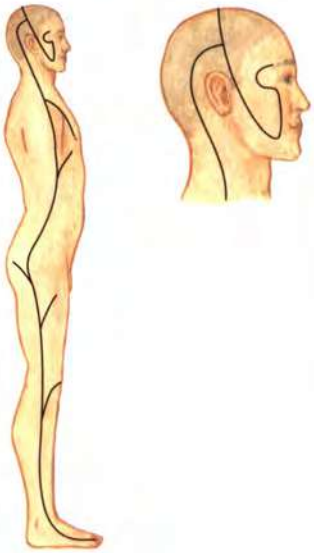
Pain and disturbances of movement along the path of the channel, and inability to open the contralateral eye.

D Luo channel of the liver



E Luo channel of the gall bladder

F Sinew channel of the liver



G Sinew channel of the gall bladder

Liver and Gall Bladder Channels: Part II

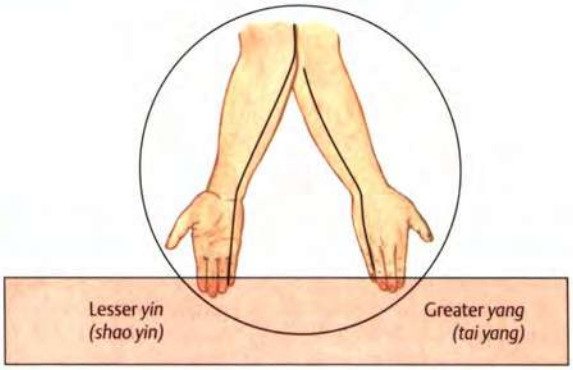
Pathology

Owing to the outward tendency of liver energy (*gan yang*), it can only show signs of repletion to indicate disease in the liver (*gan*):

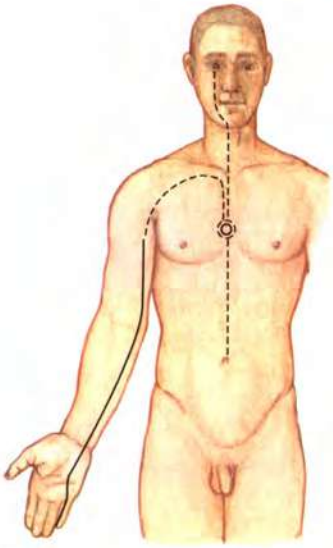
1. Blockage and stagnation of the liver *qi* (*gan qi*):
   - Symptoms: pain and tension in the lower abdomen; emotional symptoms such as depression, loss of drive, frustration, irritability, nervousness; pain in the upper abdomen, vomiting, nausea, epigastric pain, loss of appetite; obstructed feeling in the throat (globus hystericus), difficulty in swallowing; gynecological disorders such as premenstrual syndrome, painful menstruation, feelings of tension; urological symptoms such as cystitis, and other urinary disorders;
   - Therapy: removing stagnation of the liver *qi*. Appropriate acupuncture points are TB-6 (*zhi gou*, Branch Ditch) and LR-3 (*tai chong*, Supreme Surge);
2. Stasis of the liver *xue*:
   - Symptoms: painful, irregular menstruation, with dark menstrual blood that is full of clots; abdominal pains;
   - Therapy: tonifying of the liver and regulation of the *xue*. Appropriate acupuncture points are SP-4 (*gong sun*, Yellow Emperor), SP-6 (*san yin jiao*, Three *Yin* Intersection), LR-3 (*tai chong*, Supreme Surge);
3. Rising liver *yang*. Increased blockage of the *qi* forces gives rise to heat and fire. This leads to a powerful eruption of the *yang* energies:
   - Symptoms: irritability, nervousness, tinnitus, deafness, headaches, migraine, vertigo, bloodshot eyes, and a bitter taste in the mouth;
   - Therapy: draining or cooling of the heat–fire state and pacifying liver *yang*. An appropriate acupuncture point is LR-2 (*xing jian*, Moving Between);
4. Internal wind rises internally:
   - Symptoms: vertigo, fainting, pareses (partial paralysis), paresthesias, neck stiffness, tremor, paralysis, and hemiplegia;
   - Therapy: calming liver, extinguishing wind, tonifying the *xue*. Appropriate acupuncture points are LR-8 (*qu quan*, Spring at the Bend) and GB-20 (*feng chi*, Wind Pool);
5. Cold blocks the channel of the liver:
   - Symptoms: distension and feeling of fullness in the abdomen, pain around the genitals, and hernia;
   - Therapy: warming and clearing the channels. Appropriate acupuncture points are SP-6 (*san yin jiao*, Three *Yin* Intersection) and LR-4 (*zhong feng*, Mound Center);
6. Rising liver *yang* due to insufficiency of *xue* and liver *yin*:
   - Symptoms: vertigo, tinnitus, numbness, insomnia, night blindness, paleness, and propensity to cramps;
   - Therapy: tonifying of the liver and the *xue*. Appropriate acupuncture points are KI-10 (*yin gu*, *Yin* Valley), BL-18 (*gan shu*, Liver Transport) and BL-20 (*pi shu*, Spleen Transport).

In the gall bladder, the following symptom patterns appear:

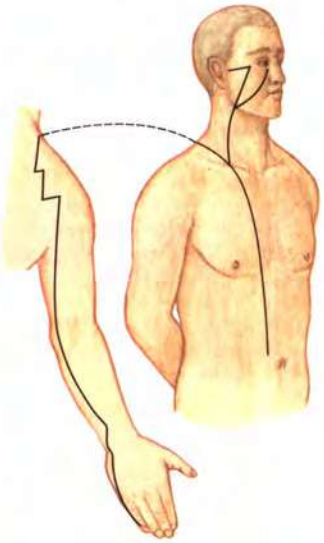
1. Cold (*han*) or vacuity (*xu*):
   - Symptoms: oppressive feeling in the chest, nausea, lack of self-confidence, disturbed vision, decreased hearing, and vertigo;
   - Therapy: tonifying of the gall bladder. Appropriate acupuncture points are GB-35 (*yang jiao*, *Yang* Intersection), GB-38 (*yang fu*, *Yang* Assistance);
2. Heat (*re*) or repletion (*shi*):
   - Symptoms: somnolence, irritability, pain in the temples, tinnitus, and dark circles around the eyes;
   - Therapy: unblocking of stagnated energy. Appropriate acupuncture points are GB-40 (*qiu xu*, Hill Ruins) and GB-41 (*zu lin qi*, Foot Overlooking Tears).



A Classification



B Main heart channel



C Main small intestine channel

11 Heart and Small Intestine Channels: Part I

Physiology

Classification (A)

Fire phase, greater *yang* (*tai yang*). The heart (*xin*) is the *yin* component, and the small intestine (*xiao chang*) is the complementary *yang* component.

Functions

The heart is where the *shen* (spirit) resides and is stored. This coordinating force shapes and influences the personality and gives it structure. For this reason the heart is in charge of coordination and structure. All an individual's outward-oriented forces are subject to its directive influence, which is why it is described as the "imperial" *zang fu*. It governs the channel system and the transformation of constructive energy into the *xue* (the substantive, energy-carrying fluids, i.e., blood) and is responsible for the circulation of the *xue*. An essential aspect of this coordinating force is the physiology of sleep. It is while the active *shen* forces retreat into the structural part of the heart (heart *yin*) that the person sleeps. To enable this to happen, there must be sufficient heart *yin*.

The *xin* displays itself (its "blossom") outwardly in the face. The *shen* manifests itself in a radiant complexion.

The bodily representation of the heart is to be found in the channel system as a whole.

The sensory organ associated with the heart is the tongue.

The bodily openings that correspond to the heart are the ears.

The climatic condition most closely associated with the heart is excessive summerheat (*shu*).

The specific emotion that corresponds to the heart is pleasure and delight.

The body fluid that is assigned to the heart is sweat, one of the valuable bodily fluids which must be carefully managed. Weakness in the heart *yin*, for example, can lead to sweating during sleep.

The time of day and the season associated with the heart are noon and summer.

The taste that corresponds to the heart is tartness, but also bitterness.

The color associated with the heart is red.

Lesser *Yin* Channel of the Hand

The main channel corresponding to the heart is the lesser *yin* channel of the hand (*shao yin*) (B).

Symptoms

Pain, paresthesias and impaired muscle control, skin rashes along the path of the channel, chest pain, hot and painful palms, and stiffness of the forearm.

Major *Yang* Channel of the Hand

The main channel associated with the small intestine (*xiao chang*) is the major *yang* channel of the hand (*tai yang*) (C).

Symptoms

Pain, paresthesias and impaired muscle control, skin rashes along the path of the channel, a sore throat, torticollis, tension, shoulder pain, deafness, and blurred vision.

Luo Channel of the Heart (D)

Symptoms

If there is deficiency: aphasia. If there is excess: a feeling of pressure and tension in the chest.

Luo Channel of the Small Intestine (E)

Symptoms

If there is deficiency: boils, chapped skin, and dandruff. If there is excess: inability to move the elbow and muscular weakness or atrophy.

Sinew Channel of the Heart (F)

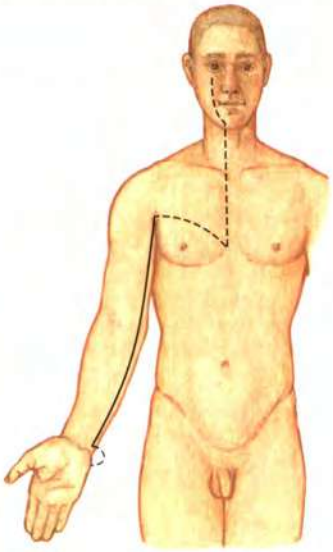
Symptoms

Tension and spasms along the path of the channel.

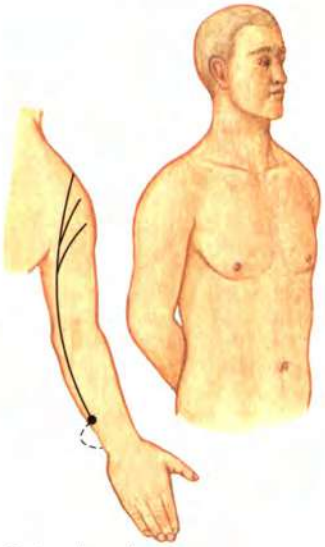
Sinew Channel of the Small Intestine (G).

Symptoms

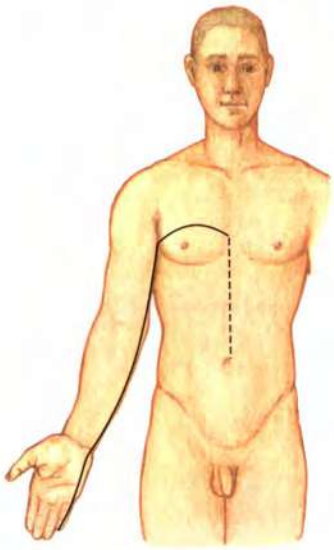
Pain in the arm along the path of the channel and earache.



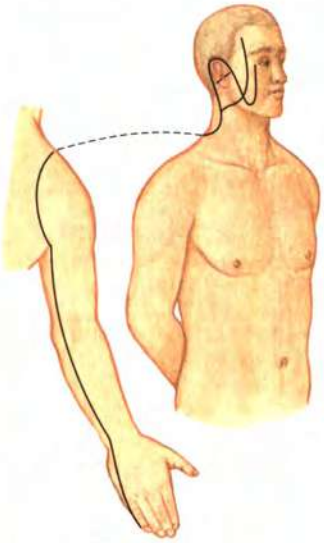
D Luo channel of the heart



E Luo channel of the small intestine



F Sinew channel of the heart



G Sinew channel of the small intestine

Heart and Small Intestine Channels: Part II

Pathology

The heart (*xin*) displays the following patterns of symptoms:

1. Vacuity of the heart *qi*:
   - Symptoms: palpitations, tiredness, shortness of breath, perspiration, and paleness;
   - Therapy: tonifying of the heart *qi*. An appropriate acupuncture point is the HT-7 (*shen men*, Spirit Gate);
2. Vacuity of the heart *yang*:
   - Symptoms: chills, angina, and fearfulness;
   - Therapy: warming and tonifying of the heart *yang*. An appropriate acupuncture point is BL-15 (*xin shu*, Heart Transport);
3. Collapse of the heart *yang*:
   - Symptoms in addition to those in items 1. and 2: shortness of breath, profuse perspiration, and cyanosis of the lips;
   - Therapy: tonifying of the *yang*. An appropriate acupuncture point is GV-4 (*ming men*, Life Gate);
4. Vacuity of the heart *xue*:
   - Symptoms: palpitations, insomnia, forgetfulness, vertigo, and anxiety;
   - Therapy: tonifying and augmentation of the *xue*. An appropriate acupuncture point is HT-7 (*shen men*, Spirit Gate);
5. Heart *yin* vacuity:
   - Symptoms in addition to those in item 4: general restlessness, sensations of heat, and night sweats;
   - Therapy: tonifying of the heart *yin*. An appropriate acupuncture point is HT-6 (*yin xi*, *Yin* Cleft);
6. Fire attacking the heart:
   - Symptoms: mouth ulcers, restlessness, agitation, and sensations of heat;
   - Therapy: cooling and purification of the heart. An appropriate acupuncture point is HT-8 (*shao fu*, Lesser Mansion);
7. Phlegm obstructs heart *yang*:
   - Symptoms: Palpitations, pressure in the chest, vertigo, nausea and vomiting, confusion, loss of consciousness;
   - Therapy: opening the heart and transforming phlegm. Appropriate acupuncture points are HT-9 (*shao chong*, Lesser Surge), and ST-40 (*feng long*, Bountiful Bulge);
8. Heart *xue* stasis:
   - Symptoms: internal restlessness, pain in the heart area, angina pectoris, and cyanosis of the lips;
   - Therapy: regulation of the *xue* and elimination of stasis. An appropriate acupuncture point is PC6 (*nei guan*, Inner Pass).

The small intestine (*xiao chang*) displays the following pattern of symptoms:

1. Cold (*han*) and energy vacuity (*xu*):
   - Symptoms: pain in the lower abdomen, borborygmi, and diarrhea;
   - Therapy: appropriate acupuncture points are BL-25 (*da chang shu*, Large Intestine Transport) and ST-25 (*tian shu*, Celestial Pivot);
2. Heat (*re*) and energy repletion (*shi*):
   - Symptoms: bloated abdomen, mouth ulcers, and palpitations;

–Therapy: appropriate acupuncture points are BL-27 (*xiao chang shu*, Small Intestine Transport) and CV-4 (*guan yuan*, Pass Head).

A Classification

B Main channel of the pericardium

C Main channel of the triple burner

D *Luo* channel of the pericardium

E *Luo* channel of the triple burner

F Sinew channel of the pericardium

G Sinew channel of the triple burner

12 Pericardium and Triple Burner Channels

Physiology

Classification (A)

As with the heart, the pericardium (xin bao) and triple burner (san jiao) are ascribed to the phase of fire, corresponding to the greater yang (tai yang). To a large extent, the pericardium and triple burner correspond physiologically and pathologically to the heart and small intestine. It is not these zang fu but the description of the channels belonging to them that has led to their independent description.

Functions

In classical teaching the pericardium is described as a "dependent ambassador," the initiator of joy and pleasure. It is significant from a clinical point of view that, when exogenous agents come into contact with the phase of fire, it is the pericardium that primarily suffers and thus requires therapy. The inner movements (emotions) on the other hand lead to disturbances in the heart.

The triple burner is responsible for the regulation of the circulation of fluids. Its role is described as that of connecting waterways. It provides the person with structural fluids and is consequently referred to as the "origin of constructive and defensive energies."

Reverting *Yin* Channel of the Hand

The main channel of the pericardium is the reverting *yin* channel of the hand (*jue yin jing*) (B).

Symptoms

Pain, paresthesias and impaired muscle control, skin diseases along the path of the channel, tightness in the chest, palpitations, fits of manic laughter, and depression.

Minor *Yang* Channel of the Hand

The main channel ascribed to the triple burner is the lesser *yang* channel of the hand (*shao yang jing*) (C).

Symptoms

Pain, paresthesias and impaired muscle control, skin diseases along the path of the channel, diminished hearing or even deafness, earache, dizziness, and swelling in the cheek area.

Luo Channel of the Pericardium (D)

Symptoms

If there is deficiency: a stiff neck. If there is excess: heart pain.

Luo Channel of the Triple Burner (E)

Symptoms

If there is deficiency: flaccid paresis of the elbow. If there is excess: spastic deformation of the elbow.

Sinew Channel of the Pericardium (F)

Symptoms

Tension and spasms along the channel and pleuritis.

Sinew Channel of the Triple Burner (G)

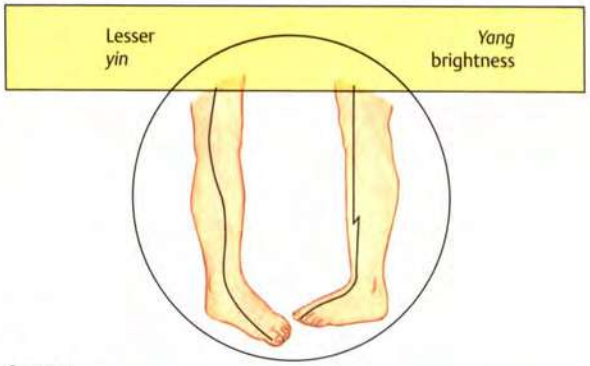
Symptoms

Tension and spasms along the channel and tongue spasms.

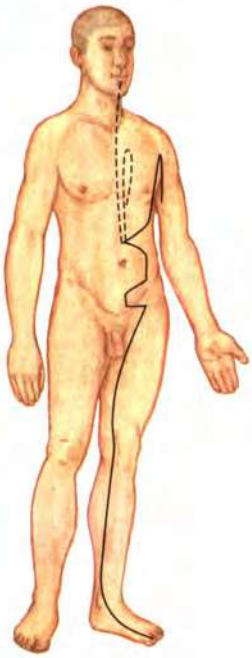
Pathology

The pericardium (*xin bao*) displays the following patterns of symptoms:

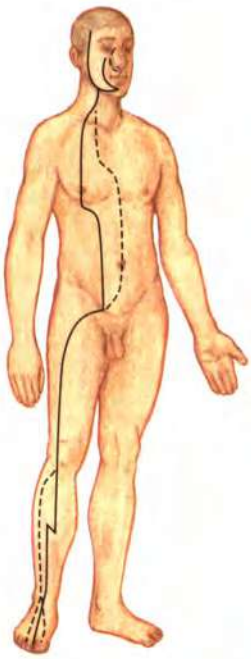
1. Energy deficiency:
   - Symptoms: insomnia, depression, vertigo, sweating, and anxiety;
   - Therapy: tonifying of the pericardium. An appropriate acupuncture point is BL-14 (*jue yin shu*, Reverting *Yin* Transport);
2. Energy excess:
   - Symptoms: deep red tongue body, fits of laughing and crying, obsessive behavior, and palpitations;
   - Therapy: removal of the blockage symptoms. An appropriate acupuncture point is PC7 (*da ling*, Great Mound).



A Classification



B Main channel of the spleen



C Main channel of the stomach

13 Spleen and Stomach Channels: Part I

Physiology

Classification (A)

Earth phase, corresponding to *yin* within *yin*. The central position of the earth phase makes the stomach (*wei*) and spleen (*pi*)the pivot of the entire system according to the five phases theory. The four phases around the periphery all have a *yang* character relative to the earth phase (see p. 13). Hence the classification of this phase as *tai yin* or greatest yin.

Functions

The spleen is responsible for the separation of the clear from the turbid. This process of separation applies not only to fluids and food, but to all energetic influences affecting the person, whether they be material, psychic, social, intellectual, or emotional. It is the sphere of assimilation and integration. After separation, the valuable energetic influences are assimilated and integrated; the useless ones are discarded.

The spleen is the source of postnatal *qi*. As a result of the action of separation and assimilation, fresh *qi* forces are extracted and added to the energy supply. The major part of the *qi*'s energy potential is obtained from food (grain *qi*, *gu qi*), which is the source of postnatal energy.

The spleen is also where nutritive energy (*ying qi*) is located. This is drawn particularly from clarified fluids provided by the spleen. This system creates the basis for the production of *qi* and *xue*. The active energy that the individual requires originates primarily in the spleen; this is where the necessary nutritive energy originates and it provides the preconditions for the production of *xue*, the material palpable portion of the energy flowing in the channels. The active *qi* of the spleen keeps the *xue* intact, ensures the firmness of the blood vessels and prevents bleeding.

The spleen regulates raising of the *qi*. Fresh *qi* forces must be provided and deployed upwardly and outwardly, when they serve to strengthen and stabilize the tissue.

The bodily appearance of the spleen is in the form of flesh, which is expressed in the firmness of the tissue of the stable body form.

The outward manifestation of the spleen is in the lips.

The corresponding body opening is the mouth, and the sense associated with the spleen is taste.

The spleen is particularly sensitive to climatic conditions of dampness (*shi*). Since this zhang fu is concerned with the clarification of liquids and body fluids, any additional humidity represents a serious burden.

The emotion associated with the spleen is that of reflection and thoughtfulness (cogitation). There is also a mental separation and distinction between the clear and the turbid.

The earth phase exercises universal influence. The times that correspond most closely to the spleen are the afternoon and the late summer season.

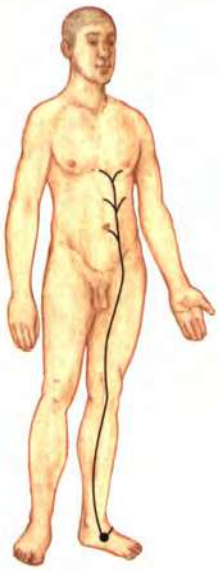
The taste that is associated with the spleen is sweetness.

The color that corresponds to the spleen is yellow.

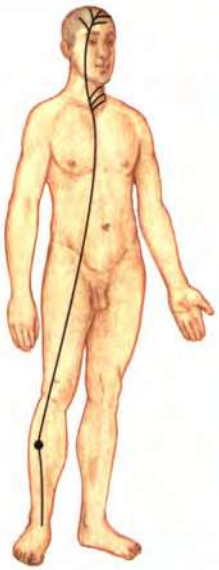
The stomach also constitutes an interim storeroom, with reserves to compensate for any imbalances. It takes in all food and is thus responsible for the provision and distribution of fluid energy. In contrast to the rising spleen *qi*, the *qi* of the stomach is responsible for the descending and sinking (the countercomponents necessary for a separating function). With the help of this force, turbid fluids are discharged downwards.

To the same degree that the spleen (the *yin zang fu*) dislikes dampness, the stomach (the *yang zang fu*) requires it and dislikes dryness.

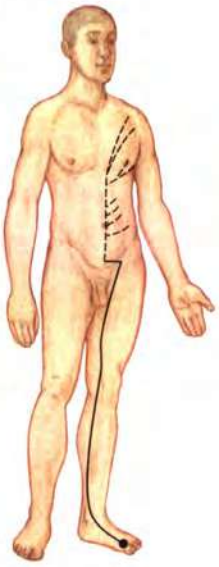
The activity of these "central" *zang fu*, and particularly the stomach, is displayed most prominently on the coating of the tongue, which provides an indication of the transport and distribution of fluids through the body.



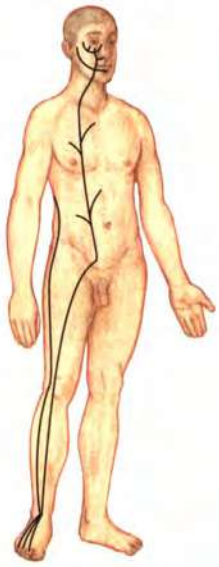
D *Luo* channel of the spleen



E *Luo* channel of the stomach



F Sinew channel of the spleen



G Sinew channel of the stomach

Greater *Yin* Channel of the Foot

The main channel corresponding to the spleen (*pi*) is the major yin channel of the foot (*tai yin jing*) (B).

Symptoms

Pain, sensorimotor disturbances, skin diseases along the path of the channel, general fatigue, stomach aches, retching, anorexia, irregular bowel movements, jaundice, and cold limbs.

Yang Brightness Channel of the Foot

The main channel corresponding to the stomach is the yang brightness channel of the foot (*yang ming jing*) (C)

Symptoms

Pain, sensorimotor disturbances, skin diseases along the path of the channel, chills, sneezing, rumbling in the upper abdomen, and abdominal pain.

Luo Channel of the Spleen (D)

Symptoms

In the case of depletion: abdominal pain. In the case of repletion: spasms and colic in the lower abdomen.

Luo Channel of the Stomach (E)

Symptoms

In the case of depletion: weakness and symptoms of paralysis. In the case of repletion: epileptiform symptoms.

Sinew Channel of the Spleen (F)

Symptoms

Pain along the path of the channel, severe pain in the genitals radiating upward into the navel, and pain in the chest and spine.

Sinew Channel of the Stomach (G)

Symptoms

Painful spasms, a feeling of tension along the path of the channel, and an inability to open or close the eyes.

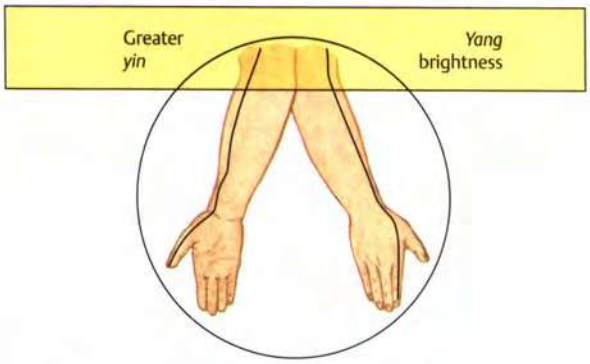
Spleen and Stomach Channels: Part II

Pathology

The spleen (*pi*) displays the following patterns of symptoms:i

1. Vacuity (*xu*) of the spleen *qi*:
   - Symptoms: General tiredness, loose stools, shortness of breath, and weakness. When there is additional dampness, a feeling of stuffiness in the chest, nausea, dizziness, fatigue, and, when the spleen *qi* collapses, prolapse;
   - Therapy: Raising the spleen *qi* and transforming dampness. Appropriate acupuncture points are ST-36 (*zu san li*, Leg Three Li), BL-20 (*pi shu*, Spleen Transport), and BL-21 (*wei shu*, Stomach Transport);
2. Indications of repletion of the stomach and signs of heat (*re*):
   - Symptoms: Thirst, an increased appetite, swelling of the gums, a reddened tongue body, constipation, and pain in the upper abdomen;
   - Therapy: Moving the *qi*, dispersing stasis.

Appropriate acupuncture points are ST-36 (*zu san li*, Leg Three Li), CV-12 (*zhong wan*, Central Stomach Duct), and PC6 (*nei guan*, Inner Pass).



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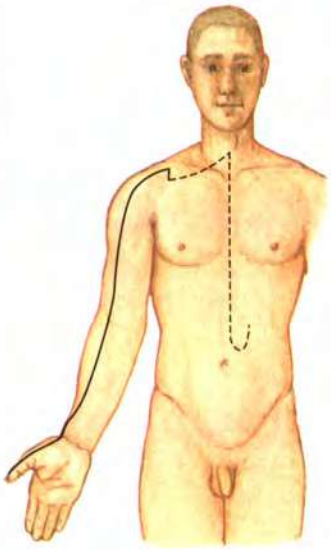
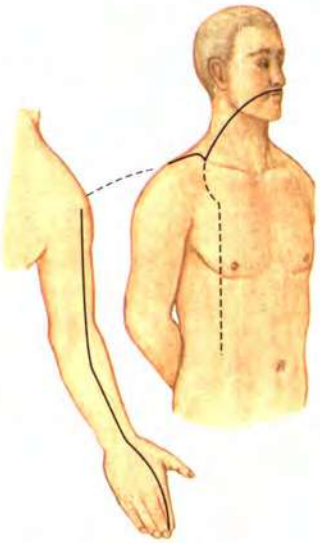


B Main channel of the lung



C Main channel of the large intestine

14 Lung and the Large Intestine Channels: Part I

Physiology

Classification (A)

Metal phase, corresponding to the lesser *yin* (*shao yin*) The lung (*fei*) constitutes the *yin*, the large intestine (*da chang*) the complementary *yang*.

Functions

The lung is of key importance for the *qi* that forms the basis for active energy. The lung is considered as the conductor in the concert of the functional systems and as the origin of rhythmic order. It represents the exterior (*biao*) of the individual, by which means the influences from outside (i. e., light, air) are absorbed, gathered in the lung, and imparted rhythmically to the individual as distilled *qi* forces. Together with the spleen *qi*, they are responsible for the postnatal *qi*. On the one hand, the lung supplies the active energy to the nutritive *qi* (*ying qi*), on the other hand, it provides the defensive energy (*wei qi*), which dominates the exterior. Hence this functional system governs the work of the pores, the regulation of perspiration, skin temperature, and protection against external pathogenic factors. It is responsible for maintaining the immune system and resistance. The lung supplies the active *qi* force for nutritive energy and thus regulates the distribution of *qi* throughout the channel system. The distribution of body fluids, and the moistening and cooling of the entire system are managed by the lung. It must take the *qi* deep into the interior and it must communicate with the deep-lying kidney (see p. 45).

The lung has its external manifestation ("blossom") in the hair, and its bodily expression in the exterior, primarily in the skin.

The body opening associated with the lung is the nose, and the sensory organ is the olfactory system.

Cold (*han*) blocks the flow of lung *qi*, and accordingly the lung tries to avoid the cold. Damaging effects of wind (*feng*) constitute the most aggressive agent which primarily irritates the exterior and thus the lung. It is quite common for wind and cold to be present at the same time, causing wind-cold (*feng han*) damage. In addition extreme dryness (*zao*) diminishes the fluid potential and reduces the lung *yin*.

The emotion that corresponds to the lung is grief and sorrow.

Autumn and the late afternoon are the season and the time of day that correlate with this functional system.

The taste that is associated with the lung is spiciness, since this has an releasing, dynamic, or mobilizing effect on the exterior.

The color that corresponds to the lung is white.

Within the context of all the functional systems, the role of the large intestine is that of an agent of transmission, ensuring the continuation of the process of food transformation.

Greater *Yin* Channel of the Hand

The main channel corresponding to the lung is the greater *yin* channel of the hand (*tai yin jing*) (B).

Symptoms

Pain, sensorimotor disturbances, skin diseases along the path of the channel, coughing, asthma, and upper respiratory infections.

Yang Brightness Channel of the Hand

The main channel corresponding to the large intestine is the *yang* brightness channel of the hand (*yang ming jing*) (C).

Symptoms

Pain, sensorimotor disturbances, skin diseases along the path of the channel, throat swellings, angina, toothache, a blocked up nose, and hoarseness.

Luo Channel of the Lung (D)

Symptoms

If there is depletion: sneezing fits and incontinence of urine. If there is repletion: heat sensations on the palm of the hand.

Luo Channel of the Large Intestine (E)

Symptoms

In the case of depletion: a feeling of coldness in the teeth and a feeling of tension in the mediastinum. If there is repletion: dental caries and deafness.

Sinew Channel of the Lung (F)

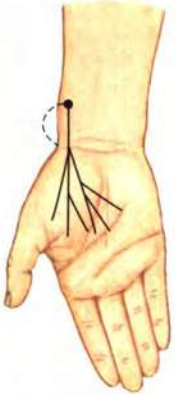
Symptoms

Pain, a feeling of tension along the path of the channel, shoulder pain, and physical changes in the lungs.

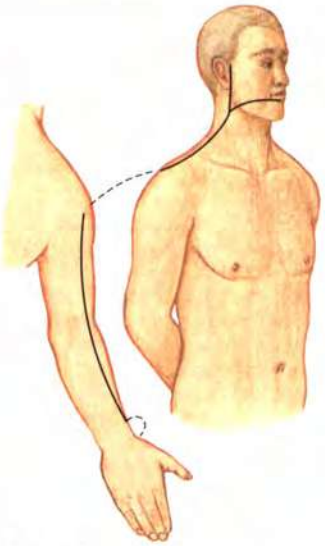
Sinew Channel of the Large Intestine (G)

Symptoms

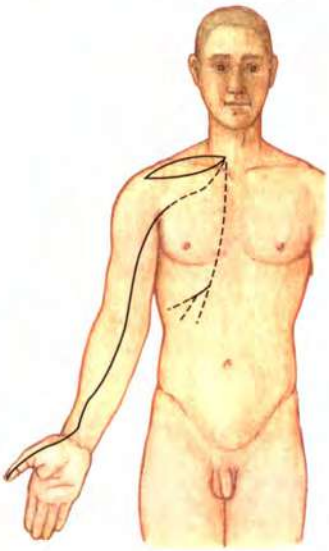
Stiffness, tension and spastic pain along the path of the channel, and an inability to raise the arms and to turn the head.



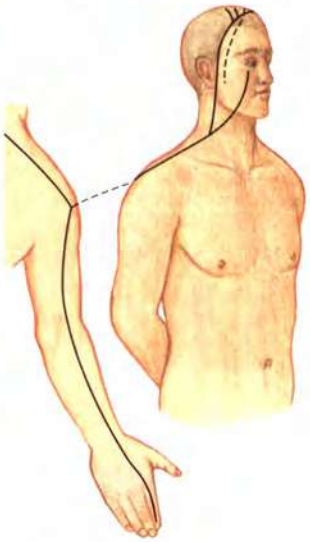
D *Luo* channel of the lung



E *Luo* channel of the large intestine



F Sinew channel of the lung



G Sinew channel of the large intestine

Lung and Large Intestine Channels: Part II

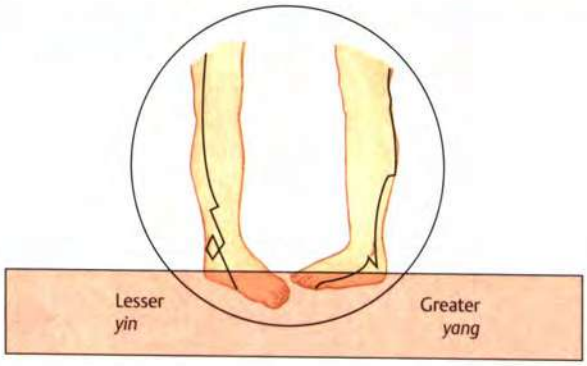
Pathology

The lung displays the following patterns of symptoms:

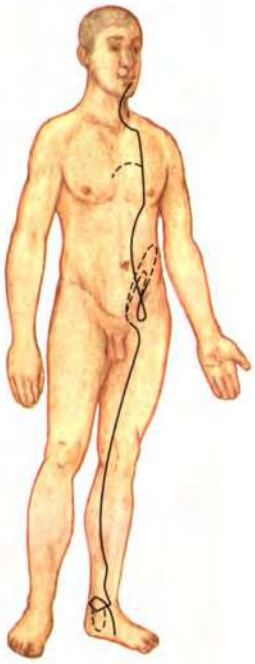
1. Vacuity (*xu*) of lung *qi*:
   - Symptoms: a dry cough, a burning feeling in the chest, a dry mouth, hoarseness, and periodic fever in the afternoons;
   - Therapy: tonifying the lung *qi*. Appropriate acupuncture points are LU-9 (*tai yuan*, Great Abyss), BL-13 (*fei shu*, Lung Transport);
2. Vacuity (*xu*) of lung *yin*:
   - Symptoms: shortness of breath, coughing, a tendency to perspire, a feeling of chilliness, a propensity to catch colds, and fatigue;
   - Therapy: tonifying the lung *yin* and replenishing fluids. An appropriate acupuncture point is LU-5 (*chi ze*, Cubit Marsh);
3. Wind-cold damage (*feng han*) inhibits the lung:
   - Symptoms: aversion to cold, sneezing, coughing, fever, chills and shivering, a sore throat, and headaches;
   - Therapy: expelling wind-cold. Appropriate acupuncture points are TB-5 (*wai guan*, Outer Pass), LI-4 (*he gu*, Union Valley), and GB-20 (*feng chi*, Wind Pool);
4. Dampness (*shi*) and phlegm (*tan*) obstruct the lung;
   - Symptoms: chronic coughing, with a large quantity of phlegm; a thick, sticky tongue coating; an oppressive feeling of fullness in the chest, and shortness of breath;
   - Therapy: transformation of the phlegm, restoration of the normal descending function of the lung. Appropriate acupuncture points are LU-7 (*lie que*, Broken Sequence), LU-1 (*zhong fu*, Central Treasury), ST-40 (*feng long*, Bountiful Bulge).

The large intestine displays the following patterns of symptoms:

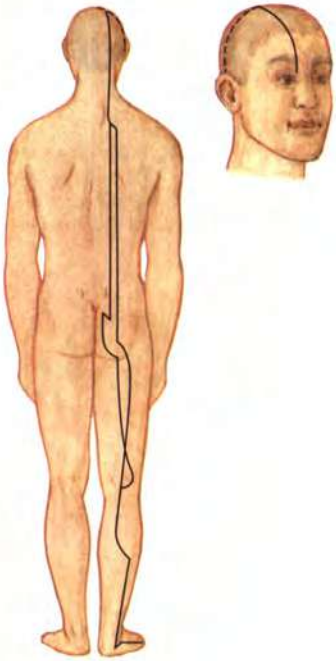
1. Cold damage (*han*):
   - Symptoms: abdominal pain, diarrhea, and copious urine;
   - Therapy: warming. Appropriate acupuncture points for treatment using moxibustion are BL-25 (*da chang shu*, Large Intestine Transport), ST-25 (*tian shu*, Celestial Pivot);
2. Heat damage (*re*):
   - Symptoms: constipation, stinking stools, and anal inflammation;
   - Therapy: clearing heat. Appropriate acupuncture points are BL-25 (*da chang shu*, Large Intestine Transport), ST-25 (*tian shu*, Celestial Pivot).



A Classification



B Main channel of the kidney



C Main channel of the bladder

15 Kidney and Bladder Channels: Part I

Physiology

Classification (A)

Water phase and greater *yin* (*tai yin*). The kidney (*shen*) constitutes the *yin* functional system and the bladder (*pang guang*) the complementary *yang* system.

Functions

It is in the kidney that we find the essence (*jing*) of the person, the material basis of the individual. It is where the original *qi* (*yuan qi*) is located. It is responsible for the potentiation of energies and of intelligence. This is where memories are recorded and stored, to be updated and reproduced later. The kidney is also where willpower resides. It constitutes the basis for hibernation, encapsulation, cooling, gathering, and maintenance of all that exists, including the genes.

Essence constitutes a gathering of energies that provide the foundation for all life functions, including those energies that are passed on to subsequent generations. It contains semen, genetic information, a stable constitution, and strong resistance to disease. Essence is stored in the kidney and flows into the eight extraordinary vessels (see p. 49). Essence determines body size, growth, intellectual development, sexual functions, and the ability to reproduce. It provides the prerequisite for growth of marrow, which is responsible for the stability of bones and teeth and of ontogenetic somatic substance.

The kidney *yang*, the active power of the kidney, is where the *ming men* ("life gate") is found. The action of its fire on the essence produces kidney *qi*. This fire also forms the "fountain of fire" for all *zang fu*. The kidney controls the distribution of water and monitors particularly the body fluids in the lower burner.

Kidney *qi* rises through the body, opens into the ears, and controls hearing.

The body openings corresponding to the kidney are the organs of excretion and discharge. The overall manifestation of this *zang fu* is to be seen in the hard and ontogenetic somatic tissue: the teeth, bones, and nerves. Its outward manifestation ("blossom") is the hair.

Climatic influences such as dryness and excessive heat lead to a reduction of body fluids and substance and accordingly damage the kidney *yin*. On the other hand, the vital fire of the kidney *yang* (*ming men*) can be blocked by cold (*han*) processes.

The emotions corresponding to the kidney are fear and anxiety, which are often associated with events causing shock, and they lead to a paralysis similar to that produced by "cold" processes.

The times that correspond to the kidney are winter and the hours, around midnight.

The taste associated with the kidney is the savory, salty taste, which penetrates very deeply and has a softening effect.

The color that corresponds to the kidney is black.

The bladder is often described as the district capital where active and structural fluids are gathered and stored, and excess fluid is discharged.

Minor *Yin* Channel of the Foot

The main channel corresponding to the kidney is the lesser *yin* channel of the foot (*shao yin jing*) (B).

Symptoms

Pain, sensorimotor disturbances, skin diseases along the path of the channel, a dark complexion, a tendency to faint, a feeling of cold, lower back pain, and a burning feeling on the soles of the feet.

Major *Yang* Channel of the Foot

The main channel corresponding to the bladder is the greater *yang* channel of the foot (*tai yang jing*) (C).

Symptoms

Pain, sensorimotor disturbances, skin diseases along the path of the channel, headaches, pain and pressure in the orbits of the eyes, stabbing pain along the path of the channel, pain in the spine, a tendency to suffer spasms, impaired vision, runny nose, and a stuffy nose.

Luo Channel of the Kidney (D)

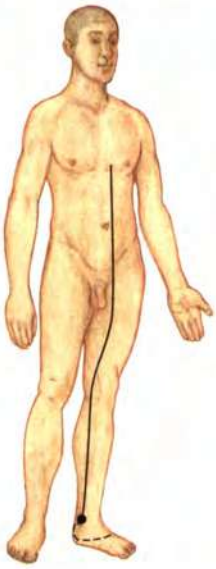
Symptoms

If there is depletion: lower back pain. If there is repletion: urine retention.

Luo Channel of the Bladder (E)

Symptoms

If there is depletion: cold and nosebleeds. If there is repletion: a stuffy nose, a runny nose, and headaches.

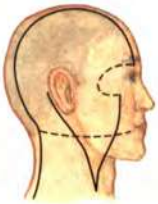


D *Luo* channel of the kidney

E *Luo* channel of the bladder

F Sinew channel of the kidney

G Sinew channel of the kidney



H Sinew channel of the bladder

Sinew Channels of the Kidney (F, G)

Symptoms

Spasms, spastic twitching, paralysis, inability to straighten parts of the body, and atrophy along the channel pathway.

Sinew Channels of the Bladder (H)

Symptoms

Radiating and stabbing pains, swelling between the small toe and the heel, spasms in the hollow of the knee, and spasms and tension in the muscles of the back and neck.

Kidney and Bladder Channels: Part II

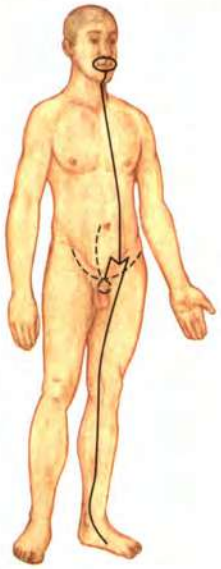
Pathology

The kidney can display the following symptom patterns:

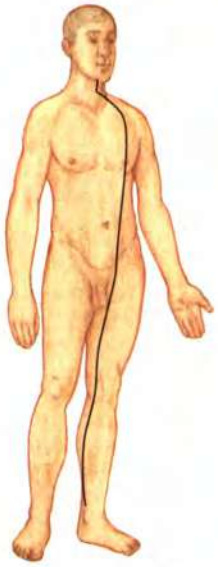
1. Energy depletion of the kidney *yang*:
   - Symptoms: nocturia, a pale tongue body, copious and frequent urination, lumbar weakness, weakness of the knees, impotence, tinnitus, and headaches;
   - Therapy: warming and tonifying of the kidney *yang*. Appropriate acupuncture points are: GV-4 (*ming men*, Gate of Life), BL-23 (*shen shu*, Kidney Transport), KI-3 (*tai xi*, Great Ravine).
2. Depletion of kidney *qi*:
   - Symptoms: vertigo, dizziness; a deep red tongue body, with a dry, cracked surface; forgetfulness; deafness, tinnitus; increased temperature, heat sensations on the palms and soles, and night sweats.
   - Therapy: appropriate acupuncture points are KI-10 (*yin gu*, *Yin* Valley), BL-67 (*zhi yin*, Reaching *Yin*), BL-23 (*shen shu*, Kidney Transport), and CV-4 (*guan yuan*, Pass Head).

The bladder displays the following patterns of symptoms:

1. Accumulation of damp-cold (*shi han*):
   - Symptoms: frequent, urgent urination and difficult urination;
   - Therapy: expelling damp-cold (*shi han*). Appropriate acupuncture points are BL-39 (*wei yang*, Bend *Yang*), CV-3 (*zhong ji*, Central Pole), and SP-6 (*san yin jiao*, Three *Yin* Intersection);
2. Accumulation of damp-heat (*shi re*):
   - Symptoms: burning sensation when urinating, dark-red urine, and difficult urination;
   - Therapy: clearing damp-heat (*shi re*). Appropriate acupuncture points are BL-28 (*pang guang shu*, Bladder Transport), CV-3 (*zhong ji*, Central Pole), SP-6 (*san yin jiao*, Three *Yin* Intersection), and BL-39 (*wei yang*, Bend *Yang*).



A Thoroughfare vessel
(chong mai)



B *Yin* linking vessel
(yin wei mai)

C Governing vessel
(du mai)

D *Yang* springing vessel
(yang qiao mai)

16 The Eight Extraordinary Vessels: Part I

The eight extraordinary vessels (*qi jing ba mai*) are not connected to any *zang fu* organs and are not classified according to *yin* and *yang*. Since two of the extraordinary vessels do not follow the lines of the body's axes of symmetry, they are unpaired.

In the context of the system of channels, these vessels assume the role of equalizing reservoirs. In the same way that the main channels are compared to rivers, the extraordinary vessels must be regarded as lakes and reservoirs. The eight extraordinary vessels do not participate in the regular circulation of *qi*, but they can absorb surplus energy, store it, and release it as and when required. Paired combinations of these vessels have been established for pragmatic therapeutic purposes.

Thoroughfare Vessel and *Yin* Linking Vessel

Thoroughfare Vessel (*Chong Mai*) (A)

Functions

In the upper part of the body, the thoroughfare vessel has contact with all the main *yang* channels; in the lower part, with all the main *yin* channels. In addition, the thoroughfare vessel connects to the controlling vessel (*ren mai*), governing vessel (*du mai*), and the girdling vessel (*dai mai*). This is why it is considered to be the equalizing reservoir for all channels and, above all, for the *xue*. The thoroughfare vessel (*chong mai*) shares acupuncture points only with the main channels of the kidney and stomach. The acupuncture point SP-4 (*gong sun*, Yellow Emperor) is the most suitable for influencing this vessel and its energy.

Symptoms

Pain in the abdomen and epigastrium, heat sensations in the body and coldness in the limbs, irregular menstruation, dysmenorrhea, orchitis, urethritis, prostatitis, and urogenital diseases.

Yin Linking Vessel (*Yin Wei Mai*) (B)

Functions

The *yin* linking vessel communicates with the main *yin* channels as well as with the controlling vessel (*ren mai*). It has a particular relationship to the construction *qi* (*ying qi*). The acupuncture point PC6 (*nei guan*, Inner Pass) is the most suitable for accessing the *yin* linking vessel and its energy.

Symptoms

Pain in the heart area (a characteristic sign), chronic throat discomfort, epigastric pain, and headaches.

Governing Vessel and *Yang* Springing Vessel

Governing Vessel (*Du Mai*) (C)

Functions

The governing vessel establishes the connection between the genitals and the head, and it governs all the main *yang* channels. Owing to its connection to the kidney, it is well suited to the coordination and distribution of the source *qi* (*yuan qi*). The acupuncture point SI-3 (*hou xi*, Back Ravine) is the most suitable for accessing the governing vessel and its energy.

Symptoms

When there is depletion: a stiff back, opisthotonos, dizziness, vertigo, epileptiform symptoms, fever, contractures, and hemorrhoids.

Yang Springing Vessel (*Yang Qiao Mai*) (D)

Functions

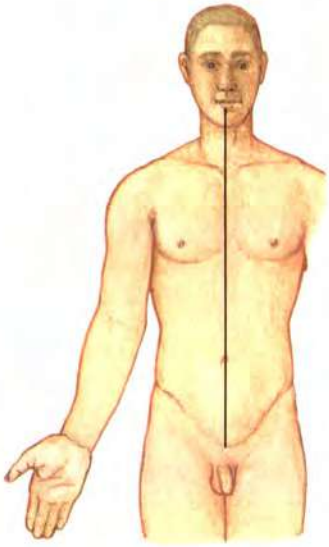
The *yang* springing vessel is an accessory vessel for the distribution and coordination of the *yang* aspect of jing. Its energy flow can be particularly influenced via the acupuncture point BL-62 (*shen mai*, Extending Vessel).

Symptoms

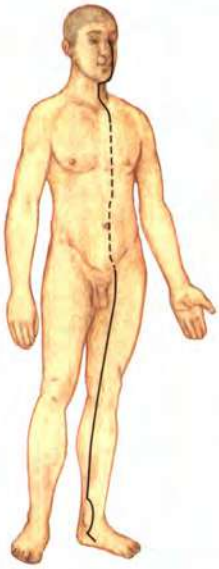
Weakness, together with spastic tension, muscle pain in the lumbar region of the back, stiffness, hemiplegia, and red, watering eyes.

A Girdling vessel
(dai mai)

B *Yang* linking vessel
(yang wei mai)



C Controlling vessel
(ren mai)



D *Yin* springing vessel
(yin qiao mai)

The Eight Extraordinary Vessels (Qi Jing Ba Mai): Part II

Girdling Vessel and *Yang* Linking vessel

Girdling Vessel (*Dai Mai*) (A)

Functions

The girdling vessel runs around the body like a belt and thus connects with all the main channels that run up and down the back and abdomen. It serves to establish the general balance of energy in the midriff. As a result of the girdling vessel's special relationship to the main channel of the gall bladder, it is possible to influence the energy by stimulating the acupuncture point GB-41 (*zu lin qi*, Overlooking Tears).

Symptoms

Irregular menstruation, lower back pain, hypogastric pain, and weakness of the lower limbs.

Yang Linking Vessel (*Yang Wei Mai*) (B)

Functions

The *yang* linking vessel connects with all the *yang* channels and thus influences the regulation and metabolism of active energies. Influence on the defensive energy (*wei qi*) can be achieved particularly by stimulation of the acupuncture point TB-5 (*wai guan*, Outer Pass).

Symptoms

Chills and shivering, fever, vertigo, muscular weakness, and joint pain.

Controlling Vessel and *Yin* Springing Vessel

Controlling Vessel (*Ren Mai*) (C)

Functions

The controlling vessel communicates with all the *yin* channels as well as with the *yin* linking vessel (*yin wei mai*) and the thoroughfare vessel (*chong mai*), and serves as the equalizing reservoir for jing. It has a special association with the reproductive organs, especially in women. The energy of the controlling vessel can be particularly influenced by stimulating the acupuncture point LU-7 (*lie que*, Broken Sequence).

Symptoms

Diseases of the genitals, irregular menstruation, menopausal disorders, and infertility.

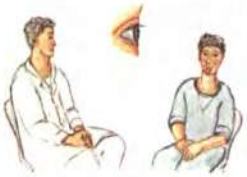
Yin Springing Vessel (*Yin Qiao Mai*) (D)

Functions

The *yin* springing vessel is responsible for the distribution and availability of free essence. The primary acupuncture point at which the energy can be influenced is the KI-6 (*zhao hai*, Shining Sea).

Symptoms

Weakness, general exhaustion, spasms, cramps, epileptiform symptoms, paralysis, pareses, dysuria, and anuria.



A Observation
(wang zhen)

B Listening and smelling
(wen zhen)

C Palpation
(wen zhen)

D History-taking
(qie zhen)

1.

2.

3.

4.

5.

6.

7.

8.

9.

E Tongue diagnosis

17 The Four Diagnostic Methods (*Si Jian*): Part I

The number four in Chinese medicine implies that the medical practitioner must bring all his senses into play, that he must orient himself figuratively toward all the four points of the compass in order to obtain as comprehensive a picture as possible of the patient's symptoms. In concrete terms it also indicates four steps, namely:

1. Observation (A)
2. Listening and smelling (see p. 55) (B)
3. Palpation (see p. 55) (C)
4. History-taking (see p. 57) (D)

Observation (*Wang Zhen*)

An attentive physician, focusing on visible evidence such as the firmness of the skin and underlying tissue, the elasticity or atrophy of the flesh, or the presence of edema, can immediately recognize physical signs that indicate the stability or weakness of the patient's *zang fu* organs and middle burner energy (the middle burner comprises the spleen and stomach). On the other hand, the strength of muscles and tendons is an indication of the development of the liver. A slender body type with narrow shoulders indicates weak lung development, whereas a robust bone structure indicates strong, genetically inherited reserves in the kidney.

Redness of the eyes generally indicates wind-heat in the liver. A thick, opaque, yellow discharge from the nose indicates wind–heat in the lung, while a thin, clear, white nasal discharge indicates wind–cold in the lung.

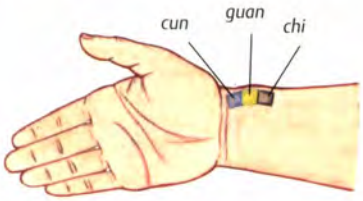
In Chinese medicine the tongue plays a particularly important role in making a diagnosis. In tongue diagnosis (E) a distinction must be made between the tongue body and tongue coating. The appearance of the tongue body permits conclusions to be drawn about the interior (*li*) and thus about the *yin*, the essence, and the patient's constitution. The tongue coating provides information about imbalances in the metabolism of bodily fluids which is dominated by the middle burner energy (spleen *qi*, *pi qi*) and especially by the stomach.

A normal, light-red color of the tongue body is a sign of well-balanced health (1). If the redness intensifies (2) this is an indication of an increased dynamic of the internal energetic processes, in terms of the eight diagnostic principles—an indication of heat (*re*). If the redness deepens to a deep crimson or blood red (3) this indicates damage to the fluids (absence of coating), a depletion of *yin* due to an increase in activity, and an intensification of heat into fire (*huo*). A purple, cyanotic discoloration (4) is a sign of blockage, congestion, stagnation, cold, or *xue* stasis.

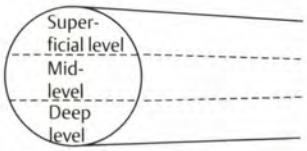
A soft, somewhat swollen-looking (5) tongue body that shows teeth marks indicates a depletion of the *qi* (middle burner). In addition, marked bloating represents phlegm accumulation (*tan ji*). A rough, hardened tongue with a leathery appearance (6) indicates, on the one hand, loss of bodily fluids and, on the other hand, congestion in the energy flow (repletion). Cracks and furrows of the tongue body (7) are evidence of damage caused to the *yin* by the active *yang* forces, heat or even fire.

A healthy tongue coating appears as a thin, transparent film. When the coating increases and becomes thicker, this indicates inadequate metabolism of body fluids in the middle burner, in this case the stomach. Increased coloration of the coating indicates inadequate transformation and transportation by the middle burner, leading to dampness (*shi*). The lighter and paler the tongue coating, the clearer is the indication of a depletion of the *xue* (insufficient blood) and simultaneously of a decline of the dynamic processes, and thus of cold (*han*) in terms of the eight diagnostic principles. A thick, white, slippery tongue coating (8) indicates damp–cold (*shi han*). The greater the effect of heat, the yellower the discoloration is (9). Increased dryness is also associated with the effects of heat or fire.

Tongue diagnosis enables the physician to distinguish between cold (*han*) and heat (*re*), between the exterior (*biao*) and interior (*li*), as well as to obtain information about the pathogenic agent causing dampness (*shi*) (see p. 25). The topography of the tongue body can also be helpful in indicating pathological imbalances in a particular *zang fu* (see p. 27 ff.).



A Positions for taking the pulse

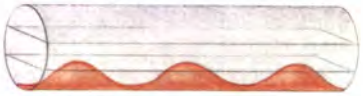


B Levels for taking the pulse

Left arm	Pulse position	Right arm
Heart and small intestine	*Cun*	Lung and large intestine
Liver and gall bladder	*Guan*	Spleen (middle burner) and stomach
Kidney (intestine area) and bladder (uterus)	*Chi*	Kidney and life gate

C Correlation of positions for pulse-taking with *zang fu*

1. Floating pulse



2. Deep pulse

3. Slow pulse

D Types of pulse

The Four Diagnostic Methods: Part II

Listening and smelling (*wen zhen*)

The doctor hears whether the patient speaks with a loud, booming voice, an indication of energy repletion, or with a soft, almost inaudible voice, a sign of energy depletion. Taciturn or incommunicative behavior indicates a cold (*han*) disharmony, whereas uncontrolled speech indicates heat (*re*) disharmony. Sweat with a penetrating odor can be due to damage caused by wind, heat, or dampness; offensive bad breath indicates heat in the stomach.

Palpation (*Wen Zhen*)

Palpation of the patient concerns the whole body. The doctor can ascertain the consistency of the flesh and can take the pulses at peripheral sites. The moistness of the skin and the sensitivity of particular areas to pressure are also of importance. Of great significance, however, is the differentiated palpation of the radial pulses and the diagnostic conclusions that can be drawn from this.

Evidence from the different positions of the pulses on the lower arm can give a clear reflection of the energy status of the patient. The distal pulse position (*cun*, inch), at the most external site, directly adjacent to LU-10 (*ju ji*, Fish Border), gives information about the energy situation above the diaphragm. The neighboring pulse (*guan*, bar), at the central site, the Narrow Pass, relates to the energy status in the middle of the body between the diaphragm and the navel. The most proximal position, the *chi* (cubit) pulse reflects the status below the navel (A, B). The individual *zang fu* are accordingly assigned (C) to the pulse palpation sites. The right arm delivers information primarily about the *qi* component, the left arm tells us about the *xue* component. Both the lung and the heart are situated in the upper burner, the lung primarily generating and driving the *qi* (hence the right arm), and the heart primarily dominating the *xue* (hence the left arm).

The pulse can be felt at all of the positions mentioned. The pulse wave can exhibit differences in its length, breadth, and depth, as well as in its strength, fullness, and form. The classical 31 types of pulse (D) have been defined, described, and correlated with clinical findings. The 15 most important are:

1. Floating pulse (*fu mai*). The pulse beats at the surface and can be clearly felt under slight pressure;
   - Diagnosis: the surface (*biao*) is affected. If the pulse is strong this indicates repletion at the exterior; if it is weak, depletion at the exterior;
2. Deep pulse (*chen mai*). The pulse beats below the flesh and can only be perceived properly when strong pressure is applied;
   - Diagnosis: the interior (*li*) is disturbed. If the pulse is strong this indicates repletion in the interior; if it is weak, depletion in the interior;
3. Slow pulse (*chi mai*). The pulse appears to be slowed down, in adults to less than four beats per breath;
   - Diagnosis: cold (*han*);
4. Rapid pulse (*shuo mai*) The pulse appears to be accelerated and in adults beats more than five times per breath;
   - Diagnosis: heat (*re*);
5. Vacuous pulse (*xu mai*). The pulse appears to be weak and can only be determined at one of the three levels by careful palpation;
   - Diagnosis: vacuity (*xu*), exhaustion of the *zhang qi*;
6. Replete pulse (*shi mai*). A strong, hard pulse, palpable at two levels at least, but often at all levels, although a particular resistance will be felt at one specific level;
   - Diagnosis: repletion due to an external pathogen;
7. Slippery pulse (*hua mai*). The pulse seems to glide or slide past the examiner's fingers;
   - Diagnosis: dampness (*shi*), phlegm (*tan*), or heat due to repletion or pregnancy;
8. Rough pulse (*se mai*). The pulse moves gratingly, roughly, like bamboo being scraped by a knife;
   - Diagnosis: obstruction of the *qi*, blood stagnation, damage to essence, or deficiency of blood (*xue*) and the body fluids;
9. Long pulse (*chang mai*). The pulse exceeds the length of the normal pulse at both ends;
   - Diagnosis: energy redundancy;
10. Short pulse (*duan mai*). The pulse appears to be short and occupies a shorter space than the normal pulse;

4. Rapid pulse

5. Vacuous pulse

6. Replete pulse

7. Slippery pulse

8. Rough pulse

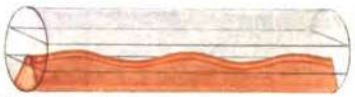
9. Long pulse

10. Short pulse

11. Tight pulse

12. Moderate pulse

13. Wiry pulse



14. Fine pulse

15. Stirred pulse

Types of pulse

- Diagnosis: if the pulse is strong this indicates a congestion of the *qi*; if it seems weak, a depletion of *qi*;

11. Tight pulse (*jin mai*). A tense, vibrating pulse, like a twisted rope;
    - Diagnosis: fire (*huo*) or pain; a typical sign of chronic pain;
12. Moderate pulse (*huan mai*). The pulse shows normal frequency but advances and recedes languidly and gradually;
    - Diagnosis: heteropathic or redundant dampness (*shi*);
13. Wiry pulse (*xian mai*). The pulse is sharp, narrow, prolonged, and taut like the strings of a lute;
    - Diagnosis: wind (*feng*) in the liver, or pain or blockage of phlegm (*tan*);
14. Fine pulse (*xi mai*). A thin and tenuous pulse, like a silk thread which can still be felt clearly and distinctly;
    - Diagnosis: vacuity (*xu*) of the *qi* and *jing*; also exhaustion as a result of dampness (*shi*);
15. Stirred pulse (*dong mai*). This pulse is slippery and at the same time accelerated and strong;
    - Diagnosis: pain, fear, or fright (*jing*), as well as a severely "upset stomach" (hence the occurrence of a stirred pulse when therapeutic measures and diet are incompatible).

History-Taking (*Qie Zhen*)

Aversion to cold and frequent goose bumps indicate cold (*han*) or wind–heat (*feng re*), i.e., external pathogen damage; generalized chills and a noticeable sensation of coldness, however, can represent a deficiency of *yang* energies.

Copious perspiration indicates that there is a depletion of energy at the exterior or that increased internal movement (heat, for example as a result of an infection) hinders proper control of fluids and perspiration. Perspiration occurring during sleep, however, indicates that the interior, the *yin*, has been attacked and has led to a weakening of the internal material resources.

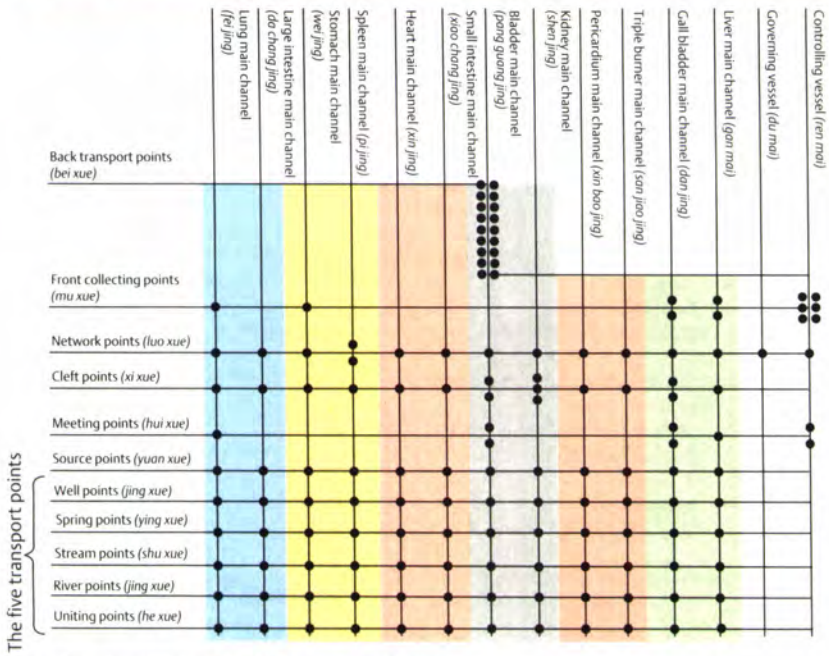
The important factor in the case of pain is, of course, where it occurs, which corresponds to the respective channel; yet the type of pain can also be of critical importance. Pain that is aggravated by pressure indicates a blockage of *qi* (repletion); pain improved by pressure indicates *qi* deficiency (vacuity). Localized, persistent pain, e.g., around joints, indicates a damp (*shi*) external pathogen, whereas rapidly changing, intermittent pain that moves around the body indicates wind (*feng*) damage.

Constipation is a reliable sign that the stomach *qi*, the active, descending energy of the stomach, has not been able to develop properly. Hence constipation is often accompanied by heat symptoms. On the other hand, diarrhea is a clear sign that the spleen *qi* (the active energy of the spleen) has been unable to develop upwards (the *qi* remains limp, sluggish, and exhausted, unable to raise itself, and thus digestion cannot take place).

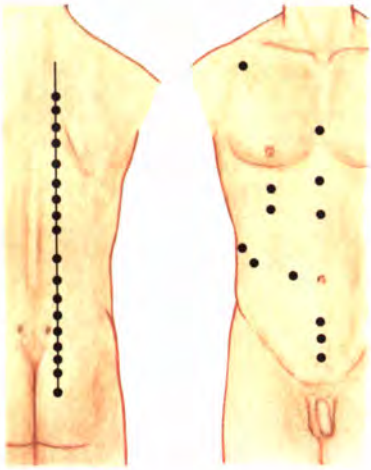
Increased excretion of clear urine is an indication of cold (*han*) damage (*han*), reduced amounts of dark urine indicates heat (*re*) damage.

Strong, persistent thirst is a sign of heat damage, whereas an absence of thirst indicates cold damage or excess dampness.

Insomnia is nearly always a sign of a disorder of the heart (*xin*). A great desire for sleep, accompanied by weakness and heavy limbs, is either an indication of a serious energy depletion or an excess of dampness.

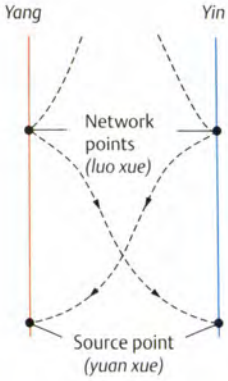


A Functional categories of the acupuncture points



B Back transport points *(bei xue)*

C Front collecting points *(mu xue)*



D Network points (points of linkage) *(luo xue)*

18 Basic Principles of Acupuncture: Part I

From the perspective of Chinese medicine, the acupuncture method of therapy is based on two premises:

1. There are specific locations on the surface of the body at which it is possible to have access to the individual's energy system. The locations are given the Chinese name of *shu xue*, whereby the element *shu* has the meaning of transporting, conducting, and inducing, and the element *xue* means opening, cavity, hole, access, or entry. The term xue can be best understood with the help of the Latin translation "foramen."
2. As the words "transporting" and "conducting" on the one hand, and "cavity," "access," and "entry" on the other hand suggest, these are the points of stimulation via which the medical practitioner can induce effects, from the outside, on the postulated energy-flow system (see p. 19).

The 361 classical acupuncture points (*shu xue*) are characterized according to a particular description pattern or paradigm:

1. Each point has a highly descriptive name;
2. Each point is defined by its anatomical-topographic position;
3. Each point is located on a specific main channel;
4. Each point, as a result of thousands of years of experience, has its effects defined concisely using Chinese medical terminology;
5. Each point has a clinical description that includes a list of indications;
6. Selected acupuncture points are subject to a special classification that assigns them to a functional category (A) and these points are of particular clinical importance.

Back Transport Points (*Bei Shu*) (B)

Each *zang fu* and each of the six additional functional complexes is assigned one pair of back transport points (*bei shu*). These acupuncture points are all located on the main bladder channel, which is classified as the greater *yang* (*tai yang*; see p. 45). The designated transport (*shu*) points describe an immediate dynamic influence, thus indicating their use in the treatment of acute disorders. On the one hand, these points provide good access to relieve energy congestion (repletion) and, on the other hand, they enable a deficiency of active energy (vacuity) to be remedied, for example, by means of additional moxibustion therapy.

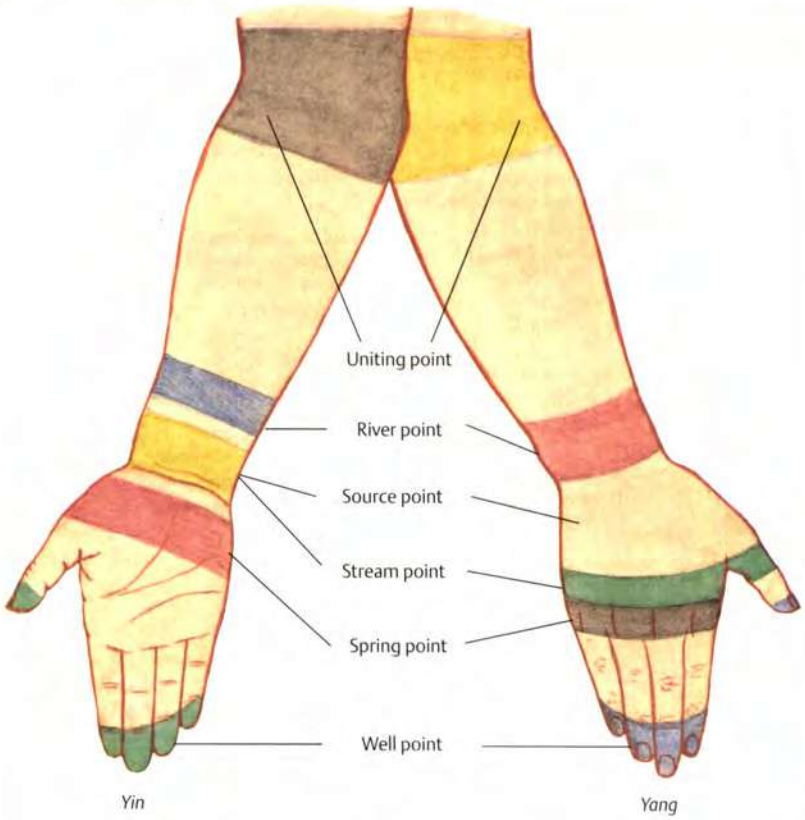
Front Collecting Points (Alarm Points, *Mu Xue*) (C)

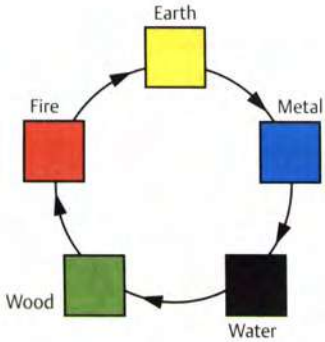
The Chinese term *mu* means approximately "calling together, assembling, accumulating energy processes at this point." Since all these points are located on the surface of the abdomen (*yin* side of the body), they represent primarily the energy situation in the "depths" of the body (interior). These acupuncture points are of considerable significance diagnostically (diagnosing pain resulting from energy accumulation and congestion) as well as therapeutically. They are counterparts to the back transport points. Every *zang fu* is assigned one corresponding abdominal collecting or *mu* point.

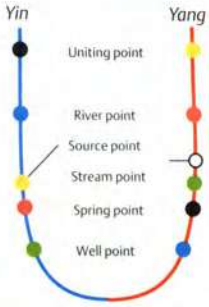
Network Points (*Luo Xue*) (D)

The Chinese term *luo* means "linking, tying together" or the woven net and linkages resulting from such a knotting. One possible translation is "nexus" or "connection." Every *yin* organ and every *yang* organ is associated with a corresponding *yin* or a *yang* channel. In the same way that an inner organ is complementary to an outer organ (see p. 17), so the respective *yin* and *yang* channels make up a functional pair (see p. 19). These channel pairs are linked up by means of the reticular or *luo* channels (*luo mai*). The point of origin of each of these *luo* channels, where they emanate from each main channel, is a network point (*luo xue*). The *luo* channels do not just extend as far as the linked channel but continue independently right into the interior. As a rule the *luo* points are located just distal to the knee or elbow.

The *luo* points have a particular clinical significance, since both the *yin* and *yang* channels can be influenced at these points. The energy flow here can be very vigorously mobilized, for example in the event of stasis and congestion of *xue*.







Areas of the five transport points *(wu shu xue)* on the upper extremities

Basic Principles of Acupuncture: Part II

Cleft Points (*Xi Xue*)

On every channel there is a cleft point (*xi xue*). These points can be used to treat energetic blockages anywhere along the channel. Pain is a typical clinical example of such congestion and reduced energy flow. These cleft points are used to mobilize the circulation of energy in the respective channels. This is why the cleft points are particularly suitable in therapy when there are pain symptoms along the paths of the channels.

With the exception of the cleft point of the stomach, ST-34 (*liang qiu*, Beam Hill), all the cleft points are located distal to the major joints of the knee and elbow. Of the eight extraordinary vessels, the *yin* and *yang* linking vessels and the *yin* and *yang* springing vessels each have a cleft point.

Meeting Points (*Hui Xue*)

The most important energy forms and certain tissue such as muscle, tendon, or bone all have particular stimulation points, namely the meeting points (*hui xue*), to which they correspond. From these "meeting locations" the energy supply can be mobilized in a special way corresponding to the tissue in question.

Source Points (*Yuan Xue*)

The source *qi* (*yuan qi*) represents a part of the prenatal reserve of energy (*xian tian zhi qi*), which can be made directly and immediately available. Since the specific energy of each organ is accessible at the source point (*yuan xue*), this acupuncture point is used very often clinically in order to achieve a particular effect on the corresponding organ. It is often the case that this stimulation point is the point of intersection of the complementary *luo* channel (*luo mai*).

The source point (*yuan xue*) is often included among the five transport points (*wu shu xue*). On the *yin* channel, it is identical with the third most peripheral acupuncture point, the stream point (*shu xue*, transport point); on the *yang* channel, it is usually located between the stream point and the river point (*jing xue*, channel point) and is also classified as one of the six classical acupuncture points.

The Five Transport Points (*Wu Shu Xue*)

All channels begin or end at the apex of the fingers or toes. Starting from these distal positions, there are five particular transport points on each channel which could be compared to the stages of flow of a river.

Well Point (*Jing Xue*)

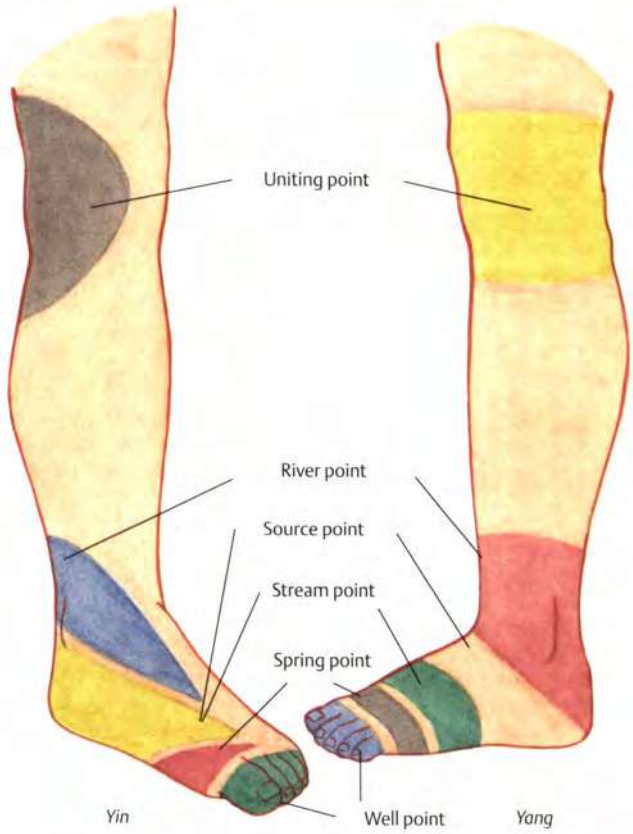
On the *yin* channel, this point corresponds to the wood phase; on the *yang* channel, to the metal phase.

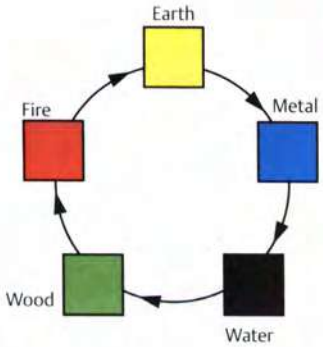
The most peripheral point of each channel is called the well point. As a rule this point is to be found near the border of the nails. Figuratively speaking, this is the point at which energy emanates like water from a well; the energy (*qi*) is accessible for the first time. The point also serves for draining, dispersion, and expulsion.

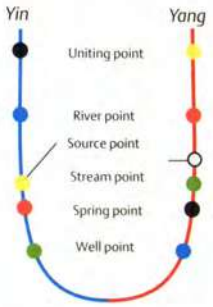
Spring Point (*Ying Xue*)

This point on the *yin* channel corresponds to the fire phase; on the *yang* channel, it corresponds to the water phase.

From the distal position, the spring point is always the second point on every channel, to be found at the base phalanx of a finger or a toe. As its name suggests, it is suitable for drainage, expulsion, or diffusion of *qi* energy to the outside. If there are pathological processes in the *yang* area, the spring point on the *yang* channel (water phase) is used to absorb, cool, and drain the excessive activity. Conversely, in the event of congestion in the *yin* area, hardening, stases, and lack of vital power, a beneficial effect can be achieved by action on the spring point on the *yin* channel (fire phase).







The zones of the five transport points *(wu shu xue)* on the lower extremities

Stream Point (*Shu Xue*)

On the *yin* channels, the stream point corresponds to the earth phase; on the *yang* channels, it corresponds to the wood phase. As a rule the stream point is the third most peripheral point on the channel and is located near the metatarsals and the metacarpals.

It is the aim of every therapeutic treatment, as indeed it is of all life-sustaining processes, to promote the exchange, movement, and creation of energy. This point is particularly useful in achieving this aim. On the *yin* channels, this point is identical with the source point (*yuan xue*; see p. 61).

River Point (*Jing Xue*)

Positioned on the *yin* channels, the river point corresponds to the metal phase; on the *yang* channels, it corresponds to the fire phase.

All the river points are located in the distal third of the lower arm or the lower leg. On the *yang* channels, they correspond to the fifth most peripheral acupuncture point; on the *yin* channels, to the fourth. The concept inherent in the name of the river point, i.e., of "passing through," refers to the orthopathic energy coming from the source at the well point, which is now a powerful stream and which flows through this point, thus enabling its energy to be manipulated. This is particularly true in the case of the *yang* channels (fire phase), whose energy can be considerably accelerated here in order to eliminate pathogenic cold (*han*). The *jing* point is also suitable, however, for the treatment of external pathogens. The pathogenic influences on the *yin* channels which have penetrated the system via the five *shu* points can be eliminated at this point. The metal phase with which it is associated also affords protection, shelter, and defense.

Uniting Points (*He Xue*)

The uniting points (sea points) located on the *yin* channels corresponds to the water phase; on the *yang* channels, it corresponds to the earth phase.

The uniting points are situated in the region of the larger joints, i.e., the knee and the elbow. In terms of the analogy of a waterway, they correspond to the mouth of the river, the transition to the open sea. At this point the energy process that originated at the well point and that has made its way along the path of the river finally pours into the "depths," into the interior (*li*), into the integrating sea.

Treatment using *he* points on the *yin* channels thus exerts a stabilizing influence on the interior (*li*); the classification as the water phase emphasizes the supporting effect this has for the *yin*. On the *yang* channels, the central importance of the sea points is to be seen in their correspondence with the earth phase. These points also again offer the opportunity to eliminate any pathogenic influence (heteropathy) that may have entered at the periphery before the energy flows down into the depths.

The Six Lower Uniting Points of the *Yang* Channels

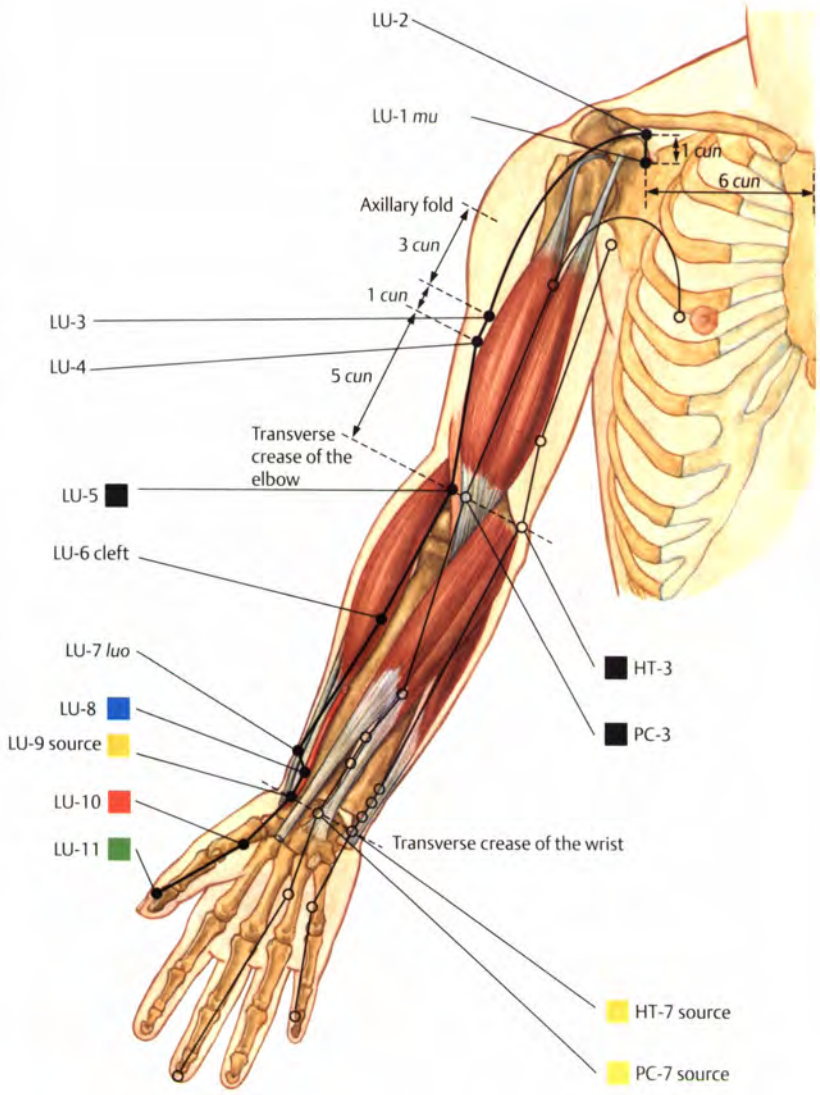
The three *yang* organs, stomach, bladder, and gall bladder, all have uniting points in the region of the knee. For reasons of clinical necessity, acupuncture points of a similar character to the uniting points have been assigned to the three remaining *yang* organs, whose channels project toward the upper limbs, namely the large intestine, small intestine, and triple burner.

Intersection Points (*Jiao Hui Xue*)

These are the points at which two or more channels meet and combine. The eight extraordinary vessels (see p. 49) are entirely made up of such intersection or *hui* points, since only the main channels have their own points of stimulation.

The intersection or *hui* points are comparable with crossroads that permit the stimulation of a number of channels at the same time. Attention must be drawn in particular to the eight intersection points by means of which the eight extraordinary vessels can be most directly influenced.

Point Atlas


LU-2
LU-1 *mu*
1 *cun*
6 *cun*
Axillary fold
3 *cun*
1 *cun*
LU-3
LU-4
5 *cun*
Transverse crease of the elbow
LU-5
LU-6 cleft
LU-7 *luo*
LU-8
LU-9 source
LU-10
LU-11
HT-3
PC-3
Transverse crease of the wrist
HT-7 source
PC-7 source

19 Acupuncture Points of the Lung Channel

The lung channel is the greater *yin* channel of the hand (*shou tai yin fei jing*).

LU-1 Central Treasury
中府 *zhōng fǔ*

Location
LU-1 is situated within the first intercostal space below the lateral end of the clavicle, 6 *cun* lateral to the midline of the body (1 *cun* [proportional inch] below the apex of the deltoid–pectoral triangle [*yun men*, LU-2]).

Categories
1. Front collecting point (alarm point, *mu xue*) of the lung
2. Meeting point (*hui xue*) of the main channels of the lung and spleen

Actions
LU-1 supports and regulates the lung and spleen *qi*, causes the lung *qi* to descend, stops coughing, transforms phlegm, drains dampness, cools heat, releases the exterior, and relieves pain.

Indications
Abdominal bloating, swelling of the limbs, nausea, retching, hiccups, shoulder pain, shortness of breath, asthma, a blocked-up nose, and bronchitis with copious sputum.

Needling Method
Oblique insertion, with the tip of the needle pointing upwards and to the outside, depth 0.3–1 *cun*; moxibustion allowed.

LU-2 Cloud Gate
云门 *yún mén*

Location
LU-2 is located above LU-1 but directly below the clavicle.

Actions
LU-2 supports the spleen and lung *qi*, transforms phlegm, cools heat, stimulates the descending of lung *qi*, and stops coughing.

Indications
A feeling of fullness in the chest, shortness of breath, asthma, a cough, and pain in the shoulder and upper arm.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular insertion; moxibustion is allowed.

LU-3 Celestial Storehouse
天府 *tiān fǔ*

Location
LU-3 is 3 *cun* below the front border of the axillary fold, at the radial side of the biceps muscle, 6 *cun* above LU-5; a palpable pulse marks the point.

Actions
LU-3 supports the *qi* mechanism, moves the blood, stimulates the descending of heart and liver *yang*, cools blood, disperses wind, and transforms phlegm and dampness.

Indications
Congested breathing, coughing with bloody sputum, nosebleeds, phlegm accumulation symptoms in the spleen that spread to the lung, tiredness, somnolence, forgetfulness, and depression.

Needling Method
Depth 0.4 *cun*, perpendicular insertion; moxibustion is contraindicated.

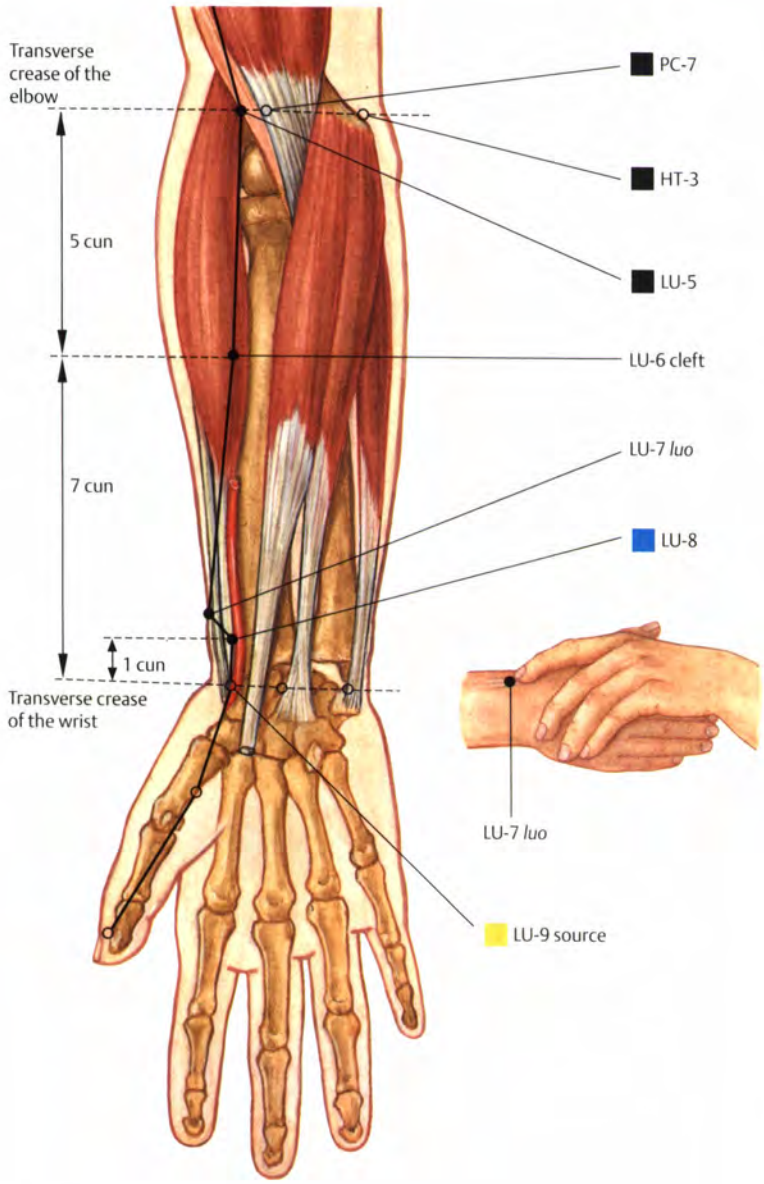
LU-4 Guarding White
侠白 *xiá bái*

Location
LU-4 is 1 *cun* below LU-3.

Actions
LU-4 drains damp from the middle burner and transforms phlegm.

Indications
Cough, asthma, shortness of breath, belching, hiccuping, and pain in the chest radiating to the arms.

Needling Method
Depth 0.3 *cun*, perpendicular insertion; moxibustion is allowed.


Transverse crease of the elbow
PC-7
HT-3
5 cun
LU-5
LU-6 cleft
LU-7 *luo*
7 cun
LU-8
1 cun
Transverse crease of the wrist
LU-7 *luo*
LU-9 source

LU-5 Cubit Marsh
尺泽 *chīzé*

Location
LU-5 is located at the center of the inner side of the elbow, at the inner border of the brachioradial muscle.

Category
The uniting point of the five transport points, corresponding to the water phase.

Actions
LU-5 stabilizes the lung and spleen *qi*, transforms and drains dampness, stimulates descending of the lung *qi* into the body, cools heat, supports the lung *qi*, and stabilizes the kidney *yin*.

Indications
Edema, abdominal distension, a feeling of abdominal fullness, panting, periodic fevers, cough, sneezing, rhinitis, copious sputum, bloody sputum, shortness of breath, dyspnea, weepiness, asthma, bronchitis, pain inside the shoulder (along the channel path), epicondylitis, and swelling on the inner side of the knee.

Needling Method
Depth 0.3–1 *cun*, perpendicular insertion; moxibustion is allowed.

LU-6 Collection Hole
孔最 *kǒng zuì*

Location
LU-6 is situated at the radial inner side of the lower arm, 7 *cun* proximally from the crease of the wrist. A depression is palpable. When the arm is supine, LU-6 is on a line between LU-5 and LU-9, 5 *cun* distal to LU-5.

Category
LU-6 is the cleft point (*xi xue*) of the channel.

Actions
LU-6 harmonizes and stimulates descent of lung *qi*, releases the exterior, cools heat, and controls bleeding (hemostasis).

Indications
Fever, coughing, bloody sputum, voice loss, swelling of the throat, bleeding, hemorrhoids, and elbow pain.

Needling Method
Depth 0.3–1.5 *cun*, perpendicular insertion; use of moxibustion is rare.

LU-7 Broken Sequence
列缺 *liè quē*

Location
LU-7 is situated on the styloid process of the radius between the tendon of the extensor pollicis and the edge of the radius.

Categories
1. Network (*luo*) point for the lung channel and the large intestine channel.
2. Meeting point of the main lung channel and the controlling vessel (*ren mai*).

Actions
LU-7 opens the lung, disperses wind, clears and regulates the energy flow in the controlling vessel, stimulates descent of the lung *qi*, circulates defensive energy (*wei qi*), thus releasing the exterior, distributes fluids, and transforms phlegm.

Indications
Breathing difficulties, asthma, phlegm, swelling of the face and limbs, hemiplegia, lateral headaches, toothache, pain in the neck and back of the head, edema, retention of urine, and shoulder pain.

Needling Method
Depth 0.2–1 *cun*, oblique insertion in the direction of the elbow for dispersion treatment, in the direction of the thumb for tonification treatment; moxibustion is allowed.

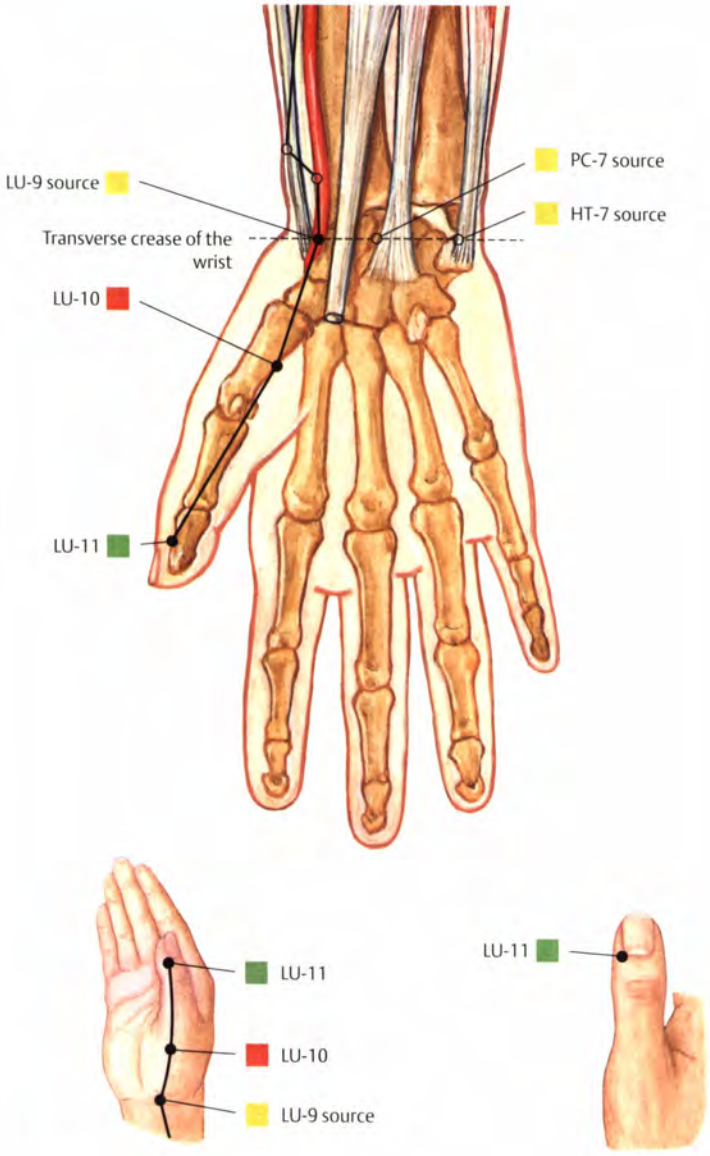
LU-8 Channel Ditch
经渠 *jīng qú*

Location
LU-8 is 1 *cun* proximal to the transverse crease of the wrist, on the inner side of the palpable artery at the level of the styloid process of the radius.

Category
River point corresponding to the metal phase.

Actions
LU-8 guides the lung *qi* (the lung is supported by the spleen), directs lung *qi* downwards, and releases the exterior.

Indications
Cold (*han*) invasion, cough, asthma, cramps in the chest and back, fever without sweating, and wrist pain.


LU-9 source
Transverse crease of the wrist
LU-10
LU-11
PC-7 source
HT-7 source
LU-11
LU-10
LU-9 source
LU-11

Needling Method
Perpendicular to slightly oblique insertion of the needle against the direction of the channel; depth 0.2–0.4 *cun*, usually drainage technique; moxibustion is contraindicated.

LU-9 Great Abyss
太渊 *tài yuān*

Location
LU-9 is in the depression at the radial end of the transverse crease of the wrist, on the radial side of the palpable pulse.

Categories
1. Stream point, corresponding to the earth phase;
2. Source point (*yuan*) of the lung channel (the acupuncture point where the source qi (*yuan qi*) can be accessed);
3. Meeting or *hui* point of all channels.

Actions
LU-9 tonifies the lung and the spleen *qi*, regulates the metabolism of fluids, moisturizes dryness, and transforms and drains phlegm, which in turn tonifies the lung *yin*, soothes a cough, and cools heat.

Indications
LU-9 is the main acupuncture point for illnesses of the lung functional system, coughing, breathing difficulties, breathing problems with or without copious phlegm, abdominal bloating, belching, disorders of micturition, nervousness, restlessness, cataracts, bloodshot eyes, and disorders of the wrist.

Needling Method
Perpendicular insertion, depth 0.2–0.5 *cun*, for supplementation channeling of the *qi*; moxibustion is allowed.

LU-10 Fish Border
鱼际 *yuú jì*

Location
On the radial side of the ball of the thumb, in the middle of the 1st metacarpal on the border between the "red and white" flesh ("red," the light-coloured skin of the palm; "white," the darker-coloured skin of the dorsum).

Category
Spring point, belonging to the fire phase.

Actions
LU-10 cools heat in the lungs, transforms and dispels phlegm and dampness, and benefits the throat.

Indications
Fever without sweating, shivering, an oppressive feeling of fullness in the chest, vertigo, insomnia, a dry throat, expectoration of phlegm or bloody sputum, yellow phlegm, voice loss, asthma, and thyroiditis.

Needling Method
Depth 0.5 *cun*, perpendicular insertion; as a rule, moxibustion is not used.

LU-11 Lesser *Shang*
少商 *shào shāng*

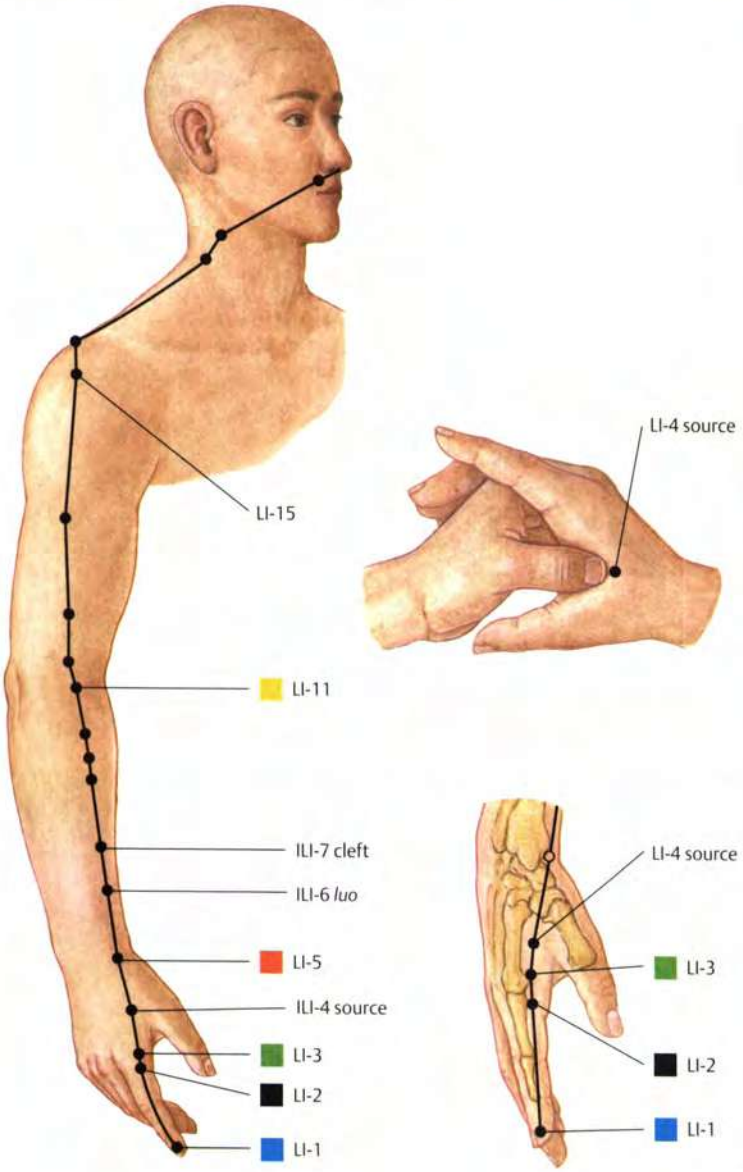
Location
Situated at the radial corner of the thumbnail (at the intersection of lines along the radial side of the nail and the base of the nail).

Category
Well point, belonging to the wood phase.

Actions
LU-11 clears heat, cools, benefits the throat, and clears external and internal wind; revives after fainting (as do well points on other channels).

Indications
Fainting, sore throat, tonsillitis, throat infections with fever, abdominal bloating, sticky white phlegm, fever, cough, dry lips, strong thirst, thyroiditis, parotitis, and stroke.

Needling Method
Use a drainage needling technique or bleed in order to treat severe heat symptoms; as a rule, moxibustion is contraindicated.


LI-15
LI-4 source
LI-11
ILI-7 cleft
ILI-6 *luo*
LI-5
ILI-4 source
LI-3
LI-2
LI-1
LI-4 source
LI-3
LI-2
LI-1

20 Acupuncture Points of the Large Intestine Channel

The large intestine channel is the *yang* brightness channel of the hand (*shou yang ming da chang jing*).

LI-1 Shang Yang
商阳 *shāng yáng*

Location
LI-1 is at the radial border of the base of the nail of the index finger.

Category
Well point (*jing xue*), corresponding to the metal phase.

Actions
LI-1 releases the exterior, opens the orifices, and tonifies the lung *yin*.

Indications
Difficult breathing, an oppressive feeling of fullness of the chest, fever without sweating, toothache, parotitis, numbness of the fingers, collapse, and epilepsy.

Needling Method
Generally a depth of 0.1–0.2 *cun*, using a drainage technique, sometimes bleeding; moxibustion is allowed.

LI-2 Second Space
二间 *èr jiān*

Location
LI-2 is in a depression on the radial side of the index finger, distal to the 2nd metacarpophalangeal joint, on the border between the red and white flesh.

Category
Spring point (*ying xue*), corresponding to the water phase.

Actions
LI-2 drains dampness from the middle burner, resolves stagnation due to dampness, and clears heat.

Indications
A feeling of tightness or swelling of the throat, toothache, paralysis of the facial muscles, and parotitis.

Needling Method
Depth 0.3 *cun*, perpendicular insertion; usually a drainage technique; moxibustion is allowed.

LI-3 Third Space
三间 *sān jiān*

Location
LI-3 is on the radial side of the index finger, proximal to the head of the 2nd metacarpal bone.

Category
Stream point (*shu xue*) of the five transport points, corresponding to the wood phase.

Actions
LI-3 transforms dampness, and expels heat from the middle and lower burners.

Indications
Painful obstruction in the throat, toothache, an oppressive feeling of pressure on the chest, nose disorders, paralysis of the facial muscles, and fever.

Needling Method
Depth 0.4 *cun*, perpendicular insertion; generally for drainage; moxibustion is allowed.

LI-4 Union Valley
合谷 *hé gǔ*

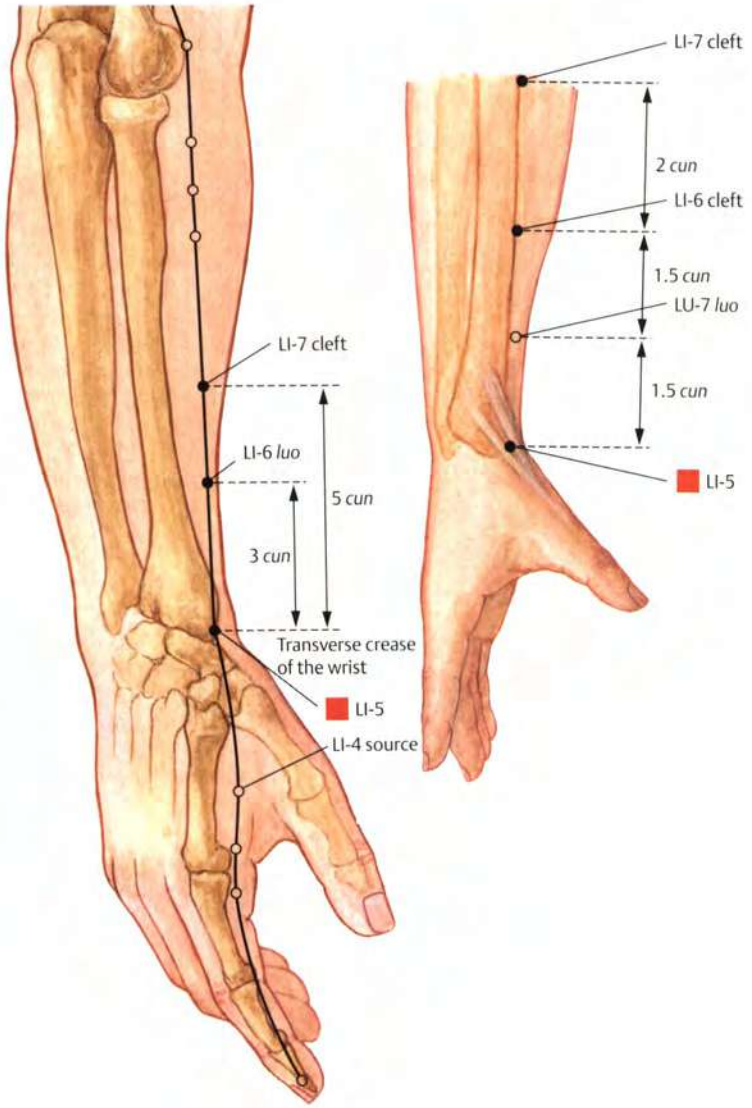
Location
LI-4 is in a depression on the radial side of the hand, approximately at the midpoint of the 2nd metacarpal bone.

Category
Source point (*yuan xue*; the point of access to the source *qi*).

Actions
LI-4 expels wind, releases the exterior, alleviates pain, activates the channel, strengthens and circulates lung *qi*, and regulates the defensive (*wei*) *qi*.

Indications
Diseases caused by external wind and cold with high temperature, shivering, headaches, stiff neck, cough, facial pain, atrophy, and hemiplegia. In the event of toothache, needle together with ST-44 (*nei ting*, Inner Court).

Internal wind damage: hemiplegia, vertigo, hypertension (together with LR-3 *tai chong*, Supreme Surge), a runny nose, nasal congestion (with LI-20, *ying xiang*, Welcome Fragrance)


LI-7 cleft
LI-6 luo
5 cun
3 cun
Transverse crease of the wrist
LI-5
LI-4 source
LI-7 cleft
2 cun
LI-6 cleft
1.5 cun
LU-7 luo
1.5 cun
LI-5

symptoms of influenza (with LU-7, *lie que*, Broken Sequence, and TB-5, *wai guan*, Outer Pass), headache (with GB-20 *feng chi*, Wind Pool). Disperse in the absence of perspiration, tonify if there is copious perspiration.

Needling Method
Depth 0.3–1 *cun*, perpendicular insertion; moxibustion is allowed.

LI-5 Yang Ravine
阳溪 *yáng xī*

Location
LI-5 is located on the back of the hand, distal to the transverse crease of the wrist, in the hollow created by the two tendons of the thumb when it is adducted, in the so-called anatomical snuff-box.

Category
River point (*jing xue*), corresponding to the fire phase.

Actions
Extinguishes liver wind, clears heat from the heart, calms the spirit, and clears fire.

Indications
Wrist pain, fever and restlessness, hallucinations, a feeling of fullness and tightness in the chest, bloodshot eyes, painful obstruction in the throat, and mumps.

Needling Method
Depth 0.3–1 *cun*, perpendicular insertion; moxibustion is allowed.

LI-6 Veering Passageway
偏历 *piān lì*

Location
LI-6 is3 *cun* proximal to LI-5 *yang xi*, line with LI-11 *qu chi*.

Category
Luo point of the large intestine channel and its complementary channel (lung channel).

Actions
LI-6 opens the orifices, controls descent of the lung *qi* into the body, opens and regulates the water passages, and moves and at the same time restrains the *xue*.

Indications
Paralyses (contralateral), cough with bloody sputum, nosebleed, painful obstruction in the throat, hemiplegia, epicondylitis, tinnitus, and bloodshot eyes.

Needling Method
LI-6 is found by interlocking both thumbs; the point lies on the dorsal side of the radius of the arm, beneath the tip of the middle finger of the other hand.

Oblique needling in the direction of the large intestine channel to treat this channel; oblique needling in the direction of the lung channel, has an effect on the *xue* and the lung channel; 0.3–0.5 *cun* perpendicular insertion; moxibustion is allowed.

LI-7 Warm Dwelling
温溜 *wēn liū*

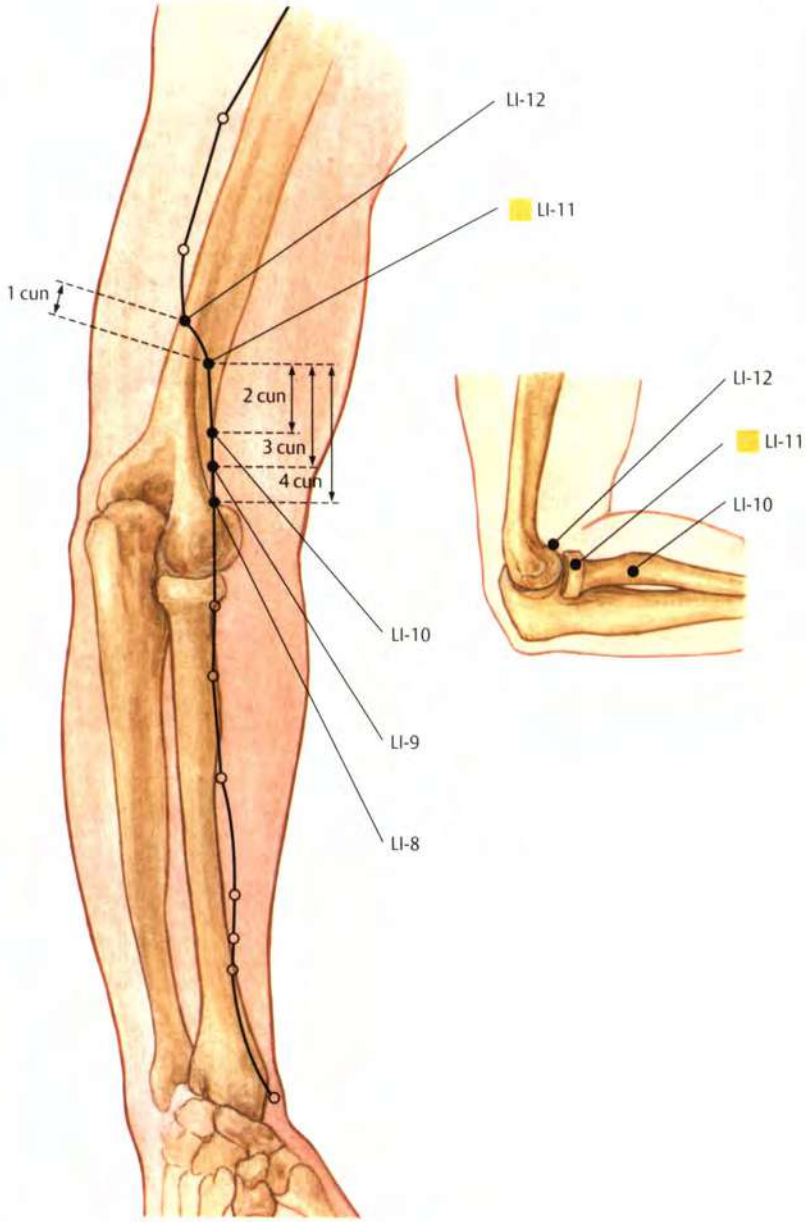
Location
LI-7 is 5 *cun* proximal to the foramen LI-5 *yang xi* (from the transverse crease of the wrist).

Category
Cleft point (*xi xue*) of the large intestine channel.

Actions
LI-7 resolves cold phlegm in the upper and middle burners, alleviates pain, expels wind, and clears heat.

Indications
A painful obstruction in the throat, arm pain, a feeling of fullness in the chest, abdominal pain, headaches, shoulder pain, deafness, and paresthesias.

Needling Method
Oblique insertion in the direction of the channel, depth 0.3–0.5 *cun*; moxibustion is allowed.,


LI-12
LI-11
1 cun
2 cun
3 cun
4 cun
LI-10
LI-9
LI-8
LI-12
LI-11
LI-10

LI-8 Lower Ridge
下廉 *xià lián*

Location
LI-8 is 4 *cun* distal to LI-11 *qu chi*.

Actions
LI-8 expels wind, drains dampness, transforms phlegm, and alleviates pain.

Indications
Rheumatic pain, lower abdominal pain, patient tires easily, hemiplegia, vertigo, dizziness, headaches, and arm pain.

Needling Method
Depth 0.5–1.3 *cun*, in the direction of the channel; moxibustion is allowed.

LI-9 Upper Ridge
上廉 *shàng lián*

Location
LI-9 is 3 *cun* distal to LI-11 *qu chi*.

Actions
LI-9 expels wind–damp and clears heat.

Indications
Hemiplegia, pareses, breathing difficulties, chest pain, headaches, and shoulder pain.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

LI-10 Arm Three Li
手三里 *shǒu sān lǐ*

Location
LI-10 is 2 *cun* distal to LI-11 *qu chi*.

Actions
LI-10 expels wind and drains dampness.

Indications
Diarrhea, cholera (sudden turmoil), parotitis, hemiplegia, facial palsy, epicondylitis, arm and shoulder pain, and hypertension.

Needling Method
Depth 0.2–2 *cun*, perpendicular; moxibustion is allowed.

LI-11 Pool at the Bend
曲池 *qū chí*

Location
With the arm flexed at the elbow, LU-11 can be found in a depression midway between the lateral epicondyle of the humerus and the transverse crease of the elbow.

Category
The uniting point (*he xue*), corresponding to the earth phase.

Actions
LU-11 expels wind, relieves the surface, clears heat, drains dampness, and regulates and cools the *xue*.

Indications
Fevers, skin disorders with signs of heat (inflammation), signs of dampness (exanthem and ulcerations), involvement of the *xue* (ulcerations, inflammation), itching, painful obstruction in the throat, voice loss, hemiplegia, pareses (contralateral), arm pain, epicondylitis, parotitis, shoulder problems, appendicitis, intestinal complaints, hypertension, epileptiform seizures, and menstruation disorders.

Needling Method
Depth 0.7–2 *cun*, perpendicular; moxibustion is allowed.

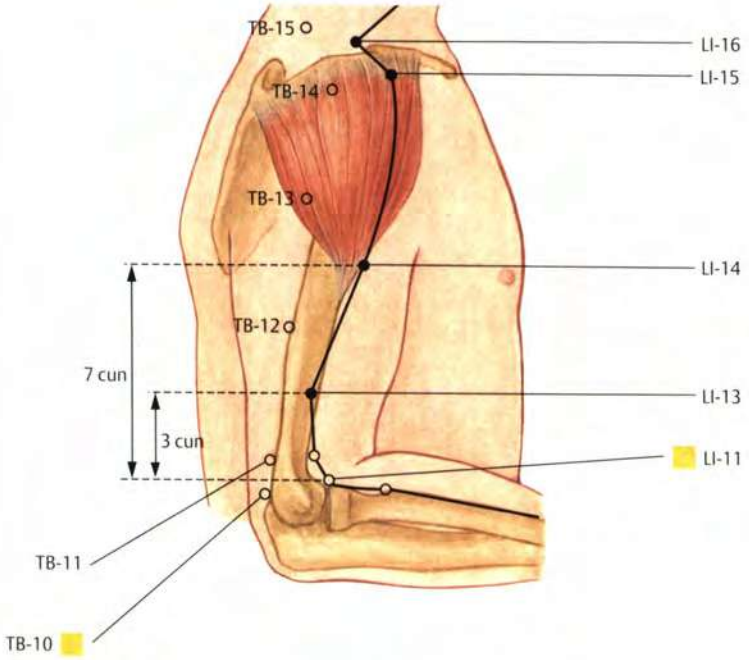
LI-12 Elbow Bone-Hole
肘髎 *zhǒu liáo*

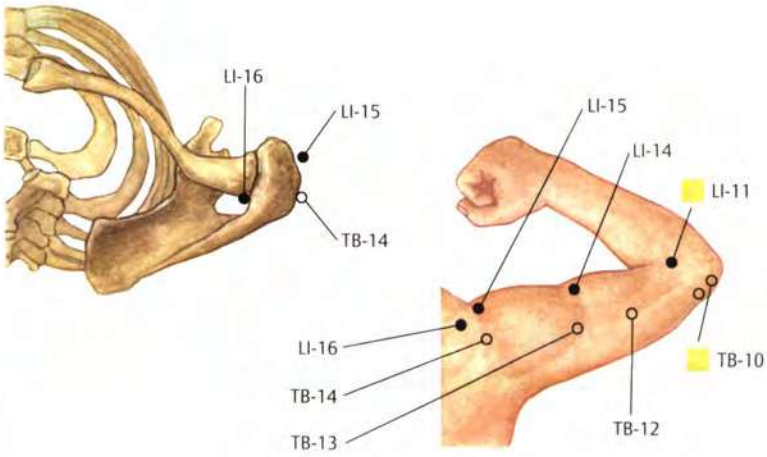
Location
LI-12 is 1 *cun* above LI-11 *qu chi*, on the upper edge of the humerus.

Actions
LI-12 expels wind–damp.

Indications
Loss of strength, spasms, and numbness and weakness of the arm and elbow.

Needling Method
Oblique insertion in the direction of the channel, depth 0.3–0.5 *cun*; moxibustion is allowed.


TB-15
LI-16
LI-15
TB-14
TB-13
LI-14
TB-12
7 cun
LI-13
3 cun
LI-11
TB-11
TB-10


LI-16
LI-15
TB-14
LI-15
LI-14
LI-11
LI-16
TB-14
TB-13
TB-12
TB-10

LI-13 (Arm) Five Li

手五里 *shǒu wǔ lǐ*

Location
LI-13 is 3 *cun* proximal to LI-11, in the direction of LI-15 *jian yu*.

Actions
LI-13 transforms dampness, harmonizes the spleen, regulates the *xue* and the descent of liver *yang*.

Indications
Pain in the arm and the elbow, fearfulness, anxiety; focal distention, a feeling of fullness and distention below the heart.

Needling Method
Needling is contraindicated; moxibustion is allowed.

LI-14 Upper Arm

臂臑 *bì nào*

Location
LI-14 is near the tip of the deltoid muscle, 7 *cun* proximal to LI-11 *qu chi*.

Category
Meeting point (*hui xue*) of the large intestine with the *yang* linking vessel (*yang wei mai*).

Actions
LI-14 activates the channel and benefits the eyes.

Indications
Upper arm pain, pain at the back of the neck, myopia, and shoulder pain.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

LI-15 Shoulder Bone

肩髃 *jiān yú*

Location
LI-15 is located below the acromion of the clavicle, at the shoulder. When the arm is abducted, the point can be found in a palpable depression just in front of the shoulder.

Category
Meeting point (*hui xue*) of the large intestine channel with the *yang* springing vessel (*yang qiao mai*).

Actions
LI-15 expels wind.

Indications
Shoulder pain, paralysis, stiffness, and tightness in the neck.

Needling Method
Oblique insertion, depth 0.5–1.5 *cun*; moxibustion is allowed.

LI-16 Great Bone

巨骨 *jù gǔ*

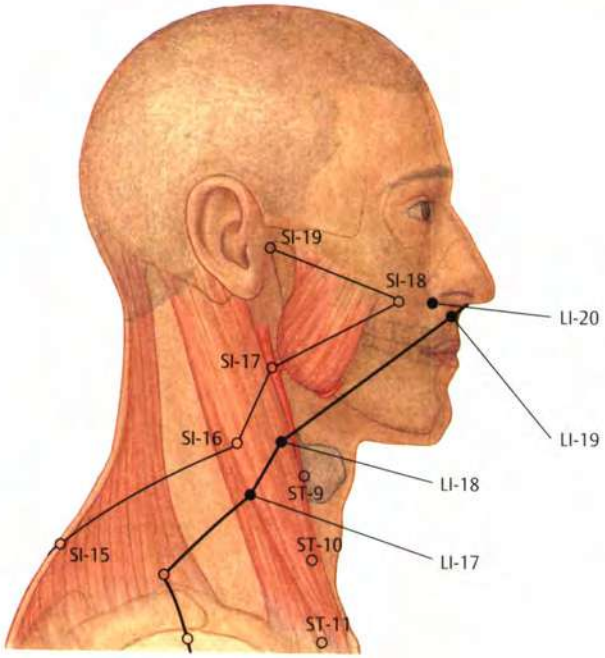
Location
LI-16 is in a depression between the lateral end of the clavicle, scapula, and acromion.

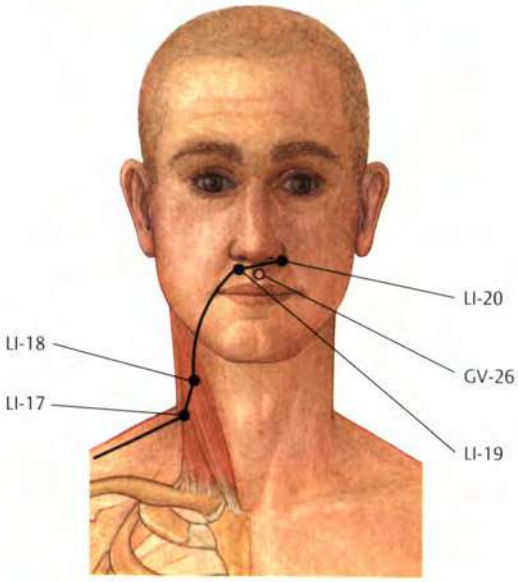
Category
Meeting point (*hui xue*) of the large intestine channel with the *yang* springing vessel (*yang qiao mai*).

Actions
LI-16 disperses stagnation, clears the *luo* channels, and stimulates descent of liver *yang*.

Indications
Shoulder pain, epileptic seizures, *xue* stasis, and congestion of the chest.

Needling Method
With the patient in a sitting position, insert the needle obliquely, upwards and backwards; depth 0.8–1.5 *cun*; moxibustion is allowed.


SI-19
SI-18
LI-20
SI-17
LI-19
SI-16
LI-18
ST-9
SI-15
ST-10
LI-17
ST-11


LI-20
LI-18
GV-26
LI-17
LI-19

LI-17 Celestial Tripod
天鼎 *tiān dǐng*

Location
LI-17 is approximately 1 *cun* obliquely below LI-18 *fu tu*, at the posterior edge of the sternocleidomastoid muscle.

Actions
LI-17 benefits the throat.

Indications
Hoarseness, loss of voice, hiccups, painful obstruction of the throat.

Needling Method
Oblique insertion, depth 0.3–0.8 *cun*; moxibustion is allowed.

LI-18 Protuberance Assistant
扶突 *fú tú*

Location
LI-18 is 1 *cun* vertically below the angle of the mandible and 3 *cun* lateral to the prominence of the larynx, at the anterior edge of the sternocleidomastoid muscle.

Actions
LI-18 tonifies the *qi* of the lung and kidney.

Indications
Hoarseness, loss of voice, and cough with copious phlegm.

Needling Method
Oblique insertion 0.3–0.8 *cun*; moxibustion is allowed.

LI-19 Grain Bone-Hole
禾髎 *hé liáo*

Location
LI-19 is below the nostril, 0.5 *cun* from GV-26 *shui gou* on the midline of the body.

Actions
LI-19 opens the channels and expels wind.

Indications
Rhinitis, deviation of the mouth following a stroke, and nosebleeds.

Needling Method
Oblique insertion, directed medially; depth 0.3–0.5 *cun*; moxibustion is contraindicated.

LI-20 Welcome Fragrance
迎香 *yíng xiāng*

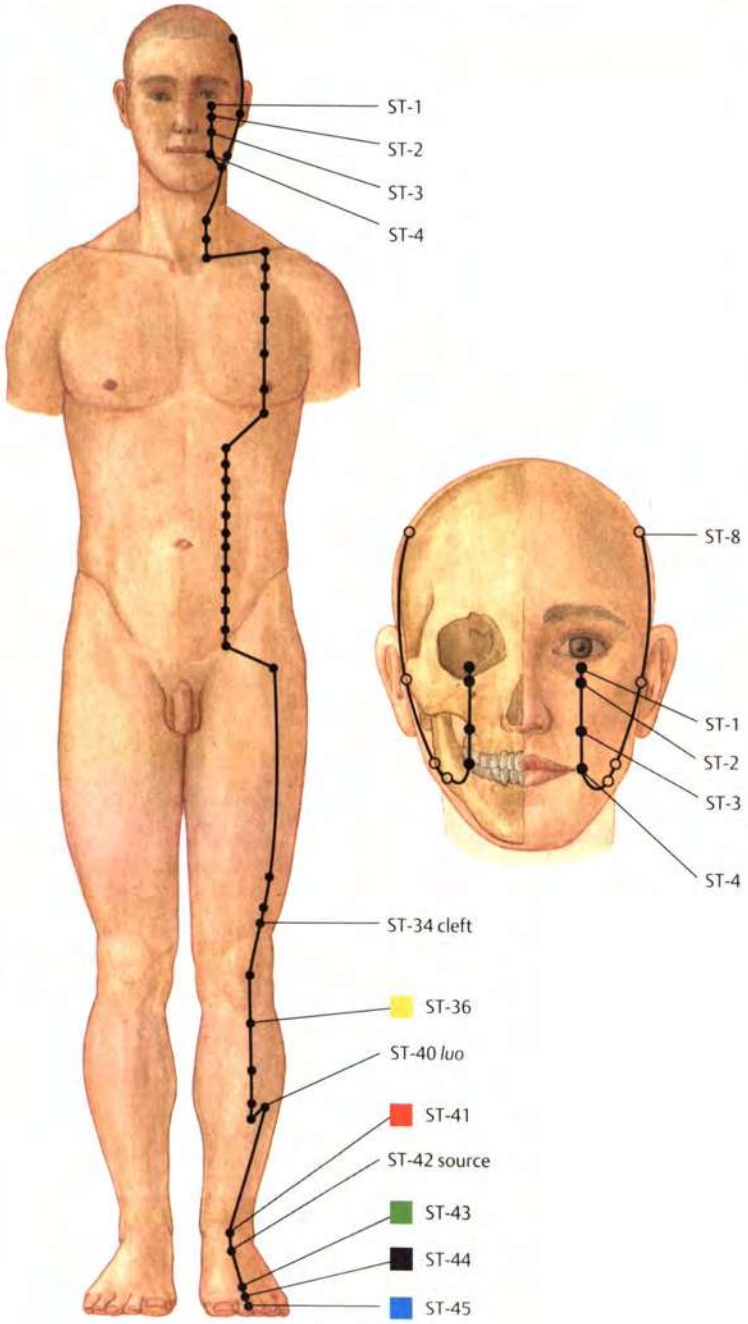
Location
LI-20 is in a depression at the lower border of the nostril.

Category
Meeting point (*hui xue*) of the large intestine and stomach channels.

Actions
LI-20 opens the nasal passages and expels wind-heat.

Indications
Nasal congestion, loss of sense of smell, nasal polyps, nosebleeds, and facial palsy.

Needling Method
Depth 0.3 *cun*, perpendicular; moxibustion is contraindicated.


ST-1
ST-2
ST-3
ST-4
ST-8
ST-1
ST-2
ST-3
ST-4
ST-34 cleft
ST-36
ST-40 *luo*
ST-41
ST-42 source
ST-43
ST-44
ST-45

21 Acupuncture Points of the Stomach Channel

The stomach channel (*wei jing*) is the *yang* brightness channel of the foot (*zu yang ming wei jing*)

ST-1 Tear Container

承泣 *chéng qì*

Location

With the patient looking straight ahead, ST-1 is approximately 0.7 *cun* vertically below the pupil, just above the edge of the zygomatic bone (lower rim of the orbit).

Category

Meeting point (*hui xue*) of the stomach channel with the *yang* springing vessel (*yang qiao mai*) and the controlling vessel (*ren mai*).

Actions

Expels wind, expels wind–heat, and benefits the eyes.

Indications

Lacrimation, all kinds of visual disturbances, diseases of the eye such as conjunctivitis, short- and long-sightedness, color blindness, night blindness, inflammation and atrophy of the optic nerve, cataracts, unilateral facial palsy, twitching of the facial muscles, and tinnitus.

Needling Method

Careful perpendicular insertion using very thin needles to a depth of 1–1.5 *cun*; indirect moxibustion is allowed.

ST-2 Four Whites

四白 *sì bái*

Location

ST-2 is 1 *cun* vertically below the pupil, when the patient is looking straight ahead, directly on the rim of the zygomatic bone.

Actions

ST-2 eliminates wind, benefits the eyes, and tonifies and regulates liver *qi*.

Indications

Facial palsies, trigeminal neuralgia, conjunctivitis, myopia, painful red eyes, headaches, vertigo, and itchy eyes.

Needling Method

Careful perpendicular insertion, depth 0.3–0.8 *cun*, because a nerve emerges at the infraorbital foramen.

ST-3 Great Bone Hole

巨髎 *jù liáo*

Location

ST-3 is 0.7 *cun* lateral to the nostril, at the level of the lower border of the nostril.

Category

Meeting point (*hui xue*) of the stomach channel with the *yang* springing vessel (*yang qiao mai*).

Actions

ST-3 expels wind, tonifies liver *xue*, moves *xue*, expels wind–heat, and clears congested heat.

Indications

Facial palsies, swelling of the face, visual disturbances of all kinds, e. g., night blindness, myopia, glaucoma, nosebleeds, toothache, and rhinitis.

Needling Method

Depth 0.5–0.8 *cun*, perpendicular; moxibustion is allowed.

ST-4 arth Granary

地仓 *dì cāng*

Location

ST-4 is 0.4 *cun* lateral to the corner of the mouth.

Category

Meeting point (*hui xue*) of the stomach and large intestine channels with the *yang* springing vessel (*yang qiao mai*) and controlling vessel (*ren mai*).

Actions

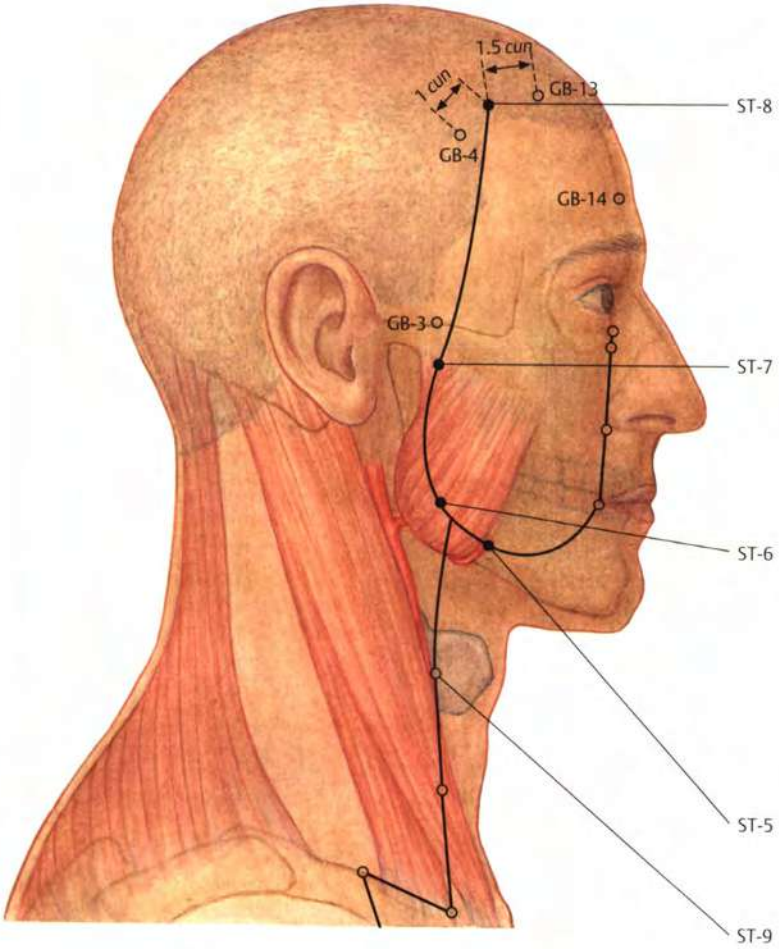
Subdues interior wind and treats paralysis.

Indications

Facial palsy, spasms of the eye, eye pain, myopia, night blindness, voice loss, and trigeminal neuralgia; in children, intestinal infections and parasites.

Needling Method

Transverse insertion in the direction of ST-6, depth 1.5–2.5 *cun*.


1.5 cun
1 cun
GB-13
ST-8
GB-4
GB-14
GB-3
ST-7
ST-6
ST-5
ST-9

ST-5 Great Reception
大迎 *dà yíng*

Location
ST-5 is in front of the angle of the jaw along the front edge of the masseter muscle, above the lower margin of the mandible; a pulse can be felt in the depression.

Actions
ST-5 eliminates wind, activates the channel, and raises defensive (*wei*) *qi*.

Indications
Hemiplegia, deviation of the mouth, swelling of the face and neck, and toothache.

Needling Method
Oblique insertion, depth 0.3–0.5 *cun*; moxibustion is allowed.

ST-6 Cheek Carriage
颊车 *jiá chē*

Location
ST-6 is above and just in front of the angle of the jaw.

Actions
ST-6 eliminates wind, activates the channel, and cures lockjaw.

Indications
Facial palsy, lockjaw, voice loss, toothache following dental extractions, neck stiffness, parotitis, and trigeminal neuralgia.

Needling Method
Oblique insertion in the direction of ST-4; depth 0.3–0.5 *cun*.

ST-7 Below the Joint
下关 *xià guān*

Location
ST-7 is in a depression at the lower border of the zygomatic bone, in front of the condyle of the mandible, at the posterior border of the masseter muscle.

Category
Meeting point (*hui xue*) of the stomach and the gall bladder channels.

Actions
ST-7 strengthens the spleen, lung, and kidney, drains damp–heat, and activates the channel.

Indications
Dislocation of the jaw, purulent discharge from the ear, swelling of the gums, toothache, earache, deafness, tinnitus, facial palsy, spasms of the masseter muscle, and trigeminal neuralgia.

Needling Method
Oblique insertion in the direction of ST-4 or perpendicular.

ST-8 Head Corner
头维 *tóu wéi*

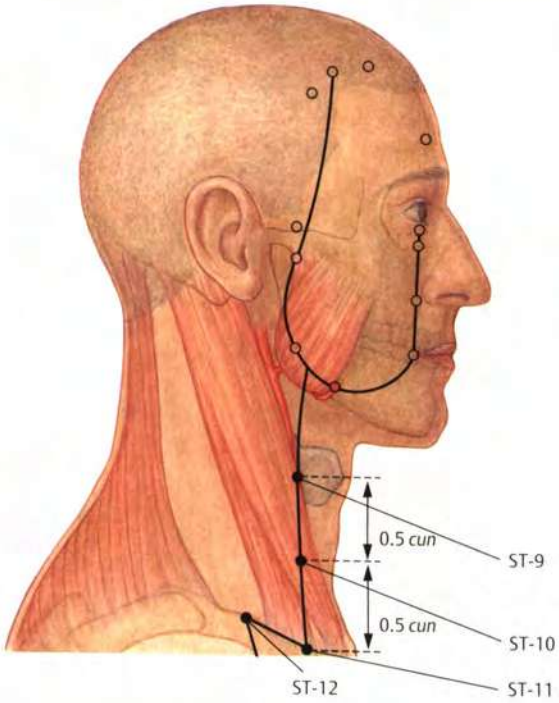
Location
ST-8 is at the posterior corner of the temple, 0.5 *cun* within the border of the hair, 1.5 *cun* lateral to the acupuncture point GB-13 *ben shen*, 1 *cun* vertically above GB-4 *han yan*.

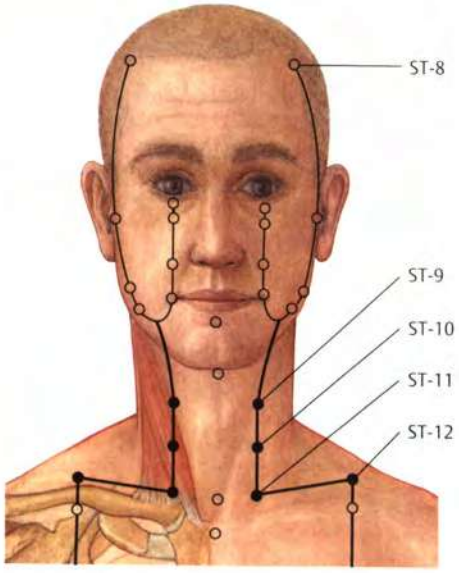
Category
Meeting point (*hui xue*) of the gall bladder and stomach channels, as well as with the *yang* linking vessel (*yang wei mai*).

Actions
ST-8 eliminates wind, and tonifies and harmonizes the liver and gall bladder.

Indications
Splitting headaches; intense pain in the eyes, as if they were being pushed out of their sockets; piercing pain in the eyes, spasms of the eyeball, lacrimation, salivation, belching, and hemiplegia.

Needling Method
Transverse insertion, depth 0.8–1.5 *cun*, from the front toward the rear.


0.5 cun
ST-9
0.5 cun
ST-10
ST-12
ST-11


ST-8
ST-9
ST-10
ST-11
ST-12

ST-9 Man's Prognosis
人迎 *rén yíng*

Location
ST-9 is at the level of the laryngeal prominence, at the front border of the sternocleidomastoid muscle, behind the carotid artery.

Category
Meeting point (*hui xue*) of the stomach and gall bladder channels.

Actions
ST-9 regulates the *qi* and *xue*, and benefits the throat.

Indications
Hoarseness, asthma, a dry throat, a feeling of tightness in the throat, goiter, lymphadenitis, difficulty in swallowing, hypertension, hallucinations, and great irritability.

Needling Method
Depth 0.4–1 *cun*, perpendicular or oblique.

ST-10 Water Prominence
水突 *shuǐ tū*

Location
ST-10 is midway between ST-9 and ST-11; at the level of the lower lateral border of the laryngeal cartilage, corresponding to the median origin of the sternocleidomastoid muscle.

Actions
ST-10 drains dampness and phlegm.

Indications
A throat that feels rough, a cough, shortness of breath, hiccups, internal and external swelling of the throat, and asthma.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.

ST-11 *Qi* Abode
气舍 *qì shè*

Location
ST-11 is vertically below ST-9 at the upper edge of the clavicle, between the two heads of the sternocleidomastoid muscle.

Actions
ST-11 stimulates descent of the *qi*, eliminates wind, and expels cold.

Indications
Hoarseness, coughing, breathing difficulties, tightness in the neck, a rough feeling in the throat, hiccups, a stifling feeling, swelling in the throat, and goiter.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.

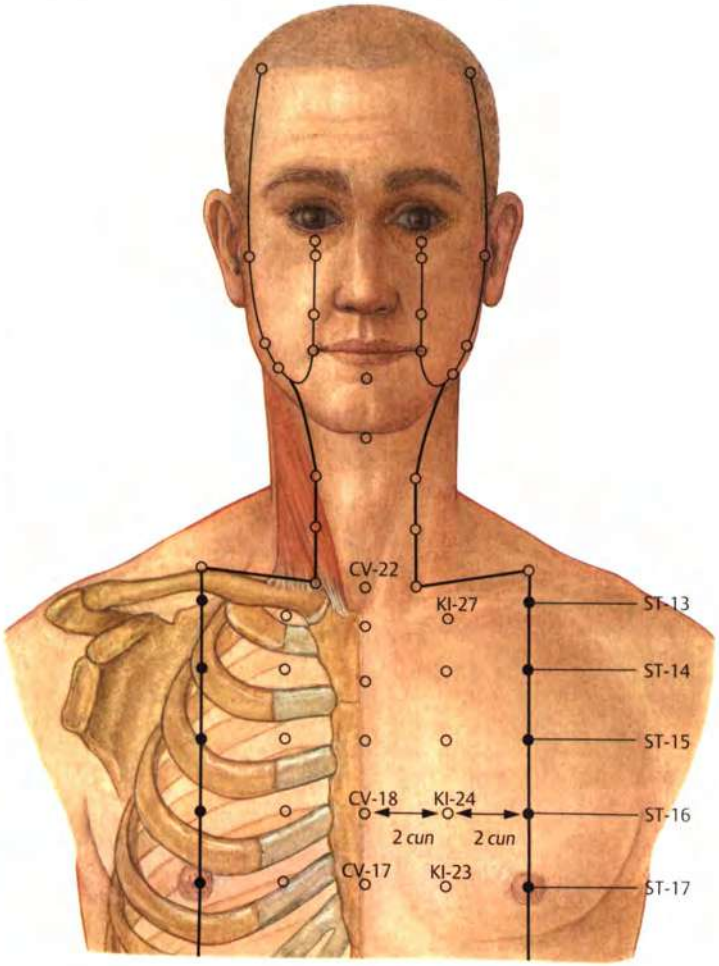
ST-12 Empty Basin
缺盆 *quē pén*

Location
ST-12 lies above the clavicle, on a vertical line above the nipple, 4 *cun* from the midline.

Actions
ST-12 expels wind–damp and wind–heat from the upper and middle burner.

Indications
Difficulty in breathing, asthma, hiccups, a painful obstruction in the throat, coughing, swelling of the face, swelling of the throat, goiter, spasms and pareses of the arm, and neck stiffness.

Needling Method
Depth 0.3–1 *cun*, perpendicular or oblique; moxibustion is allowed.


CV-22
KI-27
ST-13
ST-14
ST-15
CV-18
KI-24
ST-16
2 cun
2 cun
CV-17
KI-23
ST-17

ST-13 *Qi* Door
气户 *qì hù*

Location
ST-13 is at the lower border of the clavicle, vertically below ST-12.

Actions
ST-13 eliminates wind–damp and wind–cold, lowers rebellious *qi*.

Indications
Hiccups, an intensely painful, spastic unproductive cough, and breathing difficulties.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

ST-14 Storeroom
库房 *kù fáng*

Location
ST-14 is on the same vertical line as ST-12 and the nipple, in the depression of the first intercostal space.

Actions
ST-14 drains dampness and damp–heat from the middle burner.

Indications
A feeling of fullness of the chest; coughing; difficulty in breathing; purulent, bloody, or turbid sputum; and hiccups.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

ST-15 Roof
屋翳 *wū yì*

Location
ST-15 is on the same vertical line as ST-12 and the nipple, in the depression of the second intercostal space.

Actions
ST-15 drains damp repletion and damp–heat from the middle burner, and controls descent of liver *yang*.

Indications
Tiredness, heaviness of the limbs, skin that is hypersensitive to any contact, a cough with copious sputum (purulent or bloody), breast pain, and spasms and pareses affecting different parts of the body.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

ST-16 Breast Window
膺窗 *yīng chuāng*

Location
ST-16 is on the same vertical line as ST-12 and the nipple, in the depression of the third intercostal space.

Actions
ST-16 drains damp–heat or dampness from the center of the body.

Indications
A feeling of tightness or fullness in the chest, swollen lips, borborygmi, diarrhea, wheezing, cough, shortness of breath, restless sleep, abdominal pain, and breast abscesses.

Needling Method
Depth 0.4–1 *cun*, oblique insertion; moxibustion is allowed.

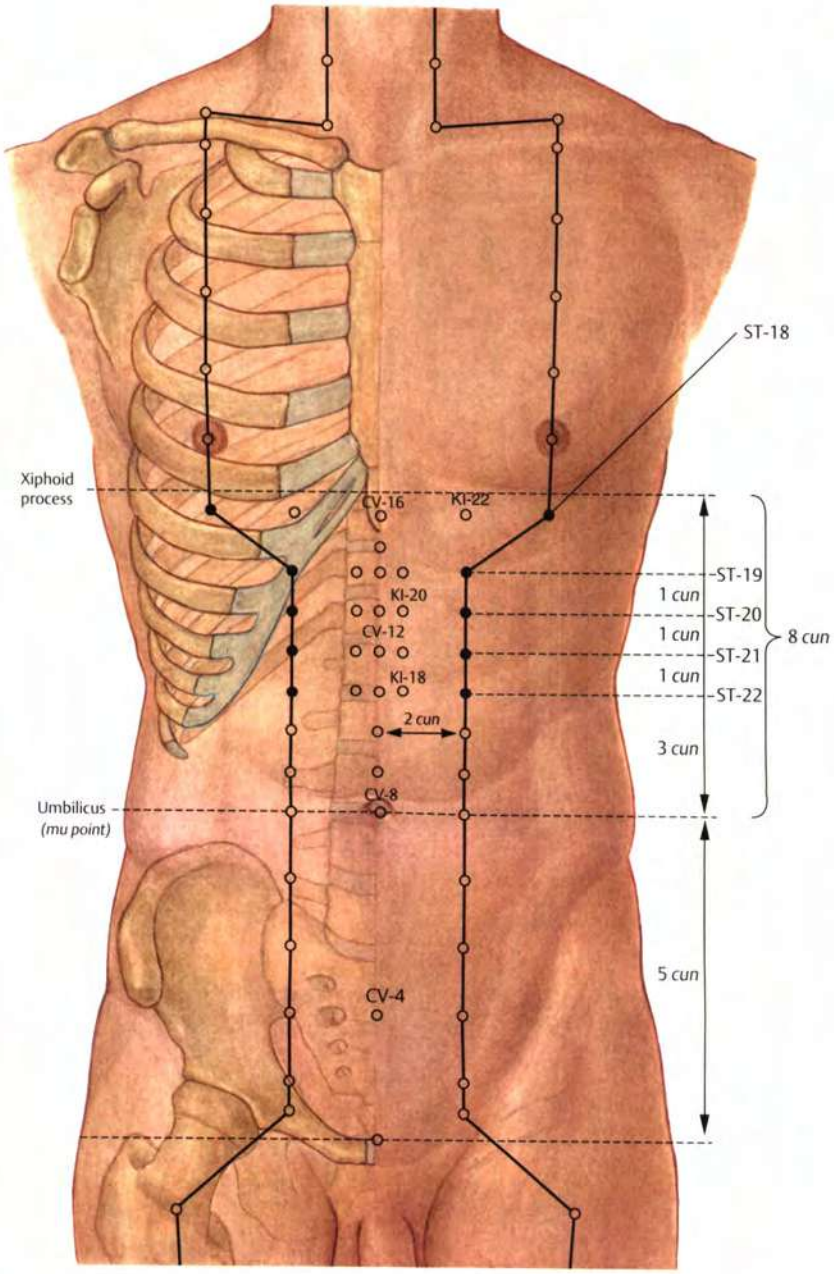
ST-17 Breast Center
乳中 *rǔ zhōng*

Location
ST-17 is at the center of the nipple.

Actions
ST-17 expels wind–damp and clears summer-heat.

Indications
Sudden epileptiform seizures, sunstroke, heatstroke, dizziness, and headaches.

Needling Method
Classical texts list a few conditions where only moxibustion is permitted; more recent texts mention acupuncture, depth 0.3 *cun*, in the treatment of breast cancer.


ST-18
Xiphoid process
CV-16
KI-22
ST-19
KI-20
1 cun
ST-20
CV-12
1 cun
8 cun
ST-21
KI-18
1 cun
ST-22
2 cun
3 cun
CV-8
Umbilicus
(mu point)
5 cun
CV-4

ST-18 Breast Root
乳根 *rǔ gēn*

Location
ST-18 is directly below the nipple, in the fifth intercostal space.

Actions
ST-18 drains damp from the middle burner.

Indications
Pain and feelings of oppression, fullness, and pressure in the chest; a feeling of tension at the center of the body; a choking sensation; swelling and pain in the arm; breast pain and abscesses; colicky pains in the lower abdomen; diarrhea, and anorexia.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.

ST-19 Not Contained
不容 *bù róng*

Location
ST-19 is 6 *cun* above the umbilicus, 2 *cun* lateral to the midline.

Actions
ST-19 clears heat that is consuming the *jing* and the *xue*, and transforms damp obstruction in the middle burner.

Indications
A feeling of fullness, abdominal spasms and colic, pain in the shoulder and the flank, a dry mouth, wheezing, coughing, loss of appetite, nausea, retching, vomiting, and bloody sputum.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

ST-20 Assuming Fullness
承满 *chéng mǎn*

Location
ST-20 is 5 *cun* above the umbilicus, 2 *cun* lateral to the midline.

Actions
ST-20 drains damp–heat in the middle burner, and harmonizes the liver and the spleen.

Indications
Lower abdominal bloating and pain, borborygmi, abdominal distension, stomach pain, loss of appetite, diarrhea, jaundice, hemoptysis, and wheezing.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

ST-21 Beam Gate
梁门 *liáng mén*

Location
ST-21 is 4 *cun* above the umbilicus, 2 *cun* lateral to the midline.

Actions
ST-21 drains damp–heat from the middle burner.

Indications
Pain and pressure below the ribs; anorexia; severe, stabbing abdominal pain; and anal prolapse.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

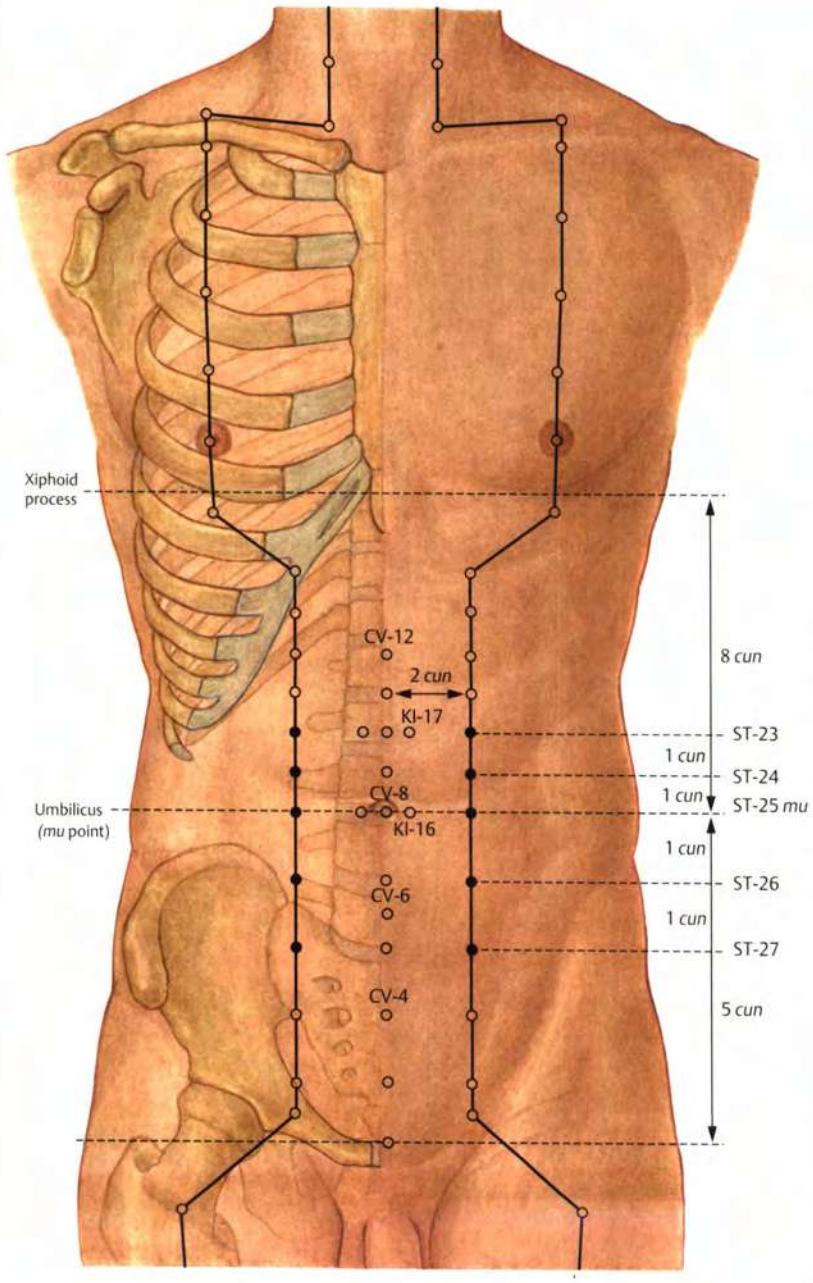
ST-22 Pass Gate
关门 *guān mén*

Location
ST-22 is 3 *cun* above the umbilicus, 2 *cun* lateral to the midline.

Actions
ST-22 drains dampness, allowing the spleen *qi* to flow freely.

Indications
A feeling of fullness and a clump in the center of the body, borborygmi, sudden onset of colicky pain, diarrhea, loss of appetite, flatulence, bloating, and enuresis.

Needling Method
Depth 0.8–1 *cun*, perpendicular; moxibustion is allowed.


Xiphoid process
CV-12
2 cun
KI-17
8 cun
ST-23
1 cun
ST-24
1 cun
ST-25 mu
Umbilicus (mu point)
CV-8
KI-16
1 cun
ST-26
CV-6
1 cun
ST-27
CV-4
5 cun

ST-23 Supreme Unity
太乙 *tài yǐ*

Location
ST-23 is 2 *cun* above the umbilicus, 2 *cun* lateral to the midline.

Actions
ST-23 calms the spirit and sedates the *yang*.

Indications
Great restlessness, mania, frenzied behavior.

Needling Method
Depth 0.8–1 *cun*, perpendicular; moxibustion is allowed.

ST-24 Slippery Flesh Gate
滑肉门 *huá ròu mén*

Location
ST-24 is 1 *cun* above the umbilicus, 2 *cun* lateral to the midline.

Actions
ST-24 sedates the *yang* and calms the spirit.

Indications
Raving madness, mania, epilepsy, nausea, retching, spitting up of blood, sharp pain in the intestines, anal prolapse, facial swelling, a feeling of constriction in the chest, loss of appetite, abdominal masses (neoplasias, especially in women), and diarrhea.

Needling Method
Depth 0.8–1 *cun*, perpendicular; moxibustion is allowed.

ST-25 Celestial Pivot
天枢 *tiān shū*

Location
ST-25 is 2 *cun* lateral to the umbilicus.

Category
Front collection point (*mu shu*) of the large intestine.

Actions
ST-25 restores and harmonizes the flow of *qi* in the large intestine and dissolves stagnation.

Indications
A feeling of fullness, retching, vomiting, diarrhea, gastroenteritis, stomach pain, bloating, wheezing, polyuria, urine retention, borborygmi, irregular menstruation, liquid stools (containing blood), pain and cramping in the lower abdomen, infertility, ileus, constipation, and acute dysentery.

Needling Method
Depth 1.5–2.5 *cun*, perpendicular; moxibustion is allowed.

ST-26 Outer Mound
外陵 *wài líng*

Location
ST-26 is 1 *cun* below the umbilicus, 2 *cun* lateral to the midline.

Actions
ST-26 eliminates cold invasions in the lower burner and alleviates pain.

Indications
Severe periumbilical pain, nausea, and dysmenorrhea.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

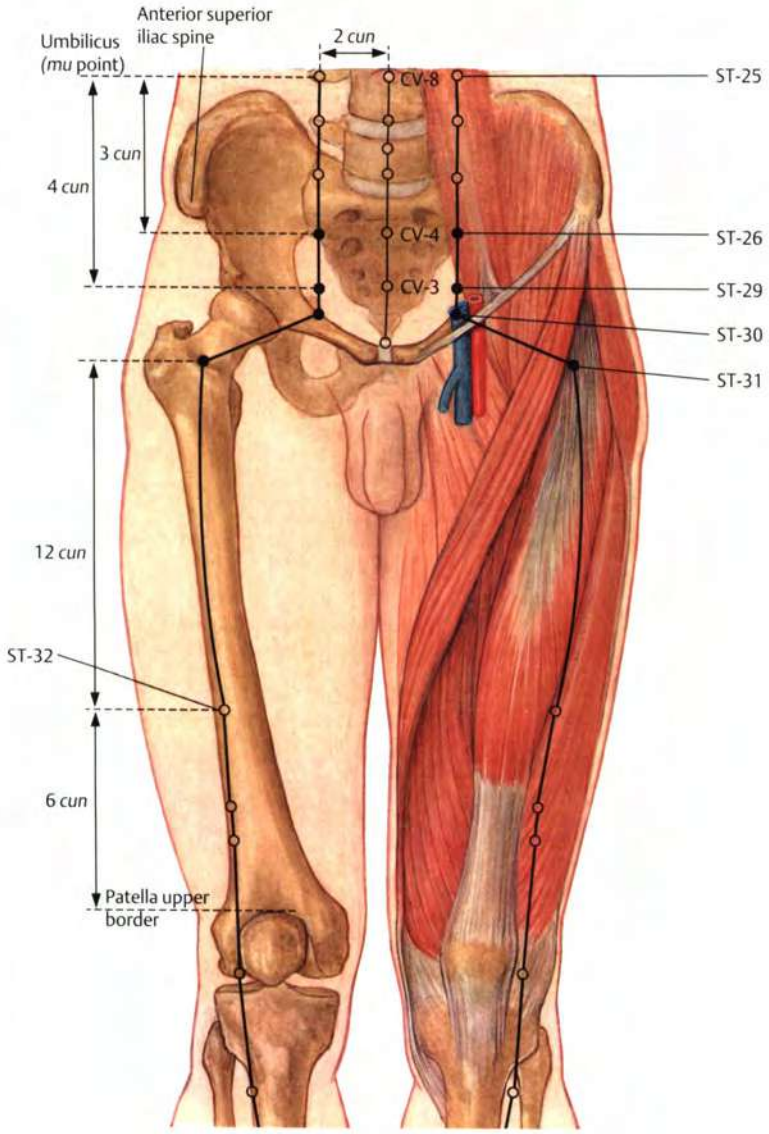
ST-27 Great Gigantic
大巨 *dàjù*

Location
ST-27 is 2 *cun* below the navel, 2 *cun* lateral to the midline.

Actions
ST-27 strengthens and regulates the *qi* in the lower burner and benefits the kidneys.

Indications
Hemiplegia and atrophy of the extremities, premature ejaculation, rapid exhaustion and general fatigue, disturbed sleep, difficult urination, sharp pain and distension of the lower abdomen, and startling nightmares.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.


Anterior superior iliac spine
Umbilicus (*mu* point)
2 *cun*
CV-8
ST-25
3 *cun*
4 *cun*
CV-4
ST-26
CV-3
ST-29
ST-30
ST-31
12 *cun*
ST-32
6 *cun*
Patella upper border

ST-28 Waterway
水道 *shuǐ dào*

Location
ST-28 is 3 *cun* below the umbilicus, 2 *cun* lateral to the midline.

Actions
ST-28 clears damp-heat in the lower burner and benefits the bladder.

Indications
Tension, pain, and stiffness of the lower back; distension and pain in the abdomen; pain radiating into the genitals, mounting (*shan*) disorders; constipation, urine retention; all menstrual disturbances.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

ST-29 Return
归来 *guī lái*

Location
ST-29 is 4 *cun* below the umbilicus, 2 *cun* lateral to the midline.

Actions
ST-29 alleviates abdominal pain, tonifies the kidney *yin*, and benefits the genital region.

Indications
Intense, stabbing abdominal pain; retraction of the testicles, undescended testes, a cold or painful penis, polyuria or oliguria, impotence; amenorrhea, leukorrhea, prolapse of the uterus, and irregular menstruation.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.

ST-30 Qi Thoroughfare
气冲 *qì chōng*

Location
ST-30 is on the upper edge of the pubic bone, 2 *cun* lateral to the midline.

Category
Meeting point (*hui xue*) of the stomach channel and thoroughfare vessel (*chong mai*).

Actions
ST-30 compensates *yin* depletion in the lower burner, clears heat, soothes the *yang*, and strengthens the *yin*.

Indications
Stabbing pain, abdominal cramps resulting from cold; flaring up of the *yang*, with palpitations, vertigo, restlessness, insomnia; heat in the large intestine, with constipation, pain, a feeling of fullness; deficiency of the *yang*, with impotence, atrophy of the genitals, pain in the genitals, undescended testes, loin pain, and infertility.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular or slightly oblique; moxibustion is allowed.

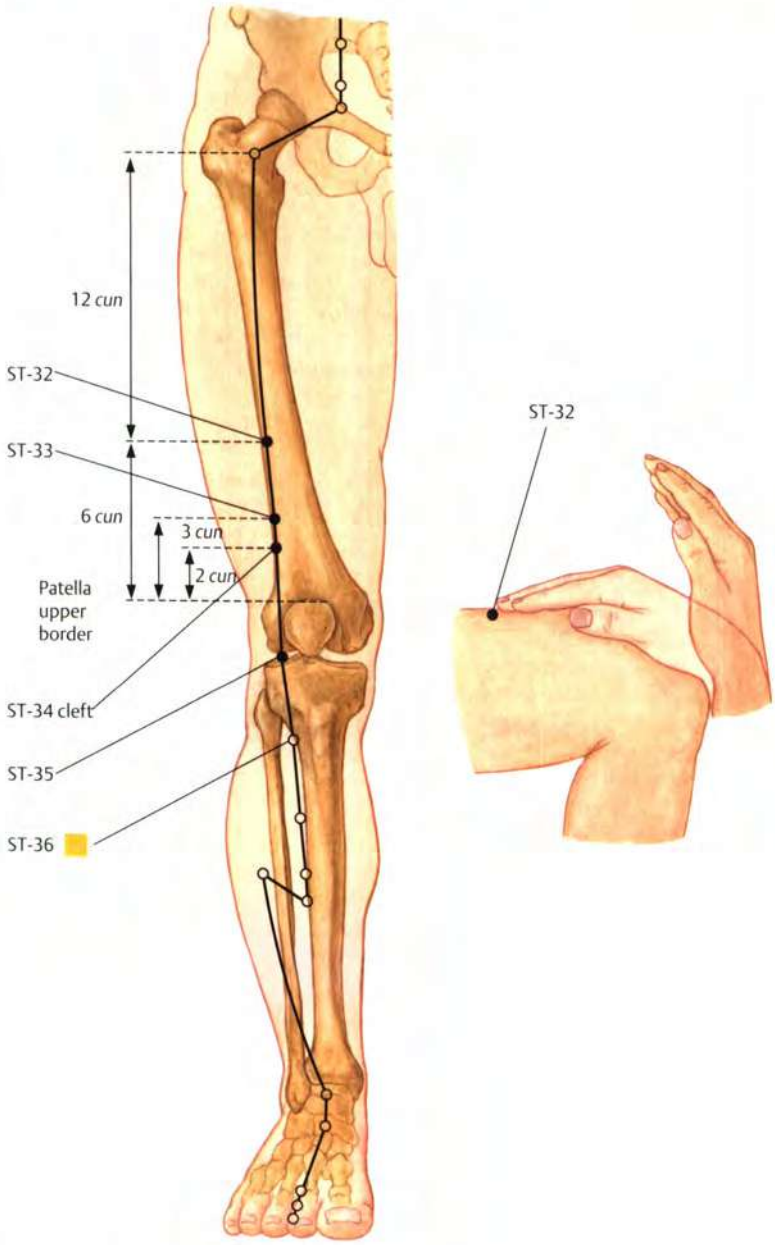
ST-31 Thigh Joint
髀关 *bì guān*

Location
ST-31 is vertically below the upper anterior iliac spine, on the same level as the pubic symphysis, 12 *cun* above ST-32, on the lateral side of the sartorius muscle.

Actions
ST-31 benefits the kidney and expels cold.

Indications
Pain in the hip joint, cold and weakness of the knee joint, numbness in the feet, tension in the muscles of the thigh and gluteal region, difficulty in bending the leg or in bending over, pain radiating from the abdomen into the thigh, and muscular atrophy.

Needling Method
Depth 0.6–1.2 *cun*, perpendicular; moxibustion is allowed.


12 *cun*
ST-32
ST-33
6 *cun*
3 *cun*
2 *cun*
Patella
upper
border
ST-34 cleft
ST-35
ST-36
ST-32

ST-32 Crouching Rabbit
伏兔 *fú tù*

Location
ST-32 is at the lateral anterior side of the thigh, 6 *cun* above the uppermost border of the patella.

Actions
ST-32 disperses wind–cold, and tonifies and activates the liver *qi*.

Indications
A feeling of formication all over the body, mania or raving, cramps and tenseness, heaviness of the head, gynecological disorders of all kinds, pain and weakness of the hips, paralysis of the legs, hemiplegia, and coldness and pain in the knee.

Needling Method
Depth 0.5–2.5 *cun*, perpendicular.

ST-33 *Yin* Market
阴市 *yīn shì*

Location
ST-33 is 3 *cun* proximal to the lateral upper border of the patella.

Actions
ST-33 dispels cold in the lower burner and compensates cold depletion.

Indications
Abdominal pain, lower back pain as a result of cold, weakness of the lower limbs, a feeling as if the hips and legs were in cold water, rapid exhaustion, and bloating.

Needling Method
Depth 1–2.5 *cun*, perpendicular.

ST-34 Beam Hill
梁丘 *liáng qiū*

Location
ST-34 is 2 *cun* proximal to the lateral upper border of the patella.

Category
Cleft point (*xi xue*) of the stomach channel.

Actions
ST-34 dispels damp–cold, which constrains stomach *yang*, resolves repletion in the stomach, and dispels cold pathogens.

Indications
Colic, cold feet, swollen and painful breasts, mastitis, stomach cramps, heartburn, diarrhea, numbness and weakness, pain in the knee and leg, cold feet, an inability to bend the knee, increased dynamism of the *qi* flow, and stimulation of the metabolic functions (obesity).

Needling Method
Depth 0.3–1.5 *cun*, perpendicular; moxibustion is allowed.

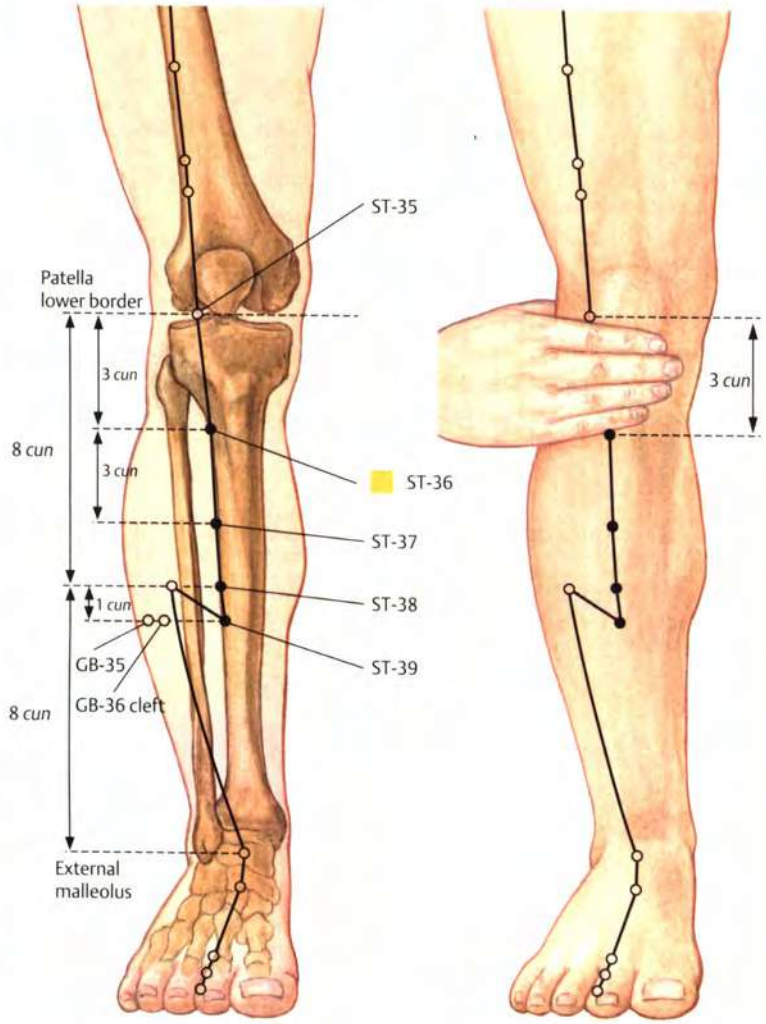
ST-35 Calf's Nose
犊鼻 *dú bí*

Location
With the knee bent, ST-35 is directly below the patella, to the side, in a depression next to the patellar tendon.

Actions
ST-35 dispels cold resulting from depletion and wind–damp in the lower burner.

Indications
Pareses of the lower limbs, ulcerating processes on the legs and feet, knee pain, an inability to bend and stretch the knee, and infection and swelling of the knee.

Needling Method
Depth 1.5–2 *cun*, perpendicular; moxibustion is allowed.


ST-35
Patella
lower border
3 cun
8 cun
3 cun
ST-36
ST-37
ST-38
1 cun
GB-35
GB-36 cleft
ST-39
8 cun
External
malleolus
3 cun

ST-36 Leg Three Li

足三里 *zú sān lǐ*

Location
ST-36 is 3 *cun* below the lower border of the patella, 1 *cun* from the front edge of the tibia, on the fibular side, at the level of the tibial tuberosity.

Category
Uniting (*he*) point, corresponding to the earth phase.

Actions
ST-36 harmonizes and tonifies the spleen and stomach, tonifies *qi*, and nourishes *xue*.

Indications
ST-36 is used for tonification of the *qi*, thus for all kinds of dampness and depletion symptoms, a feeling of fullness and pain below the heart, stomach pain, poor digestion, diarrhea, but also constipation, digestive disorders, bloating, pareses, paralytic symptoms, tiredness, loss of strength, headache, hypertension, and dizziness.

Needling Method
Depth 0.5–2 *cun*, perpendicular; moxibustion is allowed.

ST-37 Upper Great Hollow

巨虚上廉，上巨虚 *shàng jù xū*

Location
ST-37 is 3 *cun* distal to ST-36, 1 *cun* next to the tibial border facing the fibula.

Category
Lower uniting point (xia he xue) of the large intestine.

Actions
ST-37 regulates the stomach and intestines, clears and cools damp-heat, and transforms stagnation.

Indications
Digestive weaknesses and stagnation; pain in the center of the body, with diarrhea or constipation; intestinal pain, appendicitis; pareses, feelings of numbness; cold, painful obstruction of the limbs; and swelling and pain in the joints.

Needling Method
Depth 0.3–2 *cun*, perpendicular; moxibustion is allowed.

ST-38 Ribbon Opening

条口 *tiáo kǒu*

Location
ST-38 is in the center of the exterior side of the lower leg, 8 *cun* distal to ST-35, 1 *cun* lateral to the tibial border.

Actions
ST-38 dispels wind-damp and treats paralysis.

Indications
Numbness and pain in the foot and knee, cramps in the calves, and pain in the shoulder, knee, hip and back.

Needling Method
Depth 0.5–2 *cun*, perpendicular; moxibustion is allowed.

ST-39 Lower Great Hollow

巨虚下廉，下巨虚 *xià jù xū*

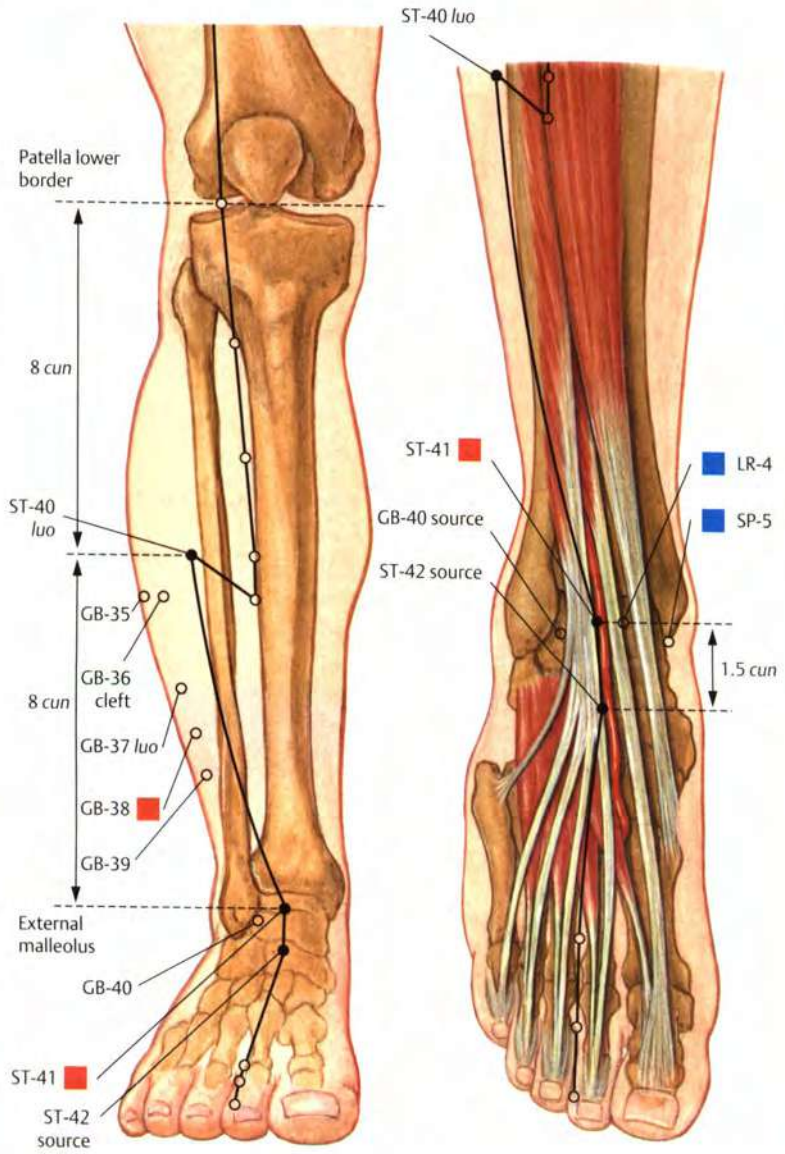
Location
ST-39 is 1 *cun* distal to ST-38.

Category
Lower uniting point of the small intestine.

Actions
ST-39 strengthens defensive (*wei*) *qi* and kidney *qi*, thus expelling wind-heat, damp-heat, and wind-damp in the lower burner.

Indications
Abdominal pain, mastitis, lower back pain, excessive tiredness, deficiency of the kidney *qi* causing premature graying of the hair, spontaneous perspiration, pelvic pain, diarrhea with purulent or bloody stools, numbness and weakness, chills, foot and heel pain, and stomach pain.

Needling Method
Depth 0.3–2 *cun*, perpendicular; moxibustion is allowed.


ST-40 *luo*
Patella lower border
8 *cun*
ST-40 *luo*
GB-35
GB-36 cleft
8 *cun*
GB-37 *luo*
GB-38
GB-39
External malleolus
GB-40
ST-41
ST-42 source
ST-41
GB-40 source
ST-42 source
LR-4
SP-5
1.5 *cun*

ST-40 Bountiful Bulge
丰隆 *fēng lóng*

Location
ST-40 is exactly 8 *cun* equidistant from the lower border of the patella, ST-35, and the prominence of the external malleolus; 1 *cun* lateral to ST-38.

Category
Luo connecting point of the stomach channel with its linked *yin* channel (spleen channel).

Actions
ST-40 transforms dampness and phlegm, mobilizes the spleen and stomach *qi*, calms the spirit, and subdues the *yang*.

Indications
Asthma and cough with sputum, dizziness, vertigo, cold hands and feet, belching, bloating, pain or paralysis of the hip and knee joint, intense headaches, a painful obstruction in the throat, with voice loss, rising *yang* with severe restlessness, an excessive urge to move about, agitation, and all diseases caused by phlegm such as epilepsy, vertigo, polio, paralyses following a stroke.

Needling Method
Depth 0.3–2 *cun*, perpendicular; moxibustion is allowed.

ST-41 Ravine Divide
解溪 *jiě xī*

Location
ST-41 is on the dorsum of the foot in a depression between the tendons of the extensor hallucis longus muscle and the musculus extensor digitorum longus.

Category.
River (*jing*) point, corresponding to the fire phase.

Actions
ST-41 dispels wind–damp, relieves cramps, and alleviates pain.

Indications
Wind symptoms with counterflow (warm head and cold feet); intense, unbearable headaches with redness of the face and eyes; a feeling of fullness and tension in the abdomen; muscle spasms; swelling of the face; vertigo; restlessness; depression, sadness, and weeping; swelling or stiffness of the knee; cataract; and pain in the ankle joint.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

ST-42 Surging *Yang*
冲阳 *chōng yáng*

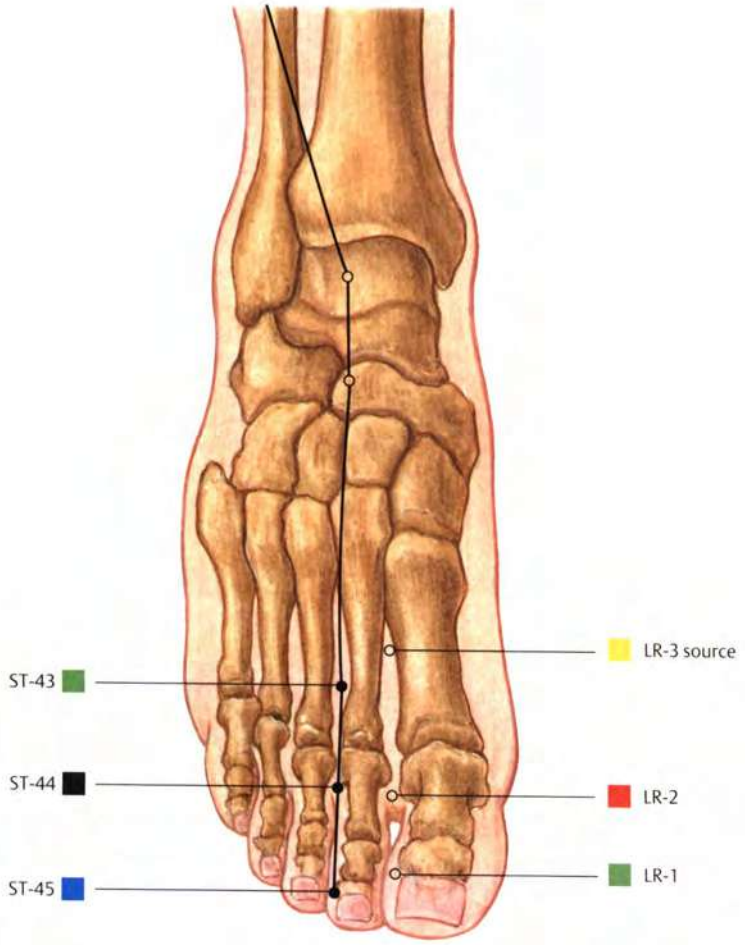
Location
ST-42 is at the highest point on the dorsum of the foot, 1.5 *cun* distal to ST-41; the pulse of the dorsal artery of the foot is palpable.

Category
Source point of the stomach channel (point at which the source *qi* is accessible).

Actions
ST-42 cools and drains damp–heat and fire from the middle burner, and controls and lowers the *yang*.

Indications
Sudden onset of wind, producing convulsions; pareses; intense pain anywhere in the body; deviation of the mouth and eye; swelling of the face; chills and fever; edema; lower abdominal distension; mania and raving; weakness and atrophy of the feet; and maxillary toothache.

Needling Method
Depth 0.5 *cun*, perpendicular; moxibustion is allowed.


LR-3 source
ST-43
ST-44
LR-2
ST-45
LR-1

ST-43 Sunken Valley
陷谷 *xiàn gǔ*

Location
ST-43 is in a depression between the 2nd and 3rd metatarsals.

Category
Stream (*shu*) point, corresponding to the wood phase.

Actions
ST-43 drains dampness from the middle burner.

Indications
Edema and swelling of the face, especially around the eyes; edema of other parts of the body; hiccups; treatment-resistant fevers with absence of sweating; abdominal pain; and fullness of the chest.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

ST-44 Inner Court
内庭 *nèi tíng*

Location
ST-44 is on the dorsum of the foot in a depression at the aponeurosis on the fibular side of the 2nd toe, distal to the metatarsophalangeal joint.

Category
Spring (*ying*) point, corresponding to the water phase.

Actions
ST-44 clears heat and fire in the stomach, regulates qi, and alleviates pain.

Indication
Counterflow cold of the limbs, distension and bloating of the stomach, fearfulness, facial paralysis, trigeminal neuralgia, lockjaw, toothache (upper jaw), nosebleeds, bloody or purulent diarrhea, tonsillitis, unquenchable thirst, gastric pains, and restless sleep.

Needling Method
Oblique insertion, depth 0.3–0.8 *cun*; moxibustion is allowed.

ST-45 Severe Mouth
厉兑 *lì duì*

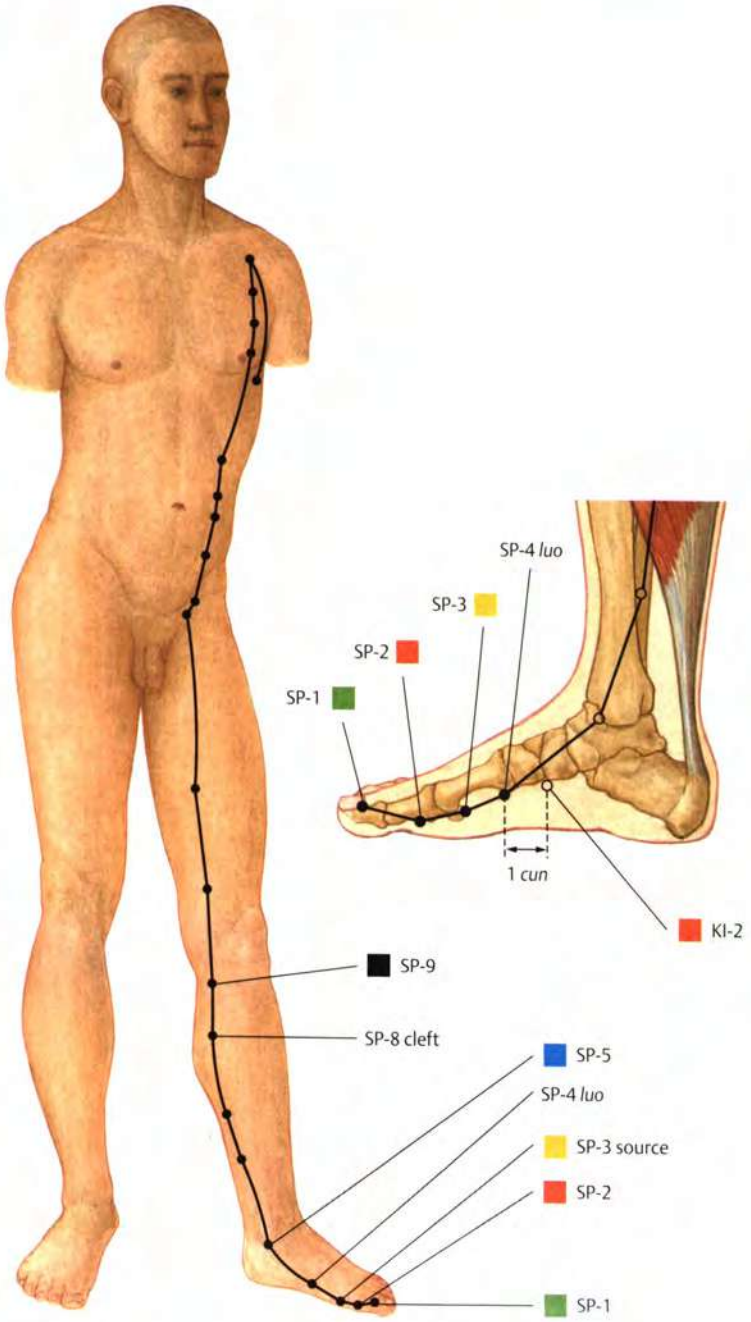
Location
ST-45 is on the fibular side of the 2nd toe, approximately 0.1 *cun* from the corner of the nail.

Category
Well (*jing*) point, corresponding to the metal phase.

Actions
ST-45 breaks up phlegm stagnation that has resulted from damp–heat and fire, mobilizes the *qi*, and stimulates descent of rebellious *qi* and counterflow.

Indications
Edema and swelling of the face, deviation of the mouth, lockjaw, a painful obstruction in the throat, a feeling of foreign bodies in the throat, fatigue, nasal congestion, nosebleeds, the patient frightens easily, insomnia, mania, hysterical behavior, rage, too many dreams, nightmares, and toothache.

Needling Method
Depth 0.1 *cun*, perpendicular; moxibustion is allowed.


SP-4 *luo*
SP-3
SP-2
SP-1
1 *cun*
KI-2
SP-9
SP-8 cleft
SP-5
SP-4 *luo*
SP-3 source
SP-2
SP-1

22 Acupuncture Points of the Spleen Channel

The spleen channel (*pi jing*) is the greater *yin* channel of the foot (zu *tai yin pi jing*)

SP-1 Hidden White

隐白 *yǐn bái*

Location

SP-1 is on the tibial aspect of the large toe, 0.1 *cun* from the angle of the nail.

Category

Well (*jing*) point, corresponding to the wood phase.

Actions

SP-1 regulates the spleen, drains dampness, and regulates the *xue*.

Indications

Liver (wood phase) overcoming the spleen (earth phase), abdominal complaints, flatulence, vomiting, diarrhea, lack of internal warmth, cold feet, leukorrhea, menorrhagia, strong menstrual bleeding, hematuria, and nosebleeds;in children: convulsions, undescended testicles, and dream-disturbed sleep.

Needling Method

Depth 0.1–0.2 *cun*, perpendicular, possibly with bleeding; moxibustion allowed.

SP-2 Great Metropolis

大都 *dà dū*

Location

SP-2 is at the tibial, i.e., medial aspect of the big toe, distal to the metatarsophalangeal joint, on the border of the red and the white flesh.

Category

Spring (*ying*) point, corresponding to the fire phase.

Actions

SP-2 regulates the spleen *qi*, drains damp heat, transforms dampness (*shi*), and resolves phlegm obstruction.

Indications

Abdominal distension, stomach pain, disorders of digestion, nausea, retching, fatigue, cold hands, cold feet, back and hip pain, pain in the ankle joint, startling in children, fever without sweating, and restlessness.

Needling Method

Depth 0.3–0.8 *cun*, perpendicular; moxibustion is allowed.

SP-3 Supreme White

太白 *tài bái*

Location

SP-3 is on the inner side of the big toe, 1 *cun* proximal to the head of the 1st metatarsal, on the border of the red and white flesh.

Categories

1. Stream (*shu*) point, corresponding to the earth phase;
2. Source (*yuan*) point (point at which the source *qi* is accessible).

Actions

SP-3 clears and drains damp–heat of the stomach and spleen, resolves phlegm, stimulates descent of the *qi*, and restores body fluids.

Indications

Stomach pain; abdominal distension; nausea, retching; diarrhea and vomiting accompanied by severe pain; constipation, with hard, distended abdomen; tiredness, pain in the joints, and fever with severe restlessness.

Needling Method

Depth 0.3–0.8 *cun*, perpendicular; moxibustion is allowed.

SP-4 Yellow Emperor

公孙 *gōng sūn*

Location

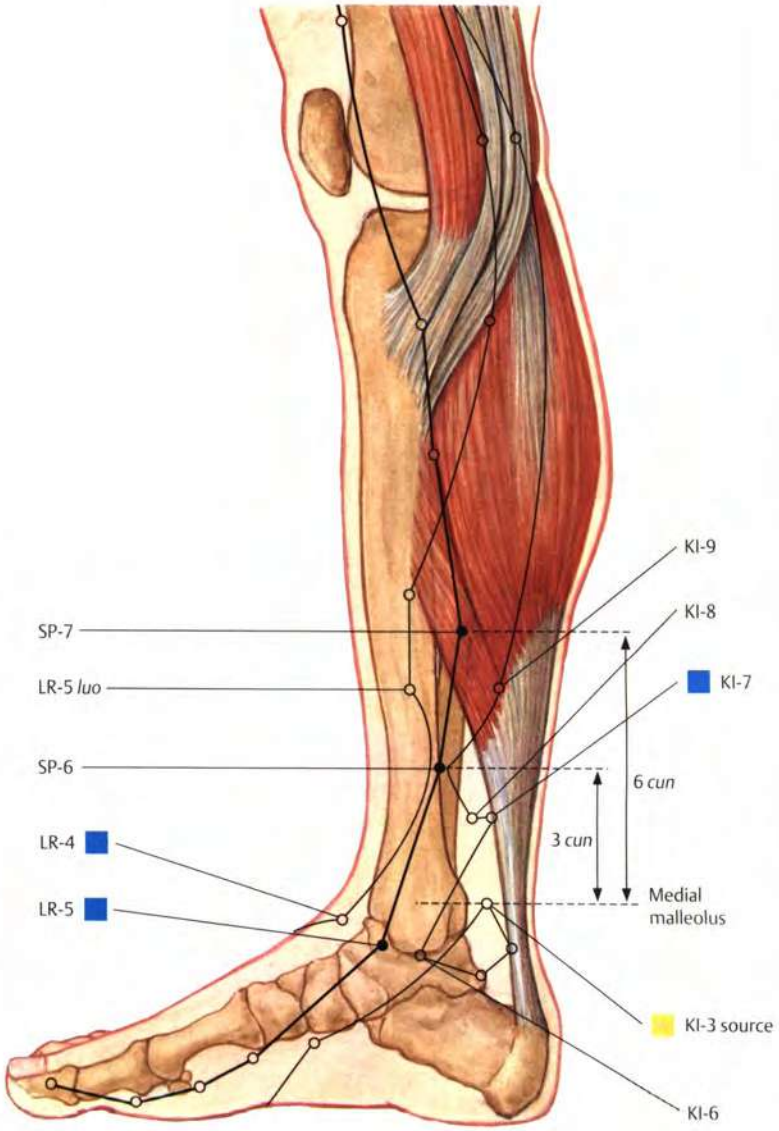
SP-4 is 1 *cun* proximal to SP-3; in a depression distal to the basis of the 1st metatarsal, on the border of the red and white flesh.

Category

1. *Luo* point of the channel with the linked *yang* channel (stomach channel).
2. Intersection point, providing communication to the thoroughfare vessel (*chong mai*).

Actions

SP-4 regulates the spleen and stomach, resolves repletion dampness, and regulates the thoroughfare vessel.


KI-9
KI-8
KI-7
SP-7
LR-5 *luo*
SP-6
6 *cun*
3 *cun*
LR-4
LR-5
Medial malleolus
KI-3 source
KI-6

Indications
Pain as a result of a disharmony in the thoroughfare vessel, menstrual complaints, gynecological pains, abdominal pain; cardiac and chest pain, infectious periodic fevers, loss of appetite, sudden onset of copious perspiration, swelling of the face, severe restlessness, bitter taste in the mouth, abdominal distension, palpitations, digestive disturbances, diarrhea, jaundice, susceptibility to fright, fearfulness, and pain in the malleolus.

Needling Method
Depth 0.4–2 *cun*, perpendicular; moxibustion is allowed.

SP-5 Shang Hill
商丘 *shāng qiū*

Location
SP-5 is in a depression at the anterior and lower border of the medial malleolus.

Category
River (*jing*) point, corresponding to the metal phase.

Actions
SP-5 regulates the spleen and stomach, drains dampness, and resolves phlegm blockages.

Indications
Dampness affecting all the other *zang fu*; abdominal distension, diarrhea or constipation, nausea and vomiting, ileus; jaundice; depression, nightmares, tiredness; somnolence, heavy limbs; ankle pains; pain in the genital area; convulsions, particularly in small children; epileptiform seizures; swelling and ulcers of the foot; and breast pain.

Needling Method
Depth 0.3–0.8 *cun*, perpendicular; moxibustion is allowed.

SP-6 Three *Yin* Intersection
三阴交 *sān yīn jiāo*

Location
SP-6 is 3 *cun* vertically above the medial malleolus, at the posterior margin of the tibia.

Categories
1. Meeting (*hui*) point with the kidney and liver channels;
2. *Luo* connecting point of the three *yin* channels of the foot.

Actions
SP-6 regulates spleen, drains dampness (*shi*), harmonizes the liver, tonifies the kidney, and activates the circulation of fluids.

Indications
Abdominal distension, borborygmi, tiredness, heaviness of the limbs, diarrhea, ileus, nausea, colicky abdominal pain, weakness of the lower extremities, micturition disorders, menstrual disorders such as amenorrhea, infertility, difficult parturition, miscarriage, retained placenta, gynecological disturbances, pain in the genitals, vaginal discharge, ulcers and lumps in the abdomen, disturbed libido, spermatorrhea, enuresis, and urine retention.

Needling Method
Depth: 0.3–0.5 *cun* perpendicular; up to 2 *cun* oblique; moxibustion is allowed.

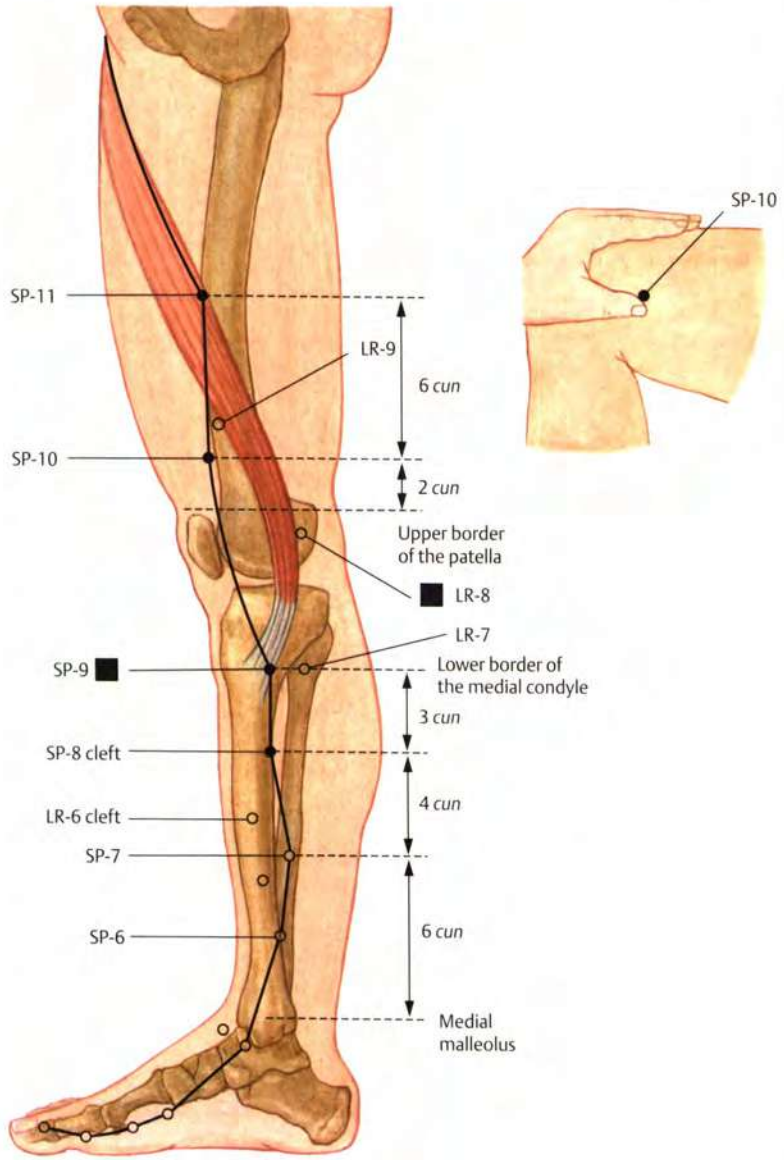
SP-7 Leaking Valley
漏谷 *loù gū*

Location
SP-7 is 6 *cun* above the medial malleolus, at the center of the medial side of the calf.

Actions
SP-7 resolves phlegm obstruction, which affects the lung, and tonifies the *qi* of the spleen and lung.

Indications
Abdominal distension, colic, cold hands and feet, depression, pareses and paralyses of the lower extremities, swelling and pain of the foot joint, and spermatorrhea.

Needling Method
Depth 0.3 *cun*, perpendicular.


SP-10
SP-11
LR-9
6 cun
SP-10
2 cun
Upper border
of the patella
LR-8
LR-7
SP-9
Lower border of
the medial condyle
3 cun
SP-8 cleft
4 cun
LR-6 cleft
SP-7
SP-6
6 cun
Medial
malleolus

SP-8 Earth's Crux
地机 *dì jī*

Location
SP-8 is 3 *cun* below SP-9, behind the tibial border.

Category
Cleft (*xi*) point of the spleen channel.

Actions
SP-8 harmonises the constructive (*jing*) energy and the *xue*, and regulates the uterus.

Indications
Lower back pain, swelling, diarrhea, oliguria, edema, impotence, and concretions and lumps (tumours) in the female pelvis.

Needling Method
Depth 0.3–1.5 *cun*, perpendicular; moxibustion is allowed.

SP-9 *Yin* Mound Spring
阴陵泉 *yīn líng quán*

Location
With the knee bent, SP-9 can be found in a depression at the lower border of the medial condyle (slightly in front of it, above the tibia).

Category
Uniting (*he*) point, corresponding to the water phase.

Actions
SP-9 expels damp-cold that is changing to heat (*re*) or fire, and regulates the *qi* and sends it down into the lower burner.

Indications
A feeling of cold in the abdomen, pain and fullness below the ribs, abdominal bloating, lower back pain, diarrhea accompanied by vomiting, poor appetite, food intolerance, incontinence of urine, edema, jaundice, urine retention, pain in the external genitals, irregular menstruation, pain in the knee and leg (inner side), swelling of the knee and ankle, and alternating chills and fever.

Needling Method
Depth 0.5–2 *cun*, perpendicular; moxibustion is allowed.

SP-10 Sea of Blood
血海 *xuè hǎi*

Location
SP-10 is 2 *cun* proximal to the upper medial border of the patella.

Actions
SP-10 regulates the *xue* and menstruation.

Indications
All menstruation disorders, amenorrhea, dysmenorrhea, uterine bleeding, skin symptoms, eczema, urticaria, itching, knee complaints, and orchitis.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.

SP-11 Winnower Gate
箕门 *jī mén*

Location
SP-11 is on the inner side of the thigh, 6 *cun* vertically above SP-10.

Actions
SP-11 benefits the bladder and regulates micturition.

Indications
Urine retention, enuresis, and pain and swelling in the groin area.

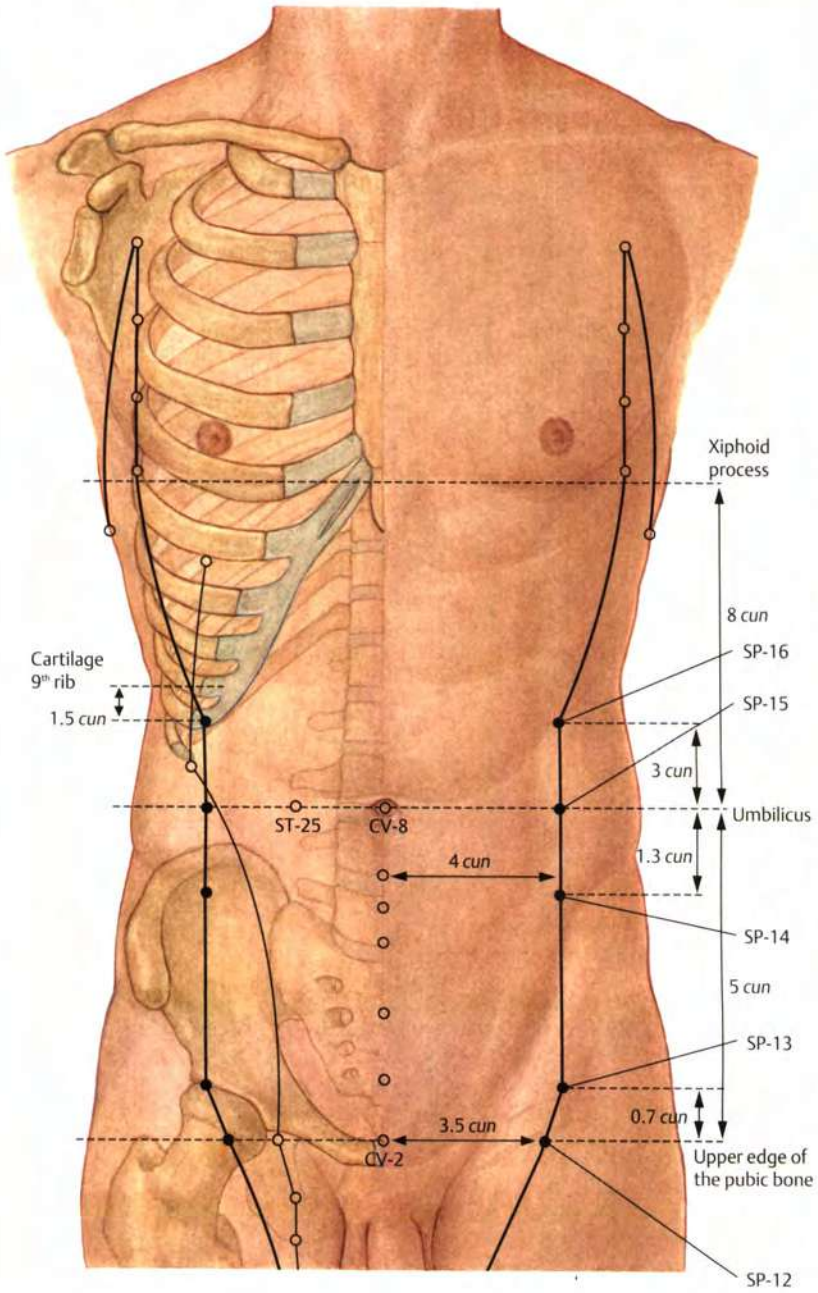
Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

SP-12 Surging Gate
冲门 *chōng mén*

Location
SP-12 is 3.5 *cun* lateral to the midline of the body, at the level of the upper edge of the pubic bone.

Category
Meeting (*hui*) point with the liver channel and the *yin* linking vessel (*yin wei mai*).

Actions
SP-12 tonifies the *qi* of the bladder and kidney, and compensates vacuity (*xu*) and cold (*han*) in the lower burner.


Xiphoid process
8 cun
SP-16
SP-15
Cartilage 9th rib
1.5 cun
3 cun
Umbilicus
ST-25
CV-8
4 cun
1.3 cun
SP-14
5 cun
SP-13
0.7 cun
3.5 cun
CV-2
Upper edge of the pubic bone
SP-12

Indications
Abdominal pain, feeling of cold, diarrhea, leukorrhea, uterine bleeding, genital pain, lumps and concretions in the lesser pelvis, and a restless fetus.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

SP-13 Bowel Abode
府舍 *fǔ shè*

Location
SP-13 is 0.7 *cun* above SP12, 4 *cun* lateral to the midline of the body.

Category
Meeting (*hui*) point of the spleen and liver channels with the *yin* linking vessel (*yin wei mai*).

Actions
SP-13 regulates fluid metabolism, and regulates the spleen and bladder.

Indications
Lumps and masses in the abdomen, pain and a feeling of distension, vomiting and diarrhea, nausea, and headaches.

Needling Method
Depth 0.7–1.5 *cun*, perpendicular; moxibustion is allowed.

SP-14 Abdominal Bind
腹结 *fù jié*

Location
SP-14 is 1.3 *cun* below SP-15, 4 *cun* lateral to the midline of the body.

Actions
SP-14 drains damp-cold.

Indications
Pain in the lower abdomen, constipation, dysentery, and a feeling of cold in the abdomen.

Needling Method
Depth 0.7–2 *cun*, perpendicular; moxibustion is allowed.

SP-15 Great Horizontal
大横 *dà hèng*

Location
SP-15 is at the level of the umbilicus, 4 *cun* lateral to the midline.

Category
Meeting (*hui*) point with the *yin* linking vessel (*yin wie mai*).

Actions
SP-15 expels cold and wind-cold from the spleen and lung.

Indications
Shivering because of wind, heaviness of the limbs, copious perspiration, diarrhea or constipation, abdominal pain, depression, and sadness.

Needling Method
Depth 0.7–2 *cun*, perpendicular; moxibustion is allowed.

SP-16 Abdominal Lament
腹哀 *fù āi*

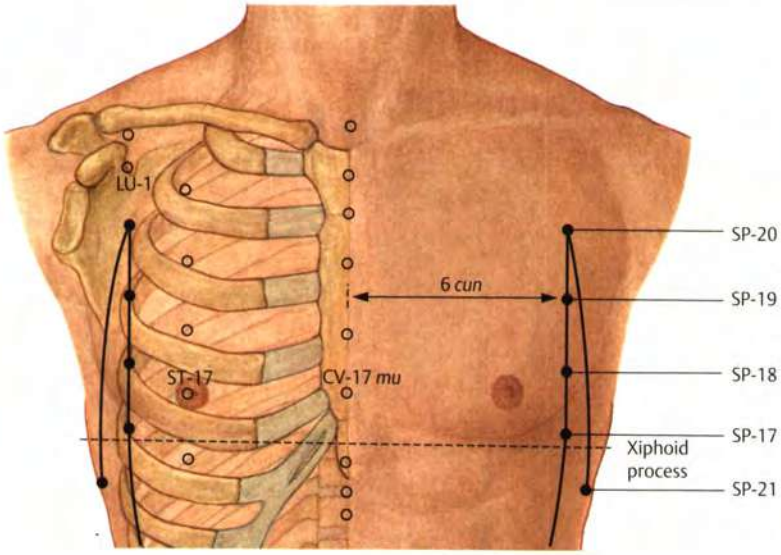
Location
SP-16 is 3 *cun* above SP-15, 1.5 *cun* below the cartilage of the 9th rib.

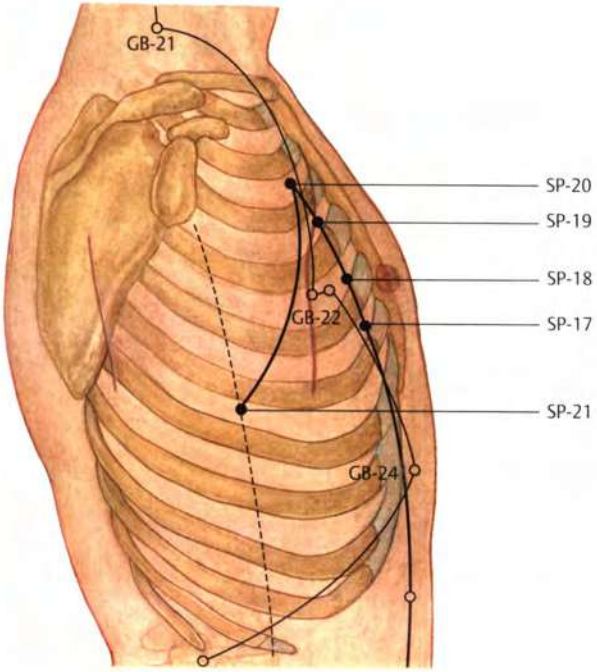
Category
Meeting (*hui*) point with the *yin* linking vessel (*yin wei mai*).

Actions
Relieves cold depletion of the spleen.

Indications
Intense pain in the abdomen, a feeling of cold, ileus, undigested food in the stools, constipation or diarrhea, and dysentery.

Needling Method
Depth 0.3–2 *cun*, perpendicular; moxibustion is allowed.


LU-1
SP-20
6 cun
SP-19
ST-17
CV-17 mu
SP-18
SP-17
Xiphoid
process
SP-21


GB-21
SP-20
SP-19
SP-18
GB-22
SP-17
SP-21
GB-24

SP-17 Food Hole

命关, 食窦 *shí dòu*

Location
SP-17 is 6 *cun* lateral to the midline, in the 5th intercostal space.

Actions
SP-17 drains massive accumulations of dampness.

Indications
A feeling of fullness and oppression in the chest and the flanks, abdominal distension, and ascites.

Needling Method
Depth 0.4–2 *cun*, perpendicular; moxibustion is allowed.

SP-18 Celestial Ravine

天溪 *tiān xī*.

Location
SP-18 is above SP-17, 6 *cun* lateral to the midline, in the 4th intercostal space at the level of the nipple, 2 *cun* laterally

Actions
SP-18 tonifies the spleen *qi* powerfully.

Indications
Feelings of oppression, fullness and pain in the chest, coughing, difficulty in breathing, mastitis, insufficient lactation, swellings and ulcers of the breast and lower abdomen.

Needling Method
Depth 0.4–1.5 *cun*, perpendicular; moxibustion is allowed.

SP-19 Chest Village

胸乡 *xiōng xiāng*

Location
SP-19 is 6 *cun* from the midline, in the 3rd intercostal space.

Actions
SP-19 unbinds the chest.

Indications
A feeling of fullness and pain in the chest and the flanks, as well as pain radiating into the back.

Needling Method
Depth 0.4–1.5 *cun*, perpendicular; moxibustion is allowed.

SP-20 All-Round Flourishing

周荣 *zhōu rǒng*

Location
SP-20 lies vertically below LU-1, in the 2nd intercostal space

Actions
SP-20 drains damp heat from the lung and cools.

Indications
Distension and fullness in the chest and flank, difficulties swallowing, intense thirst, coughing with copious phlegm, and loss of appetite.

Needling Method
Oblique insertion, depth 0.4–1.5 *cun*; moxibustion is allowed.

SP-21 Great Embracement

大包 *dà bāo*

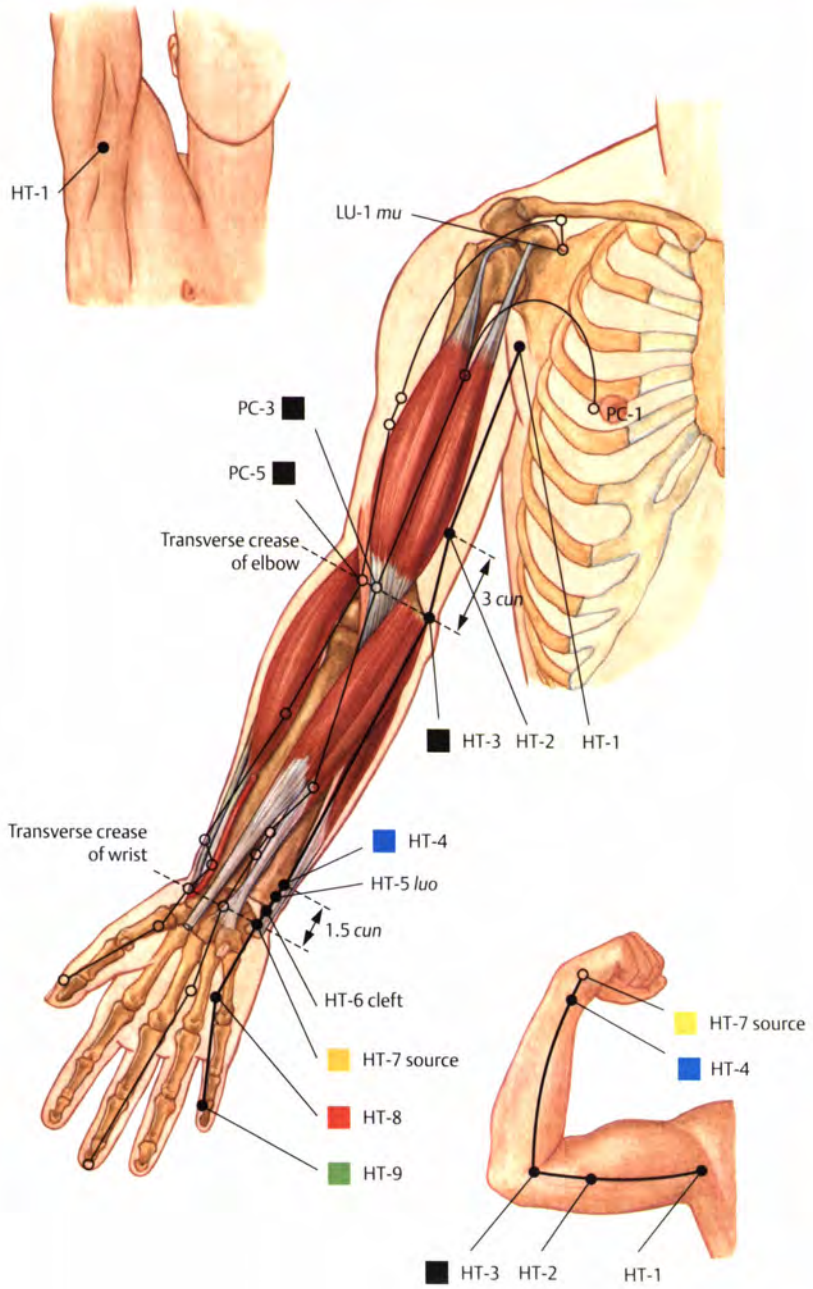
Location
SP-21 is in the 6th intercostal space, on a vertical line below the axilla.

Category
Great *luo* point of the spleen which intensifies the contact between the primary spleen channel and the *luo* channels (*luo mai*) of the spleen.

Actions
SP-21 regulates the spleen *qi*.

Indications
Pain in the chest and flanks, asthma, loss of strength, and flaccidity.

Needling Method
Depth 0.3–1.5 *cun*, perpendicular; moxibustion is allowed.


HT-1
LU-1 *mu*
PC-1
PC-3
PC-5
Transverse crease of elbow
3 *cun*
HT-3 HT-2 HT-1
Transverse crease of wrist
HT-4
HT-5 *luo*
1.5 *cun*
HT-6 cleft
HT-7 source
HT-8
HT-9
HT-7 source
HT-4
HT-3 HT-2 HT-1

23 Acupuncture Points of the Heart Channel

The heart channel is the lesser *yin* channel of the hand (*shao yin xin jing*).

HT-1 Highest Spring
极泉 *jí quán*

Location
With the arm abducted, locate HT-1 at the highest point of the axillary hollow, next to the axillary artery.

Actions
HT-1 clears heat repletion in the liver, lung, and spleen.

Indications
Pain, especially in the upper extremities, pain and tension in the flanks (liver pain), heart pain, asthma, nausea, retching and heartburn, jaundice, sadness, depression, and a dry throat.

Needling Method
Depth 0.1–1.5 *cun*, perpendicular; moxibustion is allowed.

HT-2 Green-Blue Spirit
青灵 *qīng líng*

Location
HT-2 is on the inner side of the upper arm, 3 *cun* above the elbow, in a groove at the inner side of the biceps.

Actions
HT-2 tonifies the liver *yin* and activates the liver *yang*.

Indications
Headache; shivering; pain in the shoulder, arm, chest, and flanks; and jaundice.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

HT-3 Lesser Sea
少海 *shào hǎi*

Location
With the elbow fully flexed, locate HT-3 at the medial end of the transverse crease of the elbow, above the medial epicondyle of humerus.

Category
Uniting (*he*) point, corresponding to the water phase.

Actions
HT-3 expels wind and wind-damp, calms the spirit, and activates the *luo* channels.

Indications
Headache, vertigo, pareses, stiffness of the arm, stiff neck, numbness of the arm, trembling hands, toothache, nausea, hiccups, pain in and below the heart, goiter, neuralgias, inflammation and swelling of the lymph glands, spasms, forgetfulness, sleep disturbances, with sweating, and epicondylitis.

Needling Method
Depth 0.3–1.5 *cun*, perpendicular; moxibustion is allowed.

HT-4 Spirit Pathway
灵道 *líng dào*

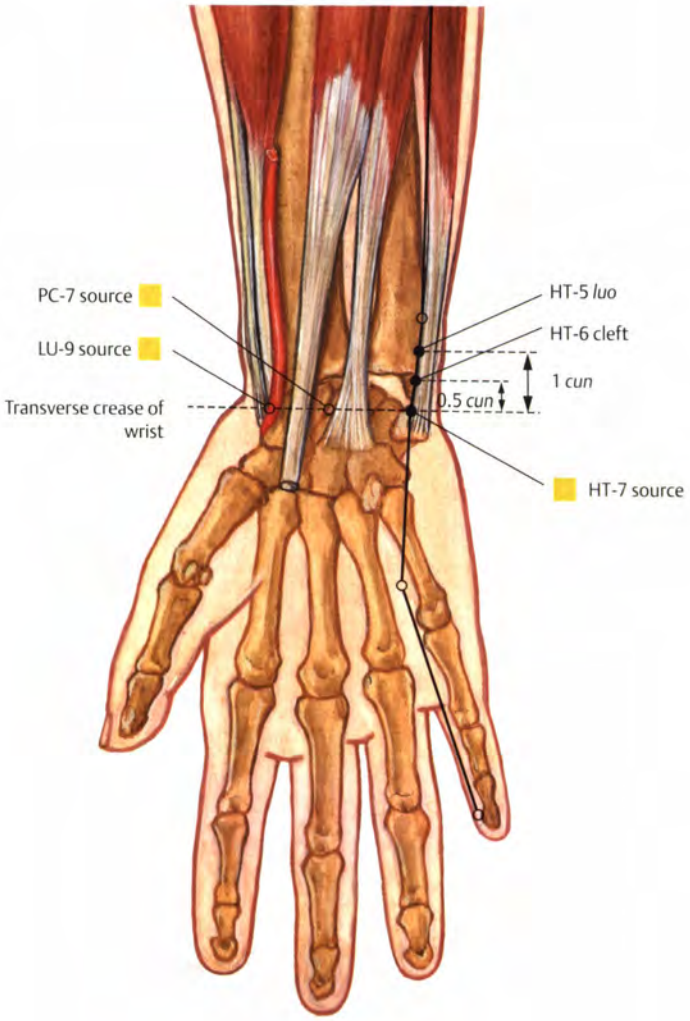
Location
HT-4 is on the ulnar side of the lower arm, 1.5 *cun* proximal to the transverse crease of the wrist.

Category
River (*jing*) point, corresponding to the metal phase.

Actions
HT-4 tonifies the kidney, expels wind, and drains dampness.

Indications
Pain in the heart, a stabbing pain in the chest and center of the body, nausea, spasms in the elbow joint, voice loss, depression and phobias, and hyperactive heart *qi*.

Needling Method
Depth 0.3 *cun*, perpendicular; moxibustion is allowed.


PC-7 source
LU-9 source
Transverse crease of wrist
HT-5 *luo*
HT-6 cleft
1 *cun*
0.5 *cun*
HT-7 source

HT-5 Connecting Li

通里 *tōng lǐ*

Location
With the hand in the supine position, locate HT-5 1 *cun* proximal to HT-7.

Category
The *luo* point of the heart channel, providing a link with the complementary *yang* channel (small intestine channel).

Actions
HT-5 expels wind that has attacked the lung, liver, heart, and kidney.

Indications
Headache, vertigo, fever, irritability, a feeling of tightness in the throat, frequent sneezing, a red face, difficulty in breathing, pain in the eyes, palpitations, shortness of breath, enuresis, and pain in the hand, wrist, and elbow.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

HT-6 *Yin* Cleft

阴郄 *yīn xì*

Location
HT-6 is 0.5 *cun* proximal to HT-7.

Category
Cleft (*xi*) point of the heart channel.

Actions
HT-6 tonifies the heart *yin* and regulates the *xue*.

Indications
Fever in the late afternoon, night sweats, nosebleeds, palpitations, fearfulness, anxiety, fullness of the chest, tightness in the throat, and chills.

Needling Method
Depth 0.3 *cun*, perpendicular; moxibustion is allowed.

HT-7 Spirit Gate

兑冲，神门 *shén mén*

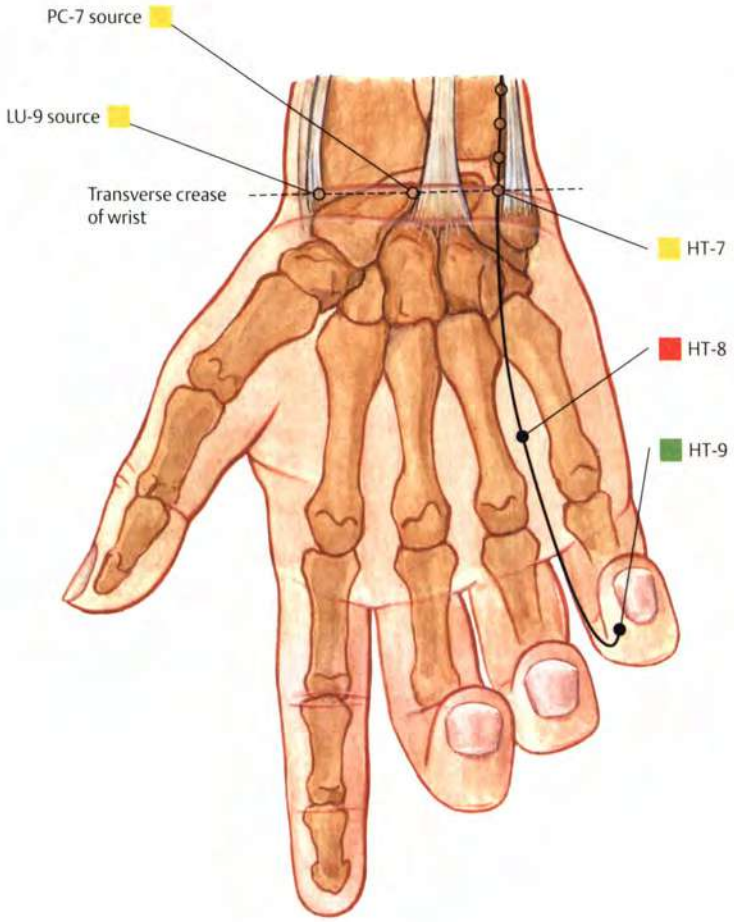
Location
HT-7 is proximal and radial to the pisiform bone in the transverse crease of the wrist, radial to the flexor carpi ulnaris.

Categories
1. Stream (*shu*) point, corresponding to the earth phase;
2. Source (*yuan*) point of the heart channel (point at which the source *qi* can be accessed).

Actions
HT-7 regulates and tonifies the heart *qi* (*xin qi*), calms the spirit; clears heat, lowers the *yang*, and activates the channel.

Indications
Restlessness, irritability, mania, depression, epilepsy, palpitations, fearfulness, anxiety, shortness of breath, uncontrolled laughter, heat in the palms, indifference, absent-mindedness, insomnia, poor memory, mood swings, pain in the heart, and cardiac neurosis.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.


PC-7 source
LU-9 source
Transverse crease of wrist
HT-7
HT-8
HT-9

HT-8 Lesser Mansion
少府 *shào fǔ*

Location
HT-8 is between the 4th and 5th metacarpal, at the point where the tip of the small finger rests when a fist is made.

Category
Spring (*ying*) point, corresponding to the fire phase.

Actions
HT-8 tonifies and regulates the spleen *qi* and the kidney, clears heat, and controls descent of the *yang*.

Indications
Difficulty in breathing, fear, depression, chest pain, pain radiating to the upper arm, contractures from the elbow to the armpit, urine retention, enuresis, palpitations, vertigo, and bad breath.

Needling Method
Depth 0.2–0.5 *cun*, perpendicular; moxibustion is allowed.

HT-9 Lesser Surge
少冲 *shào chōng*

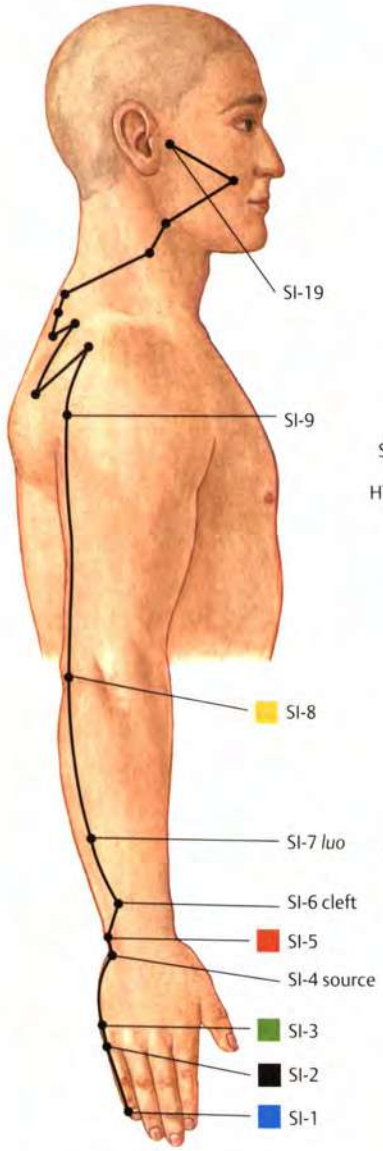
Location
HT-9 is on the radial aspect of the little finger, 0.1 *cun* proximal to the angle of the nail.

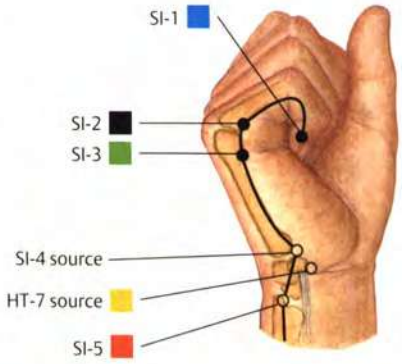
Category
Well (*jing*) point, corresponding to the wood phase.

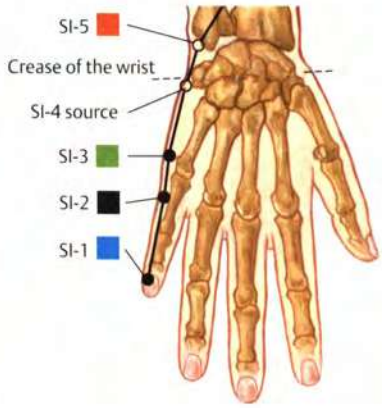
Actions
HT-9 regulates the spleen *qi*, clears heat, and controls and subdues the *yang*.

Indications
Fever and restlessness, a feeling of tension in the body, retching, thirst, phlegm in the upper burner accompanied by depression, collapse, shock, fainting, tightness in the throat, a choking feeling, great mood fluctuations, heart pain, palpitations; the point of emergency treatment in the case of stroke.

Needling Method
Depth 0.1 *cun*, perpendicular (possibly with bleeding); moxibustion is allowed.


SI-19
SI-9
SI-8
SI-7 *luo*
SI-6 cleft
SI-5
SI-4 source
SI-3
SI-2
SI-1


SI-1
SI-2
SI-3
SI-4 source
HT-7 source
SI-5


SI-5
Crease of the wrist
SI-4 source
SI-3
SI-2
SI-1

24 Acupuncture Points of the Small Intestine Channel

The small intestine channel (*xiao chang*) is the major *yang* channel of the hand (*shou tai yang xiao chang jing*).

SI-1 Lesser Marsh

少泽 *shào zé*

Location

On the ulnar aspect of the little finger, 0.1 *cun* proximal to the angle of the nail.

Category

Well (*jing*) point, corresponding to the metal phase.

Actions

Dispels wind heat and promotes lactation.

Indications

Tidal fevers, absence of sweating, a feeling of tightness in the throat, with shortness of breath, deafness, nosebleeds, pain at the back of the head and neck, corneal opacities, pterygium, fainting, angina, spastic tension in the arm, loss of consciousness, epileptic seizures, mastitis, and insufficient lactation.

Needling Method

Depth 0.1 *cun*, perpendicular; moxibustion is allowed.

SI-2 Front Valley

前谷 *qián gǔ*

Location

SI-2 is on the ulnar aspect of the little finger, in a depression at the border of the red and white flesh, distal to the metacarpophalangeal joint.

Category

Spring (*ying*) point, corresponding to the water phase.

Actions

Expels wind and wind–heat, and promotes lactation.

Indications

Pain in the head and neck, eye pain, superficial visual obstruction, tinnitus, nosebleeds, a blocked nose, a painful obstruction in the throat, arm pain, the "exterior" cannot be opened, fever without perspiration, epileptic seizures, mastitis, absence of lactation, coughing, swollen breasts, and breathing disorders.

Needling Method

Depth 0.2–0.5 *cun*, perpendicular; moxibustion is allowed

SI-3 Back Ravine / Back Stream

后溪 *hòu xī*

Location

SI-3 is on the ulnar border of the little finger, proximal to the metacarpophalangeal joint, on the border of the red and white flesh.

Categories

1. Stream (*shu*) point, corresponding to the wood phase;
2. Confluent point by means of which the governing vessel (*du mai*) is opened.

Actions

SI-3 dispels wind–heat heteropathies, relaxes the muscles, activates the channels, opens the governing vessel (*du mai*), and clears the mind.

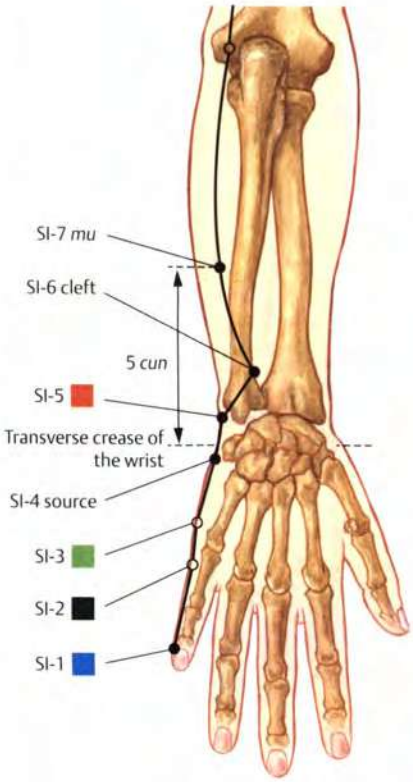
Indications

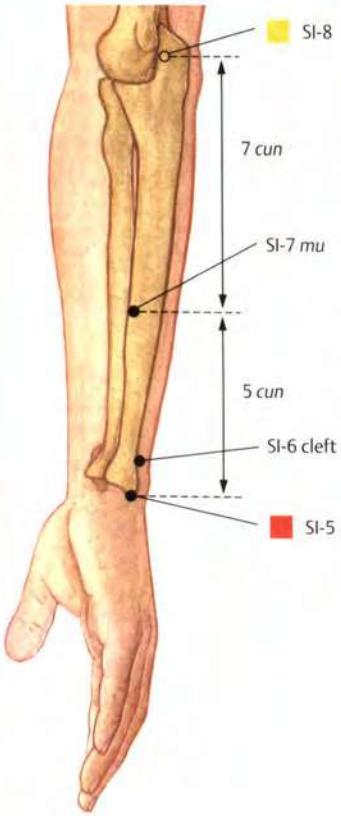
Periodic fever with coughing, tension and pain in the chest, bloodshot eyes, superficial visual disturbances, nosebleeds, a blocked up nose, nighttime sweating, tinnitus, deaf-mutism, deafness, neck pain, headache, shoulder pain, back pain, hand pain, twitching of the fingers, spasms, nausea, retching, epileptic seizures, and jaundice.

Needling Method

Depth 0.2–2 *cun*, perpendicular; moxibustion is allowed.

SI-6 cleft


SI-7 *mu*
SI-6 cleft
5 *cun*
SI-5
Transverse crease of the wrist
SI-4 source
SI-3
SI-2
SI-1


SI-8
7 *cun*
SI-7 *mu*
5 *cun*
SI-6 cleft
SI-5

SI-4 Wrist Bone
腕骨 *wàn gǔ*

Location
SI-4 si on the ulnar border of the hand, in the crease of the wrist, on the border of the red and white flesh, in a depression between the base of the fifth metacarpal, the hamate,7 and the pisiform bones.

Category
Source (*yuan*) point of the small intestine channel.

Actions
SI-4 releases the exterior, cools heat and fire, and clears phlegm.

Indications
Wind syndromes such as fever without perspiration, flank pain, a stifling feeling, headache, restlessness, a painful obstruction in the throat , shoulder pain, contraction of the five fingers, weakness and pain in the wrist, tinnitus, lacrimation, superficial visual disturbances, hemiplegia, pareses, clonic spasms, epileptic symptoms in children, jaundice, and diabetes.

Needling Method
0.2–1 *cun*, perpendicular; moxibustion is allowed.

SI-5 *Yang* Valley
阳谷 *yáng gǔ*

Location
SI-5 is on the border of the red and white flesh, in a depression between the styloid process of the ulna and the triquetral bone.

Category
River (*jing*) point, corresponding to the fire phase.

Actions
Expels wind–heat heteropathies.

Indications
Diminished hearing, deafness, tinnitus, vertigo, eye pain, shoulder pain, pain in the arm and wrist, fever without perspiration, neck and throat complaints, toothache, a painful obstruction in the throat, epilepsy, spasms and seizures in children, and a swollen jaw joint.

Needling Method
Depth 0.2–0.3 *cun*, perpendicular; moxibustion is allowed.

SI-6 Nursing the Aged
养老 *yǎng lǎo*

Location
With the arm slightly bent and the palm facing the chest, locate SI-6 in the depression on the radial side of the styloid process of the ulna.

Category
Cleft (*xi*) point of the small intestine channel.

Actions
Harmonizes the liver, dispels wind (*feng*), relaxes the sinews, opens up the *luo* channels, and clears vision.

Indications
Pain in the arm, shoulder, and elbow; stiffness and tension in the neck; occipital headache; intercostal neuralgia; appendicitis; blurred, weak vision, and all kinds of visual disorders; lower back pain and pain in the lower extremities; dizziness; and heart pain.

Needling Method
Depth 0.3–0.8 *cun*, perpendicular; moxibustion is allowed.

SI-7 Branch to the Correct
支正 *zhi zhèng*

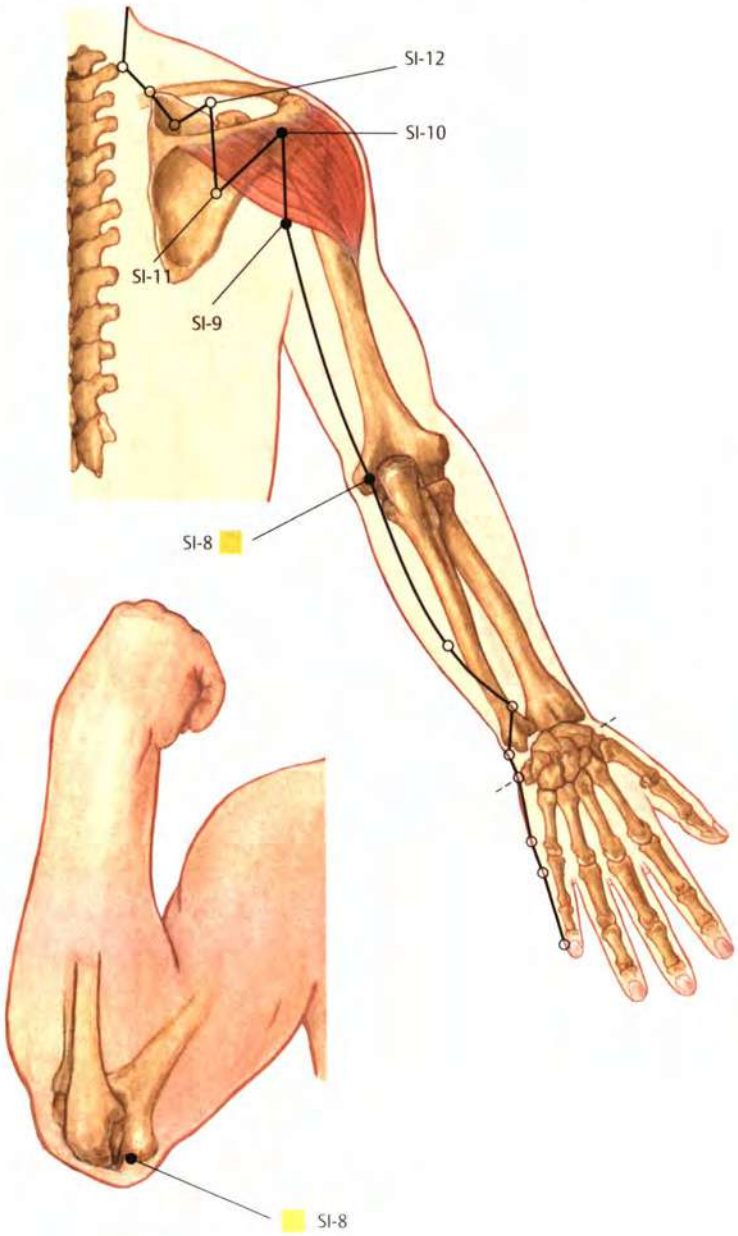
Location
SI-7 is on the line between SI-5 and SI-8, 5 *cun* proximal to SI-5, near the outer border of the ulna, when the elbow is bent and the arm is in the supine position.

Category
Luo connecting point of the small intestine, providing the link to the complementary heart channel.

Actions
SI-7 supports the liver *qi*, and expels wind and wind–heat.

Indications
Heart pain; emotional disorders; fearfulness; sadness; manic depression; epileptic seizures; fever without perspiration; headaches; weak limbs; unbearable pain in the elbows and arms, hands, and fingers; attacks of dizziness; and blurred vision.

Needling Method.
Depth 0.3–0.8 *cun*, perpendicular; moxibustion is allowed


SI-12
SI-10
SI-11
SI-9
SI-8
SI-8

SI-8 Small Sea
小海 *xiāo hǎi*

Location
SI-8 is on the dorsal side of the elbow, in a depression between the olecranon process and the tip of the medial epicondyle of humerus, on the border of the red and white flesh.

Category
Uniting (*he*) point, corresponding to the earth phase.

Actions
SI-8 harmonizes the liver and heart, controls descent of the *yang*, disperses wind, cools heat, opens up the *luo* channels, and relieves spasms.

Indications
Wind symptoms such as pain in the back of the neck, the side of the throat, shoulder, upper arm, and elbow; swollen gums, dizziness accompanied by neck pain; periodic fevers; propensity to ulcers; a swollen elbow; epileptic seizures; a stiff neck; facial swelling; tinnitus, deafness; vertigo; and intestinal diseases.

Needling Method
Depth 0.2–0.5 *cun*, perpendicular; moxibustion is allowed.

SI-9 True Shoulder
肩贞 *jiān zhēn*

Location
SI-9 is at the posterior margin of the humeral promontory and the deltoid muscle, 1 *cun* above the axillary crease when the arm is adducted.

Actions
SI-9 clears the *luo* channels, and expels wind and wind–damp.

Indications
Pain in the shoulder blade and shoulder joint, periodic fever, tinnitus, deafness, pain and pareses in the extremities, swollen cheeks, toothache, and febrile diseases.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.

SI-10 Upper Arm Transport
臑俞 *nào shū*

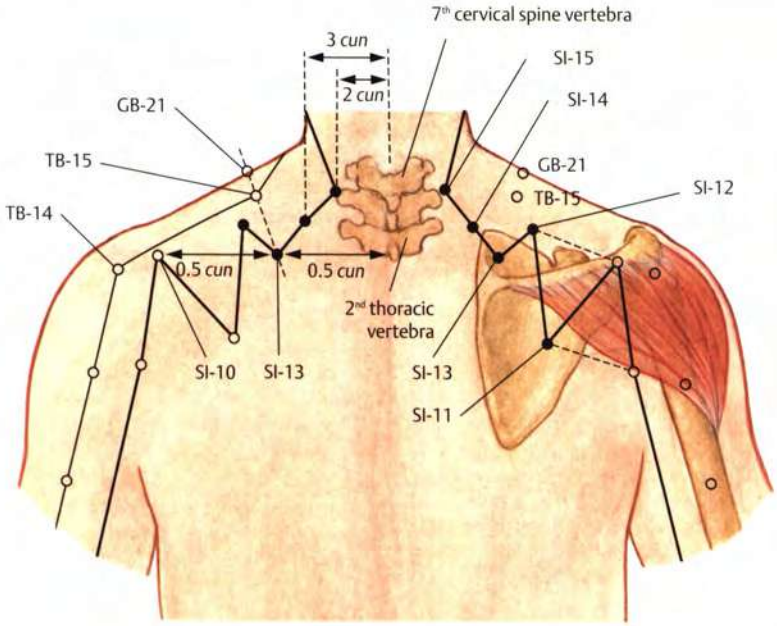
Location
SI-10 is at the lower margin of the scapular spine, vertically above the axillary crease.

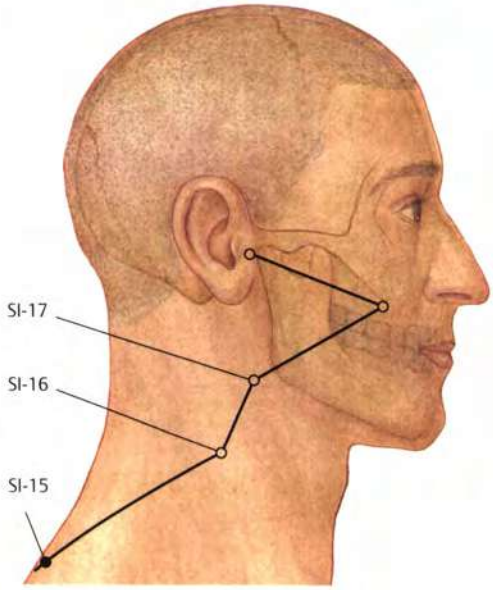
Category
Meeting point (*hui xue*) of the small intestine channel with the *yang* springing vessel (*yang qiao mai*) and the *yang* linking vessels (*yang wei mai*).

Actions
Expels wind invasions of all kinds and drains dampness.

Indications
Intense pain in the shoulder joint, a frozen shoulder, weakness of the shoulder, bloating, swelling of different parts of the body, and hypertension.

Needling Method
Depth 0.8–1.5 *cun*, perpendicular; moxibustion is allowed.


7th cervical spine vertebra
3 cun
2 cun
SI-15
SI-14
GB-21
TB-15
TB-14
GB-21
TB-15
SI-12
0.5 cun
0.5 cun
2nd thoracic vertebra
SI-10
SI-13
SI-13
SI-11


SI-17
SI-16
SI-15

SI-11 Celestial Gathering
天宗 *tiān zōng*

Location
SI-11 is in the center of the scapular infraspinous fossa, forming an equilateral triangle with SI-9 and SI-10.

Actions
SI-11 expels wind–damp.

Indications
Pain in the shoulder and the upper arm, pain extending from the elbow along the dorsum of the upper arm to the shoulder, a feeling of fullness and tension in the chest, coughing, and swelling of the cheeks and mandible.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

SI-12 Grasping the Wind
秉风 *bǐng fēng*

Location
SI-12 is in the center of the suprascapular fossa, directly above SI-11.

Category
Meeting point (*hui xue*) of the small intestine, large intestine, heart, triple burner, gall bladder, and stomach channels.

Actions
SI-12 expels wind.

Indications
Pain in the shoulder and inability to raise the arm.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

SI-13 Crooked Wall
曲垣 *qū yuán*

Location
SI-13 is at the medial end of the suprascapular fossa, between SI-10 and the spinous process of the 2nd thoracic vertebra.

Actions
SI-13 cools heat and dispels wind.

Indications
Obstruction causing pain and heat in the shoulder joint, and pain radiating into the shoulder blade.

Needling Method
Depth 0.5–0.8 *cun*, perpendicular; moxibustion is allowed.

SI-14 Outer Shoulder Transport
肩外俞 *jiān wài shū*

Location
SI-14 is 3 *cun* lateral to the lower border of the spinous process of the 1st thoracic vertebra, at the superior angle of the scapula.

Actions
SI-14 expels wind and wind–cold.

Indications
Pain in the scapula, stiffness and tension in the neck muscles, and cold obstruction with pain in the upper arm.

Needling Method
Depth 0.6 *cun*, perpendicular; moxibustion is allowed.

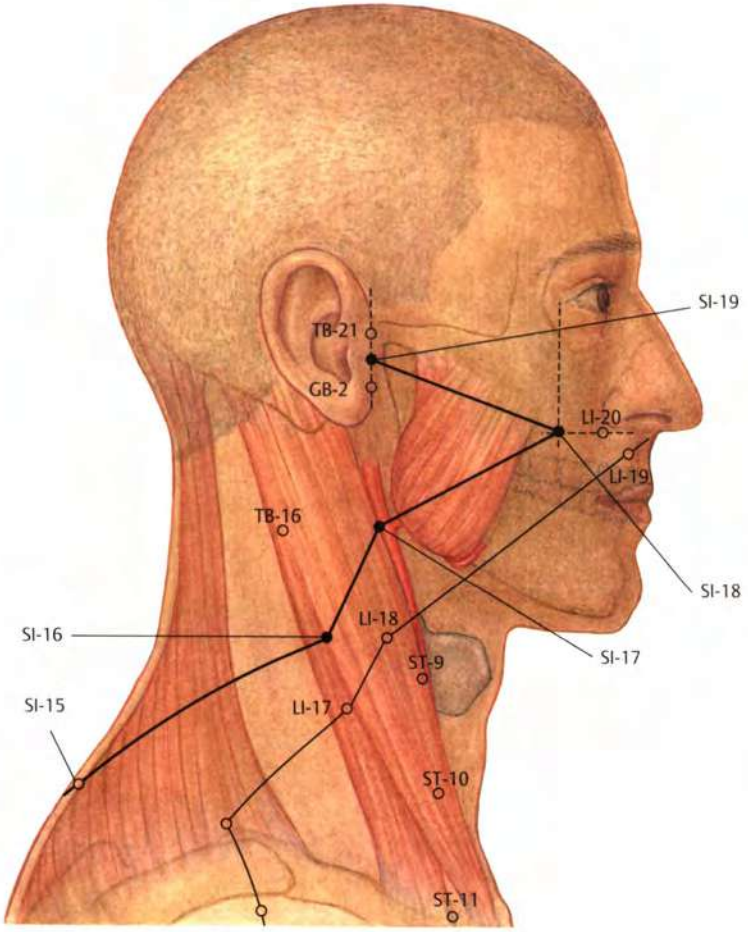
SI-15 Central Shoulder Transport
肩中俞 *jiān zhōng shū*

Location
SI-15 is 2 *cun* lateral to the spinous process of the 7th cervical vertebra.

Actions
SI-15 expels wind–damp, cools heat, and drains phlegm.

Indications
Cough and rebellious *qi*, bloody sputum, periodic fevers, visual disorders, and pain in the shoulder and back.

Needling Method
Depth 0.3–0.6 *cun*, perpendicular; moxibustion is allowed.


SI-19
TB-21
GB-2
LI-20
LI-19
TB-16
SI-18
LI-18
SI-16
SI-17
ST-9
SI-15
LI-17
ST-10
ST-11

SI-16 Celestial Window
天窗 *tiān chūang*

Location
SI-16 is at the posterior border of the sternocleidomastoid muscle, 0.5 *cun* behind LI-18, lateral to the laryngeal prominence.

Actions
SI-16 harmonizes the liver *qi*, expels wind, and relieves spasms and pareses.

Indications
A feeling of tightness in the throat, loss of voice, difficulty in breathing, swallowing difficulties, swelling of the cheek and throat, throat pain, a stiff neck, deafness, tinnitus, and hemorrhoids

Needling Method
Depth 0.3–0.6 *cun*, perpendicular; moxibustion is allowed.

SI-17 Celestial Countenance
天容 *tiān róng*

Location
SI-17 is behind the mandibular angle, at the anterior margin of the sternocleidomastoid muscle, vertically below the ear lobe, below TB-17.

Actions
SI-17 expels wind pathogens and heat, supports the liver *qi*, and drains dampness.

Indications
Aphasia, a feeling of fullness in the chest, shortness of breath, expectoration of thin mucus, toothache, deafness, tinnitus, tightness in the throat, fever, throat pain, ulcers of the throat and neck, tonsillitis, and pharyngitis.

Needling Method
Depth 0.1–0.8 *cun*, perpendicular; moxibustion is allowed.

SI-18 Cheek Bone-Hole
顴髎 *quán liáo*

Location
SI-18 is at the same level as LI-20 and below the outer canthus of the eye.

Category
Meeting point (*hui xue*) of the small intestine and the triple burner channels.

Actions
Expels all types of wind pathogens.

Indications
Spasms and pareses of the facial muscles, twitching, toothache, vertigo, ulcers, trigeminal neuralgia, and facial pareses.

Needling Method
Depth 0.2–1 *cun*, perpendicular; moxibustion is allowed.

SI-19 Auditory Palace
听宫 *tīng gōng*

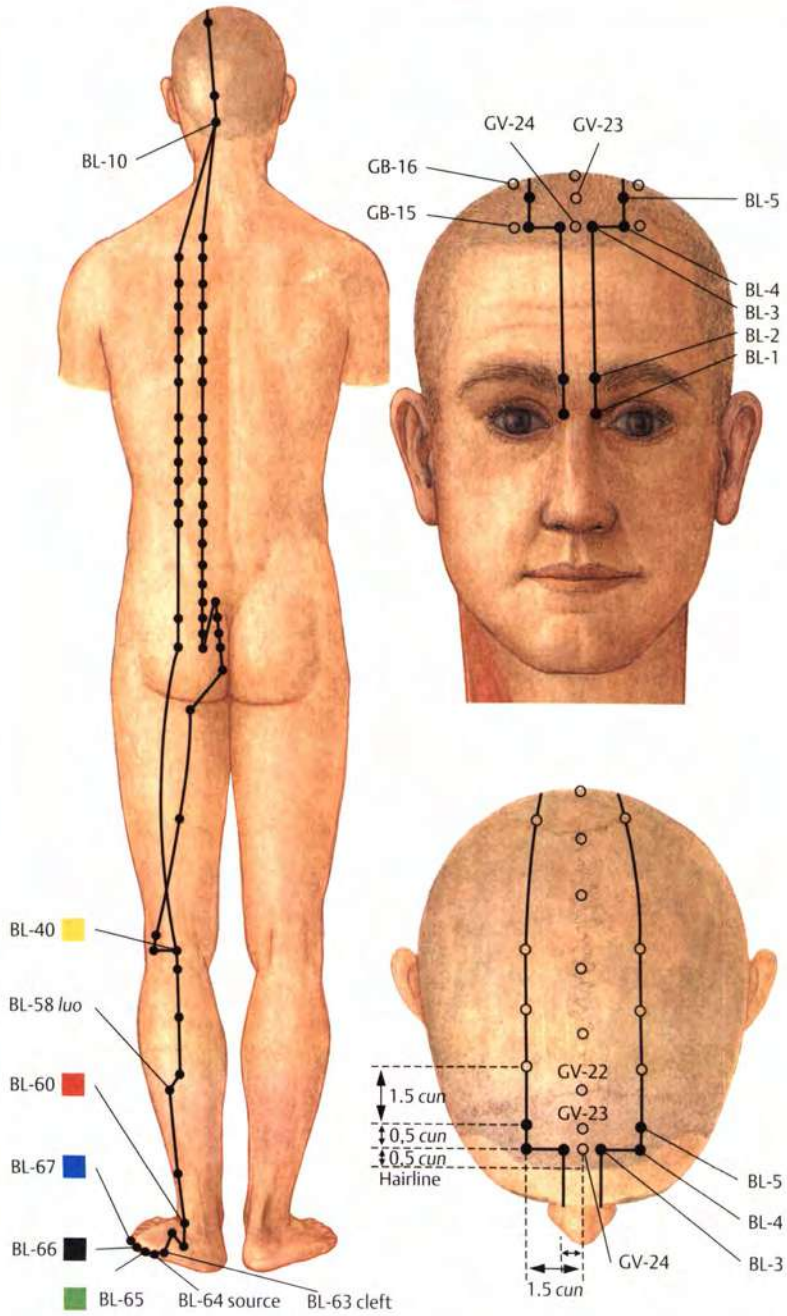
Location
With the mouth slightly open, locate SI-19 in front of the ear, in a depression between the tragus and the condyloid process of the mandible.

Category
Meeting point of the small intestine, triple burner, and gall bladder channels.

Actions
Treats all kinds of hearing disorders, including tinnitus.

Indications
Difficulty in hearing, deafness, tinnitus, earache, otitis, trigeminal neuralgia, toothache, and pareses of the facial muscles.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.


BL-10
BL-40
BL-58 *luo*
BL-60
BL-67
BL-66
BL-65
BL-64 source
BL-63 cleft
GV-24
GV-23
GB-16
GB-15
BL-5
BL-4
BL-3
BL-2
BL-1
GV-22
GV-23
1.5 *cun*
0.5 *cun*
0.5 *cun*
Hairline
BL-5
BL-4
BL-3
GV-24
1.5 *cun*

25 Acupuncture Points of the Bladder Channel

The bladder channel (*pang guang*) is the greater *yang* channel of the foot (*zu tai yang pang guang jing*).

BL-1 Bright Eyes
睛明 *jīng míng*

Location
BL-1 is in a depression in the middle and slightly above the inner canthus of the eye.

Category
Meeting point of the bladder, small intestine, and stomach channels, *yang* springing vessel (*yang qiao mai*), and the *yin* springing vessel (*yin qiao mai*).

Actions
BL-1 expels wind, cools heat, frees the flow in the *luo* channels, and clears vision.

Indications
Myopia, pain and redness of the eyes, strabismus, night blindness, optic nerve atrophy, retinal inflammation, and early stages of cataract.

Needling method
Depth 0.1 *cun*, perpendicular (in exceptional cases, 1.5 *cun*).

BL-2 Bamboo Gathering
攒竹 *zǎn zhú*

Location
BL-2 is at the medial end of the eyebrow, directly above acupuncture point BL-1.

Actions
BL-2 expels wind, clears the *luo* channels, and benefits vision.

Indications
Pain in the forehead, a blocked nose, facial pareses, epilepsy, impaired vision, blurred vision, watering eyes, redness of the eyes, itching eyes, eye pain, cataracts, and twitching of the eyelid.

Needling Method
Depth 0.1—0.3 *cun*, perpendicular; oblique, up to 0.8 *cun*.

BL-3 Eyebrow Ascension
眉冲 *méi chōng*

Location
BL-3 is vertically above BL-2, 0.5 *cun* within the anterior hairline.

Action
BL-3 expels wind pathogens.

Indications
Epilepsy, headaches, vertigo, a blocked nose, and stroke.

Needling Method
Depth 0.2–0.3 *cun*, oblique insertion toward the top of the skull, moxibustion is allowed.

BL-4 Deviating Turn
曲差、鼻冲 *qū chā*

Location
BL-4 is 1.5 *cun* lateral to GV-24 in the midline, 0.5 *cun* within the anterior hairline.

Actions
BL-4 releases the exterior, cools heat, and expels wind.

Indications
Wind syndromes with a closed exterior, absence of sweating, fever, headache, nosebleeds, a blocked nose, and eye problems.

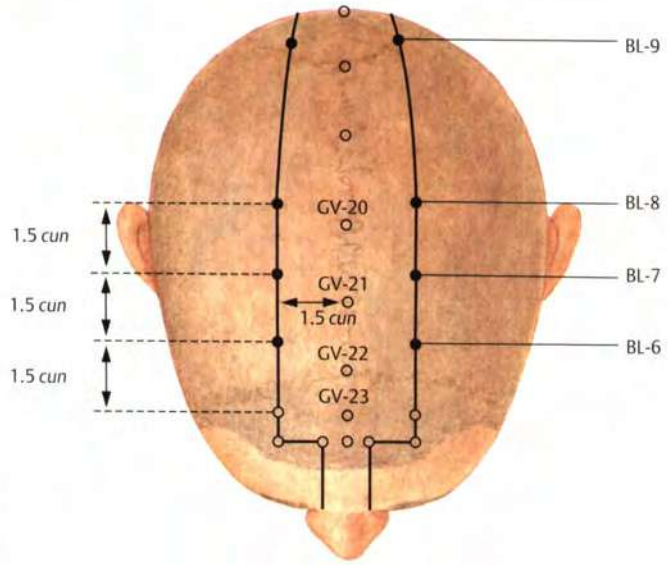
Needling Method
Depth 0.2–0.4 *cun*; moxibustion is allowed.

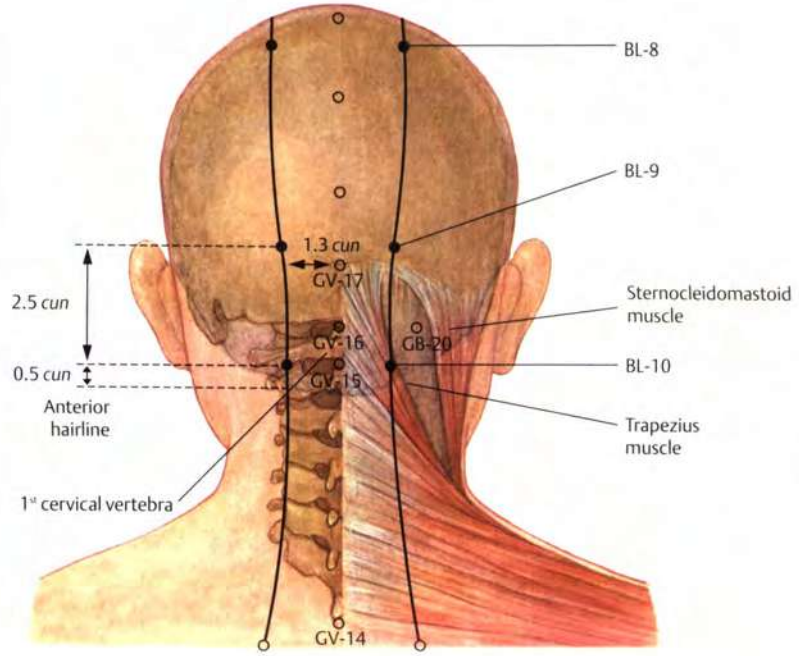
BL-5 Fifth Place
五处 *wǔ chù*

Location
BL-5 is 1.5 *cun* lateral to GV-23 in the midline, 1 *cun* within the anterior hairline.

Actions
BL-5 dispels wind, releases the exterior, activates the *luo* channels, and relieves spasms.

Indications
Headaches, pain and spasms in the back muscles, opisthotonus, epilepsy, dizziness, and light-headedness.


BL-9
BL-8
BL-7
BL-6
GV-20
GV-21
GV-22
GV-23
1.5 cun
1.5 cun
1.5 cun
1.5 cun


BL-8
BL-9
1.3 cun
GV-17
2.5 cun
Sternocleidomastoid muscle
GV-16
GB-20
0.5 cun
BL-10
GV-15
Anterior hairline
Trapezius muscle
1st cervical vertebra
GV-14

Needling Method
Depth 0.3 *cun*; moxibustion is allowed.

BL-6 Light Guard
承光 *chéng guāng*

Location
BL-6 is 1.5 *cun* behind BL-5, 1.5 *cun* lateral to the midline.

Actions
BL-6 expels wind, transforms dampness, and clears blurred vision.

Indications
Vertigo, headaches, retching, nausea, a blocked nose, anosmia, pareses or spasms of the facial muscles, a watery discharge from the nose, blurred vision, and night blindness.

Needling Method
Depth 0.2–0.3 *cun*, transverse.

BL-7 Celestial Connection
通天 *tōng tiān*

Location
BL-7 is 1.5 *cun* lateral to the midline, 1.5 *cun* behind BL-6; i.e., 4 *cun* within the anterior hairline.

Actions
BL-7 expels wind, disperses wind–damp obstruction, and relieves spasms.

Indications
A stiff neck, nosebleeds, a watery nasal discharge, a blocked nose, one-sided pareses, dizziness, fainting, goiter, and epilepsy.

Needling Method
Depth 0.2–0.3 *cun*; moxibustion is allowed.

BL-8 Declining Connection
络却 *luò què*

Location
BL-8 is 1.5 *cun* behind BL-7, 1.5 *cun* lateral to the midline.

Actions
BL-8 expels wind, drains wind–damp, activates the *luo* channels, and raises and strengthens the liver *qi*.

Indications
Night blindness, sudden loss of vision, lightheadedness, repletion in the abdomen, dizziness, tinnitus, and mania.

Needling Method
Depth 0.2–0.3 *cun*; moxibustion is allowed.

BL-9 Jade Pillow
玉枕 *yù zhěn*

Location
BL-9 is superior to the upper border of the external occipital protuberance, 1.3 *cun* lateral to the midline, approx. 2.5 *cun* above BL-10 (about the same level as GV-17).

Actions
BL-9 expels wind and clears the *luo* channels.

Indications
Searing eye pain, a feeling as if the eyes are being torn out of their sockets, short-sightedness, severe headaches, anosmia, and a blocked nose.

Needling Method
Depth 0.3–0.5 *cun*; moxibustion is allowed.

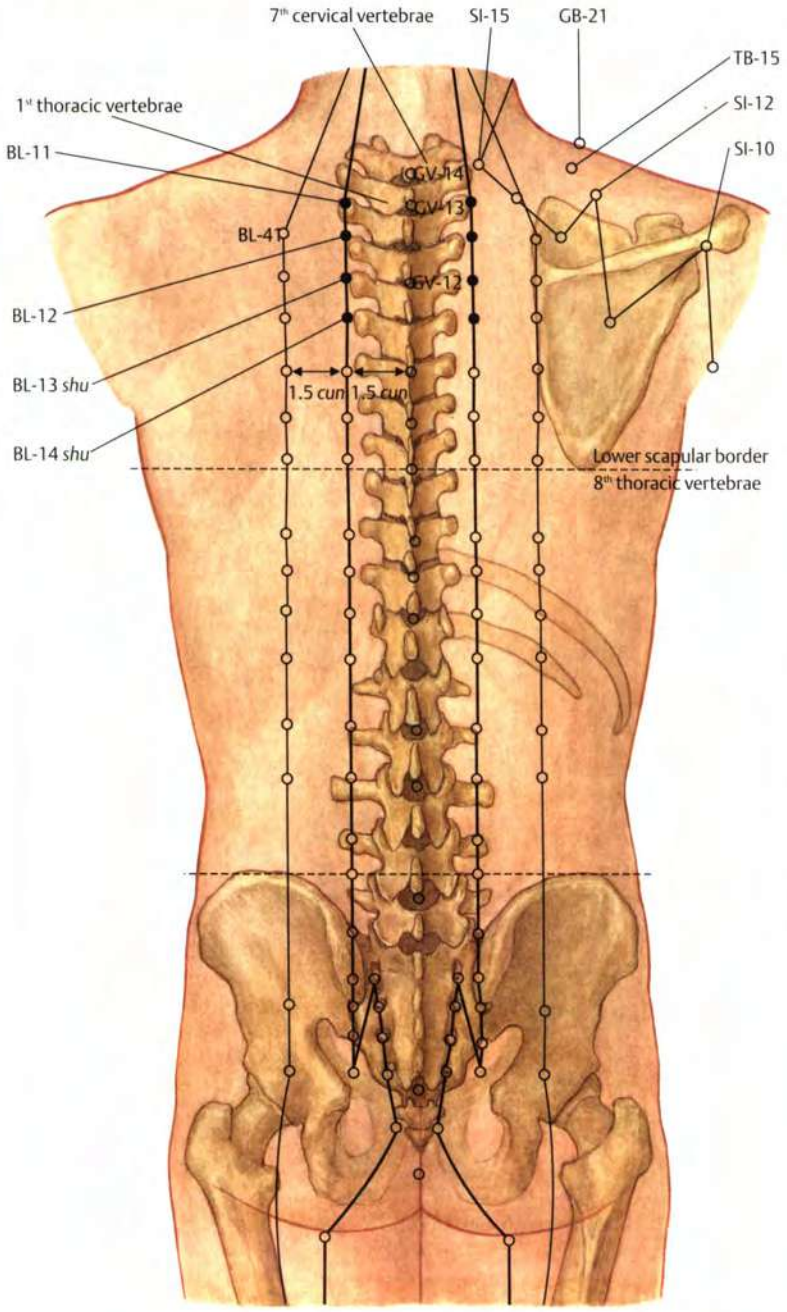
BL-10 Celestial Pillar
天柱 *tiān zhù*

Location
BL-10 is 1.3 *cun* lateral to GV-15, between the spinous process of the 1st and 2nd cervical vertebra, about 0.5 *cun* within the posterior hairline, on the lateral aspect of the trapezius muscle.

Actions
BL-10 expels wind, transforms dampness, and clears the *luo* channels.

Indications
Dizziness, severe headaches, pain in the eyes, neck pain, mania, a blocked nose, anosmia, headaches along the top of the skull, throat swelling, and disturbed sleep.

Needling Method
Depth 0.3–1 *cun*, perpendicular.


7th cervical vertebrae
SI-15
GB-21
TB-15
1st thoracic vertebrae
SI-12
BL-11
SI-10
GV-14
GV-13
BL-41
GV-12
BL-12
BL-13 shu
1.5 cun
1.5 cun
BL-14 shu
Lower scapular border
8th thoracic vertebrae

BL-11 Great Shuttle
大杼 *dà zhù*

Location
BL-11 is 1.5 *cun* lateral to the midline at the level of the protrusion of the 1st thoracic vertebra.

Categories
1. Meeting point of the bladder and small intestine channels and the governing vessel (*du mai*);
2. Meeting point (*hui*) of the bones.

Actions
BL-11 expels wind with cold or heat, cools fire, and drains damp-heat.

Indications
Susceptibility to colds, influenza, cough, fever, headaches, tightness in the throat, swallowing difficulties, oppression in the chest, back pain, shivering, dizziness, a stiff neck, exhaustion, spasms, and epileptic seizures.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

BL-12 Wind Gate
风门 *fēng mén*

Location
BL-12 is 1.5 *cun* lateral to the spinous process of the 2nd thoracic vertebra.

Category
Meeting point between the bladder channel and the governing vessel (*du mai*).

Actions
BL-12 disseminates the lung *qi* and stimulates its descent, harmonizes the *qi*, cools heat, expels wind, and clears the *luo* channels.

Indications
Fever, difficult respiration, asthma, cough, a stiff neck, headaches, dizziness, influenza, and bronchitis.

Needling Method
Depth: 0.5–1 *cun* perpendicular, 1–2 *cun* transverse; moxibustion is allowed.

BL-13 Lung Transport
肺俞 *fèi shū*

Location
BL-13 is 1.5 *cun* lateral to the spinous process of the 3rd thoracic vertebra.

Category
Back transmission point (*shu xue*) of the lung.

Actions
BL-13 tonifies and harmonizes the lung and kidney, regulates *qi*, nourishes *yin*, cools heat, and stimulates descent of the *yang* into the depths of the body.

Indications
Severe exhaustion, deformation of the spine, shortness of breath, perspiration during sleep, cough, asthma, bloody expectoration, chest pain, a dry mouth, jaundice, pain in the flanks, nausea, retching, lack of appetite, irritability, mania, influenza, a stiff neck, seizures, pareses, goiter, tightness of the throat, dyspnea, and epilepsy.

Needling Method
Depth: 0.3–1 *cun* perpendicular, 1–2 *cun* transverse; moxibustion is allowed.

BL-14 Reverting *Yin* Transport
厥阴俞 *jué yīn shū*

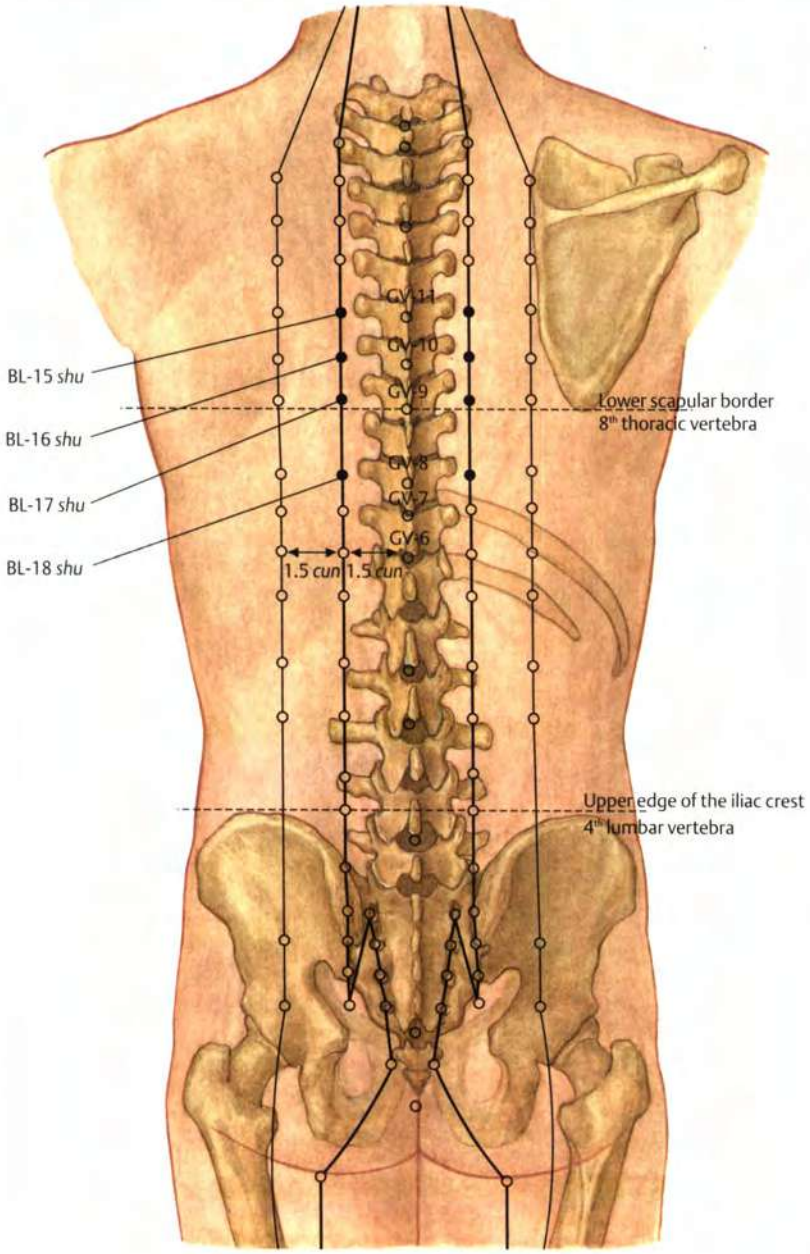
Location
BL-14 is 1.5 *cun* lateral to the spinous process of the 4th thoracic vertebra.

Category
Back transport point (*bei shu*) of the pericardium.

Action
BL-14 harmonizes the pericardium.

Indications
Nausea, retching, a sensation of focal distention and fullness in the chest, oppression in the chest, coughing, and toothache.

Needling Method
Depth: 0.5–1 *cun* perpendicular, 1–2 *cun* transverse; moxibustion is allowed.


GV-11
GV-10
GV-9
GV-8
GV-7
GV-6
BL-15 *shu*
BL-16 *shu*
BL-17 *shu*
BL-18 *shu*
1.5 *cun*
1.5 *cun*
Lower scapular border
8th thoracic vertebra
Upper edge of the iliac crest
4th lumbar vertebra

BL-15 Heart Transport
心俞 *xin shū*

Location
BL-15 is 1.5 *cun* lateral to the spinous process of the 5th thoracic vertebra.

Category
Back transport point (*bei shu*) of the heart.

Actions
BL-15 stabilizes the heart, calms the spirit, regulates the *xue*, and regulates heart *qi*.

Indications
Coughing, bloody sputum, a feeling of tightness in the chest, heart pain, restlessness, palpitations, arrhythmia, nervousness, forgetfulness, delayed speech development in children, profuse perspiration, red lips, hemiplegia, impairment of consciousness, nausea, retching, periodic fever, perspiration during sleep, and insomnia.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

BL-16 Governing Transport
督俞 *dū shū*

Location
BL-16 is 1.5 *cun* lateral to the spinous process of the 6th thoracic vertebra.

Category
Back transport point (*bei shu*) of the governing vessel (*du mai*).

Actions
BL-16 regulates the *qi* in the middle burner and breaks up phlegm obstruction.

Indications
Periodic fever, colds with fever, pain in the chest and the center of the body, borborygmi, hiccups, endocarditis, pericarditis, mastitis, and pruritus.

Needling Method
Depth 0.7–1 *cun*, oblique; moxibustion is allowed.

BL-17 Diaphragm Transport
膈俞 *gé shū*

Location
BL-17 is 1.5 *cun* lateral to the spinous process of the 7th thoracic vertebra.

Categories
1. Back transport point (*bei shu*) of the diaphragm;
2. Meeting point for the *xue*.

Actions
BL-17 regulates the *xue*, breaks up stases, relieves tension in the chest and the center of the body, and tonifies deficiency.

Indications
Spontaneous perspiration or perspiration during sleep, vomiting blood, pressure in the abdomen, lack of appetite, pain in the flanks and abdomen, tiredness, heavy limbs, tightness in the throat, colicky pain, coughing, hiccups, esophageal spasms, anemia, and urticaria.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.

BL-18 Liver Transport
肝俞 *gān shū*

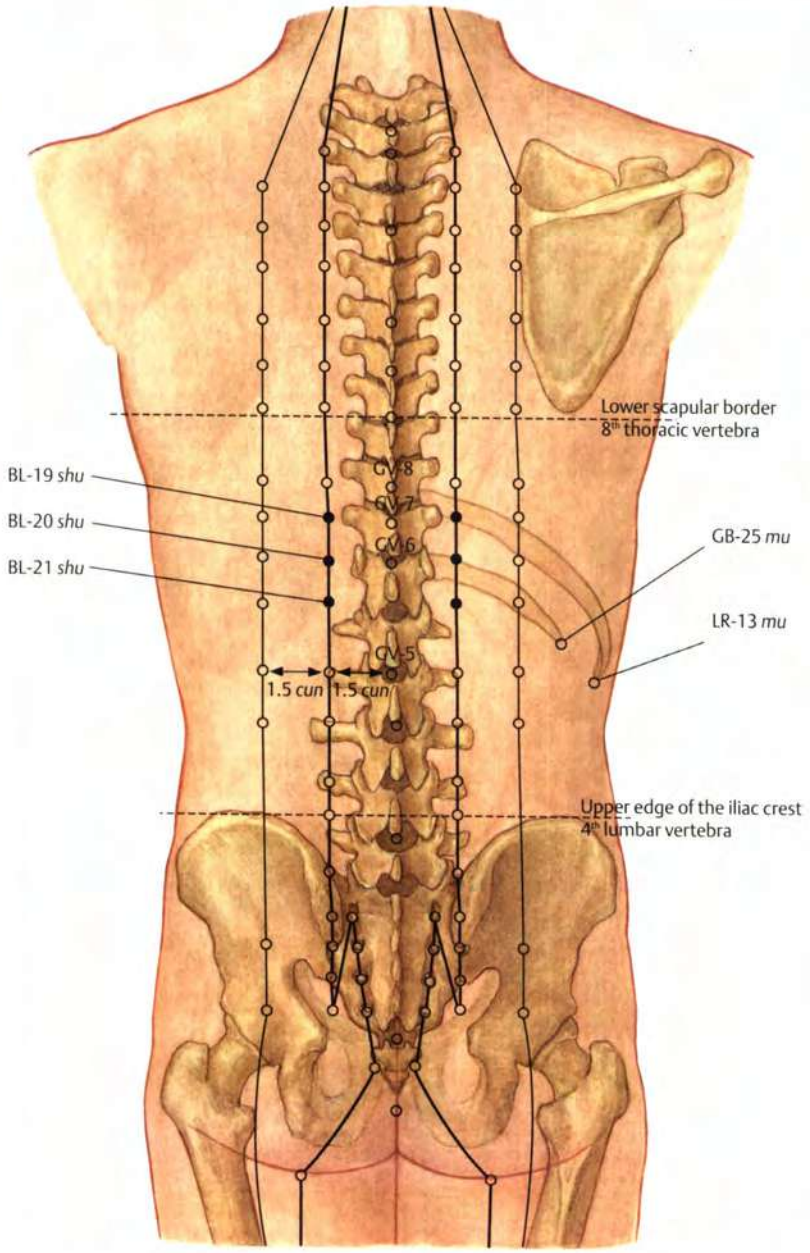
Location
BL-18 is 1.5 *cun* lateral to the spinous process of the 9th thoracic vertebra.

Category
Back transport point (*bei shu*) of the liver.

Actions
BL-18 tonifies the liver and gall bladder, cools and drains damp-heat, harmonizes the *qi*, dispels blockages, and clears vision ("benefits the eyes").

Indications
Irritability, irascibility, lumps and concretions in the upper abdomen, pain in the upper abdomen and back, cramps in the extremities, eye diseases of all kinds, dizziness, and jaundice.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.


Lower scapular border
8th thoracic vertebra
BL-19 *shu*
BL-20 *shu*
BL-21 *shu*
GV-8
GV-7
GV-6
GV-5
GB-25 *mu*
LR-13 *mu*
1.5 *cun*
1.5 *cun*
Upper edge of the iliac crest
4th lumbar vertebra

BL-19 Gallbladder Transport
胆俞 *dān shū*

Location
BL-19 is 1.5 *cun* lateral to the spinous process of the 10th thoracic vertebra.

Category
Back transport point (*bei shu*) for the gall bladder.

Actions
BL-19 clears heat from the liver and gall bladder and harmonizes the spleen, supporting the stomach and reestablishing free flow of energy in the center.

Indications
Headaches, shivering, fever without perspiration, swelling in the axilla, a bitter taste in the mouth, a dry mouth, a sore throat, nausea, retching, jaundice, spontaneous perspiration, perspiration during sleep, rapid exhaustion, hepatitis, cholecystitis, pain in the area of the gall bladder, tuberculosis of the lymph glands, and coccygeal pain.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.

BL-20 Spleen Transport
脾俞 *pí shū*

Location
BL-20 is 1.5 *cun* lateral to the spinous process of the 11th thoracic vertebra.

Category
Back transport point (*bei shu*) of the spleen.

Actions
BL-20 tonifies and harmonizes the spleen *qi*, supports digestion, eliminates dampness, and regulates the *xue*.

Indications
Emaciation, a feeling of repletion, bloating, propensity to edema, jaundice, lack of appetite, abdominal distension, pain in the chest and back, all kinds of phlegm obstruction symptoms, hiccups, nausea, vomiting, diarrhea, tiredness, exhaustion, dysentery, anemia, bleeding of the uterus, and urticaria.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.

BL-21 Stomach Transport
胃俞 *wèi shū*

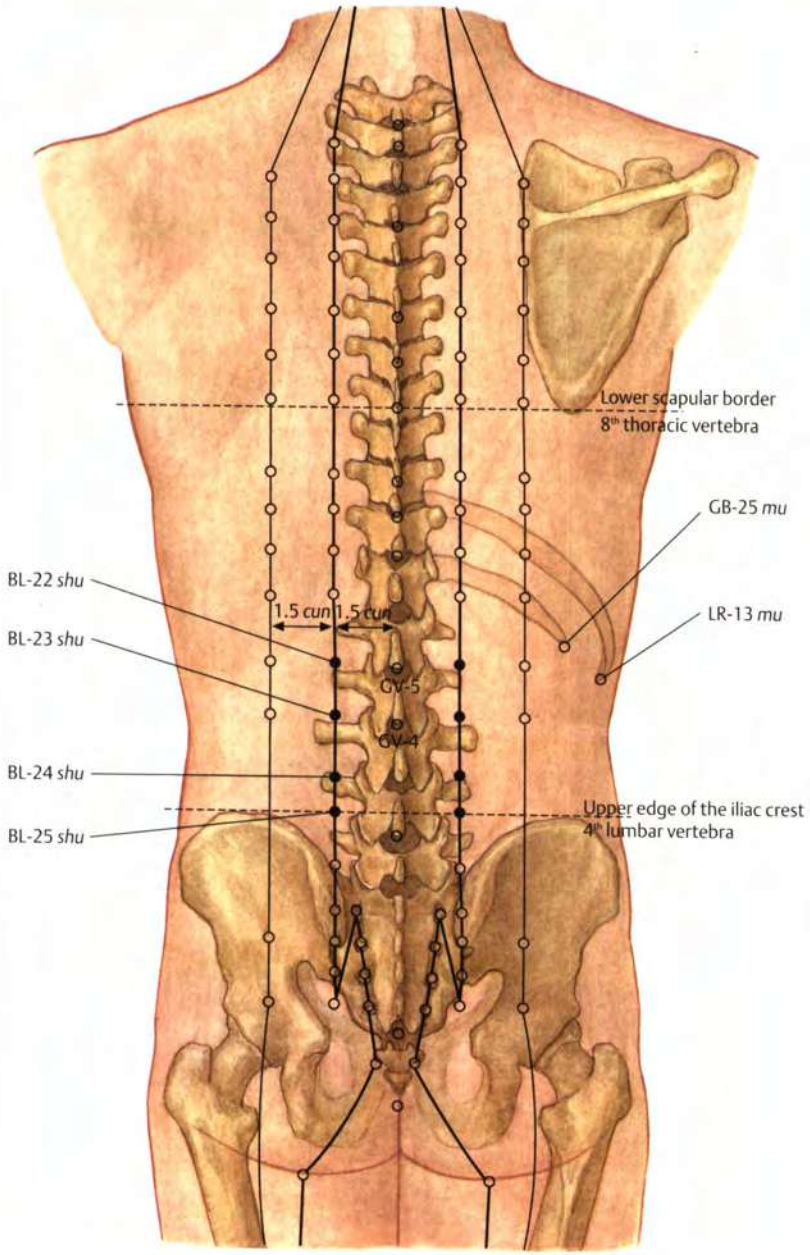
Location
BL-21 is 1.5 *cun* lateral to the spinous process of the 12th thoracic vertebra.

Category
Back transport point (*bei shu*) of the stomach.

Actions
Supports and harmonizes the spleen and stomach, transforms dampness, and dispels blockages.

Indications
Lack of appetite, emaciation, nausea, vomiting, sometimes combined with diarrhea, stomach ache, disturbed sleep, childhood nutritional impairment, a feeling of pressure in the chest and flanks, gastritis, ulcers, pancreatitis, hepatitis, and enteritis.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.


Lower scapular border
8th thoracic vertebra
GB-25 *mu*
LR-13 *mu*
BL-22 *shu*
1.5 *cun*
1.5 *cun*
BL-23 *shu*
GV-5
GV-4
BL-24 *shu*
Upper edge of the iliac crest
4th lumbar vertebra
BL-25 *shu*

BL-22 Triple Burner Transport

三焦俞 *sān jiāo shū*

Location.
BL-22 is 1.5 *cun* lateral to the spinous process of the 1st lumbar vertebra

Category
Back transport point (*bei shu*) of the triple burner

Actions
BL-22 moves and regulates the *qi*, harmonizes the fluids, and transforms dampness.

Indications
Lumps and concretions in the abdominal area, emaciation or bloating, jaundice, a feeling of repletion, lack of appetite, digestive disorders, diarrhea, headaches, dizziness, pain in the back and shoulder, stiffness of the back, particularly the lower back, gastritis, enteritis, ascites, and nephritis.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

BL-23 Kidney Transport

肾俞 *shèn shū*

Location
BL-23 is 1.5 *cun* lateral to the spinous process of the 2nd lumbar vertebra.

Category
Back transport point (*bei shu*) of the kidney

Actions
BL-23 tonifies and harmonizes the kidneys, strengthens the loins, improves hearing, and benefits the ears and eyes.

Indications
Lack of body warmth, emaciation, impaired hearing, tinnitus, shortness of breath, weakness in the lower extremities and loins, lumbago, an icy cold sensation, spermatorrhea, impotence, infertility, disorders of micturition, enuresis, a sallow complexion, a dark complexion, diarrhea, disorders of vision of all kinds, epilepsy, periodic fever, fearfulness, diabetes, menstrual disturbances, profuse leukorrhea, edema, and bladder stones.

Needling Method
Depth 1.5–2 *cun*, perpendicular or at slight angle in the direction of the spine; moxibustion is allowed.

BL-24 Sea-of-Qi Transport

气海俞 *qì hǎi shū*

Location
BL-24 is 1.5 *cun* lateral to the spinous process of the 3rd lumbar vertebra.

Category
Back transport point (*bei shu*) for the sea of *qi*.

Actions
BL-24 stimulates descent of the *qi* into the lower burner, regulates *qi* and *xue*, and strengthens the loins and the knees.

Indications
Pain in the lower back and loins, bleeding hemorrhoids, and dysmenorrhea.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed

BL-25 Large Intestine Transport

大肠俞 *dà cháng shū*

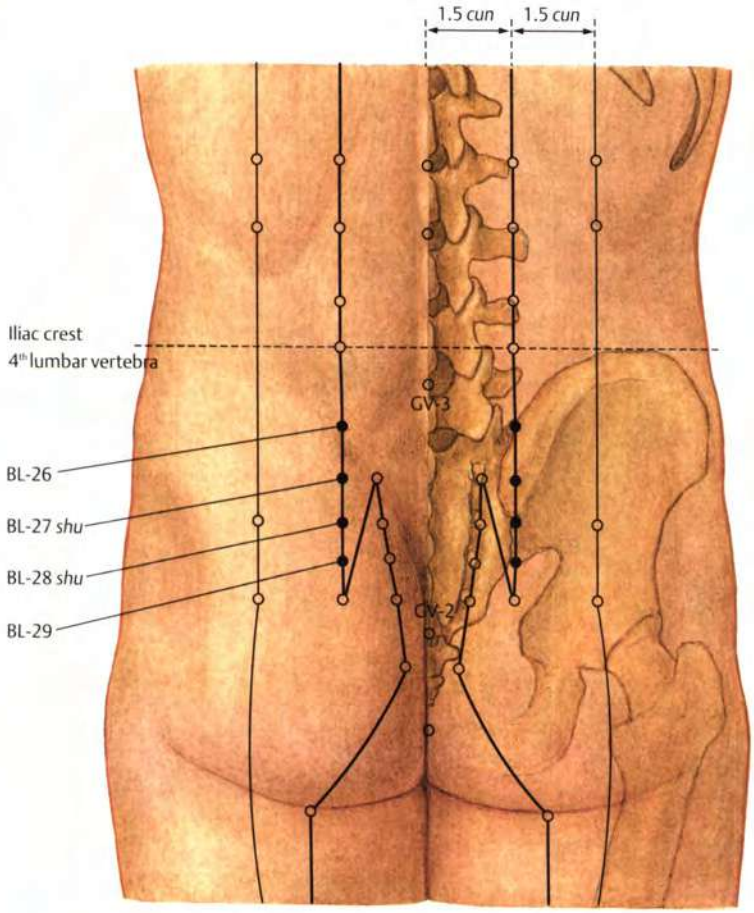
Location
BL-25 is 1.5 *cun* lateral to the spinous process of the 4th lumbar vertebra, at the same level as the iliac crest.

Category
Back transport point (*bei shu*) of the large intestine.

Actions
BL-25 tonifies the *qi* of the large intestine, regulates the intestine and stomach, benefits digestion, and strengthens the loins and the knees.

Indications
Abdominal bloating; diarrhea or constipation; scant urine; pain in the abdomen, loins, and back; emaciation; colicky pain in the intestines; and bloody stools.

Needling Method
Depth 0.5–2 *cun*, perpendicular; moxibustion is allowed.


1.5 *cun*
1.5 *cun*
Iliac crest
4th lumbar vertebra
GV-3
BL-26
BL-27 *shu*
BL-28 *shu*
BL-29
GV-2

BL-26 Pass Head Transport
关元俞 *guān yuán shū*

Location
BL-26 is 1.5 *cun* lateral to the spinous process of the 5th lumbar vertebra, slightly above the depression of the upper rear iliac spine.

Actions
BL-26 harmonizes the lower burner and directs the *qi* down into it, drains dampness, and strengthens the loins and the knees.

Indications
Diarrhea, difficult urination, enuresis, pain and weakness of the loins, and gynecological neoplasias.

Needling Method
Depth 0.5–2 *cun*, perpendicular; moxibustion is allowed.

BL-27 Small Intestine Transport
小肠俞 *xiǎo cháng shū*

Location
BL-27 is 1.5 *cun* lateral to the 1st sacral vertebra.

Category
Back transport point (*bei shu*) of the small intestine.

Actions
BL-27 sinks the *qi* into the lower burner, harmonizes the bladder and intestine, drains dampness, and cools heat.

Indications
Enuresis, scanty dark urine, hematuria, pain in the rectum, hemorrhoids, unquenchable thirst (diabetes), diarrhea, bloating of the lower extremities, colicky abdominal pains, headaches, tiredness, leukorrhea, constipation, pelvic pain, and enteritis.

Needling Method
Depth 0.5–2 *cun*, perpendicular; moxibustion is allowed

BL-28 Bladder Transport
膀胱俞 *páng guāng shū*

Location
BL-28 is 1.5 *cun* lateral to the 2nd sacral vertebra.

Category
Back transport point (*bei shu*) of the bladder.

Actions
Strengthens the bladder *qi* and restores flexibility in the back.

Indications
Pain in the bladder area, all kinds of disorders of micturition, enuresis, scanty dark urine, constipation, diarrhea, pain in the lower abdomen, cramps in the calf, stiff knees, painful stiffness of the back, especially the lower back, and gynecological neoplasias.

Needling Method
Depth 0.3–1.5 *cun*, perpendicular; moxibustion is allowed.

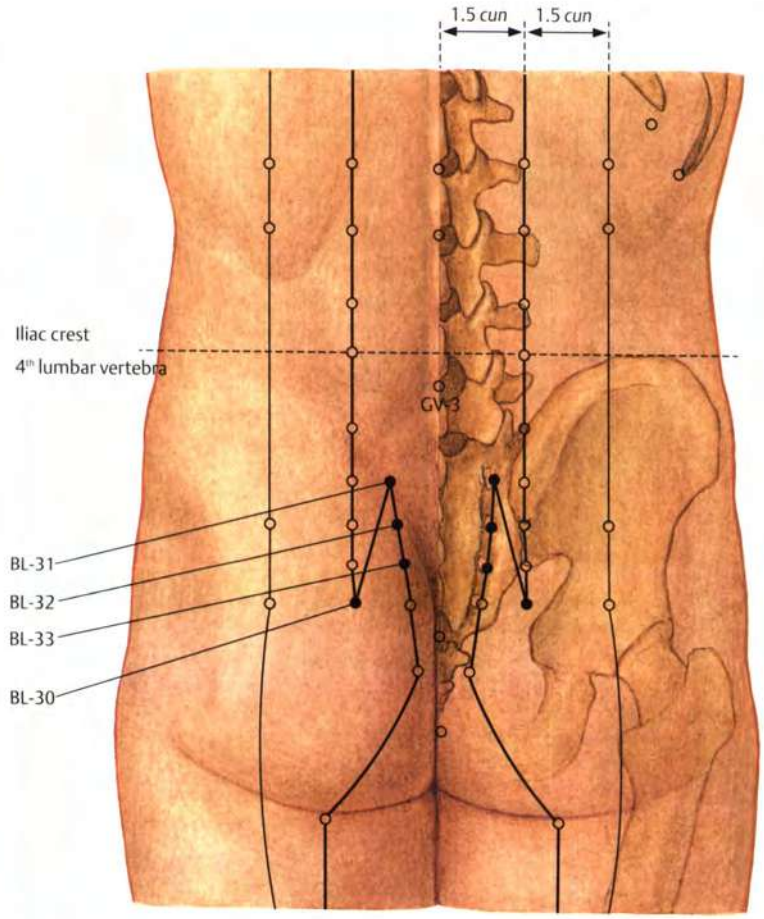
BL-29 Central Backbone Transport
中膂俞 *zhōng lǚ shū*

Location
BL-29 is 1.5 *cun* lateral to the third sacral vertebra.

Actions
BL-29 tonifies the kidney *qi*, increases the kidney *yin*, and cools heat in the bladder.

Indications
Absence of perspiration, bloody or purulent diarrhea, and tension and pain in the muscles of the back.

Needling Method
Depth 0.2–1 *cun*, perpendicular; moxibustion is allowed.


1.5 cun
1.5 cun
Iliac crest
4th lumbar vertebra
GV-3
BL-31
BL-32
BL-33
BL-30

BL-30 White Ring Transport
白环俞 *bái huán shū*

Location
BL-30 is 1.5 *cun* lateral to the midline, at the same level as the 4th sacral foramen.

Action
BL-30 sinks the *qi* into the lower burner, eliminates wind-damp, cools heat, and alleviates pain.

Indications
Disorders of micturition, enuresis, constipation, abdominal pain, infectious processes in the lower burner, weakness of the legs, pain in the hips, a feeling of cold, spasms, tensions, vaginal discharge, heavy irregular menstruation, endometritis, and spermatorrhea.

Needling Method
Depth 0.5–2 *cun*, perpendicular; moxibustion is allowed.

BL-31 Upper Bone-Hole
上髎 *shàng liáo*

Location
BL-31 is at the 1st sacral foramen, next to the 1st sacral vertebra.

Category
Meeting point (*hui xue*) of the bladder and gall bladder channels.

Actions
BL-31 stimulates descent of the *qi* into the bladder and kidneys, and eliminates dampness and heat.

Indications
Disorders of micturition, constipation, nausea, vomiting, rebellious *qi*, vaginal discharge, prolapse of the uterus, and pain in the loins and the knees.

Needling Method
Depth 0.3–1.5 *cun*, perpendicular; moxibustion is allowed.

BL-32 Second Bone-Hole
次髎 *cì liáo*

Location
BL-32 is at the 2nd sacral foramen, next to the second sacral vertebra

Action
BL-32 drains dampness from the lower burner.

Indications
Disorders of micturition, scant reddish urine, diarrhea, colicky pains in the abdomen, pains in the loins and genital area, and bloody and purulent discharges.

Needling Method
Depth 0.3–1.5 *cun*, perpendicular; moxibustion is allowed.

BL-33 Central Bone-Hole
中髎 *zhōng liáo*

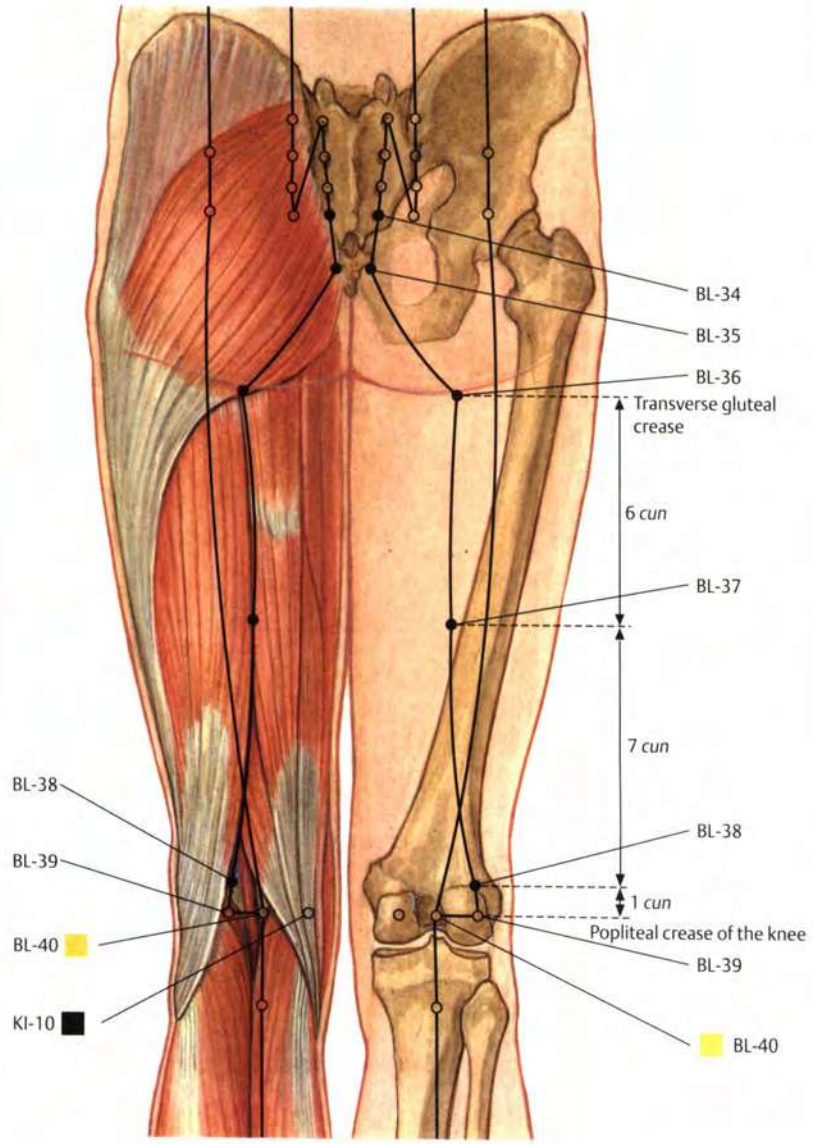
Location
BL-33 is at the 3rd sacral foramen.

Category
Meeting point of the gall bladder and bladder channels.

Actions
BL-33 tonifies and harmonizes the *qi* and *xue* in the lower burner, compensates for depletion, and cools heat.

Indications
All kinds of disorders of micturition, constipation, diarrhea, wasting, menstrual disorders and discharges, and female infertility.

Needling Method
Depth 0.2–1.5 *cun*, perpendicular; moxibustion is allowed.


BL-34
BL-35
BL-36
Transverse gluteal crease
6 cun
BL-37
7 cun
BL-38
1 cun
Popliteal crease of the knee
BL-39
BL-40
BL-38
BL-39
BL-40
KI-10

BL-34 Lower Bone-Hole
下髎 *xià liáo*

Location
BL-34 is at the 4th sacral foramen.

Category
Meeting point of the gall bladder and bladder channels.

Actions
BL-34 tonifies the kidney *yin*, strengthens the bladder *qi*, and cools heat.

Indications
All kinds of disorders of micturition, constipation, diarrhea, bloody stools, stiffness of the loins, pain in the lower back, and vaginal discharge.

Needling Method
Depth 0.2–1.5 *cun*, perpendicular; moxibustion is allowed.

BL-35 Meeting of *Yang*
会阳 *huì yáng*

Location
Depth 0.5 *cun* lateral to the coccyx.

Actions
Compensates deficiencies of the kidney *yin* and kidney *yang*, clears heat, and drains damp–heat.

Indications
All kinds of menstrual disorders, pain in the lower back during menstruation, heat flushes in the abdomen, cold perspiration on the genitals, purulent or bloody discharge, male impotence, diarrhea mixed with bloody discharges, hemorrhoids, and leg pain.

Needling Method
Depth 0.8–1.5 *cun*, perpendicular; moxibustion is allowed.

BL-36 Support
承扶, 肉郄 *chéng fú*

Location
BL-36 is in the center of the transverse gluteal crease.

Actions
BL-36 compensates kidney depletion.

Indications
Constipation, pain around the anus, hemorrhoids, pain in the back and loins, pain in the genitals, a feeling of cold in the lesser pelvis, disorders of micturition, ischialgia, a feeling of pareses of the leg muscles.

Needling Method
Depth 0.7–3 *cun*, perpendicular; moxibustion is allowed.

BL-37 Gate of Abundance
殷门 *yīn mén*

Location
BL-37 is on the line connecting BL-36 with the popliteal crease, 6 *cun* below BL-36, 8 *cun* above the center of the popliteal crease.

Actions
BL-37 transforms and channels dampness, activates the *luo* channels, and mobilizes the *qi* and the *xue*.

Indications
Ischialgia, lumbago, occipital headaches, paralysis and numbness of the lower extremities, stiffness of the loins and back, swelling of the thigh, dislocation of the hip, and diarrhea with bloody discharge.

Needling Method
Depth 0.7–3 *cun*, perpendicular; moxibustion is allowed.

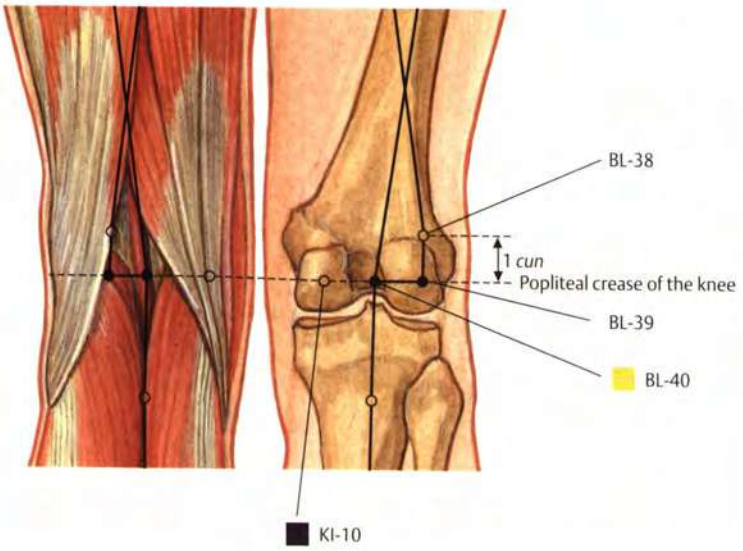
BL-38 Superficial Cleft
浮郄 *fú xi*

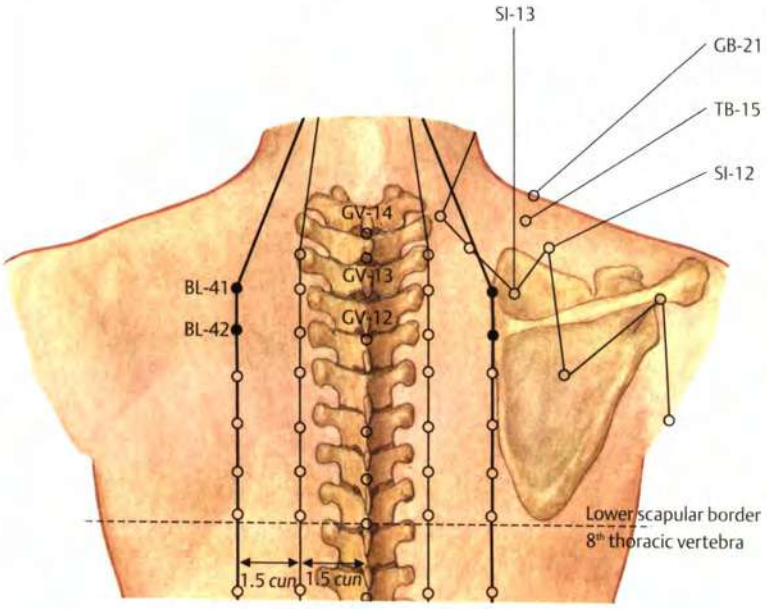
Location
BL-38 is 1 *cun* above BL-39.

Actions
BL-38 drains damp–heat obstruction in the lower burner and treats pareses of the lower extremities.

Indications
Constipation, scanty dark urine, diarrhea with vomiting, cramps, especially in the calf, weakness of the hip, and spasms in the popliteal fossa.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.


BL-38
1 cun
Popliteal crease of the knee
BL-39
BL-40
KI-10


SI-13
GB-21
TB-15
SI-12
GV-14
GV-13
GV-12
BL-41
BL-42
Lower scapular border
8th thoracic vertebra
1.5 cun
1.5 cun

BL-39 Bend Yang
委阳 *wěi yáng*

Location
BL-39 is at the lateral end of the popliteal crease, at the inner edge of the tendon of the biceps femoral muscle.

Categories
1. Point of origin of the bladder divergent channel;
2. Lower uniting point (*he xue*) of the lower extremities for the triple burner.

Actions
BL-39 regulates urination and strengthens the bladder.

Indications
Disorders of micturition, cloudy urine, swelling of the axilla, tension and pressure in the chest, feeling of repletion in the lower abdomen, retention of urine, hemorrhoids, pain radiating to the genitals, nephritis, cystitis, and enuresis.

Needling Method
Depth 0.7–1.5 *cun*, perpendicular; moxibustion is allowed

BL-40 Bend Center
委中 *wěi zhōng*

Location
BL-40 is in the middle of the popliteal fossa, where there is a palpable pulse.

Categories
1. Point of origin of the bladder divergent channel;
2. Uniting point (*he xue*), corresponding to the earth phase.

Actions
BL-40 tonifies and regulates the kidney and liver, controls the *yang*, cools heat, and strengthens the loins and the knees

Indications
Pain in the loins and back, sprains and dislocations, lumbago, pareses and paralysis of limbs, hemiplegia, swelling of the loins and legs, fever without perspiration, vomiting and diarrhea, abdominal pain, enuresis, spontaneous perspiration, perspiration during sleep, periodic fever, ulcers, and inflammation of the knee joint.

Needling Method
Depth 0.5–1 *cun*, perpendicular; bleeding is allowed; moxibustion is allowed.

BL-41 Attached Branch
附分 *fù fēn*

Location
BL-41 is at the same height as the upper border of the spinous process of the 2nd thoracic vertebra, 3 *cun* lateral to the midline.

Category
Intersection point of the bladder and the small intestine channels.

Actions
BL-41 releases the exterior and expels wind.

Indications
Cramps, pain, tension in the shoulder and back, and a stiff neck.

Needling Method
Depth 0.3–0.8 *cun*, perpendicular; moxibustion is allowed.

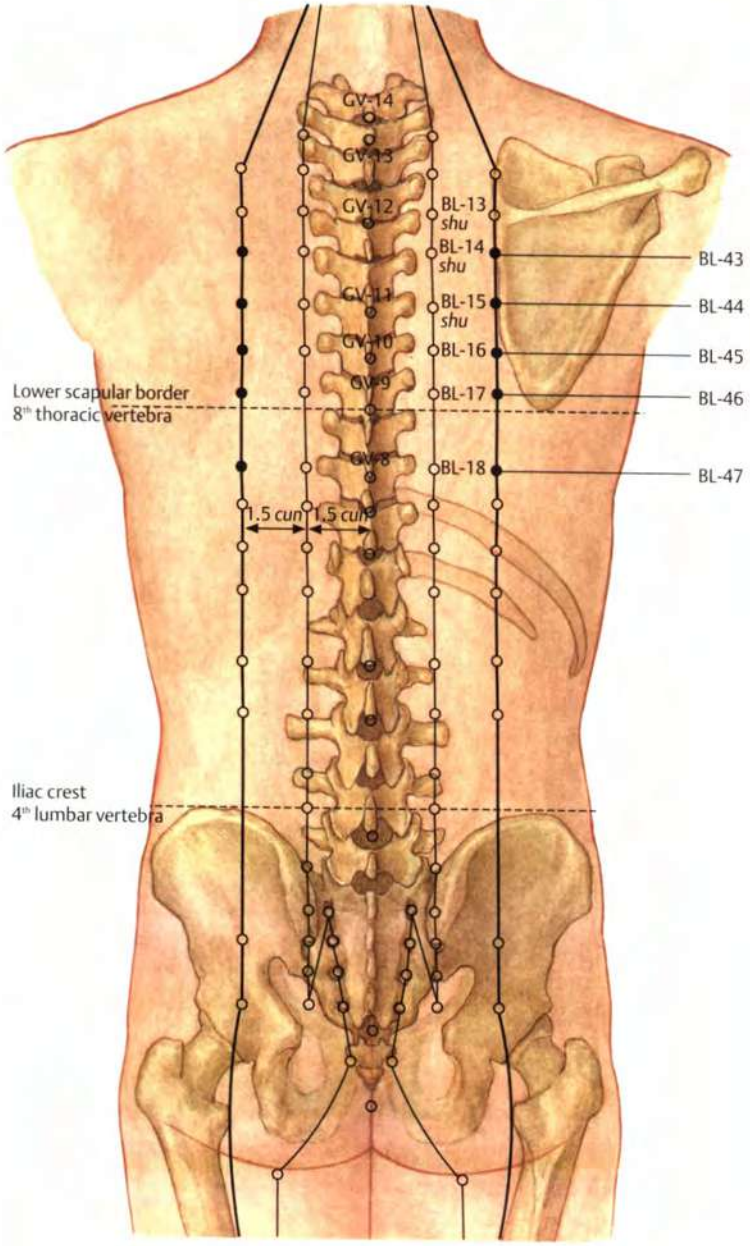
BL-42 *Po* Door
魄户 *pò hù*

Location
BL-42 is at same height as the upper border of the spinous process of the 3rd thoracic vertebra, 3 *cun* lateral to the midline.

Actions
BL-42 supports the lung *qi*, mobilizes defensive energy (*wei qi*), and supports the *po* (corporeal soul).

Indications
Stiffness, pain of the muscles at the back of the neck, pain in the back and chest, wheezing, pulmonary emphysema, nausea, and retching.

Needling Method
Depth 0.5–0.8 *cun*, perpendicular; moxibustion is allowed.


GV-14
GV-13
GV-12
GV-11
GV-10
GV-9
GV-8
BL-13
shu
BL-14
shu
BL-15
shu
BL-16
BL-17
BL-18
BL-43
BL-44
BL-45
BL-46
BL-47
1.5 cun
1.5 cun
Lower scapular border
8th thoracic vertebra
Iliac crest
4th lumbar vertebra

BL-43 *Gao Huang* Transport
膏肓 *gāo huāng shū*

Location
BL-43 is at the same level as the upper border of the spinous process of the 4th thoracic vertebra, 3 *cun* lateral to the midline.

Actions
BL-43 tonifies the spleen and liver, regulates the lung *qi*, promotes and assimilation of food.

Indications
Exhaustion accompanied by coughing, bloody sputum, tuberculosis, emaciation, spermatorrhea, forgetfulness, lack of coordination, pain in the back, bronchitis, and asthma.

Needling Method
Oblique insertion directed laterally, 0.5–1 *cun*; moxibustion recommended.

BL-44 Spirit Hall
神堂 *shén táng*

Location
BL-44 is at the level of the upper border of the spinous process of the 5th thoracic vertebra, 3 *cun* lateral to the midline.

Actions
BL-44 expels wind and wind–damp.

Indications
Tension, pain in the muscles of the back, coughing, hiccups.

Needling Method
Depth 0.3–0.8 *cun*, oblique insertion toward the outside; moxibustion is allowed.

BL-45 *Yi Xi*
噫嘻 *yī xī*

Location
BL-45 is at the level of the upper border of the spinous process of the 6th thoracic vertebra, 3 *cun* lateral to the midline.

Actions
BL-45 releases the exterior, expels wind and wind-heat, and drains damp–heat.

Indications
A feeling of repletion, abdominal distension, ascites, loss of appetite, shivering, pain in the shoulder and back, breathing difficulties, phlegm symptoms, coughing, asthma, and fever without perspiration.

Needling Method
Depth 0.5 *cun*, oblique; moxibustion is allowed.

BL-46 Diaphragm Pass
膈关 *gé guān*

Location
BL-46 is at the level of the upper border of the spinous process of the 7th thoracic vertebra, 3 *cun* lateral to the midline.

Actions
BL-46 tonifies the *qi* of the lung and spleen, releases the exterior, drains damp, and expels wind-damp.

Indications
Tension and painful muscles of the back, diffuse pain throughout the body, nausea, hiccups, sour belching, expectoration of watery phlegm, pressure and an oppressive feeling in the chest, constipation, and diarrhea.

Needling Method
Depth 0.5–0.8 *cun*, perpendicular; moxibustion is allowed.

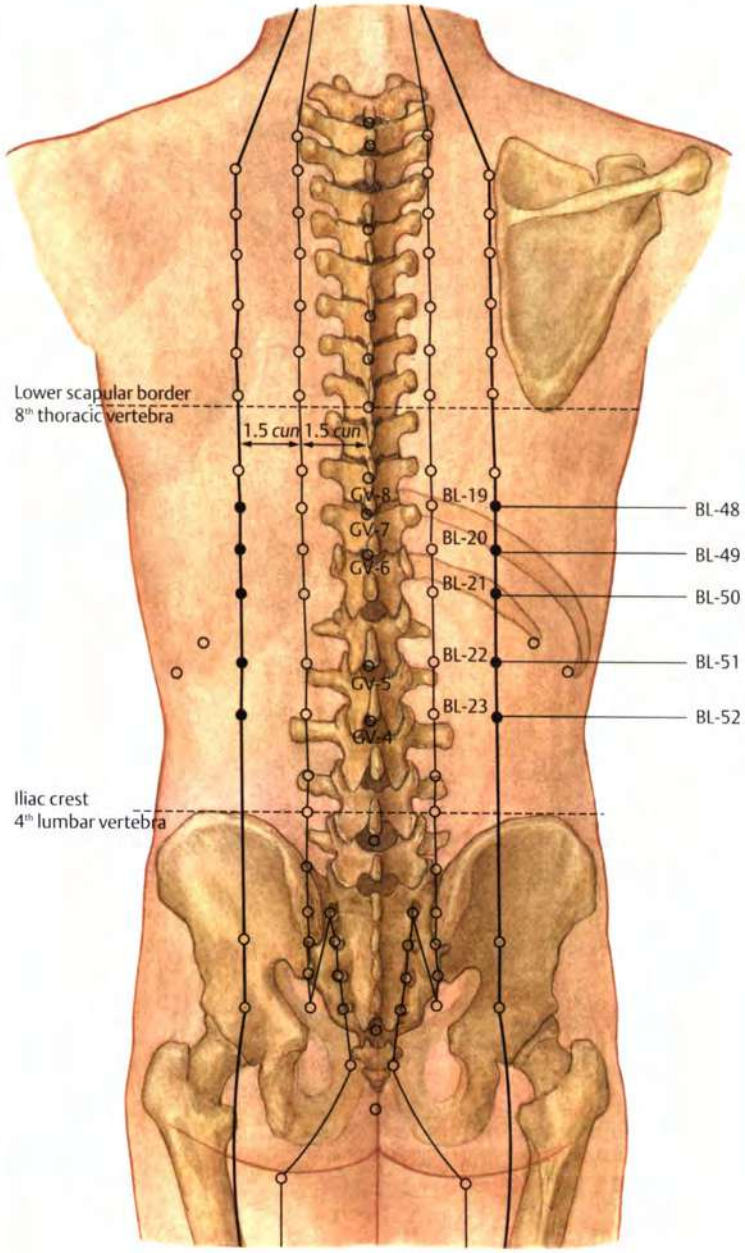
BL-47 Hun Gate
魂门 *hún mén*

Location
BL-47 is at the level of the upper border of the spinous process of the 9th thoracic vertebra, 3 *cun* lateral to the midline.

Actions
BL-47 regulates and strengthens parts of the middle burner, in particular the liver.

Indications
Digestive disorders, nausea, retching, diarrhea, constipation, dark-colored urine, scanty urine, and pain in the center of the body.

Needling Method
Depth 0.5–0.8 *cun*, oblique; moxibustion is allowed.


Lower scapular border
8th thoracic vertebra
1.5 cun
1.5 cun
GV-8
GV-7
GV-6
GV-5
GV-4
BL-19
BL-20
BL-21
BL-22
BL-23
BL-48
BL-49
BL-50
BL-51
BL-52
Iliac crest
4th lumbar vertebra

BL-48 Yang Headrope
阳纲 *yáng gāng*

Location
BL-48 is at the level of the upper border of the spinous process of the 10th thoracic vertebra, 3 *cun* lateral to the midline.

Actions
BL-48 strengthens the *yang* of the stomach and intestine and regulates evacuations.

Indications
Pain in the lower abdomen, absence of appetite, constipation or diarrhea, sparse dark urine, swelling of the lower abdomen, jaundice, fatigue, and cholecystitis.

Needling Method
Depth 0.5–0.8 *cun*, oblique; moxibustion is allowed.

BL-49 Reflection Abode
意舍 *yì shè*

Location
BL-49 is at the level of the upper border of the spinous process of the 11th thoracic vertebra, 3 *cun* lateral to the midline.

Actions
BL-49 regulates the *qi* of the spleen and stomach, but also of the liver and gall bladder, and tonifies the lung.

Indications
A feeling of repletion, abdominal distension, diarrhea, pain in the back, absence of appetite, retching, and vomiting.

Needling Method
Depth 0.5–0.8 *cun*, oblique; moxibustion is allowed.

BL-50 Stomach Granary
胃仓 *wèi cāng*

Location
BL-50 is at the level of the upper border of the spinous process of the 12th thoracic vertebra, 3 *cun* lateral to the midline.

Actions
BL-50 strengthens the stomach and regulates digestion.

Indications
Abdominal tightness and distension, loss of appetite, pain in the pit of the stomach, back pain, and bloating.

Needling Method
Depth 0.5–0.8 *cun*; moxibustion is allowed.

BL-51 Huang Gate
肓门 *huāng mén*

Location
BL-51 is at the level of the upper border of the spinous process of the 1st lumbar vertebra, 3 *cun* lateral to the midline.

Actions
BL-51 cools heat and heat repletion of the middle burner.

Indications
Pain in the center of the abdomen, constipation, and breast diseases.

Needling Method
Depth 0.5–0.8 *cun*, perpendicular; moxibustion is allowed.

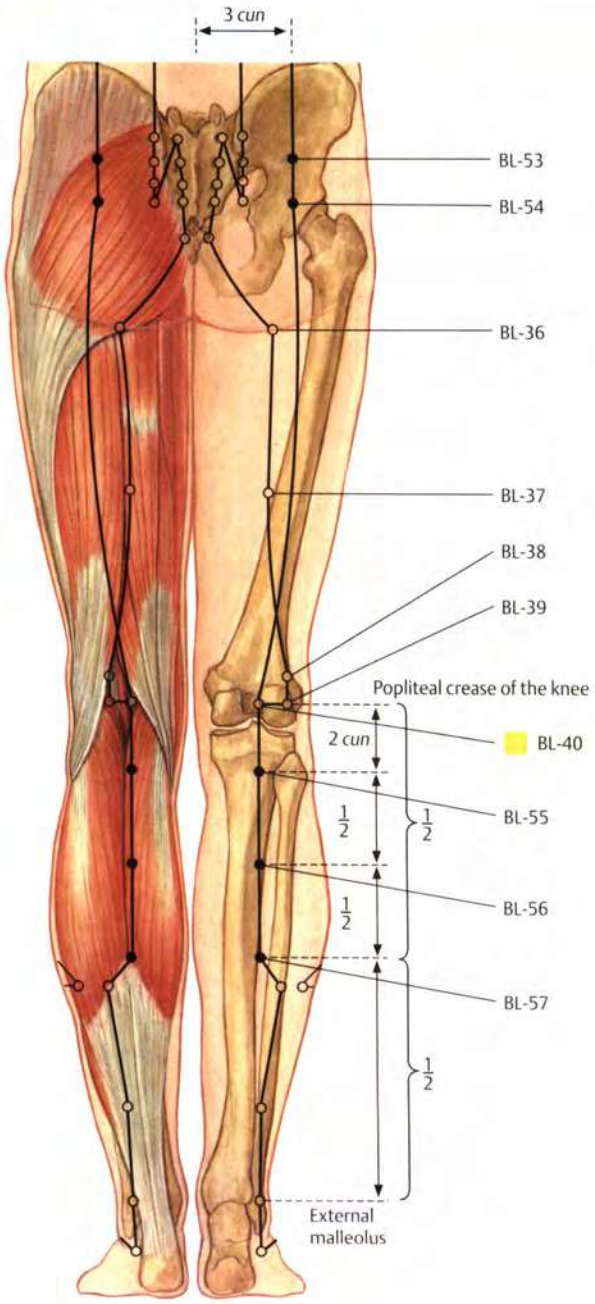
BL-52 Will Chamber
志室 *zhì shì*

Location
BL-52 is at the level of the upper border of the spinous process of the 2nd lumbar vertebra, 3 *cun* lateral to the midline.

Actions
BL-51 benefits and tonifies the kidney *qi*.

Indications
Swelling and pain in the genitals, back pain, cramps, tension in the muscles of the back, spermatorrhea, disorders of micturition of all kinds, bloating, nausea, retching, pain and tension in the center of the body, and diarrhea accompanied by vomiting.

Needling Method
Depth 0.5–0.8 *cun*, perpendicular; moxibustion is allowed.


3 cun
BL-53
BL-54
BL-36
BL-37
BL-38
BL-39
Popliteal crease of the knee
BL-40
2 cun
BL-55
1/2
1/2
BL-56
1/2
BL-57
1/2
External malleolus

BL-53 Bladder Huang
胞肓 *bāo huāng*

Location
BL-53 is at the same level as the 2nd sacral foramen, 3 *cun* lateral to the midline.

Actions
BL-53 drains dampness and damp-heat from the middle and lower burner.

Indications
Digestive disorders, including constipation or diarrhea; all kinds of disorders of micturition, including retention of urine and the accompanying bloating of the abdomen; swelling of the genitals; and pain in the back and the loins.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.

BL-54 Sequential Limit
秩边 *zhì biān*

Location
BL-54 is at the same level as the 4th sacral foramen, 3 *cun* lateral to the midline.

Actions
BL-54 drains dampness and clears vacuity heat in the lower burner.

Indications
Pain in the coccyx, pain in the genitals, pain in the rectum and anus, scanty urine, hemorrhoids, rectal prolapse, constipation, locomotive disturbances, and pain in the lower extremities.

Needling Method
Depth 0.5–2 *cun*, perpendicular.

BL-55 Yang Union
合阳 *hé yáng*

Location
BL-55 is 2 *cun* below BL-40.

Actions
BL-55 harmonizes the liver, cools *xue*, and expels wind.

Indications
Spastic tension in the muscles of the loins and back, pain radiating to the abdomen, pain and swelling in the knee joint, vaginal discharge, and uterine bleeding.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

BL-56 Sinew Support
承筋 *chéng jīn*

Location
BL-56 is on the lower leg, midway between BL-55 and BL-57.

Actions
BL-56 tonifies the liver, expels wind, and drains damp-heat.

Indications
Spastic tension of the muscles of the back and loins, paralysis of the lower extremities, swelling in the axilla, disorders of micturition, constipation, nosebleeds, and hemorrhoids.

Needling Method
Perpendicular insertion up to 0.5 *cun* is allowed, but moxibustion is preferred

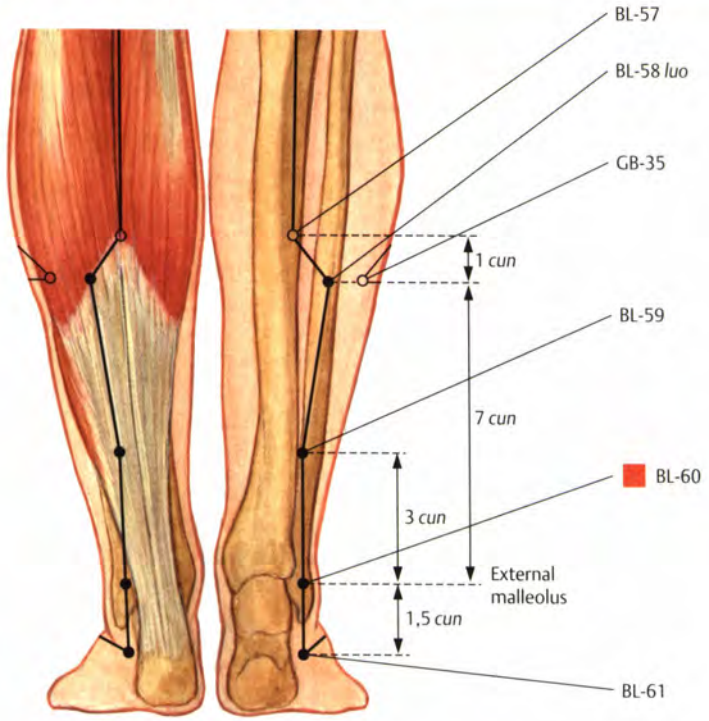
BL-57 Mountain Support
承山，肉柱 *chéng shān*

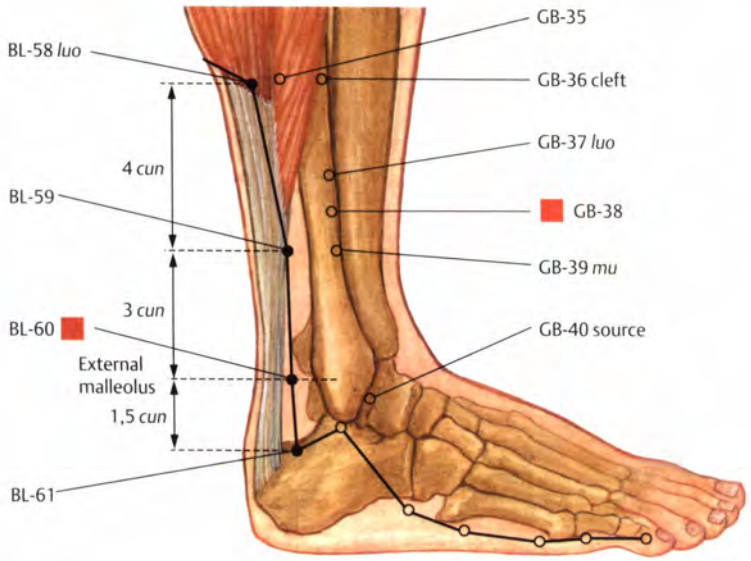
Location
BL-57 is in the depression where the two sinews of the gastrocnemius muscle meet, midway between BL-40 and BL-60.

Actions
BL-57 tonifies and regulates the spleen *qi* and the liver, cools heat, drains dampness, and treats hemorrhoids.

Indications
Edema, ulcers and inflammation of the feet, pain in the foot and the calf, pain in the loins and legs, paralysis of the lower extremities, tense muscles, constipation, a sore throat, complete anal prolapse, anal fissure, hemorrhoids of all kinds, and digestive disorders.

Needling Method
Depth 0.5–2 *cun*, perpendicular; moxibustion is allowed.


BL-57
BL-58 *luo*
GB-35
1 *cun*
BL-59
7 *cun*
BL-60
3 *cun*
External malleolus
1,5 *cun*
BL-61


GB-35
BL-58 *luo*
GB-36 cleft
GB-37 *luo*
4 *cun*
BL-59
GB-38
GB-39 *mu*
3 *cun*
BL-60
GB-40 source
External malleolus
1,5 *cun*
BL-61

BL-58 Taking Flight

飞阳、厥阳 *fēi yáng*

Location
BL-58 is 7 *cun* above BL-60, at the lateral edge of the gastrocnemius muscle, 1 *cun* below BL-57, at the same height as GB-35 and GB-36.

Category
Luo point of the bladder channel, establishing the link to the complementary *yin* channel (kidney channel).

Actions
BL-58 expels wind, dampness, and heat from the middle burner.

Indications
Headaches, blurred vision, pain and weakness in the legs and the lower back, calf pain, disorders of micturition, redness and pain in the eyes, muscular tension, a blocked nose, nosebleeds, epileptic seizures, rheumatoid arthritis, nephritis, and cystitis.

Needling Method
Depth 0.5–2 *cun*, perpendicular; moxibustion is allowed.

BL-59 Instep *Yang*

跗阳 *fū yáng*

Location
BL-59 is 3 *cun* vertically above BL-60.

Categories
1. Meeting point between the bladder channel and the *yang* springing vessel (*yang qiao mai*);
2. Cleft point (*xi xue*) of the *yang* springing vessel (*yang qiao mai*).

Actions
BL-59 corrects depletion of the liver and kidney, and moves the *qi* downward.

Indications
Headaches and heaviness of the head, heat flushes, diarrhea and vomiting accompanied by muscle spasms and convulsions, pain in the loins and thighs, paralysis of the lower extremities, and swelling and pain of the external malleolus.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

BL-60 Kunlun Mountains

昆仑 *kūn lún*

Location
BL-60 is midway between the external malleolus and the Achilles tendon.

Category
River point (*jing xue*), corresponding to the fire phase.

Actions
BL-60 tonifies the liver, moves the *qi*, moves the kidney *qi*, expels wind, activates the *luo* channels, and strengthens the lumbar spine and the hips.

Indications
Headache, stiffness of the neck, vertigo, spasms of the muscles of the shoulders and the back, spasms and pareses of the extremities, a piercing, searing pain in the eyes, spasms and convulsions in infants, nosebleeds, swelling of the ankle, pain in the foot, swelling of the knee and a sensation as if there were a knot in the knee, swelling of the genitals, and difficult labor.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

BL-61 Subservient Visitor

仆参 *pú cān*

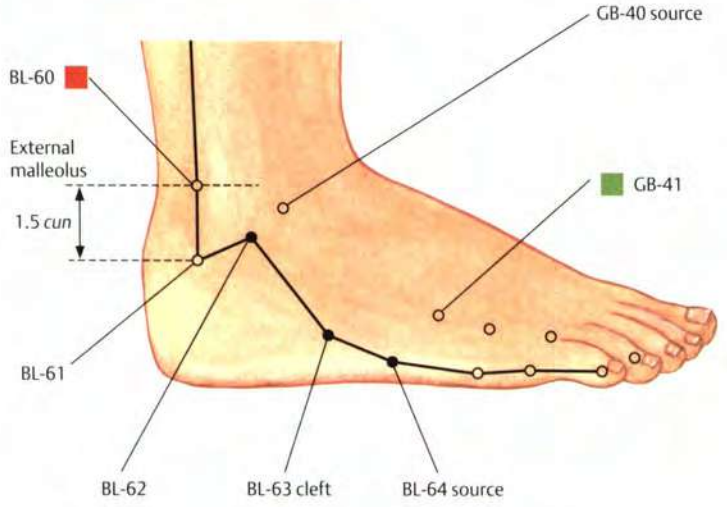
Location
BL-61 is 1.5 *cun* vertically below BL-60, in a depression on the calcaneus.

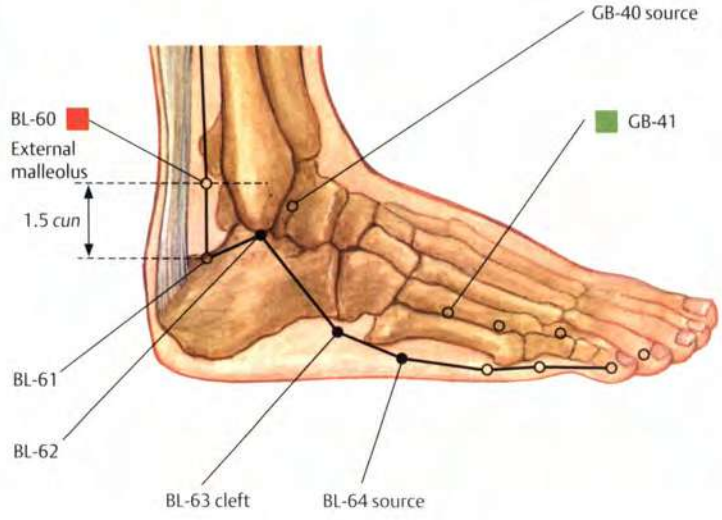
Category
Meeting point between the bladder channel and the *yang* springing vessel (*yang qiao mai*).

Actions
BL-61 tonifies and harmonizes the liver, calms wind, and strengthens the spine.

Indications
Weakness and heaviness of the feet, pain in the ankle, heel and foot, swelling of the foot and knee, diarrhea and vomiting, cramps of the calf, epileptic symptoms, hallucinations, and disorders of micturition.

Needling Method
Depth 0.2–0.5 *cun*, perpendicular; moxibustion is allowed.


GB-40 source
BL-60
External
malleolus
1.5 *cun*
GB-41
BL-61
BL-62
BL-63 cleft
BL-64 source


GB-40 source
BL-60
External
malleolus
1.5 *cun*
GB-41
BL-61
BL-62
BL-63 cleft
BL-64 source

BL-62 Extending Vessel

申脉 *shēn mài*

Location

BL-62 is in a depression at the inferior border of the lateral malleolus.

Category

Confluent point of the *yang* springing vessel (*yang qiao mai*).

Actions

BL-62 tonifies and harmonizes the liver, relaxes the sinews, restores free energy flow in the *yang* springing vessel (*yang qiao mai*), and clears the mind.

Indications

Headache, vertigo, pain in the loins and legs, wind stroke, hemiplegia, paresis of the facial muscles, loss of speech, epileptic seizures during the day, spontaneous perspiration, pain in the calves, weakness of the hips and legs, collapse of the ankle, stiffness of the foot and knee, abdominal pain during menstruation, tinnitus, palpitations, sleep disturbances, and malposition of the fetus.

Needling Method

Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.

BL-63 Metal Gate

金门 *jīn mén*

Location

BL-63 is anterior and inferior to the external malleolus, in a depression beneath the cuboid bone, midway between BL-62 and BL-64.

Category

Cleft point (*xi xue*) of the bladder channel.

Actions

BL-63 pacifies wind, tonifies and regulates the liver *qi*, and relieves spasms and pareses.

Indications

Epilepsy, infantile convulsions, pain at the back of the neck, pain in the external malleolus, diarrhea and vomiting, cramp in the calves, and pain in the knee joint.

Needling Method

Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.

BL-64 Capital Bone

京骨 *jīng gǔ*

Location

BL-64 is on the border of the red and white flesh, below the tuberosity of the 5th metatarsal.

Category

Source (*yuan xue*) point of the channel (point at which the source *qi* can be accessed).

Actions

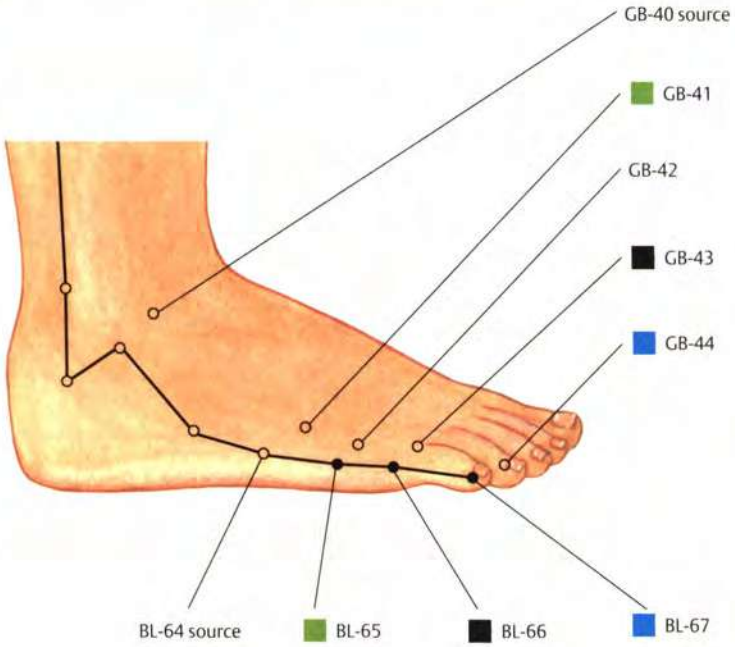
BL-64 expels wind, and pacifies and clears the mind.

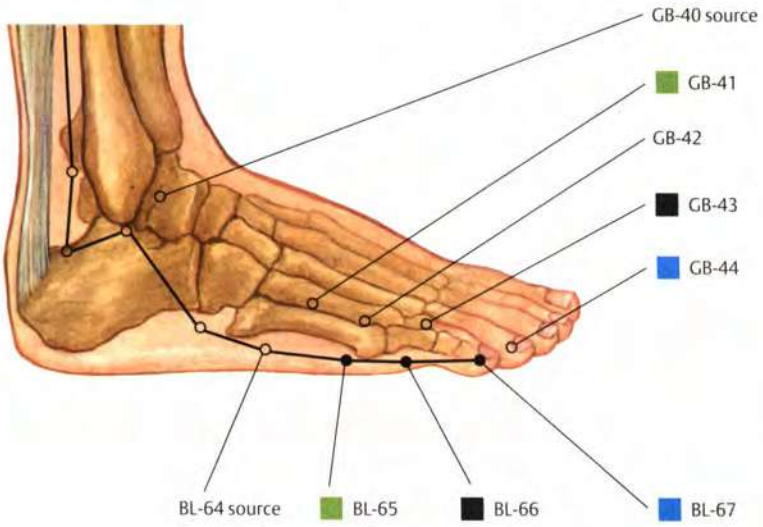
Indications

Headache, encephalitis, epilepsy, a stiff neck, palpitations, fever accompanied by convulsions, blurred vision, redness of the eyes, nosebleeds, dizziness, fearfulness, absence of appetite and thirst, and pain in the loins, hips, knee, and feet.

Needling Method

Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.


GB-40 source
GB-41
GB-42
GB-43
GB-44
BL-64 source
BL-65
BL-66
BL-67


GB-40 source
GB-41
GB-42
GB-43
GB-44
BL-64 source
BL-65
BL-66
BL-67

BL-65 Bundle Bone
束骨 *shù gǔ*

Location
BL-65 is on the border of the red and white flesh, below and proximal to the 5th metatarsal head.

Category
Stream point (*shu xue*), corresponding to the wood phase.

Actions
BL-65 tonifies the spleen *qi*, expels wind, drains dampness, and cools heat.

Indications
Epilepsy, mania, vertigo, dizziness, tenseness of the muscles of the neck, shivering, fever, red eyes, ulcers and rashes on the back, urticaria, hardness of hearing, deafness, yellow sclera and watering of the eyes, periodic fever, hemorrhoids, pain in the coccyx and calves, stiff hips, pain in the loins, and a sensation as if there were a knot in the knee.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.

BL-66 Foot) Valley Passage
通谷， *tōng gǔ (zú)*
足通谷

Location
BL-66 is on the lateral side of the foot, distal to the metatarsophalangeal joint.

Category
Spring point (*ying xue*), corresponding to the water phase.

Actions
BL-66 strengthens the *qi* of the liver and spleen, and eliminates wind and dampness.

Indications
Light-headedness and dizziness, fearfulness, pain and stiffness of the neck, nosebleeds, visual disturbances, periodic fevers and coughing, tenseness in the chest, and digestive disorders.

Needling Method
Depth 0.2–0.3 *cun*, perpendicular; moxibustion is allowed.

BL-67 Reaching *Yin*
至阴 *zhì yīn*

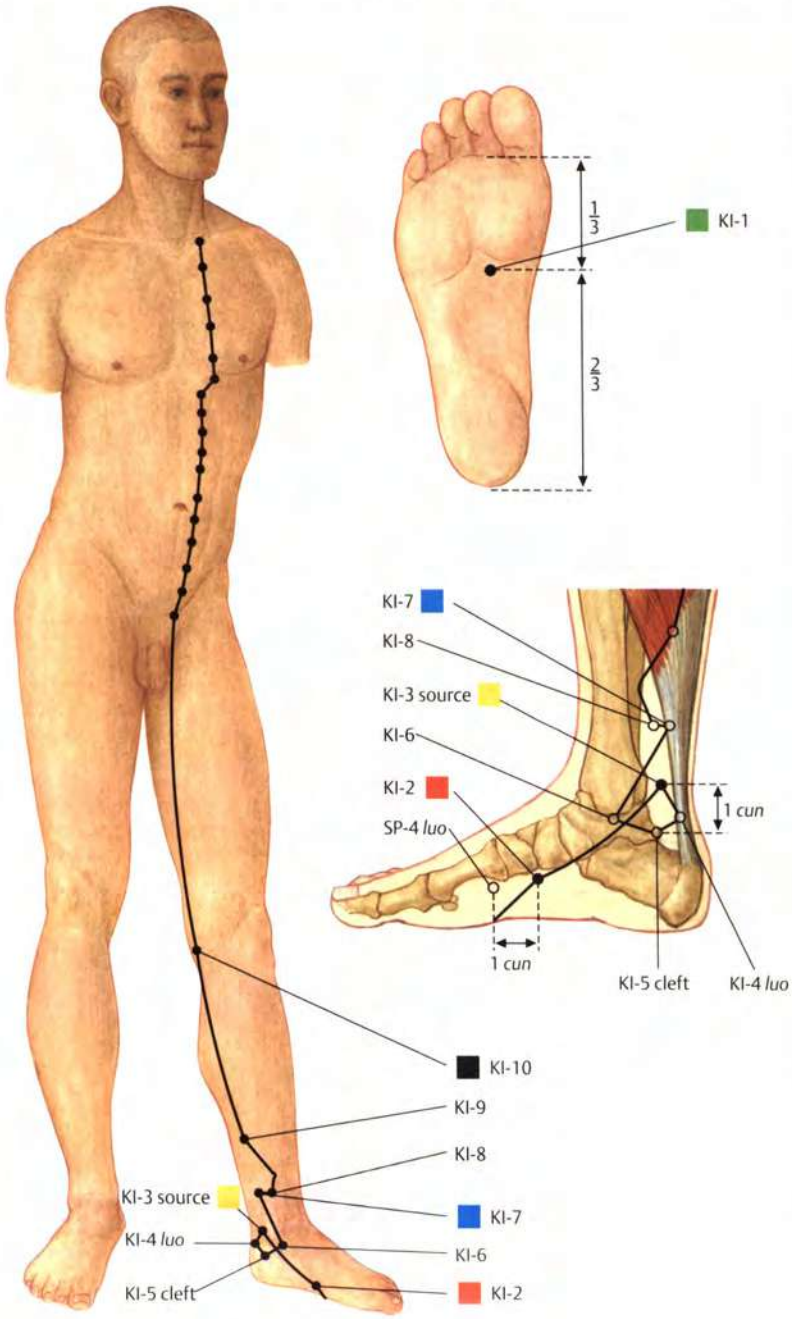
Location.
BL-67 is on the lateral side of the little toe, 0.1 *cun* proximal to the angle of the nail.

Category
Well (*jing*) point, corresponding to the metal phase.

Actions
BL-67 tonifies the kidney *yin*, strengthens and harmonizes the kidney and liver, calms internal wind, and benefits pregnancy and labor.

Indications
Disorders of micturition, spermatorrhea, weakness of the legs and feet, heat sensation on the soles of the foot, swelling of the knees and feet, periodic fever without perspiration, itching skin, disorders of pregnancy, particularly premature labor, malposition of the fetus, difficult labor, blurred vision, pain in the eyes, particularly in the inner canthus, influenza-type symptoms, headaches, a blocked nose, tension in the chest, tense muscles in different parts of the body, and cramps in the calves.

Needling Method
Depth 0.1–0.2 *cun*, perpendicular, moxibustion in particular to support the kidney *yin*.


1/3
KI-1
2/3
KI-7
KI-8
KI-3 source
KI-6
KI-2
SP-4 luo
1 cun
1 cun
KI-5 cleft
KI-4 luo
KI-10
KI-9
KI-8
KI-3 source
KI-7
KI-4 luo
KI-6
KI-5 cleft
KI-2

26 Acupuncture Points of the Main Channel of the Kidney

The kidney channel is the lesser *yin* channel of the foot (*shao yin shen jing*).

KI-1 Gushing Spring

涌泉 *yǒng quán*

Location

KI-1 is in a depression in the middle of the sole of the foot, between the 2nd and the 3rd metatarsophalangeal joints, approximately one-third of the way down the sole of the foot (starting from the base of the toes).

Category

Well point (*jing xue*) of the five transport points, corresponding to the wood phase.

Actions

KI-1 regulates and supports the *qi* mechanism, opens the orifices, and sedates.

Indications

A dark complexion, anxiety, weakness of the foot and knee, forgetfulness, impotence, pain in the loins, heat sensations or pain on the soles of the feet, sleep disorders, vertigo, headaches, particularly at the top of the head, nosebleeds, visual impairments, irritability, spasms, cramps in the calves, tension in the muscles of the back and neck, swelling of the throat, fever, fainting, shock, tiredness, prostration, constipation or diarrhea, an oppressive feeling in the abdomen, a feeling of tension in the chest, asthma, jaundice, disorders of micturition, coughing, thirst, general dryness, heatstroke, wind stroke, hypertension, epilepsy, and toothache.

Needling Method

Depth 0.2–1 *cun* perpendicular; moxibustion is allowed; massage.

KI-2 Blazing Valley

然谷、龙泉 *rán gǔ*

Location

KI-2 is in a depression distal and inferior to the anterior margin of the navicular bone, 1 *cun* proximal to SP-4.

Category

Spring point (*jing xue*) of the five transport points, corresponding to the fire phase.

Actions

KI-2 supports and harmonizes the liver and kidney, and cools *xue*.

Indications

Fearfulness and anxiety, shortness of breath, tiring easily, spontaneous perspiration, perspiration during sleep, weakness of the loins, weakness of the knee, impotence, menstrual disorders, including irregular menstruation, mounting disorders, vaginal discharge, pruritus vulvae, spermatorrhea, diabetes, cystitis, swelling of the throat, nervousness, restlessness, pain in the center of the body, hemorrhages, periodic fever, constipation or diarrhea, disorders of micturition, hematuria, jaundice, and susceptibility to edema.

Needling Method

Depth 0.3–1.5 *cun* perpendicular; moxibustion is allowed.

KI-3 Great Ravine

太溪 *tài xī*

Location

KI-3 si midway between the medial malleolus and the Achilles tendon (palpable pulse).

Categories

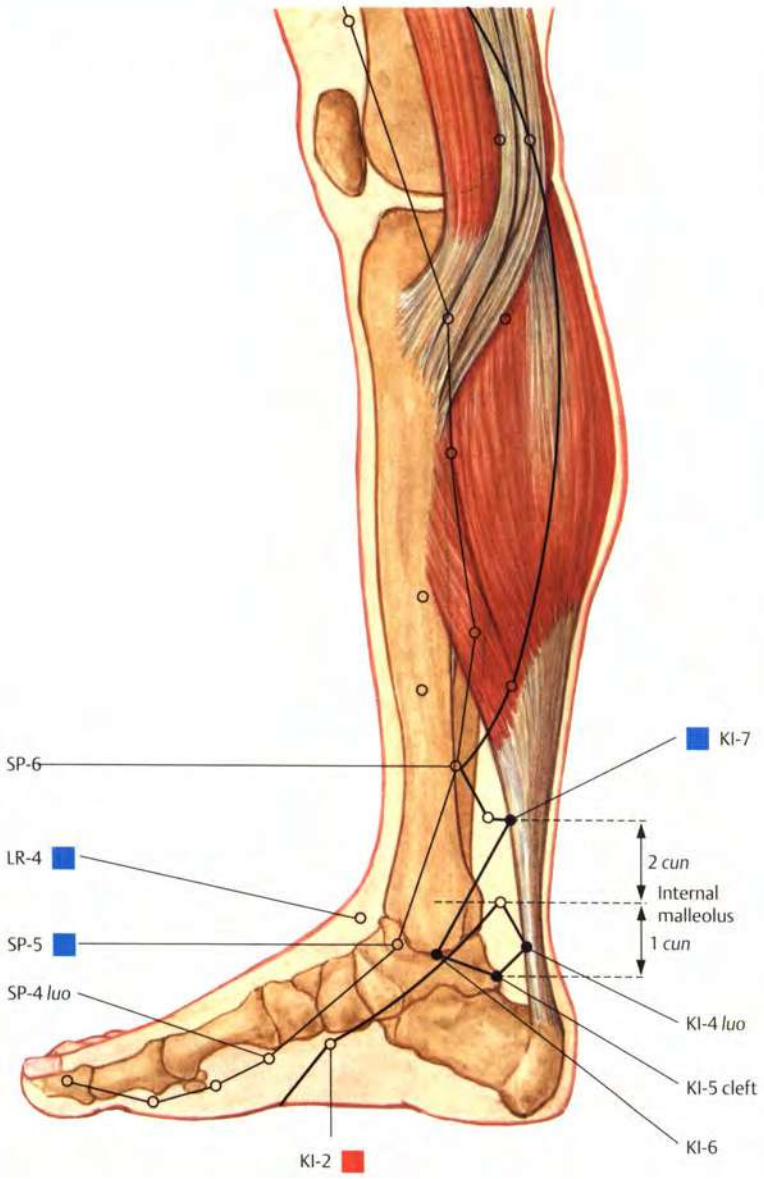
1. Stream point (*shu xue*) of the five transport points, corresponding to the earth phase;
2. Source point (*yuan xue*) of the channel (point at which the source *qi* can be accessed).

Actions

Tonifies and regulates the kidney and liver *qi*, cools heat, and strengthens the loins and knees.

Indications

Disorders of micturition, enuresis, male and female infertility, loss of libido, a stabbing pain in the lower abdomen and genitals as a result of heat, painful and weak loins, a feeling of constriction in the throat, coughing, bloody sputum, mastitis, menstrual disorders, fever without perspiration, spasms of the muscles, a cough producing copious phlegm, a feeling of pressure in the center of the body, constipation, absence of appetite, emaciation, cold in the extremities, frequent yawning, prostration, somnolence, insomnia, nephritis, cystitis, laryngitis, impaired hear-


KI-7
SP-6
LR-4
2 *cun*
Internal
malleolus
1 *cun*
SP-5
SP-4 *luo*
KI-4 *luo*
KI-5 cleft
KI-6
KI-2

ing, tinnitus, uterine prolapse, paralysis of the lower extremities, pain in the soles of the feet, asthma, diabetes, and toothache.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

KI-4 Large Goblet
大钟 *dà zhōng*

Location
At the interior border of the Achilles tendon, obliquely inferior to the medial malleolus.

Category
Luo connecting point of the channel, establishing the link with the complementary *yang* channel (main channel of the bladder).

Actions
KI-4 reinforces the spleen, supports the kidney, and drains damp and damp–heat.

Indications
Painful tension in the center of the body, abdominal distension, asthma, hemoptysis, nausea, retching, fatigue, a great desire to sleep, alternation between perspiration and shivering, lack of appetite, anxiety and fearfulness, depression, a dry mouth, weakness and pain in the loins, disorders of micturition, and pain in the foot and the heel.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.

KI-5 Water Spring
水泉 *shuǐ quán*

Location
KI-5 is 1 *cun* below KI-3.

Category
Cleft point (*xi xue*) of the channel.

Actions
KI-5 supports the kidney and liver, and regulates the *qi*.

Indications
Visual disturbances, myopia, menstrual disorders, amenorrhea, disorders of micturition, uterine prolapse, and pain and pressure in the center of the body.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.

KI-6 Shining Sea
照海 *zhào hǎi*

Location
KI-6 is directly below the center of the medial malleolus, 0.4 *cun* below the lower margin.

Category
Intersection point (*jiao hui xue*) that opens with the *yin* springing vessel (*yin qiao mai*).

Actions
KI-6 directs the kidney *qi* upwards, regulates the lung, heart, and liver, cools heat, and pacifies.

Indications
A dry throat, depression, sadness, tiredness, heaviness of the limbs, insomnia, absence of appetite, coldness of the extremities, pain or a sensation of a lump in the abdomen, disorders of micturition, including scanty urine and polyuria, fearfulness, fever, nighttime epileptic seizures, menstrual disorders, pruritus vulvae, uterine prolapse, leukorrhea, pain in the eyes, tightness of the throat, laryngitis, ataxia, cerebellar disorders, and walking difficulties.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

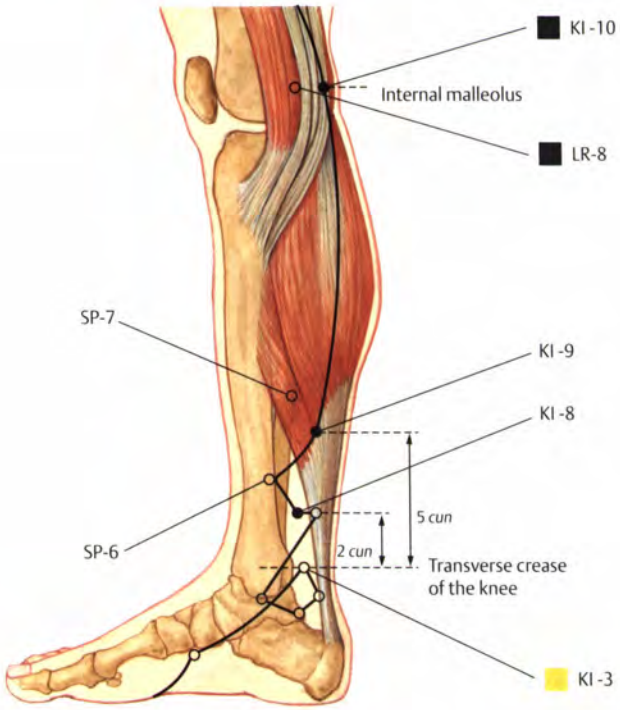
KI-7 Recover Flow
复溜 *fù liū*

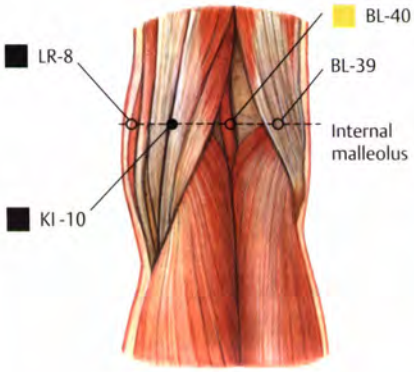
Location
KI-7 is in a depression at the anterior margin of the Achilles tendon, 2 *cun* above KI-3.

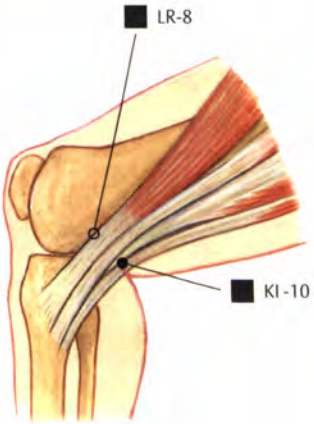
Category
River point (*jing xue*) of the five transport points, corresponding to the metal phase.

Actions
Benefits the kidneys, particularly the kidney *yin*, regulates metabolism of fluids, construction *qi*, and the *xue*, and cools heat and damp–heat.

Indications
Fever without perspiration or profuse perspiration during sleep, pain in the loins and back, weak feet, cold in the knee, colic, abdominal distension, bloating, susceptibility to edema, bleed-


KI-10
Internal malleolus
LR-8
SP-7
KI-9
KI-8
5 cun
2 cun
SP-6
Transverse crease of the knee
KI-3


BL-40
LR-8
BL-39
Internal malleolus
KI-10


LR-8
KI-10

ing hemorrhoids, hematuria, blood in the feces, constipation or diarrhea, epilepsy, mania, toothache, nephritis, infections of the urinary tract, orchitis, menstrual disorders, and impotence.

Needling Method
Depth 0.3–1.5 *cun*, perpendicular; moxibustion is allowed.

KI-8 Intersection Reach
交信 *jiāo xìn*

Location
KI-8 is 0.5 *cun* in front of KI-7.

Categories
1. Intersection point (*jiao hui xue*) communicating with the *yin* springing vessel (*yin qiao mai*).
2. Cleft point (*xi xue*) of the *yin* springing vessel.

Actions
KI-8 cools the lower burner, and drains damp-heat and heat excess.

Indications
Disorders of micturition, including dribbling urine, enuresis, scanty excretion of turbid yellow or red urine; constipation, pain in the lower abdomen, and diarrhea with blood or pus; pain along the medial side of the lower leg; gynecological disorders, including excessive menstrual bleeding, vaginal discharge, and uterine prolapse; night sweats; and cold hands and feet.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

KI-9 Guest House
筑宾 *zhú bīn*

Location
KI-9 is 5 *cun* above KI-3, at the internal border of the gastrocnemius (at the same level as BL-57), 1 *cun* posterior to the medial border of the tibia.

Category
Cleft point (*xi xue*) of the *yin* linking vessel.

Actions
KI-9 tonifies the kidney and liver, and detoxifies.

Indications
Infectious and toxic symptoms of all kinds, food or drug poisoning, intense pain in the abdomen, hernia, orchitis, epilepsy, raving madness, phlegm vomiting, and pain in the medial side of the lower leg.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

KI-10 *Yin* Valley
阴谷 *yīn gǔ*

Location
With the knee slightly flexed, locate KI-10 at the medial border of the popliteal fossa, between the tendons of the semitendinosus and semimembranosus muscles.

Category
Uniting point (*he xue*) of the five transport points, corresponding to the water phase.

Actions
KI-10 tonifies the kidney *yin* and drains damp-heat.

Indications
Atrophy of the genitals, disorders of micturition, menstrual disorders, pain and a feeling of focal distention in the abdomen, tension in the center of the body, a feeling of fullness, unbearable pain and stiffness in the knee joint, and impotence.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

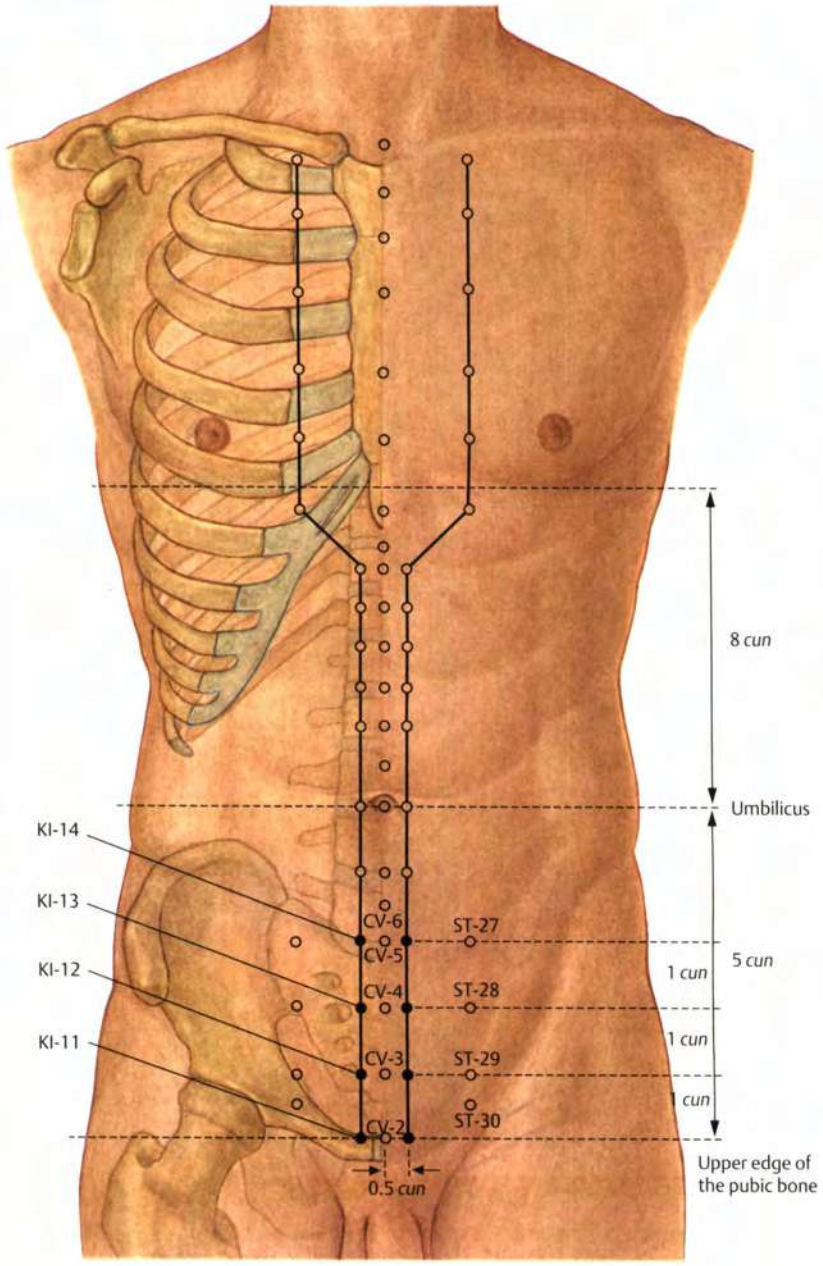
KI-11 Pubic Bone
横骨 *héng gǔ*

Location
KI-11 is at the upper ridge of the pubic bone, 0.5 *cun* lateral to the midline.

Category
Intersection point with the thoroughfare vessel (*chong mai*).

Actions
KI-11 treats all disorders of micturition by stabilizing the kidneys and spleen, cools heat, and drains damp.

Indications
Disorders of micturition of all kinds, redness of the eyes originating from the inner canthus, pain in the external genitals, impotence, and spermatorrhea.


8 cun
Umbilicus
KI-14
KI-13
KI-12
KI-11
CV-6
CV-5
CV-4
CV-3
CV-2
ST-27
ST-28
ST-29
ST-30
1 cun
1 cun
1 cun
5 cun
0.5 cun
Upper edge of
the pubic bone

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

KI-12 Great Manifestation
大赫，阴关 *dà hè*

Location
KI-12 is 1 *cun* above KI-11.

Category
Intersection point communicating with the thoroughfare vessel.

Actions
KI-12 tonifies and regulates the kidneys and bladder.

Indications
Spermatorrhea and extreme exhaustion, atrophy of the genitals, pain in the genitals, bloody vaginal discharge, and redness and pain in the eyes.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

KI-13 *Qi* Point
气穴 *qì xué*

Location
KI-13 is at the same level as CV-4, 0.5 *cun* lateral to the midline.

Category
Intersection point communicating with the thoroughfare vessel.

Actions
KI-13 supports and regulates the kidney and bladder.

Indications
Stabbing pain and cramps in the abdomen due to cold, flaring up of the *yang*, palpitations, pressure in the chest, pain in the throat, vertigo, restlessness, diarrhea, redness and pain in the eyes, and disorders of menstruation and micturition.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed

KI-14 Fourfold Fullness
四满 *sì mǎn*

Location
KI-14 is 1 *cun* above KI-13.

Category
Intersection point communicating with the thoroughfare vessel.

Actions
KI-14 strengthens the *qi* in the lower burner, dissolving masses and concretions.

Indications
Masses, lumps, and neoplasias accompanied by pain, a feeling of a foreign body in the abdomen, accumulations of water in the abdomen, pain around the naval, redness of the eyes, piercing pains and cramps in the abdomen due to cold, accompanied by palpitations, vertigo, restlessness, gynecological disorders of all kinds, menstrual disorders, and vaginal discharge.

Needling Method
Depth 0.2–1 *cun*, perpendicular; moxibustion is allowed.

KI-15 Central Flow
中注 *zhōng zhù*

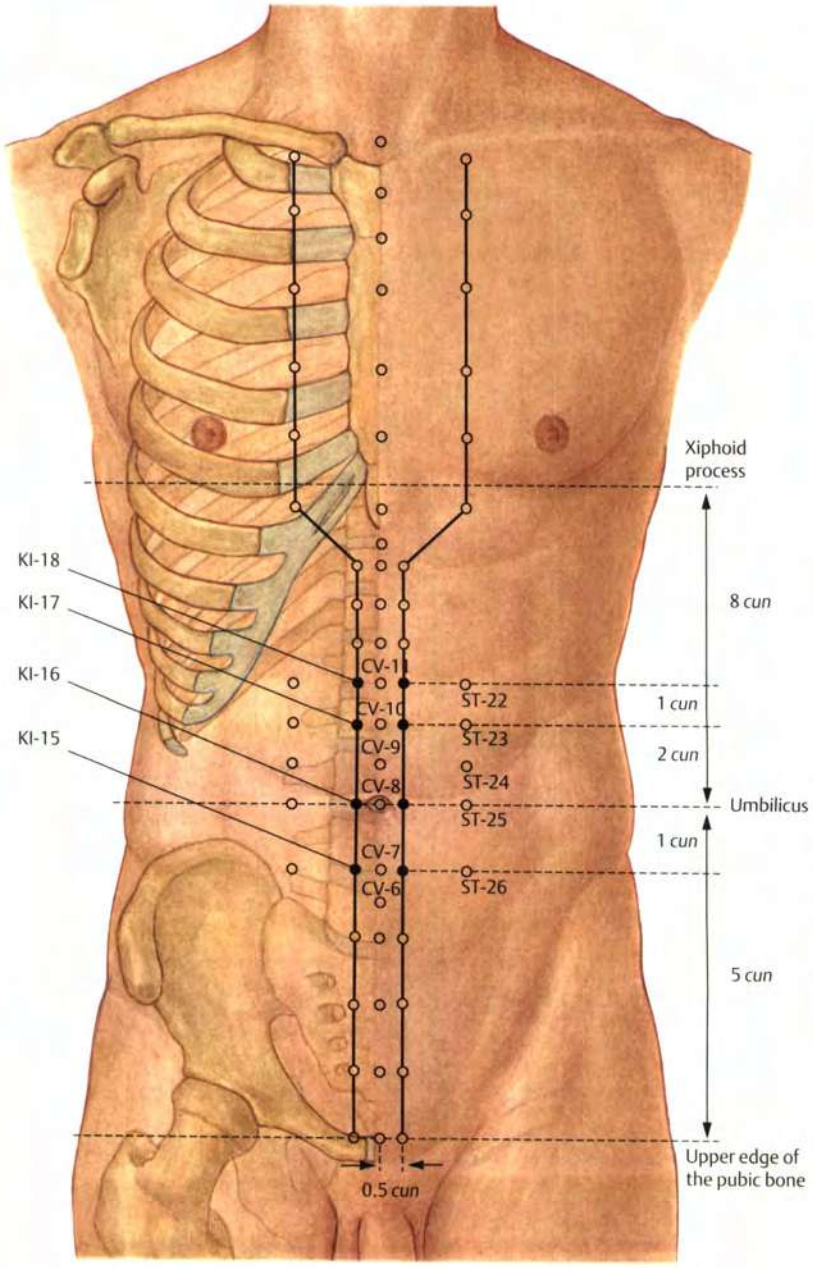
Location
KI-15 is 1 *cun* above KI-14, 0.5 *cun* lateral to the midline.

Category
Intersection point communicating with the thoroughfare vessel.

Action
KI-15 cools heat excess in the bladder.

Indications
Heat pathogen emanating from the lower burner, constipation, oppressed breathing, pain in the loins and back, menstrual disorders, and redness and pain in the eyes.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.


Xiphoid process
8 cun
KI-18
KI-17
KI-16
KI-15
CV-11
CV-10
CV-9
CV-8
CV-7
CV-6
ST-22
ST-23
ST-24
ST-25
ST-26
1 cun
2 cun
Umbilicus
1 cun
5 cun
Upper edge of the pubic bone
0.5 cun

KI-16 Huang Transport
育俞 *huāng shū*

Location
KI-16 is at the same level as the navel, 0.5 *cun* lateral to the midline.

Category
Intersection point communicating with the thoroughfare vessel.

Actions
KI-16 tonifies the *qi* in the lower burner, and dissipates and eliminates heat and cold.

Indications
Stabbing and piercing pain in the abdomen, a feeling of cold in the center of the body, constipation, dry stools, fullness and abdominal distension, and redness and pain in the eyes.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

KI-17 Shang Bend
商曲 *shāng qū*

Location
KI-17 is 2 *cun* above KI-16, 0.5 *cun* lateral to the midline.

Category
Intersection point communicating with the thoroughfare vessel.

Actions
KI-17 tonifies the *qi* in the lower burner, and cools and drains heat and damp heat.

Indications
Masses and neoplasias in the abdomen, pain, absence of appetite, nausea, vomiting, constipation or diarrhea, and redness and pain in the eyes.

Needling Method
Depth 0.8–1 *cun*, perpendicular; moxibustion is allowed.

KI-18 Stone Pass
石关 *shí guān*

Location
KI-18 is 1 *cun* above KI-17, 0.5 *cun* lateral to the midline.

Category
Intersection point communicating with the thoroughfare vessel.

Actions
KI-18 compensates vacuity in the spleen and kidney, drains dampness, and stimulates descent of the *yang*.

Indications
Tension and focal distention and fullness, pain in the abdomen, nausea, belching, vomiting, constipation, disorders of micturition, masses and concretions in the center of the body, stiffness and pain affecting the back, female infertility, and redness and pain in the eye.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

KI-19 *Yin* Metropolis
阴都 *yīn dū*

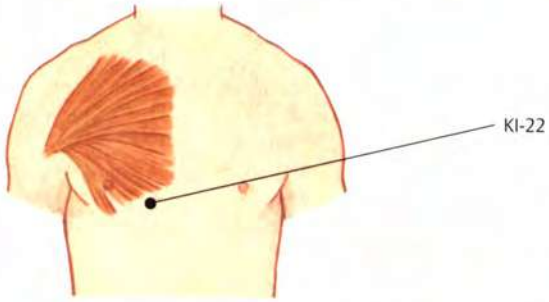
Location
KI-19 is 1 *cun* vertically above KI-18, 0.5 *cun* lateral to the midline.

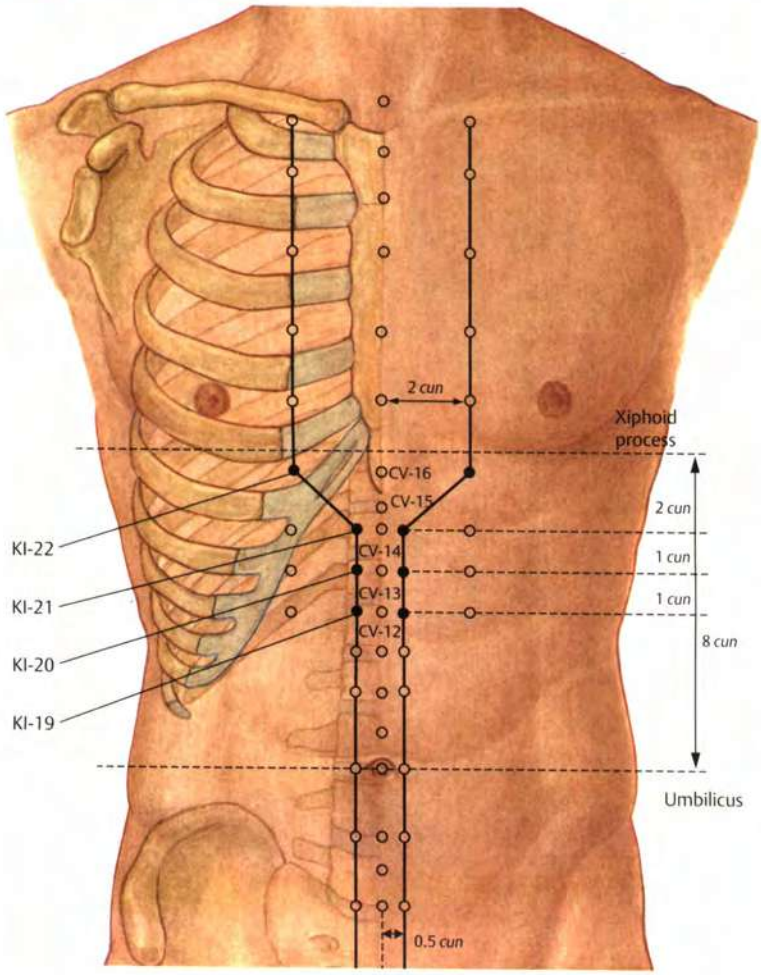
Category
Intersection point communicating with the thoroughfare vessel.

Actions
KI-19 tonifies the spleen, lung, and kidney, and cools heat.

Indications
Periodic fever, alternating between shivering and hot flushes, a feeling of fullness in the center of the body, hiccups, constipation, female infertility, and redness and pain in the eye.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.


KI-22


2 cun
Xiphoid process
CV-16
CV-15
CV-14
CV-13
CV-12
KI-22
KI-21
KI-20
KI-19
2 cun
1 cun
1 cun
8 cun
Umbilicus
0.5 cun

KI-20 Open Valley

通谷，腹通谷 *tōng gǔ (fù)*

Location
KI-20 is 5 *cun* above the navel, 0.5 *cun* lateral to the midline.

Category
Intersection point communicating with the thoroughfare vessel.

Actions
KI-20 activates the *qi* of the middle burner in the liver, spleen, and stomach, drains damp, transforms phlegm, and eliminates cold and heat.

Indications
Masses and lumps, neoplasias, phlegm obstructions, a feeling of fullness and tension in the chest, belching, nausea, vomiting, digestive disorders, intestinal colic, epilepsy, aphasia, spasms and pareses, restlessness, disorientation, and redness and pain in the eye.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

KI-21 Dark Gate

幽门 *yōu mén*

Location
KI-21 is 6 *cun* above the navel, 0.5 *cun* lateral to the midline (at the same level as KI-14).

Category
Intersection point communicating with the thoroughfare vessel.

Actions
KI-21 tonifies the spleen and heart, cools heat, and expels cold.

Indications
A feeling of tension, fullness, nausea, pain in the chest, pain in the center of the body during menstruation, loss of appetite, diarrhea, bloody or purulent stools, masses and concretions in the abdomen, forgetfulness, redness and pain in the eyes, stomach cramps, intercostal neuralgia, irritability, and restlessness.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

KI-22 Corridor Walk

步廊 *bù láng*

Location
KI-22 is in the depression of the 5th intercostal space at the lower edge of the pectoral muscle, 2 *cun* lateral to the midline.

Actions
KI-22 tonifies and regulates the lung and spleen *qi*, and transforms dampness and phlegm.

Indications
A feeling of tension and pressure, fullness and pain in the chest and flanks, dyspnea, a blocked nose, cough, asthma, loss of appetite, nausea, and vomiting.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed

KI-23 Spirit Seal

神封 *shén fēng*

Location
KI-23 is in 4th intercostal space, 2 *cun* lateral to the midline.

Actions
KI-23 tonifies the spleen and stomach, and transforms dampness.

Indications
Coughing; asthma; a feeling of tension, fullness, and pressure in the chest and flanks; shortness of breath; nausea and vomiting; and mastitis.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

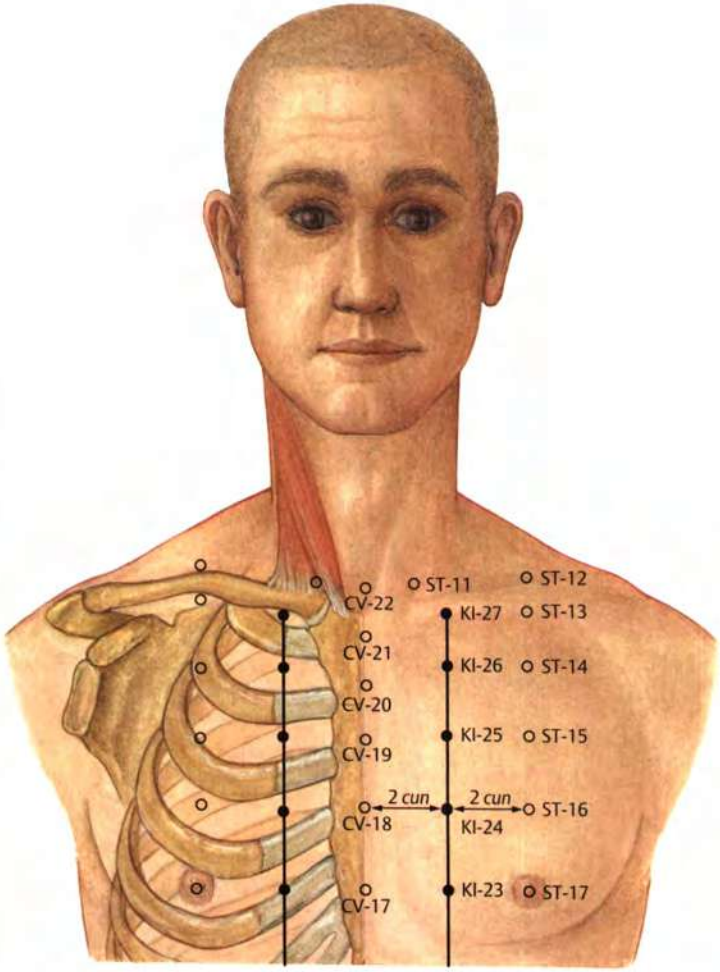
KI-24 Spirit Ruins

灵墟，灵墙 *líng xū*

Location
KI-24 is in the 3rd intercostal space, 2 *cun* lateral to the midline.

Actions
KI-24 tonifies the *qi* of the middle burner and drains dampness.

Indications
A feeling of tension, pain, and fullness in the chest and flanks, difficulty in breathing, short-


ST-11
ST-12
CV-22
KI-27
ST-13
CV-21
KI-26
ST-14
CV-20
KI-25
ST-15
CV-19
2 cun
2 cun
ST-16
CV-18
KI-24
KI-23
ST-17
CV-17

ness of breath, hiccup, vomiting, loss of appetite, and mastitis.

Needling Method
Depth 0.3–0.4 *cun*, perpendicular; moxibustion is allowed.

KI-25 Spirit Storehouse
神藏 *shén cáng*

Location
KI-25 is in the 2nd intercostal space, 2 *cun* lateral to the midline.

Actions
KI-25 tonifies the spleen *yang* and dries dampness.

Indications
A feeling of fullness and pressure in the center of the body, nausea, cough, asthma, shortness of breath, pressure on the chest.

Needling Method
Depth 0.3 *cun*, perpendicular; moxibustion is allowed.

KI-26 Lively Center
彧中 *yù zhōng*

Location
KI-26 is in the 1st intercostal space, 2 *cun* lateral to the midline.

Actions
KI-26 tonifies and regulates the spleen and stomach, eliminating pathogens.

Indications
Tension, pressure in the chest, cough, asthma, wheeze, phlegm obstruction, expectoration of watery phlegm, and loss of appetite.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

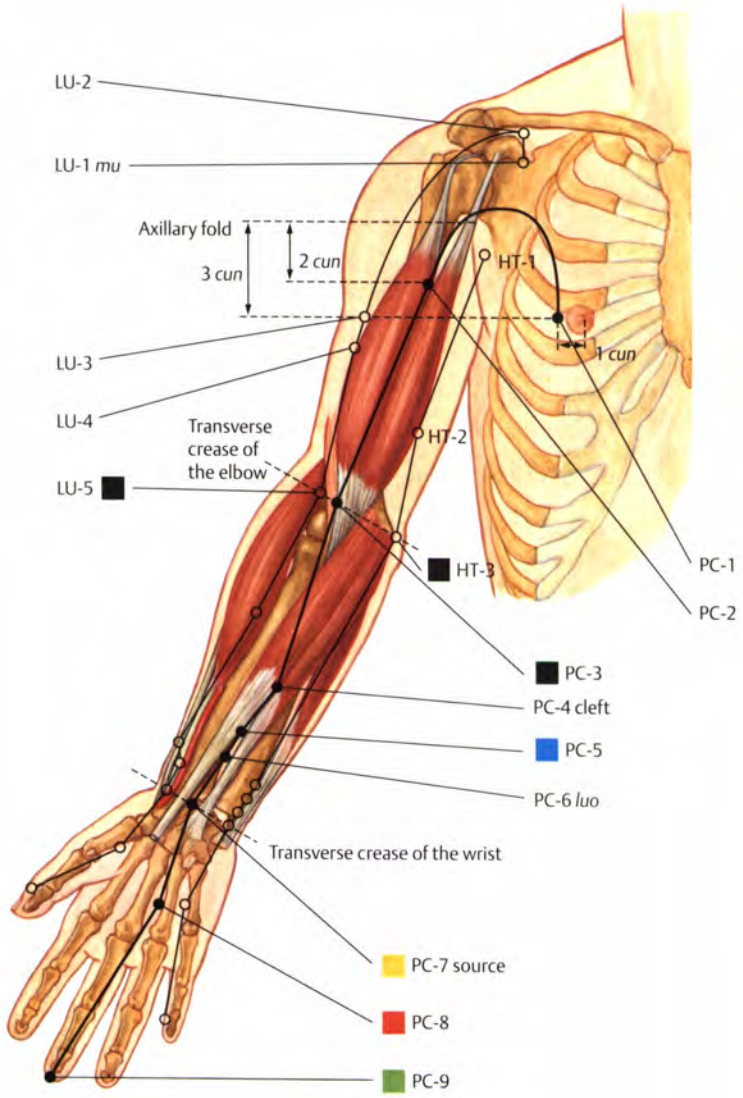
KI-27 Transport Mansion
俞府 *shū fǔ*

Location
KI-27 is between the clavicle and the first rib, 2 *cun* lateral to the midline.

Actions
KI-27 dries dampness, transforms phlegm, and relieves wheezing.

Indications
Cough, nausea, retching, wheeze, asthma, tension in the center of the body, the abdomen, and chest, and pain in the chest.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.


LU-2
LU-1 *mu*
Axillary fold
3 *cun*
2 *cun*
HT-1
1 *cun*
LU-3
LU-4
Transverse crease of the elbow
HT-2
LU-5
HT-3
PC-1
PC-2
PC-3
PC-4 cleft
PC-5
PC-6 *luo*
Transverse crease of the wrist
PC-7 source
PC-8
PC-9

27 Acupuncture Points of the Main Channel of the Pericardium

The pericardium channel is the reverting *yin* channel of the hand (*shou jue yin xin bao jing*).

PC-1 Celestial Pool

天池 *tiān chí*

Location

PC-1 is 1 *cun* lateral to the nipple, 3 *cun* below the anterior axillary fold, in the 4th intercostal space.

Category

Intersection point communicating with the main channels of the kidney and gall bladder.

Actions

PC-1 releases the exterior, expels wind, and drains dampness.

Indications

A feeling of fullness and oppression in the chest, cough with expectoration of copious phlegm, headaches, pain in all limbs, swelling in the axilla, and pain in the hypochondrium.

Needling Method

Depth 0.3–0.5 *cun*, perpendicular or oblique; moxibustion is allowed.

PC-2 Celestial Spring

天泉 *tiān quán*

Location

PC-2 is 2 *cun* below the anterior axillary fold, in a depression between the heads of the biceps brachii muscle.

Actions

PC-2 expels wind pathogens and wind–heat.

Indications

Coughing, pain in the lower chest area, a feeling of constraint, pain in the back and shoulders, palpitations, aching of the upper arm, and pain in the heart and hypochondrium.

Needling Method

Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.

PC-3 Marsh at the Bend

曲泽 *qū zé*

Location

PC-3 is in the center of the transverse crease of the elbow, on the radial side of the tendon of the biceps brachii muscle.

Category

Uniting point (*he xue*) of the five transport points, corresponding to the water phase.

Actions

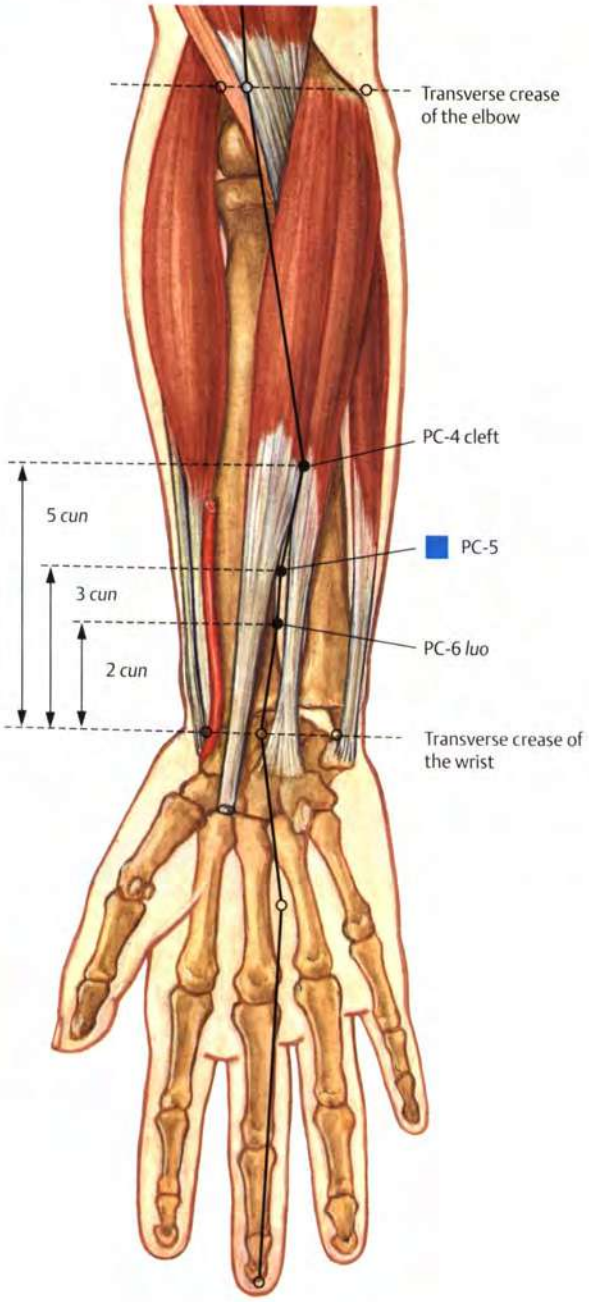
PC-3 tonifies the lung and heart, eliminates heat and wind from the upper burner, and cools heat in the blood.

Indications

Angina pectoris, palpitations, pain in the arm and elbow, headache, disorders of balance, perspiration limited to the head, a dry mouth, fearfulness, restlessness, insomnia, infectious diseases, epigastric pain, acute gastroenteritis, rubella, bloody sputum, trembling of the hands, diarrhea, and bronchitis.

Needling Method

Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.


Transverse crease of the elbow
PC-4 cleft
5 *cun*
PC-5
3 *cun*
PC-6 *luo*
2 *cun*
Transverse crease of the wrist

PC-4 Cleft Gate

郄门 *xī mén*

Location

PC-4 is on the medial side of the arm, 5 *cun* proximal to the transverse crease of the wrist, between the tendons of the palmaris longus and the flexor carpi radialis.

Category

Cleft point (*xi xue*) of the pericardium channel.

Actions

PC-4 tonifies and regulates the heart and lung, cools blood heat, and sedates.

Indications

Bleeding, bloody sputum, nosebleeds, ulcers, swellings, palpitations, timidity, fearfulness, angina pectoris, mastitis, rheumatic complaints, and pleuritis.

Needling Method

Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

PC-5 Intermediary Courier

间使 *jiān shǐ*

Location

PC-5 is 3 *cun* proximal to the transverse crease of the wrist, between the tendons of the palmaris longus and the flexor carpi radialis.

Categories

1. River point (*jing xue*), corresponding to the metal phase;
2. *Luo* point of the three *yin* channels of the hand.

Actions

PC-5 tonifies and regulates the heart and pericardium, calms wind, cools heat, directs the *qi* down into the middle burner, transforms phlegm, and harmonizes the stomach.

Indications

Fullness and pressure in the chest, fear, anxiety, irritability, hysteria, raving, schizophrenia, swellings in the axilla, spasms in the elbow, wind stroke with loss of consciousness, loss of speech, salivation, periodic fever, retching, ulcers, exanthemas, epileptic seizures, jaundice, rheumatic cardiac affections, malaria, and hypertension.

Needling Method

Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

PC-6 Inner Pass

内关 *nèi guān*

Location

PC-6 is 2 *cun* proximal to the transverse crease of the wrist, between the tendons of the palmaris longus and the flexor carpi radialis.

Categories

1. *Luo* point of the pericardium channel;
2. Confluence point of the *yin* linking vessel (*yin wei mai*).

Actions

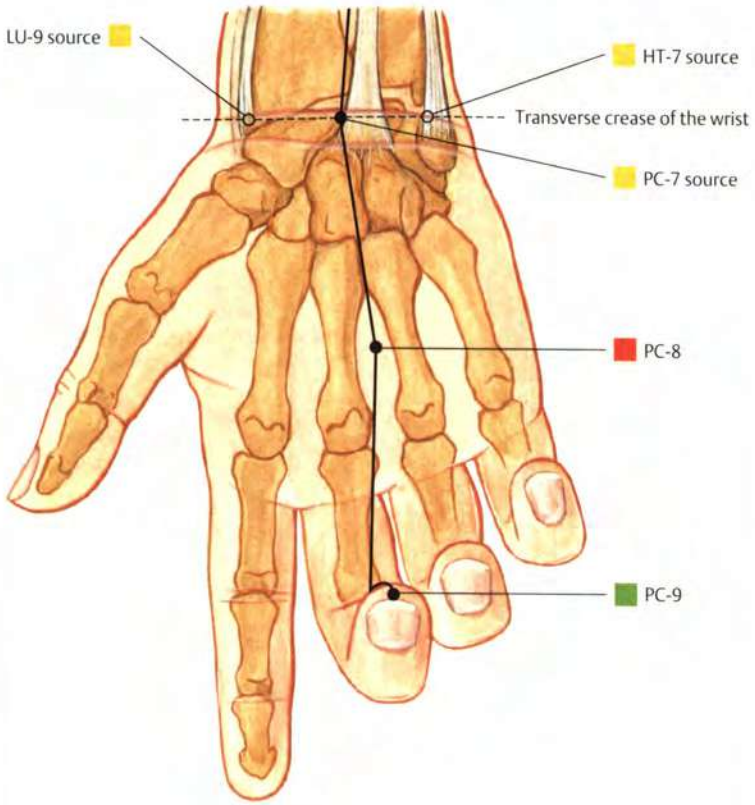
PC-6 tonifies, harmonizes and sedates the heart and spleen, regulates the *qi*, alleviates pain, and drains and expels wind, heat, and dampness.

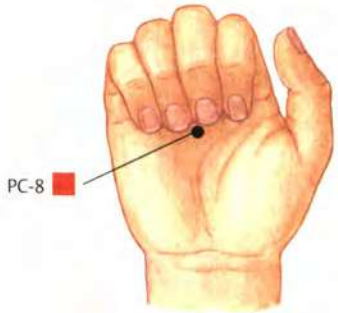
Indications

Pain in the chest area and the center of the body, pain in the hypochondrium and epigastrium, fearfulness, despondency, red eyes, nausea, vomiting, fever without perspiration, coma, insomnia, light-headedness, vertigo, hypertension, jaundice, wrist pain, tension in the upper extremities, a stiff neck, angina pectoris, palpitations, hyperthyroidism, painful menstruation, mental disturbances, epilepsy, hysteria, wind stroke, and anal prolapse.

Needling Method

Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.


LU-9 source
HT-7 source
Transverse crease of the wrist
PC-7 source
PC-8
PC-9


PC-8

PC-7 Great Mound
大陵 *dà líng*

Location
At the center of the transverse crease of the wrist, between the tendons of the palmaris longus and the flexor carpi radialis.

Categories
1. Stream point (*shu xue*) of the five transport points, corresponding to the earth phase;
2. Source point (*yuan xue*) of the channel (point at which the source *qi* can be accessed).

Actions
Cools the heart, pacifies and harmonizes the stomach, releases the exterior, drains heat, expels wind, and relieves pressure in the chest.

Indications
Impaired consciousness and behavioral disorders, epilepsy, uncontrolled fits of laughter, fear, terror, fever without perspiration, an oppressive feeling and pain in the chest, palpitations, swellings in the axilla, nausea, belching, bloody sputum, red eyes, yellow sclerae, tightness in the throat, difficulty in breathing, shortness of breath, stiffness of the shoulder and elbow, pain and numbness along the channel, furuncles, eczema on the head and arms, and bad breath.

Needling Method
Depth 0.3–0.8 *cun*, perpendicular; moxibustion rarely used.

PC-8 Palace of Toil
劳宫，掌中 *láo gōng*

Location
With the hand clenched, the point can be located in the center of the palm, between the 3rd and 4th metacarpal, between the tips of the 3rd and 4th fingers.

Category
Spring point (*ying xue*) of the five transport points, corresponding to the fire phase.

Actions
Cools the heart, expels heat, and drains wind and dampness.

Indications
Fever accompanied by thirst, pain in the center of the body, loss of appetite, bad breath, blood in the urine, nosebleeds, pain in the chest, an oppressive feeling, jaundice, inflammation of the gums, ulcers in the mouth, blood in the feces, emotional excitement, laughing fits, irascibility, anxiety, timidity, wind stroke, involuntary trembling of the hand, sweating palms, epilepsy, nausea, retching, and gastritis.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed

PC-9 Central Hub
中冲 *zhōng chōng*

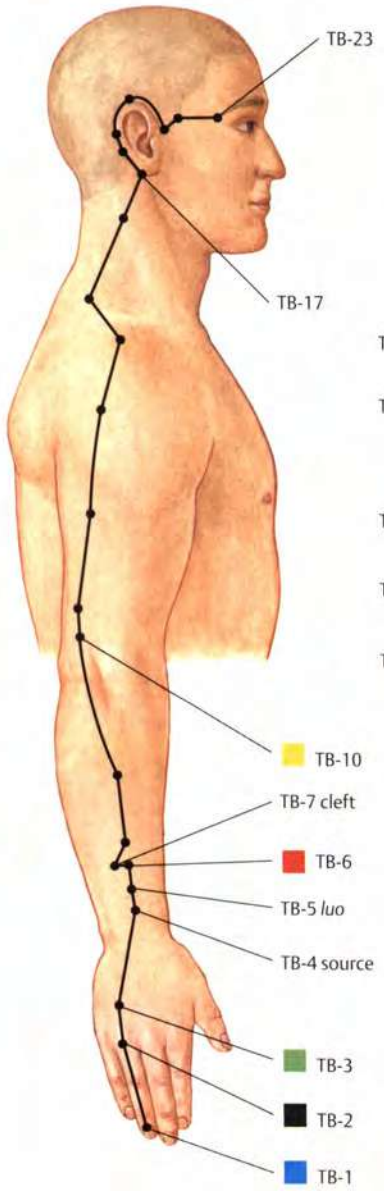
Location
At the tip of the middle finger, 0.1 *cun* distal to the middle of the finger nail.

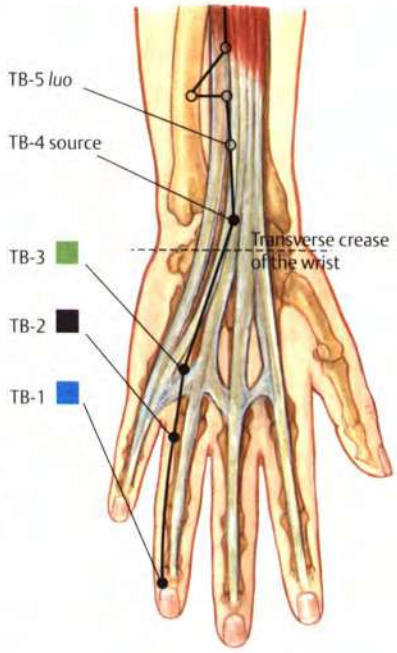
Category
Well point (*jing xue*) of the five transport points, corresponding to the wood phase.

Actions
Cools heat and fire, releases the exterior, and tonifies the heart and pericardium.

Indications
Coma, fever, restlessness, a feeling of oppression, angina pectoris, a stiff tongue, hot palms, tinnitus; the emergency acupuncture point in cases of wind stroke and infantile convulsions.

Needling Method
Depth 0.1 *cun*, perpendicular; prick to bleed.


TB-23
TB-17
TB-10
TB-7 cleft
TB-6
TB-5 *luo*
TB-4 source
TB-3
TB-2
TB-1


TB-5 *luo*
TB-4 source
Transverse crease of the wrist
TB-3
TB-2
TB-1

28 Acupuncture Points of the Main Channel of the Triple Burner

The triple burner channel is the lesser *yang* channel of the hand (*shou shao yang san jiao jing*).

TB-1 Passage Hub
关冲 *guān chōng*

Location
TB-1 is on the ulnar side of the ring finger, 0.1 *cun* proximal to the angle of the nail.

Category
Well point (*jing xue*) of the five transport points, corresponding to the metal phase.

Actions
Cools fluids, expels dampness and wind, and opens up the sensory organs and the throat.

Indications
Painful obstruction in the throat, with a feeling of strangulation; a dry mouth; pain and stiffness of the tongue; fever without perspiration; headaches; redness of the eye; and tinnitus and deafness.

Needling Method
Depth 0.1 *cun*, perpendicular; moxibustion is allowed.

TB-2 Humor Gate
液门 *yè mén*

Location
TB-2 is distal to the metacarpophalangeal joint of the 4th finger, 0.5 *cun* proximal to the margin of the web of the ring and the small finger.

Category
Spring point (*ying xue*) of the five transport points, corresponding to the water phase.

Actions
Cools fluids, activates the *luo* channels, and clears the head and eyes.

Indications
Fearfulness, manic behavior, confused speech, red and watering eyes, sudden loss of hearing, pain in the jaw and gums, headaches, earache, periodic fever, tinnitus, lymphatic stasis of the neck, mumps, and stiffness of the hand.

Needling Method
Depth 0.2–0.5 *cun*, perpendicular; moxibustion is allowed.

TB-3 Central Islet
中渚 *zhōng zhǔ*

Location
TB-3 is on the back of the hand between the 4th and 5th metacarpals, in a depression proximal to the metacarpophalangeal joint.

Category
Stream point (*shu xue*) of the five transport points, corresponding to the wood phase.

Actions
Relaxes the *qi* mechanism, and opens and clears the orifices.

Indications
Headaches, disturbance of balance, fever without perspiration, tinnitus, deafness, blurred vision, painful obstruction in the throat, pain and swelling of the cheeks and the temples, pain at the back of the neck, spasms of the fingers, pain in the elbow and upper arm, hiccups, and fainting.

Needling Method
Depth 0.2–0.5 *cun*, perpendicular; moxibustion is allowed.

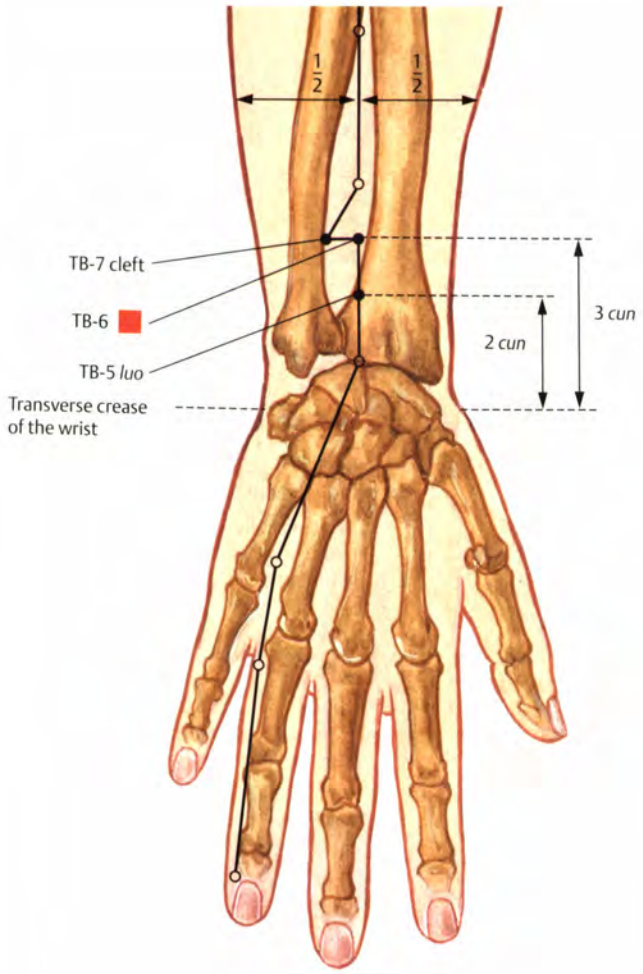
TB-4 *Yang* Pool
阳池 *yáng chí*

Location
TB-4 is in a depression between the ulna and the metacarpals, lateral to the tendon of the extensor digitorum.

Category
Source point (*yuan xue*) of the channel (point at which the source *qi* can be accessed).

Actions
TB-4 cools heat, drains dampness, benefits the sinews and bones, and activates the *luo* channels.

Indications
Alternating chills and hot flushes, an oppressive feeling, swollen red eyes, tinnitus, tightness of the throat, difficulty in breathing, pain in the wrist, pain and stiffness in the arm and shoulder, vomiting during pregnancy, and dryness of the mouth in diabetics.


1/2
1/2
TB-7 cleft
TB-6
TB-5 *luo*
Transverse crease of the wrist
2 *cun*
3 *cun*

Needling Method
Depth 0.2–0.5 *cun*, perpendicular; moxibustion is allowed.

TB-5 Outer Pass
外关 *wài guān*

Location
TB-5 is 2 *cun* proximal to the transverse wrist crease, in the center of the lower arm between the radius and the ulna.

Categories
1. *Luo* point communicating with the complementary *yin* channel (main channel of the pericardium)
2. Confluence point of the *yang* linking vessel (*yang wei mai*).

Actions
TB-5 releases the exterior, dispels heat, eliminates cold, frees the flow in the main and *luo* channels, and removes *qi* obstructions.

Indications
Headache, pain in the back of the neck, tinnitus, deafness, unilateral pareses of the facial muscles, pain and pareses of the fingers, pain in the elbow, fever, abdominal pain, enuresis, influenza, pneumonia, parotitis, pain in the hypochondrium, and hemiplegia.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed

TB-6 Branch Ditch
飞虎，支沟 *zhi gōu*

Location
TB-6 is 3 *cun* proximal to the transverse wrist crease, in the middle of the lower arm between the radius and the ulna.

Category
River point (*jing xue*) of the five transport points, corresponding to the fire phase.

Actions
TB-6 relaxes the *qi* mechanism, releases the exterior, dissolves stases and knots, promotes fluid circulation, and frees the liver *yang*, allowing the liver *qi* to spread.

Indications
Fever without perspiration, pareses, numbness and pain in the arm, loss of voice due to pareses, pain in the eyes, oppression in the center of the body and the chest, nausea and the desire to vomit, constipation, swelling of the throat, fainting following loss of blood, insufficient lactation, intercostal neuralgia, angina pectoris, pleuritis, retinopathy, tinnitus, and depression.

Needling Method
Depth 0.2–1 *cun*, perpendicular; moxibustion is allowed.

TB-7 Convergence and Gathering
会宗 *huì zōng*

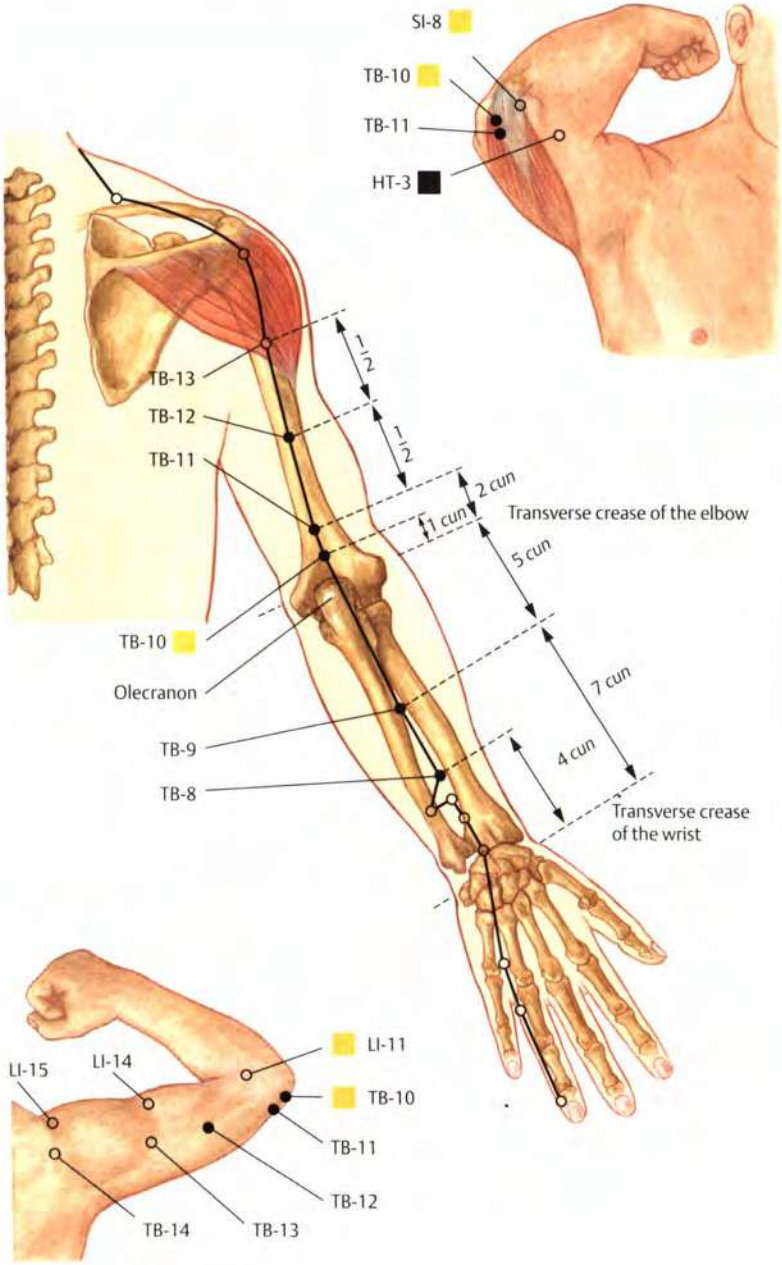
Location
TB-7 is one finger's width from TB-6, at the radial margin of the ulna.

Category
Cleft point (*xi xue*) of the channel.

Actions
TB-7 releases the exterior and opens the orifices.

Indications
Spastic seizures, epilepsy, diffuse pain in the skin and flesh, and paresthesias.

Needling Method
Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.


SI-8
TB-10
TB-11
HT-3
TB-13
TB-12
TB-11
1/2
1/2
2 cun
1 cun
Transverse crease of the elbow
5 cun
TB-10
Olecranon
7 cun
TB-9
4 cun
TB-8
Transverse crease of the wrist
LI-11
LI-15
LI-14
TB-10
TB-11
TB-12
TB-14
TB-13

TB-8 Three *Yang* Connection

通门， *sān yáng luò*
三阳络

Location
TB-8 is 4 *cun* proximal to the transverse wrist crease, in the middle of the lower arm between the radius and the ulna.

Category
Luo point of the three *yang* channels of the hand.

Actions
TB-8 opens the orifices and activates the *luo* channels.

Indications
Alternating hot flushes and chills, fatigue, somnolence, pain in the gums, toothache, loss of voice, tinnitus, pain in the arm, and loss of mobility of the arm.

Needling Method
Depth 1–1.5 *cun*, perpendicular; moxibustion is allowed.

TB-9 Four Rivers

四渎 *sì dú*

Location
TB-9 is 7 *cun* proximal to the lateral margin of the wrist crease, in a depression between the radius and the ulna, 5 *cun* distal to the tip of the olecranon.

Action
Stabilizes the flow of *qi* in the head.

Indications
Spasms of the throat and tongue muscles, loss of voice, toothache, pain in the lower jaw and the outer side of the arm, impaired hearing, deafness, and pain on one side of the head.

Needling Method
Depth 1–1.5 *cun*, perpendicular; moxibustion is allowed.

TB-10 Celestial Well

天井 *tiān jǐng*

Location
With the elbow flexed, locate TB-10 in a depression, 1 *cun* posterior and superior to the olecranon.

Category
Uniting point (*he xue*) of the five transport points, corresponding to the earth phase.

Actions
Stabilizes the circulation of fluids and the *qi*, dispels dampness, wind–damp, and cold pathogens.

Indications
Headaches, pain in the eyes, spasms, stiffness, twitching, epilepsy, pain and pareses of the extremities, diffuse pain throughout the body, a stiff neck, a feeling of occlusion of the throat, loss of voice, pressure and tension in the chest and center of the body, ulcers, all kinds of exanthemas, loss of appetite, coughing, dyspnea, a depressed, apathetic mood, lymph edema, susceptibility to edema, goiter, internal masses, disorders of micturition, and elbow pain.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

TB-11 Clear Cold Abyss

清冷泉 *qīng lěng yuān*
清冷渊

Location
TB-11 is 2 *cun* proximal to the olecranon.

Action
TB-11 expels wind and wind–heat pathogens from the neck and back.

Indications
Headache, pain in the upper arm and the shoulder, and toothache.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.

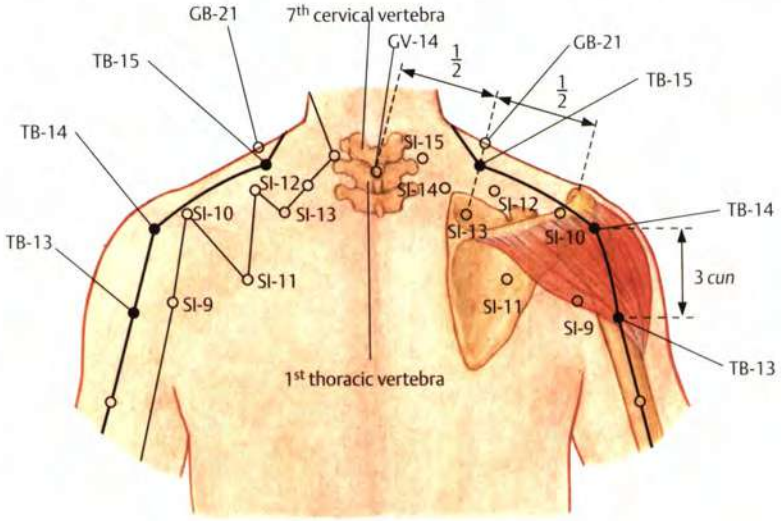
TB-12 Dispersing Riverbed

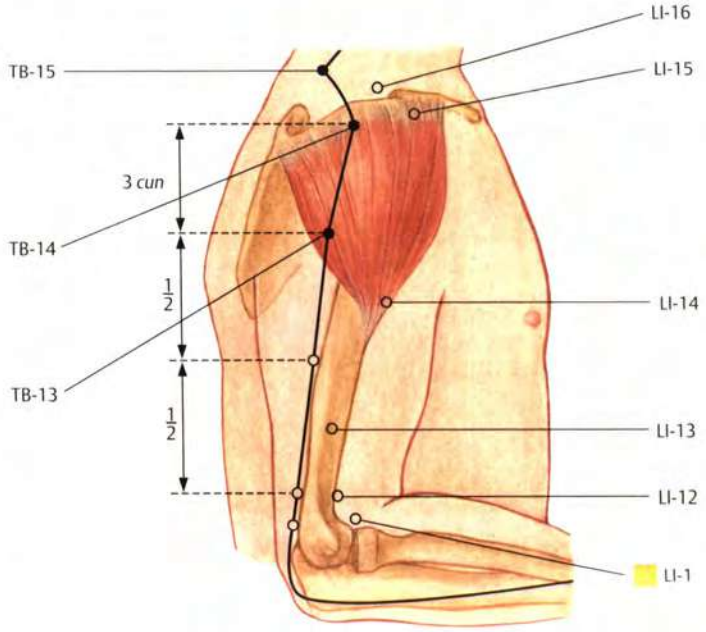
消泺 *xiāo luò*

Location
TB-12 is midway between TB-11 and TB-13.

Action
TB-12 expels wind and wind-damp pathogens.

Indications
Headache, toothache, stiffness and pain in the muscles of the neck and back, alternating chills and hot flushes, epileptic seizures, and diabetes.


GB-21
7th cervical vertebra
GV-14
GB-21
TB-15
1/2
1/2
TB-15
TB-14
SI-15
SI-12
SI-14
SI-12
SI-10
SI-13
SI-13
TB-14
SI-10
TB-13
3 cun
SI-11
SI-9
SI-11
SI-9
TB-13
1st thoracic vertebra


LI-16
TB-15
LI-15
3 cun
TB-14
1/2
LI-14
TB-13
1/2
LI-13
LI-12
LI-1

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.

TB-13 Upper Arm Convergence
臑会 *nào huì*

Location
TB-13 is 3 *cun* distal to TB-14, at the posterior border of the deltoid.

Category
Intersection point communicating with the *yang* linking vessel (*yang wei mai*).

Action
TB-13 expels wind.

Indications
Pain in the shoulder, alternating chills and hot flushes, swelling of the throat, and goiter.

Needling Method
Depth 1–1.5 *cun*, perpendicular; moxibustion is allowed.

TB-14 Shoulder Bone-Hole
肩髎 *jiān liáo*

Location
With the arm raised, locate TB-14 in a depression between the acromion and the humeral tuberosity, in the most posterior of the two depressions.

Action
TB-14 expels wind and wind-damp pathogens.

Indications
Pain in the shoulder and arm, loss of strength, and paresthesias.

Needling Method
Depth 1–1.5 *cun*, perpendicular to the shoulder joint; moxibustion is allowed.

TB-15 Celestial Bone-Hole
天髎 *tiān liáo*

Location
TB-15 is midway between the acromion and LR-14, 1 *cun* posterior and inferior to GB-21.

Category
Intersection point linking to the channel of the gall bladder and the *yang* linking vessel (*yang wei mai*).

Actions
TB-15 raises the *qi*, and expels wind and dampness.

Indications
Fever without perspiration, pain in the supraclavicular fossa, stiffness and pain in the muscles of the neck, heaviness and pain in the shoulder and arm, and an oppressive feeling in the chest.

Needling Method
Depth 0.6–0.8 *cun*, perpendicular; moxibustion is allowed.

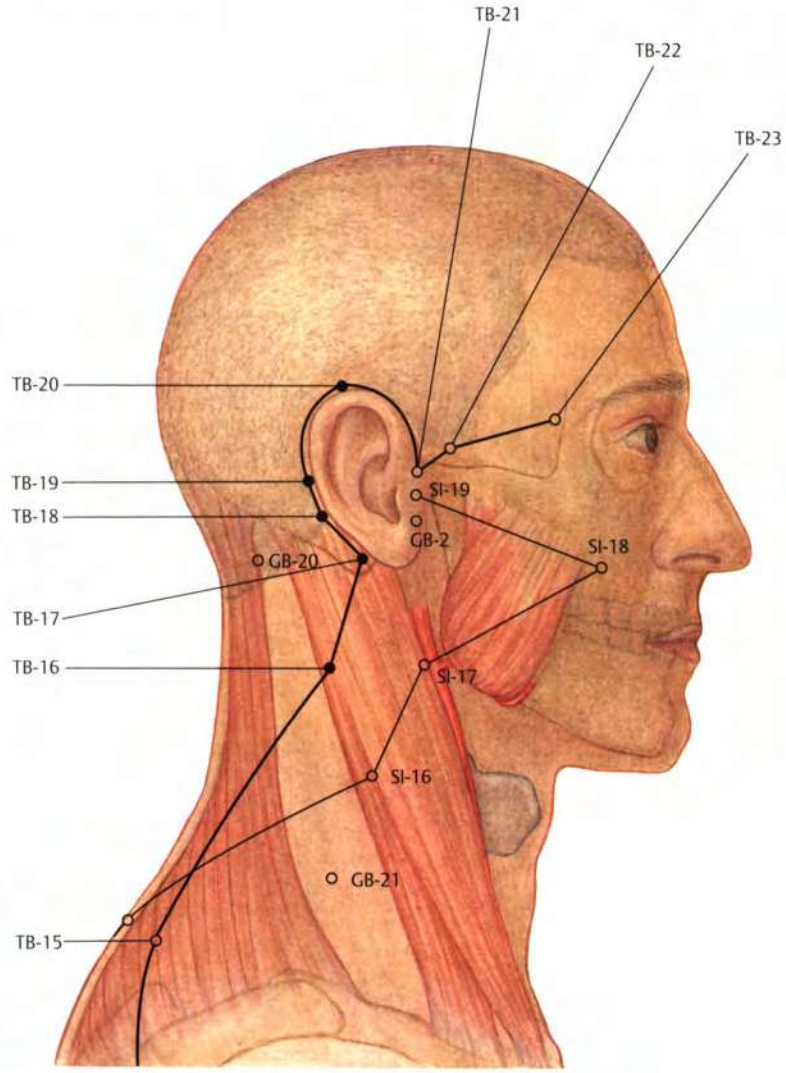
TB-16 Celestial Window
天牖 *tiān yǒu*

Location
TB-16 is at the posterior border of the sternocleidomastoideus, at the same level as the angle of the jaw.

Actions
TB-16 regulates the *qi* mechanism, opens the orifices, and clears the senses after exposure to wind and dampness.

Indications
A sudden loss of hearing, a sudden decrease in vision, swelling of the face, nosebleeds, a massive discharge from the nose, the loss of olfaction, occlusion of the throat and shortness of breath, stiffness of the neck, pain in the eyes, and swelling of the lymph glands.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.


TB-21
TB-22
TB-23
TB-20
TB-19
TB-18
SI-19
GB-2
SI-18
GB-20
TB-17
TB-16
SI-17
SI-16
GB-21
TB-15

TB-17 Wind Screen
翳风 *yì fēng*

Location
At the anterior border of the mastoid process, at the point where the ear lobe, when pressed, touches the mastoid.

Category
Intersection point with the main channel of the gall bladder.

Actions
Expels wind, protects against stroke, and clears vision and hearing.

Indications
Tinnitus, hardness of hearing, vertigo, the most important point for tinnitus and miscellaneous noises in the ear, redness and pain in the ears, otitis, pareses of the facial muscles, swelling of the throat, parotitis, frequent sneezing in children, and trigeminal neuralgia.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

TB-18 Tugging Vessel
瘈脉 *qì mài*

Location
TB-18 is behind the ear, approximately in the center of the mastoid process, about 1 *cun* above TB-17, on a curved line between TB-17 and TB-20, parallel to the helix on the border between the lower and middle third of the ear.

Actions
TB-18 expels wind and calms fright (startling), especially in infants, and stops convulsions.

Indications
Spasms and pareses in infants, startling in infants, tinnitus, decreased vision, sudden nausea and vomiting, fearfulness, nightmares, and headache.

Needling Method
Depth 0.3–0.5 *cun*, oblique; moxibustion is allowed.

TB-19 Skull Rest
颅息 *lú xī*

Location
TB-19 is 1 *cun* above TB-18.

Actions
TB-19 regulates the *qi* mechanism, and expels wind and wind damp.

Indications
Headache, tinnitus, earache, swelling of the ear, spasms, twitching, especially in children, fearfulness and great apprehension, and pain and pressure in the chest.

Needling Method
Oblique insertion; prick to allow a small amount of bleeding; depth 0.3–0.5 *cun*; moxibustion is allowed.

TB-20 Angle Vertex
角孙 *jiǎo sūn*

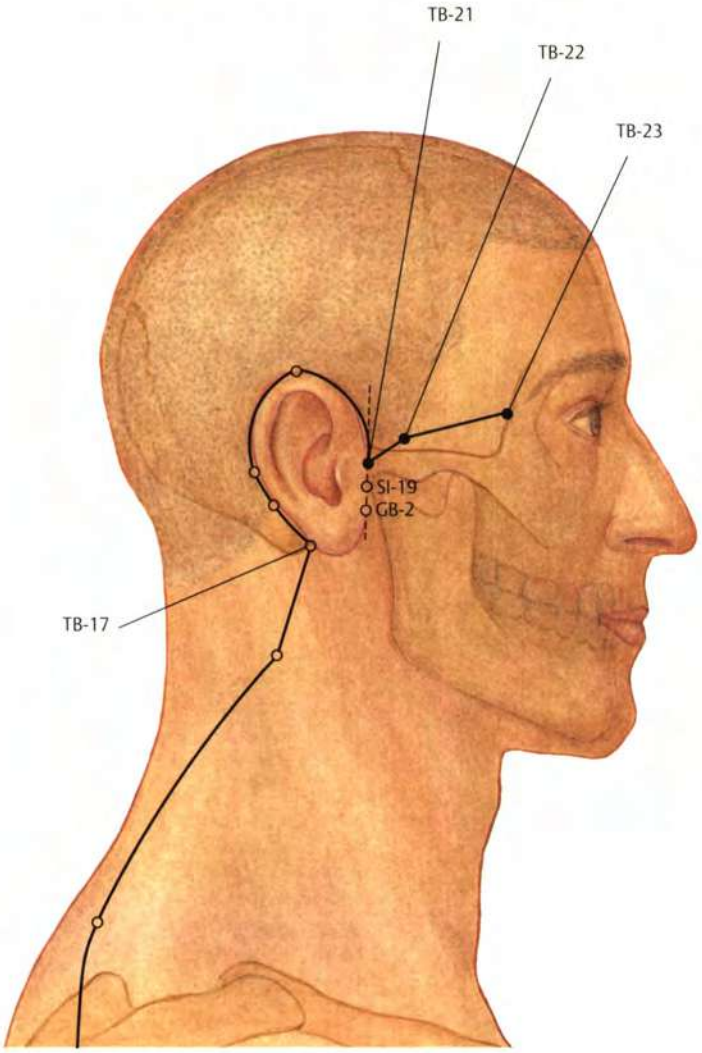
Location
TB-20 is within the hairline, directly above the tip of the ear.

Category
Intersection point communicating with the main channels of the small intestine, large intestine, and gall bladder.

Actions
TB-20 expels wind-damp, benefits the eyes, clears vision, and relieves spasms.

Indications
Pterygium, toothache, swelling of the cheek, numb lips, swollen gums, red eyes, headaches, and tension and stiffness of the muscles of the neck.

Needling Method
Depth 0.3–0.5 *cun*, oblique; moxibustion is allowed.


TB-21
TB-22
TB-23
SI-19
GB-2
TB-17

TB-21 Ear Gate
耳门 *ěr mén*

Location
With the mouth slightly opened, locate TB-21 directly in front of the ear in a depression at the upper margin of the tragus.

Actions
TB-20 opens the ear and dispels heat.

Indications
A tinnitus-like sound of insects chirping, swelling and ulcers in and on the ear, a purulent discharge from the ear, hardness of hearing, ulceration of the gums, and otitis media.

Needling Method
Depth 0.3–0.8 *cun*, perpendicular or oblique in the direction of SI-19; 1–1.5 *cun* from GB-2; moxibustion is allowed.

TB-22 Harmony Bone-Hole
和髎 *hé liáo*

Location
TB-22 is at the same height as the upper root of the auricle, 1 *cun* anterior to the root at the border of the hair, above and in front of TB-21; marked by a palpable pulse.

Category
Intersection point communicating with the main channels of the gall bladder and small intestine.

Actions
TB-22 tonifies the *qi*, dispels wind, and drains dampness.

Indications
Heaviness of the head, headaches, rhinitis, spasms of the masseter, chirping noises in the ear, swelling of the nose and throat, twitching of the eyes and eyelids, and spastic twitching of the mouth.

Needling Method
Depth 0.3–0.5 *cun*, oblique; moxibustion is allowed.

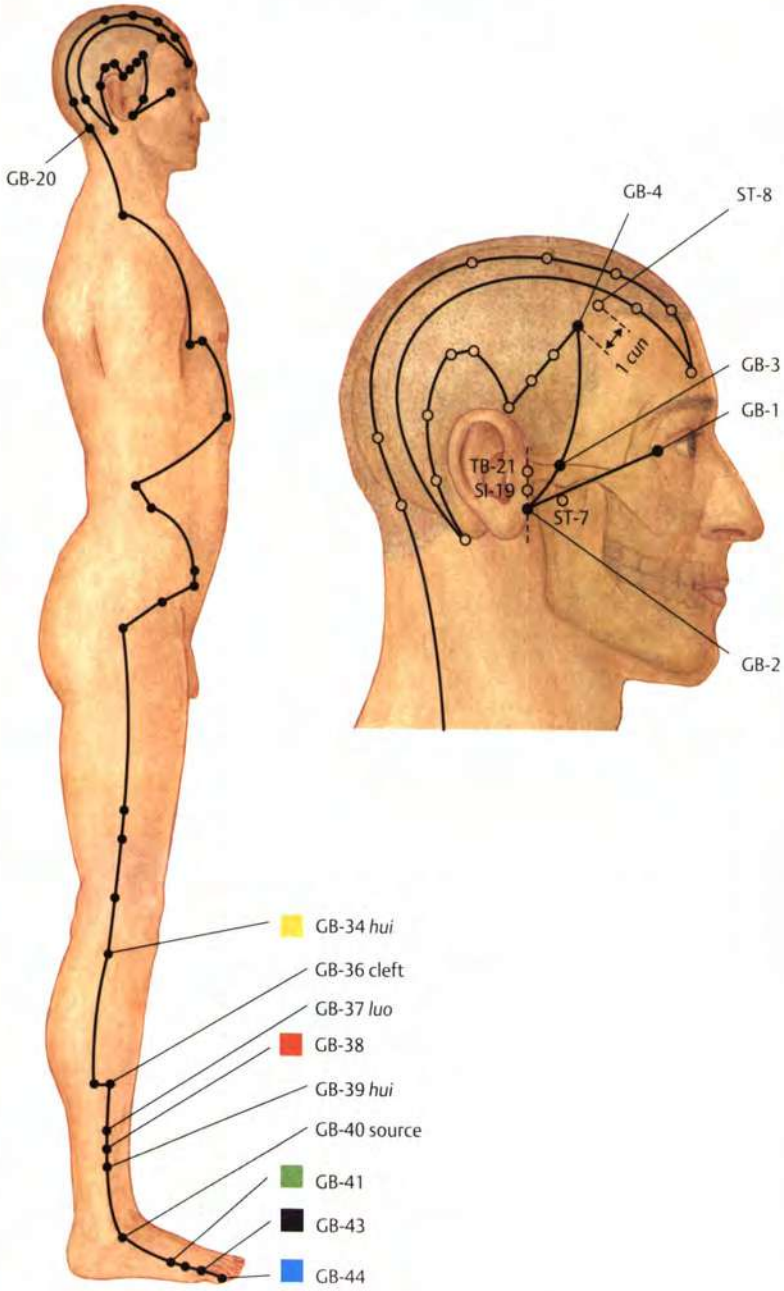
TB-23 Silken Bamboo Hollow
丝竹空 *sī zhú kōng*

Location
TB-23 is in a depression at the lateral end of the eyebrow.

Actions
TB-23 dispels wind, regulates the *qi*, and activates the *xue*.

Indications
Headaches, vertigo, shivering and chills, epilepsy, raving madness with salivation, sudden onset of headache affecting one side or the entire head, red eyes, impaired vision, toothache, and twitching of the facial muscles.

Needling Method
Depth 0.5–1 *cun*, oblique subcutaneous insertion.


GB-20
GB-4
ST-8
1 cun
GB-3
GB-1
TB-21
SI-19
ST-7
GB-2
GB-34 *hui*
GB-36 cleft
GB-37 *luo*
GB-38
GB-39 *hui*
GB-40 source
GB-41
GB-43
GB-44

29 Acupuncture Points of the Main Channel of the Gall Bladder

The gall bladder channel is the lesser *yang* channel of the foot (*zu shao yang dan jing*).

GB-1 Pupil Bone-Hole

瞳子髎 *tóng zǐ liáo*

Location

GB-1 is 0.5 *cun* lateral to the outer canthus of the eye.

Categories

1. Intersection point communicating with the main channels of the small intestine and triple burner;
2. Intersection point with the liver divergent channel.

Actions

Expels wind and wind–heat, and clears vision.

Indications

Ophthalmological disorders, superficial visual obstruction, night blindness, conjunctivitis, myopia, and headaches.

Needling Method

Depth 0.2–0.4 *cun*, oblique; moxibustion is allowed.

GB-2 Auditory Convergence

听会 *tīng huì*

Location

With the mouth slightly open, locate GB-2 directly anterior to the intertragic notch, in a hollow on a vertical line inferior to TB-21 and SI-19.

Actions

GB-2 eliminates wind, enables *qi* to circulate, and benefits the ears.

Indications

Tinnitus, deafness, earache accompanied by purulent discharge, otitis, spasms of the masseter, dislocation of the jaw, toothache, cramps, spasms, hemiplegia of the facial muscles, trigeminal neuralgia, and parotitis.

Needling Method

Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

GB-3 Upper Gate

上关 *shàng guān*

Location

GB-3 is anterior to the ear, at the upper border of the zygomatic arch, superior to ST7.

Category

Intersection point with the main channels of the stomach and triple burner.

Actions

GB-3 eliminates wind, relieves spasms, and restores hearing.

Indications

Tinnitus, hardness of hearing, deafness, unilateral headaches, hemiplegia of the facial muscles with deviation of the mouth and eye, toothache with caries, chills and shivering, epileptiform symptoms, and visual impairment.

Needling Method

Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

GB-4 Forehead Fullness

颔厌 *hàn yàn*

Location

GB-4 is within the hairline, 1 *cun* inferior to ST-8.

Category

Intersection point with the main channels of the gall bladder, triple burner, and stomach.

Action

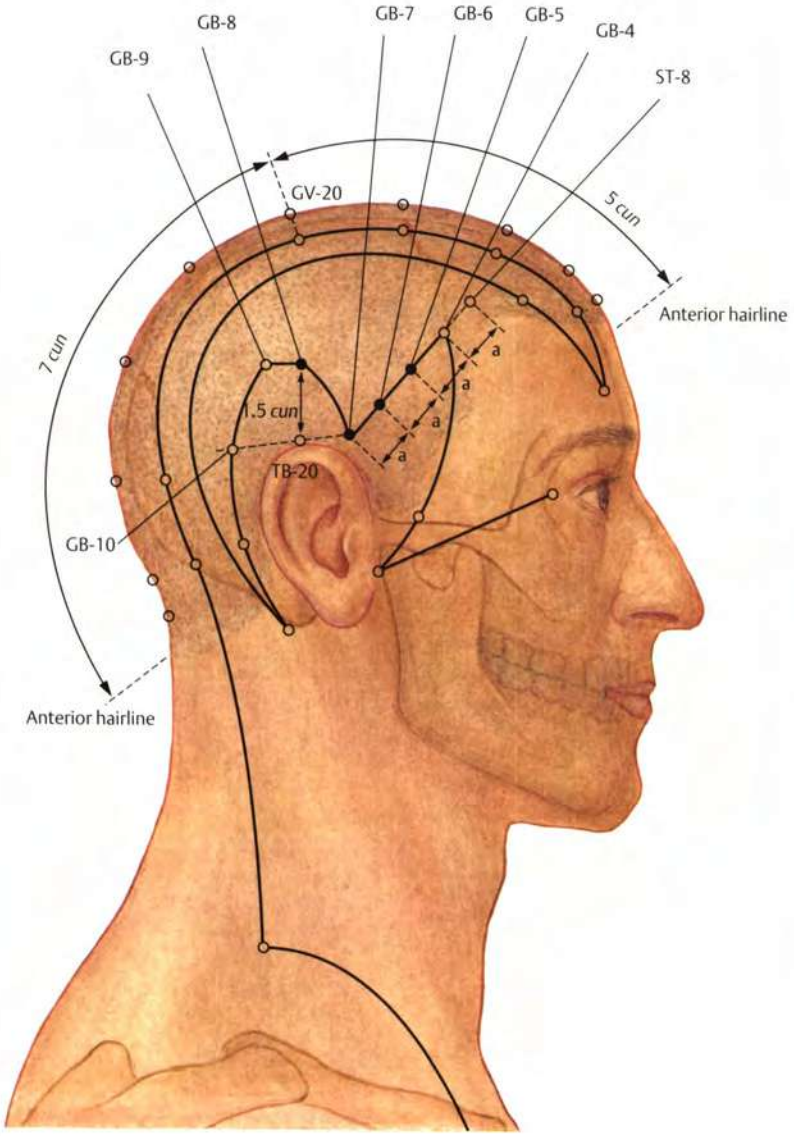
Eliminates wind.

Indications

Headaches on one side, tinnitus, impaired vision, epileptiform symptoms, toothache, frequent sneezing, twitching, and muscle tremor.

Needling Method

Depth 0.3–1 *cun*, transverse insertion; moxibustion is allowed.


GB-9
GB-8
GB-7
GB-6
GB-5
GB-4
ST-8
GV-20
5 cun
Anterior hairline
7 cun
1.5 cun
a
a
a
a
TB-20
GB-10
Anterior hairline

GB-5 Suspended Skull
悬颅 *xuán lú*

Location
GB-5 is midway on the line joining ST-8 and GB-7.

Category
Intersection point with the main channels of the stomach and triple burner.

Actions
GB-5 regulates the *qi* mechanism, releases the exterior, expels wind, and clears heat.

Indications
Generalized or unilateral headaches, pain in the eye, pain in the jaw and teeth, redness of the outer canthus, rhinitis, and impaired vision.

Needling Method
Depth 0.3–1 *cun*, transverse; moxibustion is allowed.

GB-6 Suspended Tuft
悬厘 *xuán lí*

Location
GB-6 is in the lower third of a line connecting GB-4 and GB-7.

Category
Intersection point with the main channels of the stomach and triple burner.

Action
Clears heat and damp-heat pathogens in the middle burner.

Indications
Redness and swelling of the face, unilateral headaches, distension in the chest, intermittent fever, redness and pain of the canthus, belching, nausea, influenza symptoms, and epileptiform symptoms.

Needling Method
Depth 0.3–1 *cun*, oblique insertion, with the tip of the needle pointing dorsally; moxibustion is allowed.

GB-7 Temporal Hairline Curve
曲鬓 *qū bìn*

Location.
GB-7 is in a hollow in the temporal region in the curvature formed by the hair in front of and above the ear, one finger-breadth anterior to TB-20.

Category
Intersection point with the main channel of the bladder.

Action
Relieves wind stroke and lockjaw.

Indications
Unilateral headaches, lockjaw, stiffness of the neck muscles, impairments of vision, nausea, vomiting, and pain in the jaw and teeth.

Needling Method
Depth 0.3–1 *cun*, transverse; moxibustion is allowed.

GB-8 Valley Lead
耳尖，率谷 *shuài gǔ*

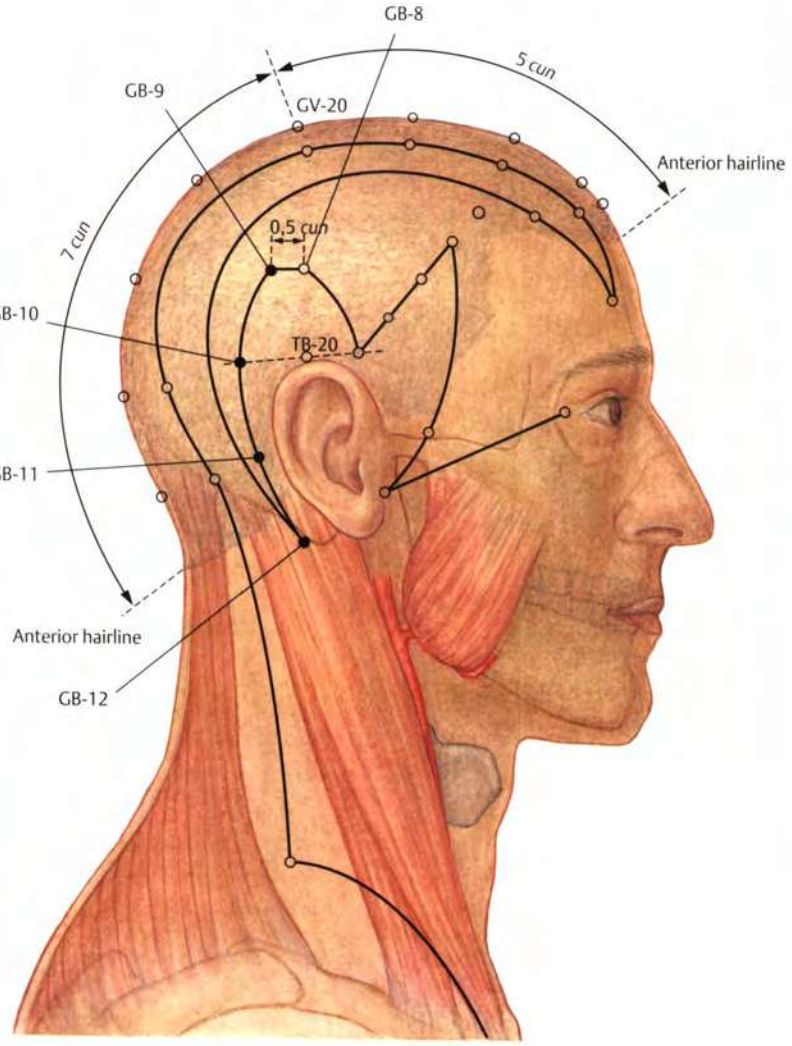
Location
GB-8 is 1.5 *cun* directly above the tip of the ear.

Category
Intersection point with the main channel of the bladder.

Actions
GB-8 breaks up phlegm obstructions, and eliminates wind and wind–damp.

Indications
Incessant vomiting and a cold stomach, phlegm *qi* diaphragm pain, nausea, vomiting, bloating, a heavy head, light-headedness, headache at the temples or unilaterally, and eye diseases.

Needling Method
Depth 0.4–0.8 *cun*, transverse subcutaneous insertion; moxibustion is allowed.


GB-8
5 cun
GB-9
GV-20
Anterior hairline
7 cun
0.5 cun
GB-10
TB-20
GB-11
Anterior hairline
GB-12

GB-9 Celestial Hub
天冲 *tiān chōng*

Location
GB-9 is 0.5 *cun* posterior to GB-8, thus 2 *cun* within the hairline.

Category
Intersection point with the main channel of the bladder.

Actions
GB-9 expels wind and stops seizures.

Indications
Epilepsy, seizures, swollen gums, headaches, and fearfulness

Needling Method
Depth 0.3–0.8 *cun*, transverse; moxibustion is allowed.

GB-10 Floating White
浮白 *fú bái*

Location
GB-10 is at the same level as the tip of the ear, 1 *cun* within the hairline, on a curved line between GB-9 and GB-11.

Category.
Intersection point with the main channel of the bladder.

Actions
GB-10 regulates the *qi* mechanism, and eliminates dampness and heat pathogens.

Indications
Heaviness of the head, headache, tinnitus sounding like the chirping of insects, hardness of hearing, swelling of the throat, goiter, pain in the shoulder and back, a feeling of tightness in the throat, toothache, difficult respiration, and chest pain.

Needling Method
Depth 0.5–0.8 *cun*, oblique; moxibustion is allowed.

GB-11 Head Orifice *Yin*
窍阴，头窍阴 *tóu qiào yīn*

Location
GB-11 is posterior and superior to the mastoid process, between GB-10 and GB-12.

Category
Intersection point with the main channels of the bladder and triple burner.

Actions
GB-11 courses the *qi*, activates *ying qi* and *xue*, and eliminates wind, damp, and heat.

Indications
Spasms of the limbs, pain in the eye, swelling of the throat and cheeks, parotitis, tinnitus with sounds like the chirping of insects, hardness of hearing, deafness, bleeding in the mouth, heat in the hands and feet, a tight throat, a bitter taste in the mouth, and pain in the flanks.

Needling Method
Depth 0.5–0.8 *cun*, transverse; moxibustion is allowed.

GB-12 Completion Bone
完骨 *wán gǔ*

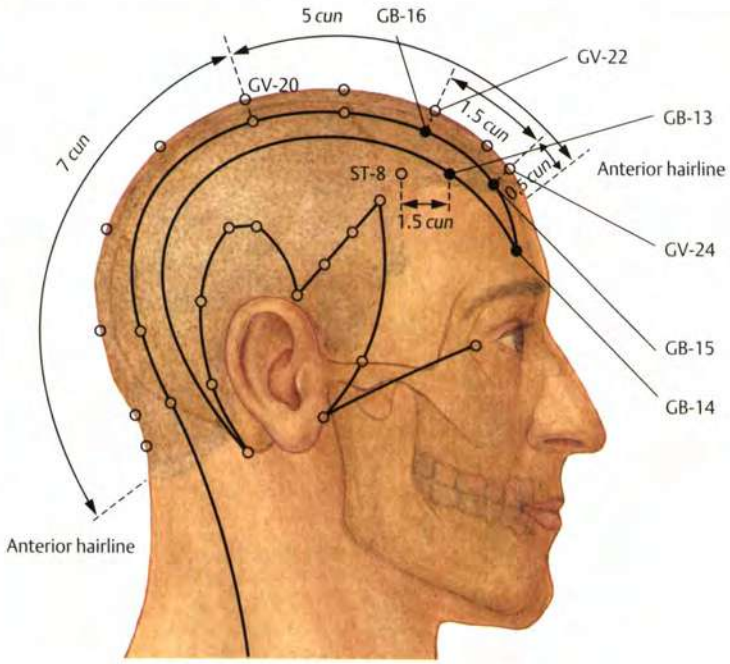
Location
GB-12 is slightly inferior and posterior to the tip of the mastoid process.

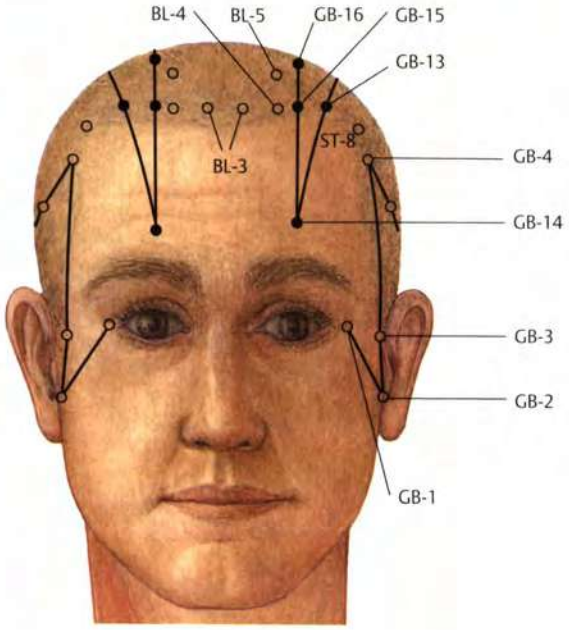
Category
Intersection point with the main channel of the bladder.

Actions
GB-12 courses the liver *qi*, and expels wind and wind–heat.

Indications
Lockjaw, a stiff neck, headache, hemiplegia, tightness in the throat, swallowing difficulties, toothache, insomnia, paralysis of the lower extremities, epileptiform seizures, reddish or dark urine, swelling of the throat, bloating of the face, and pain in the mastoid process.

Needling Method
Depth 0.5–0.8 *cun*, oblique; moxibustion is allowed.


5 cun
GB-16
GV-22
GV-20
1.5 cun
GB-13
7 cun
ST-8
0.5 cun
Anterior hairline
1.5 cun
GV-24
GB-15
GB-14
Anterior hairline


BL-4
BL-5
GB-16
GB-15
GB-13
ST-8
BL-3
GB-4
GB-14
GB-3
GB-2
GB-1

GB-13 Root Spirit
本神 *běn shén*

Location
GB-13 is vertically superior to the outer canthus of the eye, 0.5 *cun* within the hairline.

Category
Intersection point with the *yang* linking vessel (*yang wei mai*).

Actions
GB-13 supports and regulates the liver *qi*, and eliminates wind.

Indications
Symptoms of fright, with convulsions and profuse salivation; a stiff neck, epilepsy, vertigo, and hemiplegia.

Needling Method
Depth 0.3–0.5 *cun*, transverse; moxibustion is allowed.

GB-14 *Yang* White
阳白 *yáng bái*

Location
GB-14 is 1 *cun* above the center of the eyebrow.

Category
Intersection point with the main channels of the stomach, large intestine, and triple burner and the *yang* linking vessel (*yang wei mai*).

Actions
GB-14 expels wind and clears vision.

Indications
Headache, pain in the eyeball, a burning sensation in the eyes, uncontrolled upward movement of the eye, twitching of the eyelid, defective vision, blurred vision, night blindness, nausea, vomiting, and a feeling of internal cold.

Needling Method
Depth 0.3–0.5 *cun*, insertion at an angle, with the needle tip pointing downwards; moxibustion is allowed.

GB-15 (Head) Overlooking Tears
临泣 *tóu lín qì*

Location
GB-15 is directly above GB-14, 0.5 *cun* within the hairline, midway between ST-8 and GV-24.

Category
Intersection point with the main channel of the bladder and the *yang* linking vessel (*yang wei mai*).

Actions
GB-15 supports and regulates the liver and gall bladder, and eliminates wind.

Indications
Watering eyes, blurred vision, superficial visual disturbances, eyes turning upward, convulsions, pareses, spasms, paralysis, wind stroke symptoms, fainting, pain at the back of the head, a blocked nose, hardness of hearing, and deafness.

Needling Method
Depth 0.3–0.5 *cun*, transverse; moxibustion is allowed.

GB-16 Eye Window
目窗 *mù chuāng*

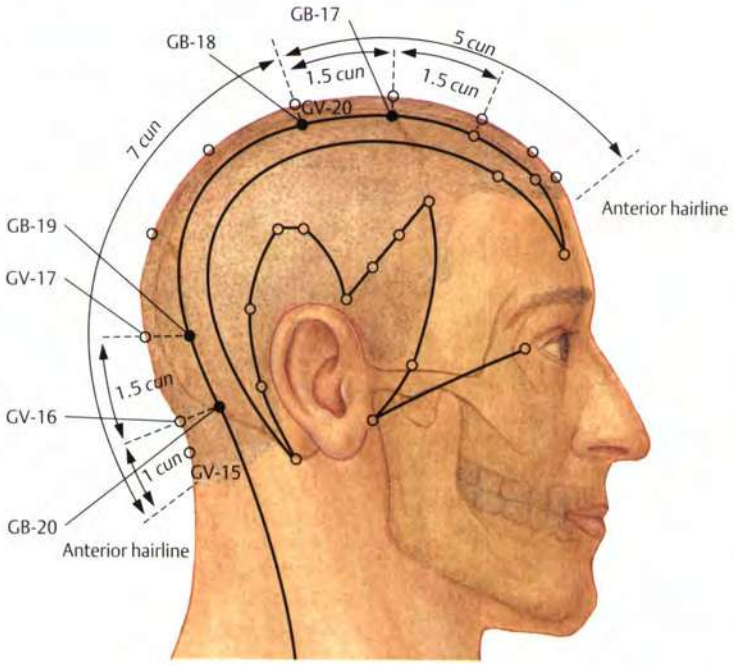
Location
GB-16 is 1.5 *cun* posterior to GB-15.

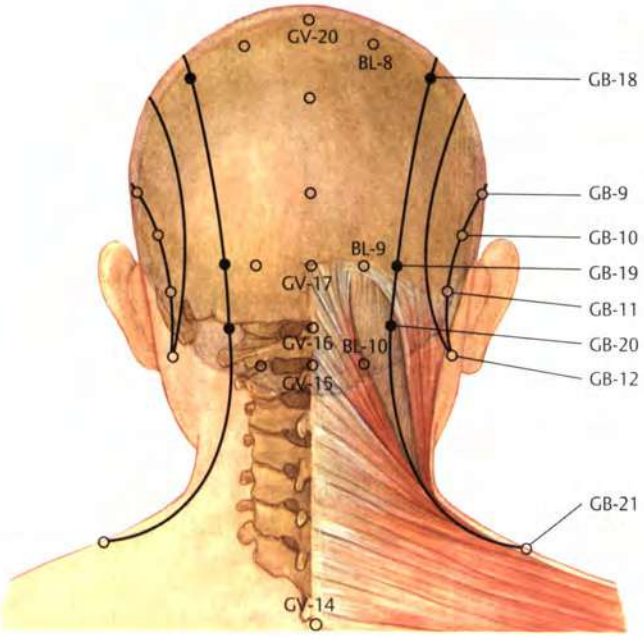
Category
Intersection point with the *yang* linking vessel (*yang wei mai*).

Actions
GB-16 supports and regulates the liver and gall bladder, and expels wind.

Indications
Redness of the eyes, deterioration of vision, glaucoma, vertigo, short-sightedness, headache, toothache, hardness of hearing, a blocked nose, and a bloated face.

Needling Method
Depth 0.3–0.5 *cun*, transverse; moxibustion is allowed.


GB-17
GB-18
5 cun
1.5 cun
1.5 cun
GV-20
7 cun
Anterior hairline
GB-19
GV-17
1.5 cun
GV-16
1 cun
GV-15
GB-20
Anterior hairline


GV-20
BL-8
GB-18
GB-9
GB-10
BL-9
GB-19
GV-17
GB-11
GB-20
GV-16
BL-10
GB-12
GV-15
GB-21
GV-14

GB-17 Upright Construction
正营 *zhèng yíng*

Location
GB-17 is 1.5 *cun* posterior to GB-16.

Category
Intersection point with the *yang* linking vessel (*yang wei mai*).

Actions
GB-17 expels wind and alleviates pain.

Indications
A unilateral headache, vertigo, fainting, pain in the neck, nausea, vomiting, pain from tooth decay, and redness and pain in the eyes

Needling Method
Depth 0.2–0.5 *cun*, transverse; moxibustion is allowed

GB-18 Spirit Support
承灵 *chéng líng*

Location
GB-18 is 1.5 *cun* posterior to GB-17.

Category
Intersection point with the *yang* linking vessel (*yang wei mai*).

Actions
GB-18 regulates the liver *qi*, and eliminates wind and wind–heat.

Indications
Headaches, a blocked nose, copious discharge from the nose, nosebleeds, coughing, vertigo and fainting, pain in the eyes, fever, and redness of the eyes.

Needling Method
Depth 0.3–0.5, oblique; moxibustion is allowed.

GB-19 Brain Hollow
脑空 *nǎo kōng*

Location
GB-19 is in a hollow above the occipital protuberance, 1.5 *cun* above GB-20.

Category
Intersection point with the *yang* linking vessel (*yang wei mai*).

Actions
GB-19 tonifies the kidneys and the liver, sinks the *yang*, and expels wind.

Indications
Symptoms of stress, cachexia, subfebrile temperatures, a stiff neck, headaches, epileptiform symptoms, influenza symptoms, wheezing, tinnitus, and nasal pain.

Needling Method
Depth 0.3–0.5 *cun*, oblique; moxibustion is allowed.

GB-20 Wind Pool
风池 *fēng chí*

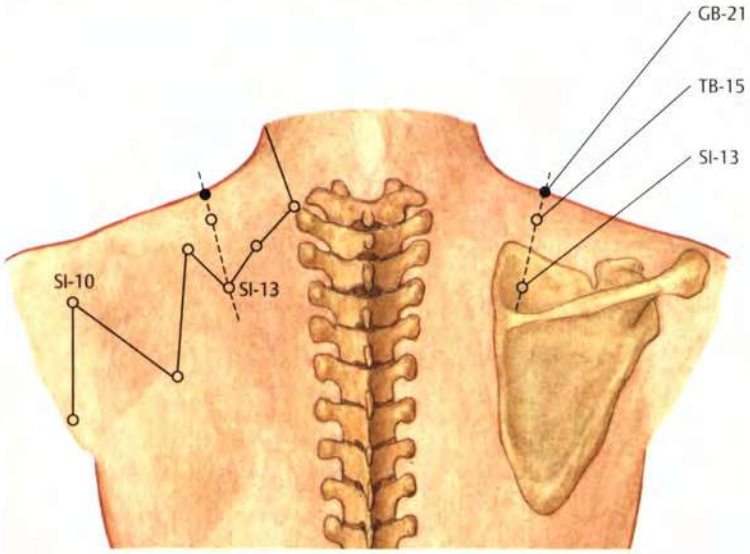
Location
GB-20 is in the depression between the sternocleidomastoid and trapezoid muscles, at the same level as GV-16.

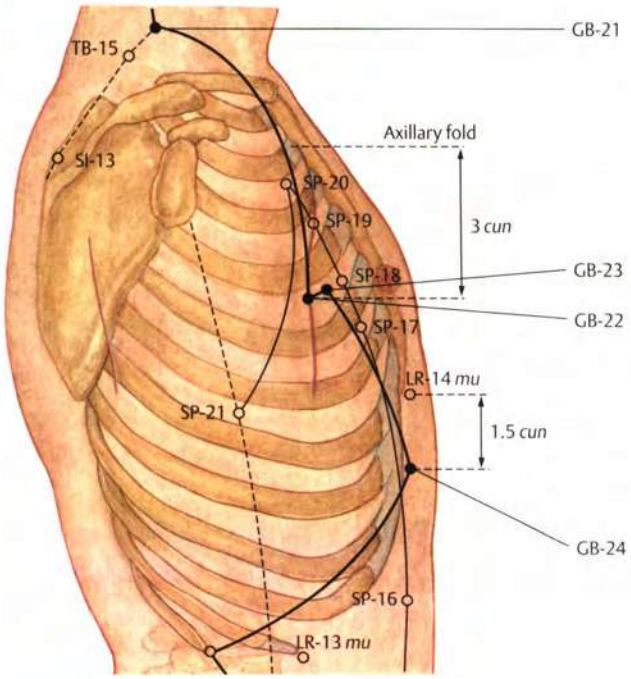
Category
Intersection point with the main channel of the triple burner, as well as the *yang* linking vessel (*yang wei mai*) and the *yang* springing vessel (*yang qiao mai*).

Actions
GB-20 expels wind, cools heat, and clears vision and hearing.

Indications
Fevers accompanying infectious diseases, absence of perspiration, headaches, tension in the neck muscles on one side, neck pain, visual impairment, short-sightedness, conjunctivitis, wind stroke symptoms, hemiplegia, spasms, impaired hearing, pain in the loins and back, nosebleeds, fainting, frequent sneezing, a blocked nose, swelling of the throat, goiter, sleep disorders, colds, rhinitis, and hypertension.

Needling Method
Depth 0.8–1.2 *cun* in the direction of the tip of the nose; moxibustion is allowed.


GB-21
TB-15
SI-13
SI-10
SI-13


GB-21
TB-15
Axillary fold
SI-13
SP-20
SP-19
3 *cun*
SP-18
GB-23
GB-22
SP-17
LR-14 *mu*
SP-21
1.5 *cun*
GB-24
SP-16
LR-13 *mu*

GB-21 Shoulder Well

肩井 *jiān jǐng*

Location

GB-21 is in the depression at the highest point of the shoulder, midway between GV-14 and the tip of the acromion.

Category

Intersection point linking with the main channels of the triple burner and large intestine, as well as with the *yang* linking vessel (*yang wei mai*).

Actions

GB-21 regulates the *qi* mechanism and fluids, expels wind, and cools heat (this is the point at which the right *qi* [*zheng qi*] gathers).

Indications

Shoulder pain; vertigo; chilliness and a propensity to catch colds; pain and stiffness in the muscles of the neck, back, and arms; wind stroke symptoms; convulsions; aphasia; ulcers and inflammations; mastitis; swelling of the lymph nodes in the axilla; complications of pregnancy, miscarriage with profuse loss of blood, eclampsia, and uterine bleeding; strong perspiration from the axilla; goiter; hypertension; and stroke.

Needling Method

Depth 0.5–0.8 *cun*, perpendicular, tonifying as much as possible; moxibustion is allowed.

GB-22 Armpit Abyss

渊腋，腋门 *yuān yè*

Location

GB-22 is 3 *cun* below the anterior axillary fold, in the 4th intercostal space.

Action

GB-22 dispels wind and wind–damp.

Indications

Fever and shivering, a feeling of repletion and distension, pressure in the chest and hypochondrium, weakness of the arms, and swelling of the axilla.

Needling Method

Depth 0.3 *cun*, perpendicular or 0.5–0.8 *cun*, oblique.

GB-23 Sinew Seat

辄筋 *zhé jīn*

Location

GB-23 is in the 4th intercostal space, 1 *cun* anterior to GB-22.

Category

Intersection point with the main channel of the bladder.

Actions

GB-23 regulates the *qi* of the middle burner, and drains dampness and heat.

Indications

An oppressive feeling in the chest, fear of suffocation, depression, tearfulness, nausea and vomiting, expectoration of liquid phlegm or saliva, a sour taste in the mouth, and stuttering.

Needling Method

Depth 0.3–0.8 *cun*, transverse-oblique; moxibustion is allowed.

GB-24 Sun and Moon

日月 *rì yuè*

Location

GB-24 is 1.5 *cun* below LR-14, directly below the nipple in the 7th intercostal space.

Categories

1. Front collecting point (alarm point, *mu xue*) of the gall bladder.
2. Intersection point with the main channel of the spleen and the *yang* linking vessel (*yang wei mai*).

Actions

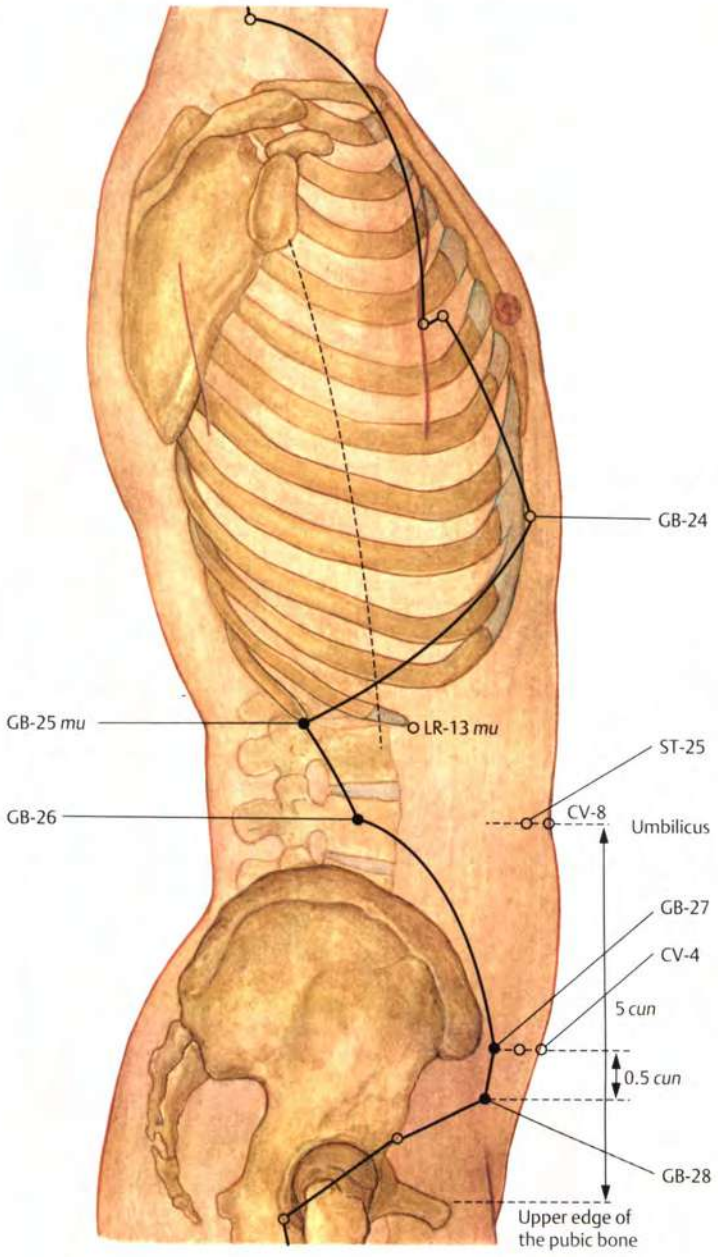
GB-24 regulates the *qi* of the middle burner and cools heat.

Indications

Frequent sighing, labored breathing, a depressed mood, pain in the flanks, acid regurgitation, hiccups, nausea, vomiting, a bloated abdomen, propensity to pareses, jaundice, and pain in the hypochondrium.

Needling Method

Depth 0.3–0.8 *cun*, oblique; moxibustion is allowed.


GB-24
GB-25 *mu*
LR-13 *mu*
ST-25
GB-26
CV-8
Umbilicus
GB-27
CV-4
5 *cun*
0.5 *cun*
GB-28
Upper edge of
the pubic bone

GB-25 Capital Gate
京门 *jīng mén*

Location
GB-25 is at the lower border of the free end of the 12th rib.

Category
Front collecting point (alarm point, *mu xue*) of the kidney.

Actions
GB-25 directs the *qi* down into the lower burner, tonifies the kidney, and regulates the intestines.

Indications
Borborygmi, abdominal pain, distension in the chest, disorders of micturition, including sparse excretion of dark urine, bloating of the face, diarrhea, pain in the loins and legs, back pain, and hip pain.

Needling Method
Depth 0.3–0.8 *cun*, perpendicular; moxibustion is allowed.

GB-26 Girdling Vessel
带脉 *dài mài*

Location
GB-26 is level with the umbilicus, between the free ends of the 11th and 12th ribs.

Category
Intersection point with the girdling vessel (*dai mai*).

Actions
GB-26 regulates the girdling vessel, directs the *qi* down into the lower burner, supports and harmonizes the lower burner, cools heat, and drains dampness.

Indications
A bloated, tense abdomen, propensity to constipation, diarrhea, pain in the abdomen, pain in the loins and flanks, spasms and pareses, hemiplegia, disorders of menstruation, including amenorrhea, a discharge, endometritis, and cystitis.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.

GB-27 Fifth Pivot
五枢 *wǔ shū*

Location
GB-27 is at the level of CV-4 and ST-28, 0.5 *cun* anterior to the iliac crest (anterior superior iliac spine).

Category
Intersection point with the girdling vessel (*dai mai*).

Actions
GB-27 directs the *qi* down into the lower burner, warms cold, expels wind, and drains dampness.

Indications
Colicky abdominal pain, retraction of the testicles, constipation, pain in the loins and back, muscle twitching, spasms, leukorrhea, endometritis, orchitis, and uterine bleeding.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

GB-28 Linking Path
维道 *wéi dào*

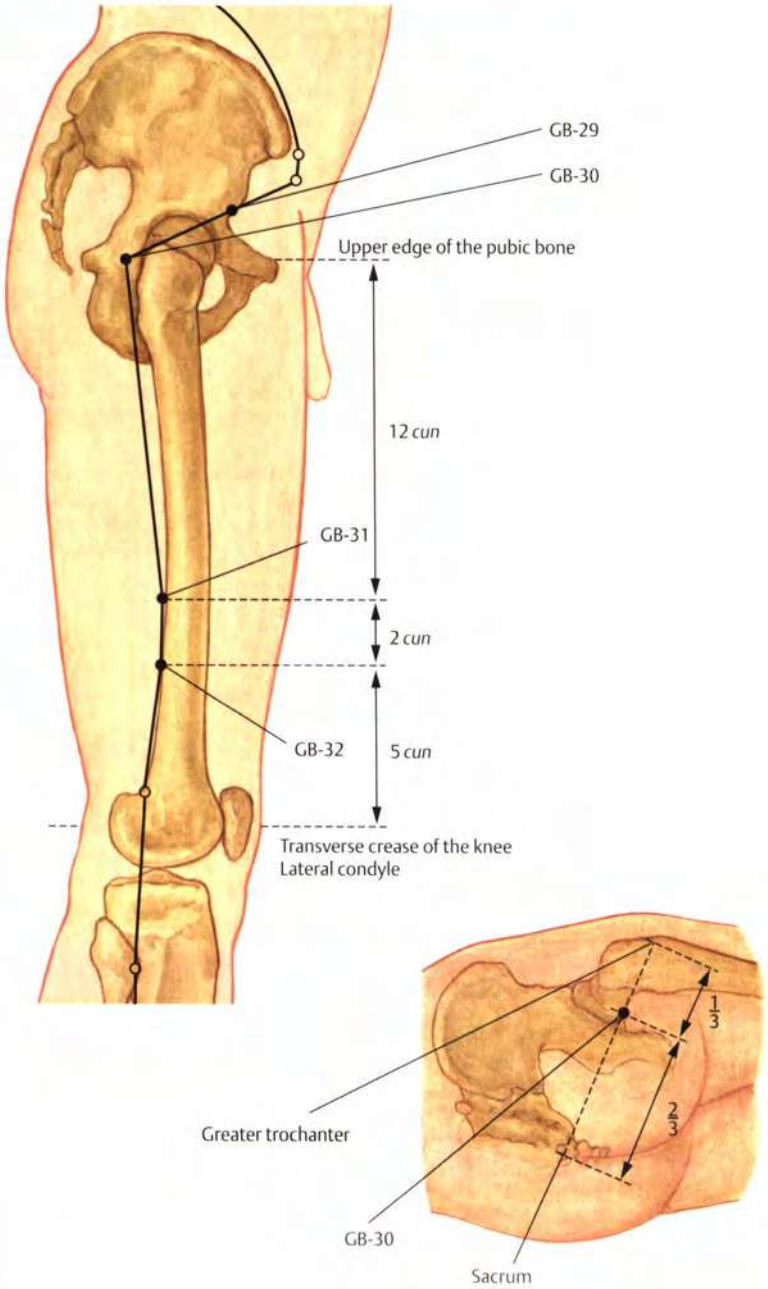
Location
GB-28 is 0.5 *cun* below GB-27.

Category
Intersection point with the girdling vessel.

Actions
GB-28 regulates fluids and drains dampness.

Indications
Bloating, severe pain, ulcers in the abdomen, ascites, pain in the loins and legs, nausea, vomiting, vaginal discharge, abdominal pain, and uterine prolapse.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.


GB-29
GB-30
Upper edge of the pubic bone
12 *cun*
GB-31
2 *cun*
GB-32
5 *cun*
Transverse crease of the knee
Lateral condyle
1/3
2/3
Greater trochanter
GB-30
Sacrum

GB-29 Squatting Bone-Hole
居髎 *jū liáo*

Location
GB-29 is midway between the superior anterior iliac spine and the prominence of the greater trochanter.

Category
Intersection point with the *yang* springing vessel (*yang qiao mai*).

Actions
GB-29 directs the *qi* down into the lower burner, rectifying cold and heat depletion.

Indications
Lower abdominal pain, rheumatic complaints, spasms radiating from the shoulder into the thorax and arms, paralysis of the lower limbs, diarrhea, orchitis, endometritis, and cystitis.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.

GB-30 Jumping Round
环跳，髀枢 *huán tiào*

Location
GB-30 is one-third of the way along the line between the greater trochanter and the sacrum.

Category
Intersection point with the main channel of the bladder.

Actions
GB-30 Supports and regulates the liver, expels wind, drains dampness, and activates the channels of the lower extremities.

Indications
Hemiplegia, rheumatism in the hips, the upper leg, and the knees, lower back pain, atrophy and painful obstruction in the lower limb, edema of the extremities, redness, swelling, ulcers, and rubella.

Needling Method
Depth 2–3.5 *cun*, perpendicular; moxibustion is allowed.

GB-31 Wind Market
风市 *fēng shì*

Location
GB-31 is on the lateral aspect of the thigh, 7 *cun* superior to the popliteal crease. When the patient is standing, GB-31 is at the point where the tip of the middle finger touches the seam of the trousers when the arm is extended by their side.

Actions
GB-31 dispels wind, expels wind-damp and wind-cold, and dispels pareses and paralysis.

Indications
Wind stroke with pareses, spastic paralysis, loss of strength in the legs, paralysis of the calf muscles, hemiplegia, itching, paresthesias, headaches, and redness and swelling of the eyes.

Needling Method
Depth 0.5–2 *cun*, perpendicular; moxibustion is allowed.

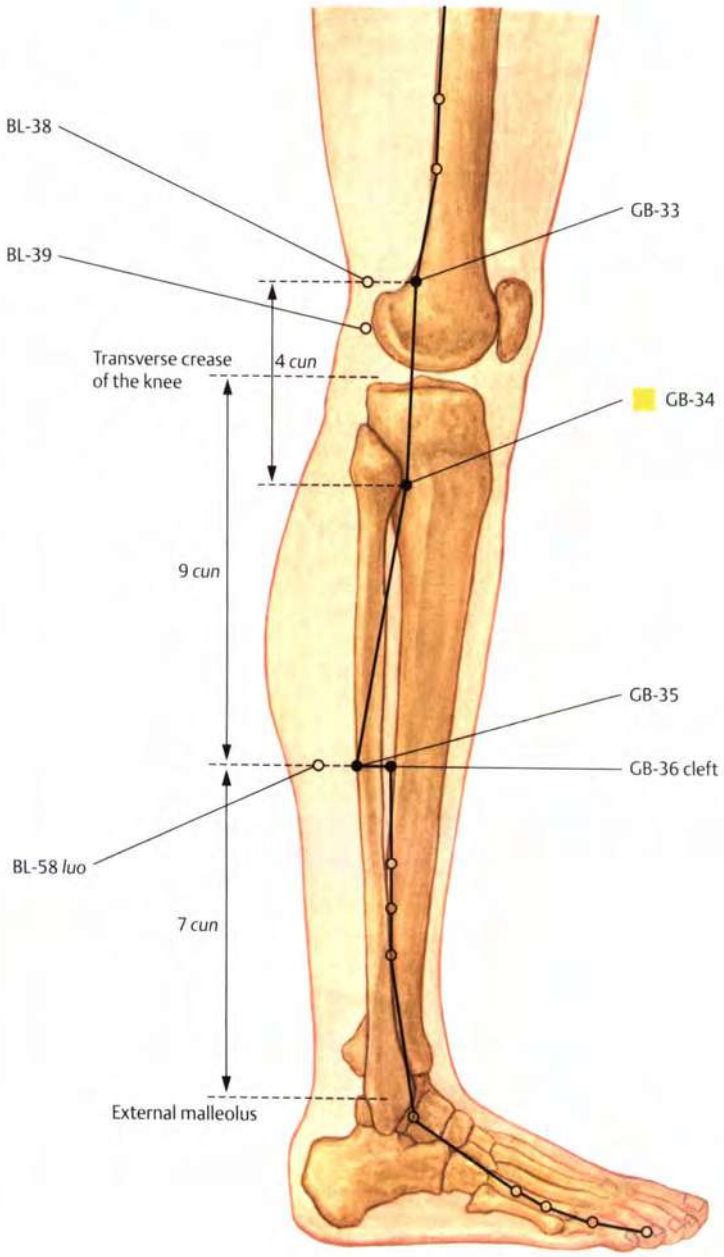
GB-32 Central River
中渎 *zhōng dú*

Location
GB-32 is on the lateral aspect of the thigh, 2 *cun* below GB-31, 5 *cun* above the lateral end of the popliteal crease.

Actions
GB-32 activates the channels, and eliminates wind and wind-cold.

Indications
Painful obstruction of the lower extremities, pareses, and hemiplegia.

Needling Method
Depth 0.5–2 *cun*, perpendicular; moxibustion is allowed.


BL-38
BL-39
GB-33
Transverse crease of the knee
4 *cun*
GB-34
9 *cun*
GB-35
GB-36 cleft
BL-58 *luo*
7 *cun*
External malleolus

GB-33 Knee *Yang* Joint
膝阳关 *xī yáng guān*

Location
With the knee bent, locate GB-33 in a depression between the femur and the tendons of the biceps femoris.

Actions
GB-33 activates the channels, and eliminates wind and wind–cold.

Indications
Intense pain, pareses of the muscles of the leg, paresthesias in the leg, pain and swelling of the knee joint, and nausea and vomiting.

Needling Method
Depth 0.5–2 *cun*, perpendicular; moxibustion is allowed.

GB-34 *Yang* Mound Spring
阳陵泉 *yáng líng quán.*

Location
GB-34 is in a depression anterior to the head of the fibula.

Categories
1. Uniting point (*he xue*) of the five transport points, corresponding to the earth phase.
2. Meeting point (*hui xue*) of the sinews and tendons.

Actions
GB-34 strengthens of the *qi* in the middle and lower burner; supports and regulates the spleen, kidney, liver, and gall bladder; stabilizes the sinews, tendons, and bones; and eliminates dampness, wind, and heat pathogens.

Indications
Bloating of the face, a bitter and bland taste in the mouth, nausea, retching, swelling and bloating of the tongue, constipation, a feeling of repletion, pressure in the chest and flanks, painful obstruction, paretic symptoms, spasms in the hip, thigh, and knee, ischialgia, hemiplegia, cholecystitis, cholelithiasis, unilateral headaches, migraine, hypertension, intercostal neuralgia, and shoulder pain.

Needling Method
Depth 0.7–2 *cun*, perpendicular; moxibustion is allowed.

GB-35 *Yang* intersection
阳交 *yáng jiāo*

Location
GB-35 is 7 *cun* above the external malleolus on the dorsal border of the fibula.

Category
Cleft point (*xi xue*) of the *yang* linking vessel (*yang wei mai*).

Actions
GB-35 directs the *qi* upwards, expels wind, channels dampness, warms cold, and opens up the chest.

Indications
Pressure and a feeling of fullness and distension in the chest, fear of suffocation, redness and swelling, bloating and ulcers of the feet, cold hands and feet, and susceptibility to paresis in the lower extremities.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.

GB-36 Outer Hill
外丘 *wài qiu*

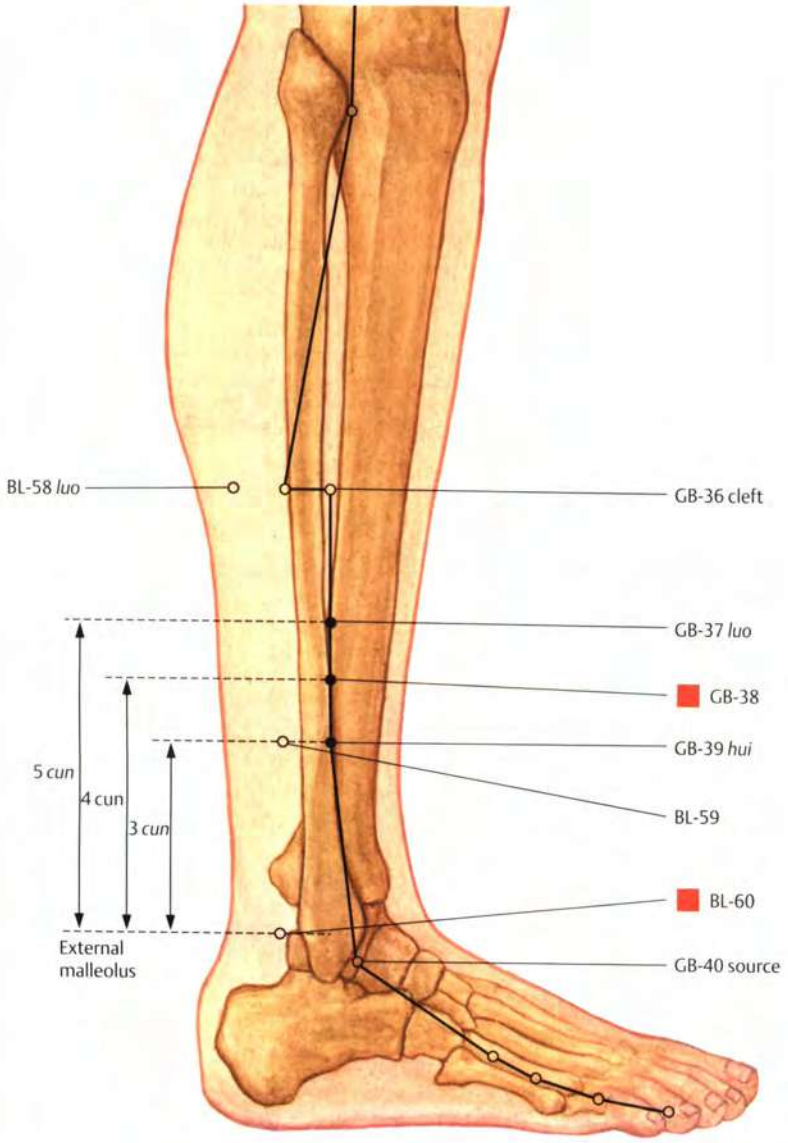
Location
GB-36 is 7 *cun* above the external malleolus at the anterior margin of the fibula.

Category
Cleft point (*xi xue*) of the channel.

Actions
GB-36 cools heat, expels wind, and neutralizes poisons.

Indications
Fever accompanied by shivering, tension in the neck muscles, painful skin, alternating between chills and hot flushes, chest pain, pain in the thighs, and epileptic symptoms.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed, particularly for draining poison following dog bites, etc.


BL-58 *luo*
GB-36 cleft
GB-37 *luo*
GB-38
GB-39 *hui*
BL-59
BL-60
GB-40 source
5 *cun*
4 cun
3 *cun*
External malleolus

GB-37 Bright Light
光明 *guāng míng*

Location
GB-37 is 5 *cun* above the external malleolus.

Category
The *luo* point with the complementary *yin* channel (main channel of the liver).

Actions
GB-37 supports and regulates the liver *qi*, benefits the sinews and bones, clears vision, expels wind, and releases the exterior.

Indications
Weakness and pain of the leg muscles, particularly of the calf; pain, pareses and spasms in the lower extremities; ophthalmological symptoms such as blurred vision, cataracts, itching and stabbing pains in the eye; convulsions, epileptic symptoms; fever and shivering; unilateral headaches, distending pain in the chest, particularly during lactation.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.

GB-38 *Yang* Assistance
阳辅 *yáng fǔ*

Location
GB-38 is 4 *cun* above the external malleolus.

Category
River point (*jing xue*) of the five transport points, corresponding to the fire phase.

Action
GB-38 powerfully deploys *qi*, warms cold, drains dampness, expels wind, and extinguishes liver fire.

Indications
Swelling and bloating; pain, tension, and spasms in the joints; swelling in the axilla; swelling of the throat, scrofula, and a feeling of tightness in the throat; fear of suffocation; a bitter taste in the mouth; a pale and dirty face, pain in the lateral canthus; pain and swelling in the supraclavicular fossa; unilateral headaches; pain on the sides of the legs; pain and fullness in the chest and hypochondrium.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.

GB-39 Suspended Bell
悬钟 *xuán zhōng*

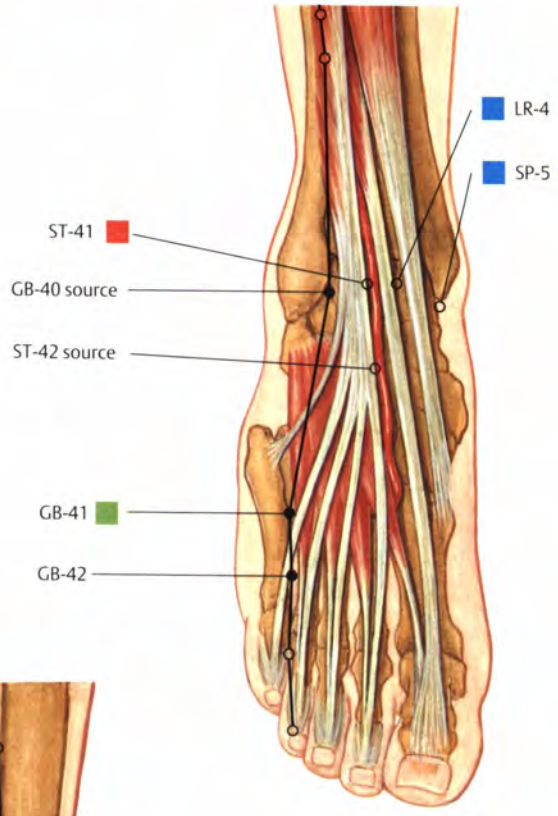
Location
GB-39 is 3 *cun* above the external malleolus.

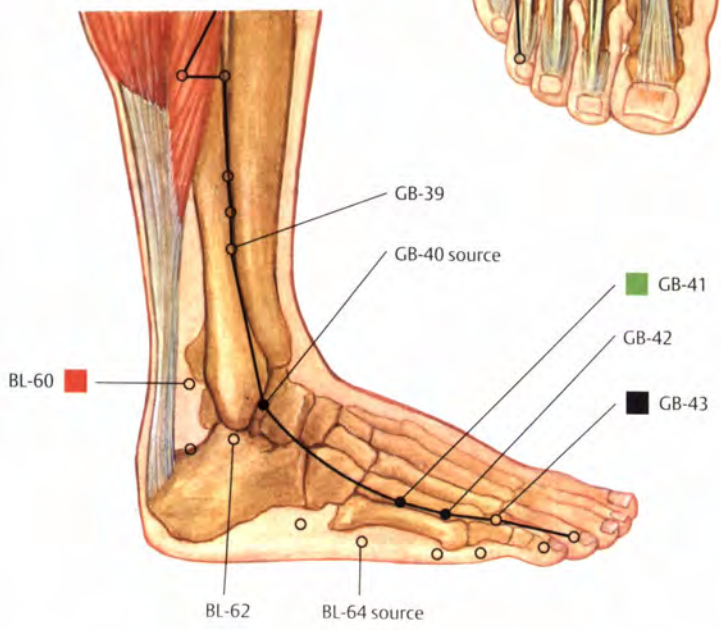
Categories
1. Meeting point (*hui xue*) of the bone marrow
2. *Luo* point of the three *yang* channels of the foot.

Actions
GB-39 powerfully deploys the *qi*, especially in the middle and upper burner, expels wind, controls the *yang*, transforms phlegm, and drains dampness.

Indications
Distension and a feeling of fullness in the center of the body, distension and a feeling of fullness in the chest, loss of appetite, a tendency toward depression, diarrhea, constipation, disorders of micturition, dryness of the mouth, hemorrhoids, tightness of the throat, stiffness and pain in the muscles of the neck, a blocked nose, a cold, stroke symptoms, hemiplegia, pareses, paresthesias, pain in the shoulder, pain in the lower leg, and alternating chills and fever.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.


LR-4
SP-5
ST-41
GB-40 source
ST-42 source
GB-41
GB-42


GB-39
GB-40 source
GB-41
GB-42
GB-43
BL-60
BL-62
BL-64 source

GB-40 Hill Ruins
丘墟 *qiū xū*

Location
GB-40 is anterior and inferior to the external malleolus, in a depression on the lateral side of the tendon of the extensor digitorum longus.

Category
Source point (*yuan xue*) of the channel (point at which the source *qi* can be accessed).

Actions
GB-40 moves liver and gall bladder stagnation, spreads liver *qi* and clears gall bladder heat and damp, and stimulates the *luo* channels.

Indications
Fever, coughing, a feeling of fullness and distension, shivering, pressure in the chest, swelling of the foot and ankle, pain along the channel, jaundice, hip pain, cramp of the calf muscles, cholecystitis, and swelling of the axillary lymph nodes.

Needling Method
Depth 0.5–1.5 *cun* slightly, oblique; moxibustion is allowed.

GB-41 Foot Overlooking Tears
临泣, 足临泣 *zú lín qì*

Location
GB-41 is in a depression distal to the junction of the 4th and 5th metatarsal bones, on the lateral side of the tendon of the extensor digitorum longus.

Categories
1. Stream point (*shu xue*) of the five transport points, corresponding to the wood phase;
2. Confluent point of the girdling vessel.

Actions
GB-41 dissolves blockages and excesses in the liver and gall bladder, and opens up and harmonizes the girdling vessel.

Indications
Pain in the lateral canthus, disorders of balance, vertigo, distension and fullness in the chest, swelling in the axilla, swelling of the throat and neck, headaches, migrating pains in the body, toothache, redness of the eyes, breast abscesses, menstrual disorders, absence of lactation, conjunctivitis, and mastitis; when support is needed in pregnancy; and when support is needed for the girdling vessel.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.

GB-42 Earth Fivefold Convergence
地五会 *dì wǔ huì*

Location
GB-42 is between the 4th and 5th metatarsals, 0.5 *cun* distal to GB-41, on the medial side of the tendon of the extensor digitorum longus.

Actions
GB-42 regulates fluids and drains dampness.

Indications
Loin pain, swelling in the axilla, bloody sputum, pain and swelling of the back of the foot, swelling and abscesses of the breast, eye complaints such as conjunctivitis and itching, and tinnitus.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.

GB-43 Pinched Ravine
侠溪 *xiá xī*

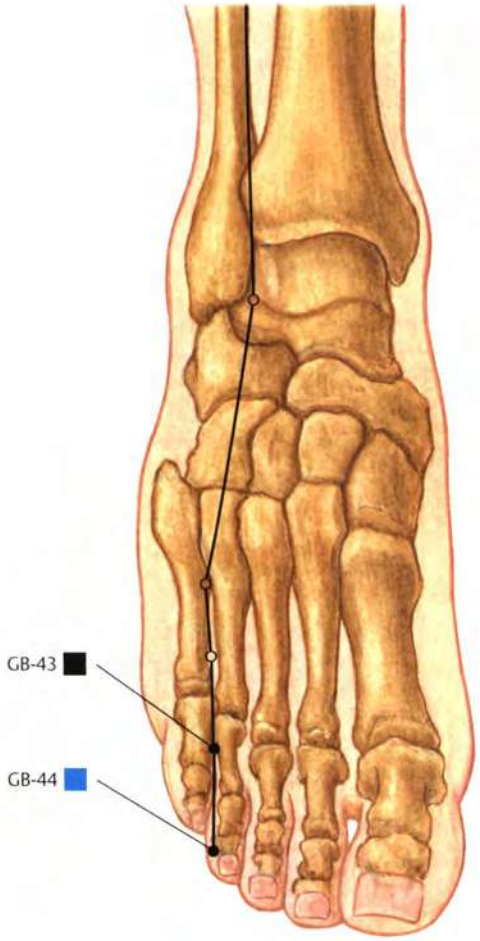
Location
GB-43 is between the 4th and 5th metatarsals, just distal to the metatarsophalangeal joint.

Category
Spring point (*ying xue*) of the five transport points, corresponding to the water phase.

Actions
GB-43 supports and regulates the *qi* of the middle burner, and eliminates dampness, wind, and heat.

Indications
Distension and a feeling of pressure in the chest and flanks, fever, shivering, pain and stabbing pain in the chest, wandering pains, swelling of the throat, vertigo, deafness, tinnitus, pain in the dorsum of the foot, and amenorrhea.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.


GB-43
GB-44

GB-44 Foot Orifice *Yin*

窍阴, *zú qiào yīn*
足窍阴

Location

GB-44 is on the tip of the 4th toe, 0.1 *cun* proximal to the angle of the nail.

Category

Well point (*jing xue*) of the five transport points, corresponding to the metal phase.

Actions

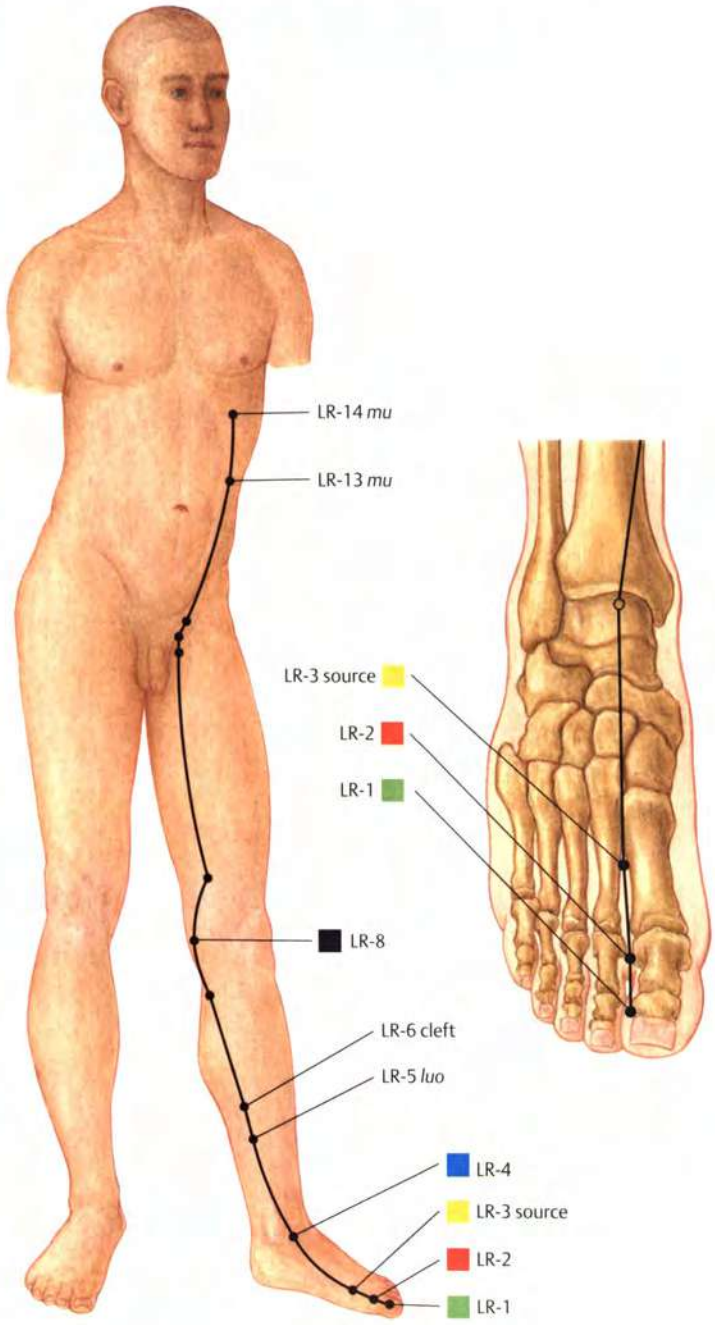
GB-44 clears the liver and drains the gall bladder, opens the exterior, and expels wind.

Indications

Pain and distension in the flanks, coughing, labored breathing, hot hands and feet, a feeling of tightness in the throat, difficulty in swallowing, stiffness of the tongue, a dry mouth, fever without perspiration, restlessness, nervousness, headaches, cramp in the calf muscles, pain in the knee and elbow joints, pain in the lateral canthus, deafness, ulcers on the foot and trunk, swelling of the feet, vertigo, and nightmares.

Needling Method

Depth 0.1 *cun*, oblique, or prick to bleed; moxibustion is allowed.


LR-14 *mu*
LR-13 *mu*
LR-3 source
LR-2
LR-1
LR-8
LR-6 cleft
LR-5 *luo*
LR-4
LR-3 source
LR-2
LR-1

30 Acupuncture Points of the Main Channel of the Liver

The main channel of the liver is the reverting *yin* channel of the foot (*zu jue yin gan jing*).

LR-1 Large Pile
大敦 *dà dūn*

Location
LR-1 is on the lateral border of the big toe, approx. 0.1 *cun* proximal to the angle of the nail.

Category
Well point (*jing xue*) of the five transport points, corresponding to the wood phase.

Actions
LR-1 strengthens the liver *qi*, harmonizes the blood, and expels wind.

Indications
Urogenital disorders, profuse, incessant uterine bleeding in women, delayed menstruation accompanied by pain and feelings of distension, uterine prolapse, atrophy of the genitals, genital pain, stabbing pain in the lower abdomen, disorders of micturition, enuresis, fainting, convulsions, ophthalmological disorders, vertigo, and flaring up of the liver *yang*.

Needling Method
Depth 0.1 *cun*, perpendicular; moxibustion is allowed.

LR-2 Moving Between
行间 *xíng jiān*

Location
LR-2 is between the 1st and the 2nd toe, distal to the terminal phalanx of the big toe, about 0.5 *cun* proximal to the margin of the web.

Category
Spring point (*ying xue*) of the five transport points, corresponding to the fire phase.

Actions
LR-2 supports and harmonizes the liver, clears heat, stops bleeding, and drains fire.

Indications
Genital pain, disorders of micturition such as urine retention or enuresis, outbursts of anger, irritation, pareses and spasms of the limbs, pain in the chest and the flanks, a stiff back, pale complexion, wind stroke, convulsions, epilepsy, impairments of vision, red and watering eyes, glaucoma, oppressed breathing, headaches, a sore throat, hemoptysis, diarrhea, a bitter taste in the mouth, sleep disorders, swelling and pain in the loins and the knee, and menorrhagia.

Needling Method
Depth 0.3–0.6 *cun*, oblique; moxibustion is allowed.

LR-3 Supreme Surge
太冲 *tài chōng*

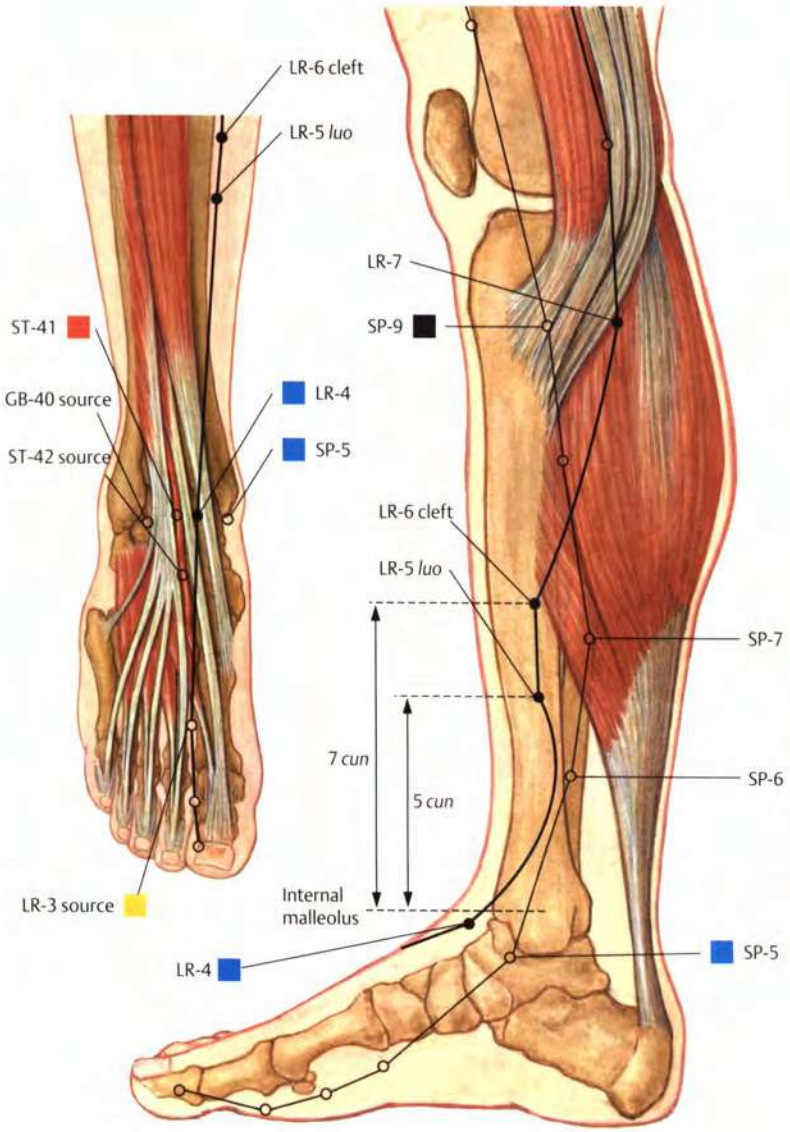
Location
LR -3 is between the metatarsals of the 1st and 2nd toe, in a depression about 1.5 *cun* proximal to the terminal phalanx of the big toe.

Categories
1. Stream point (*shu xue*) of the five transport points, corresponding to the earth phase;
2. Source point (*yuan xue*) of the channel (point at which the source *qi* can be accessed).

Actions
LR-3 supports and harmonizes the liver and gall bladder, regulates and cools the *xue*, and sinks liver *yang*.

Indications
Pain and distension in the chest and flanks, a pale complexion, headaches, disorders of defecation such as diarrhea and constipation, an unquenchable thirst, nausea, retching, gall bladder colic, blood in the feces or in the sputum, retention of urine, dark-colored urine, knee pain, abdominal pain radiating into the genitals, gynecological hemorrhages, swelling in the axilla, swelling of the throat, goiter, hypertension, light-headedness and dizziness, insomnia, convulsive seizures, and schizophrenia.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.


LR-6 cleft
LR-5 *luo*
ST-41
GB-40 source
ST-42 source
LR-4
SP-5
LR-3 source
LR-7
SP-9
LR-6 cleft
LR-5 *luo*
SP-7
7 *cun*
5 *cun*
SP-6
Internal malleolus
LR-4
SP-5

LR-4 Mound Center
中封 *zhōng fēng*

Location
LR-4 is1 *cun* in front of the medial malleolus, between the tendons of the tibialis anterior and the hallucis longus muscles.

Category
River point (*jing xue*) of the five transport points, corresponding to the metal phase.

Actions
LR-4 controls the liver, frees the *luo* channels, and expels wind.

Indications
Subfebrile temperatures, a greenish complexion, shivering, swelling of the abdomen, lack of appetite, jaundice, exhaustion, loin pain, spasms and pareses of the limbs, retraction of the testicles accompanied by pain, ejaculation disorders, hernia, bladder and kidney stones, disorders of micturition such as enuresis, urine retention, dribbling of urine, cold feet, and ankle pain.

Needling Method
Depth 0.4–0.8 *cun*, perpendicular; moxibustion is allowed .

LR-5 Woodworm Canal
蠡沟 *lǐ gōu*

Location
LR-5 is 5 *cun* above the medial malleolus, on the medial side of the tibia.

Category
The *luo* point of the channel, providing the link to the complementary *yang* channel (main channel of the gall bladder).

Actions
LR-5 spreads the liver *qi* and activates the *luo* channels.

Indications
Searing pain in the loins and back, sudden piercing and unbearable abdominal pain radiating from the genitals, a feeling of a lump below the navel, cold and pain in the lower legs and feet, a feeling of repletion and distension in the abdomen, pain in the liver and gall bladder, disorders of menstruation, leukorrhea, uterine prolapse, disorders of micturition, priapism, swelling of the testes, impotence, timidity, meekness, endometritis, and orchitis.

Needling Method
Depth 0.3–0.8 *cun*, oblique; moxibustion is allowed.

LR-6 Central Metropolis
中都 *zhōng dū*

Location
LR-6 is 7 *cun* above the center of the medial malleolus, on the medial aspect of the tibia.

Category
Cleft point (*xi xue*) of the channel.

Action
LR-6 regulates the *xue*.

Indications
Disorders of defecation such as constipation and bloody feces, severe lower abdominal pain, pain in the area of the liver, disorders of menstruation, and leukorrhea.

Needling Method
Depth 0.3–0.8 *cun*, oblique; moxibustion is allowed.

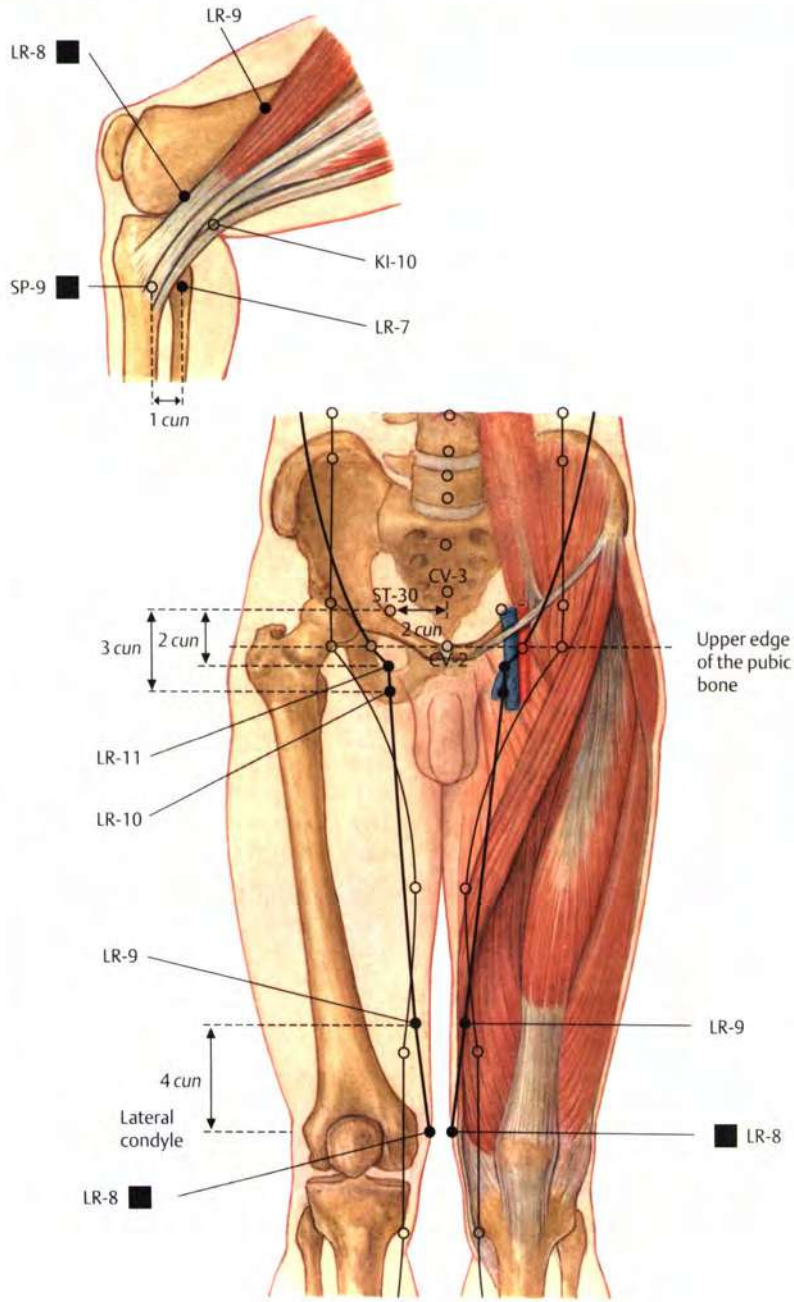
LR-7 Knee Joint
膝关 *xī guān*

Location
LR-7 is 1 *cun* posterior to SP-9.

Action
LR- 7 expels wind pathogens.

Indications
Wandering pain, knee pain, and throat pain.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.


LR-9
LR-8
KI-10
SP-9
LR-7
1 cun
CV-3
ST-30
2 cun
3 cun
2 cun
CV-2
Upper edge of the pubic bone
LR-11
LR-10
LR-9
LR-9
4 cun
Lateral condyle
LR-8
LR-8

LR-8 Spring at the Bend
曲泉 *qū quán*

Location
With the knee bent, locate LR-8 at the medial end of the popliteal crease, in a palpable depression between the anterior margin of the semimembranosus muscle and the medial condyle of the tibia.

Category
Uniting point (*he xue*) of the five transport points, corresponding to the water phase.

Actions
LR-8 supports and harmonizes the liver *qi*, expels wind, regulates the *xue*, benefits the sinews and bones, and tonifies the liver *yin*.

Indications
Abdominal pain, disorders of micturition such as enuresis, retention of urine, and hematuria, diarrhea, wandering pain, spasms and pareses, paretic tendency, dizziness, nosebleed, bloody sputum, hematuria, swollen painful genitals, uterine prolapse, genital itching, spermatorrhea, impotence, neoplasias and the sensation of a lump in the lower abdomen, convulsions, mania, knee pain, and sleep disorders.

Needling Method
Depth 0.6–1.5 *cun*, perpendicular; moxibustion is allowed.

LR-9 *Yin* Bladder
阴包，阴胞 *yīn bāo*

Location
LR-9 is 4 *cun* proximal to LR-8, in a depression between the. vastus medial is and the sartorius muscles

Action
LR-9 harmonizes the *qi* and the *xue* in the lower burner.

Indications
Pain in the abdomen and the lower back, disorders of micturition, and disturbances of menstruation.

Needling Method
Depth 0.6–1.5 *cun*, perpendicular; moxibustion is allowed.

LR-10 Foot Five Li
五里 *zú wǔ lǐ*

Location
LR-10 is 3 *cun* below ST-30.

Action
LR-10 regulates the middle burner and drains dampness.

Indications
A feeling of fullness in the abdomen, difficult urination, and tiredness.

Needling Method
Depth 0.6–1.5 *cun*, perpendicular; moxibustion is allowed.

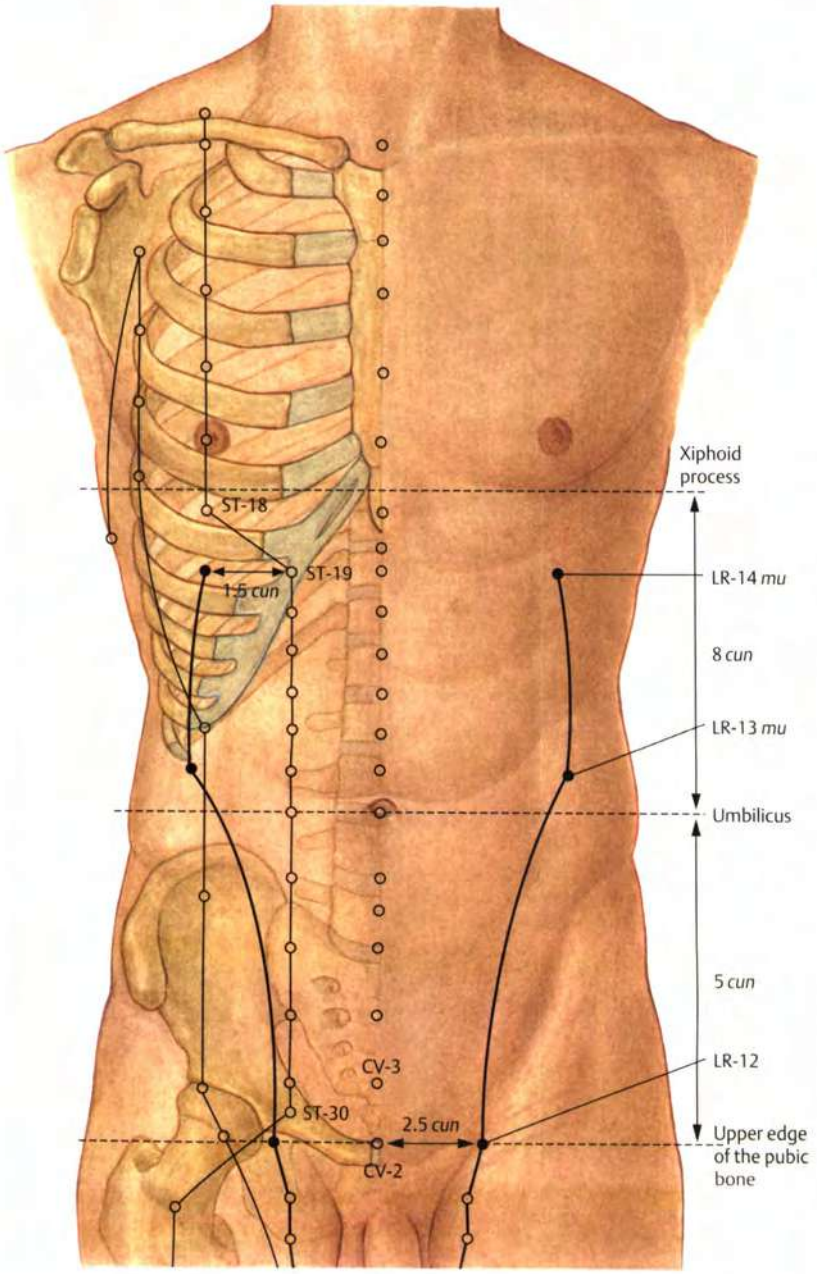
LR-11 *Yin* Corner
阴廉 *yīn lián*

Location
LR-11 is 2 *cun* inferior to ST-30; a pulse can be felt at this point.

Actions
LR-11 regulates the *xue* and benefits childbirth.

Indications
Menstrual disturbances, delayed or difficult childbirth, leukorrhea, abdominal pain, and leg pain.

Needling Method
Depth 0.8–2 *cun*, perpendicular; moxibustion is allowed.


Xiphoid process
ST-18
ST-19
1.5 cun
LR-14 mu
8 cun
LR-13 mu
Umbilicus
5 cun
LR-12
CV-3
ST-30
2.5 cun
CV-2
Upper edge of the pubic bone

LR-12 Urgent Pulse
急脉 *jí mài*

Location
LR-12 is 1 *cun* below the ridge of the pubic symphysis, 2.5 *cun* lateral to the midline.

Action
LR-12 tonifies the kidney *yin* and the liver *yin*, and expels wind.

Indications
Pain in the penis, uterine prolapse, stabbing pain in the lower abdomen, and hernia.

Needling Method
As a rule, only moxibustion is used.

LR-13 Camphorwood Gate
章门 *zhāng mén*

Location
At the free end of the 11th rib, when the elbow is bent and the arm held against the body, the elbow touches LR-13.

Categories
1. Front collecting point (alarm point, *mu xue*) of the spleen
2. Meeting point (*hui xue*) for all the viscera (*fu* organs)
3. Intersection point with the girdling vessel

Actions
LR-13 supports and harmonizes the spleen, stabilizes the *ying qi*, transforms and drains dampness, and directs the *qi* into the lung and kidney.

Indications
Distension, a feeling of repletion, pain in the chest and the flanks, abdominal distension, loss of appetite, nausea, vomiting, obesity, masses and lumps in the center of the body, splenomegaly, intense thirst, breathing disorders, emaciation, diarrhea, polyuria, pain in the muscles of the shoulder and arm, and hepatitis.

Needling Method
Depth 0.6–1 *cun*, perpendicular; moxibustion is allowed.

LR-14 Cycle Gate
期门, 肝募 *qī mén*

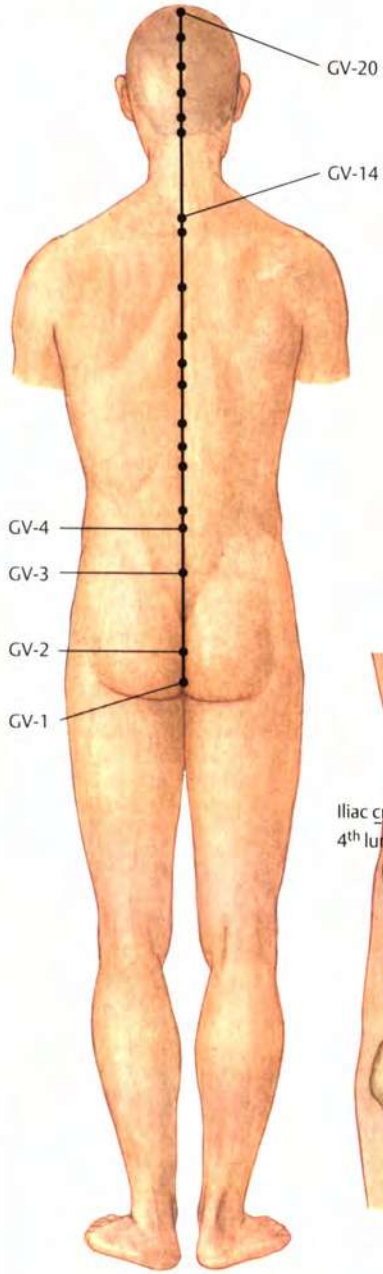
Location
LR-14 is in the 6th intercostal space, directly below the nipple, 1.5 *cun* lateral to ST-19.

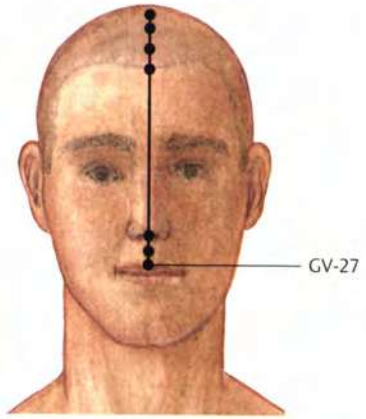
Categories
1. Front collecting point (alarm point, *mu xue*) of the liver
2. Intersection point with the main channel of the gall bladder and the *yin* linking vessel

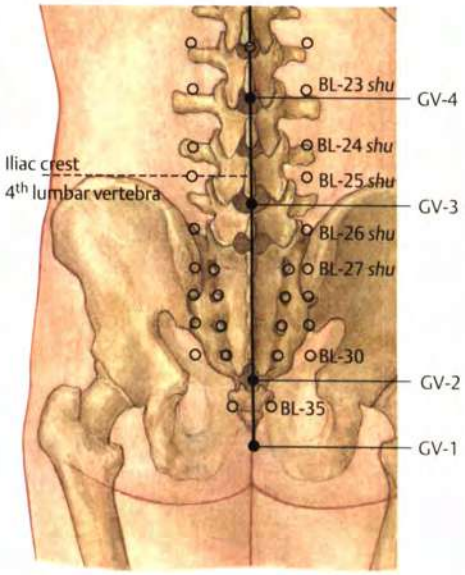
Actions
LR-14 spreads and regulates the liver *qi*, cools heat in the blood, and sinks fire.

Indications
Heat in the chest, fever, diarrhea, stabbing pain in the abdomen due to cold accompanied by a flaring-up of the *yang* with palpitations, dizziness, restlessness, sleep disorders, vomiting and diarrhea, distension in the abdomen, breathing difficulties, acid regurgitation, loss of appetite, profuse menstrual bleeding as a result of heat in the blood, and pain in the area of the liver.

Needling Method
Depth 0.4–0.8 *cun*, perpendicular or oblique; moxibustion is allowed.


GV-20
GV-14
GV-4
GV-3
GV-2
GV-1


GV-27


BL-23 shu
GV-4
BL-24 shu
Iliac crest
4th lumbar vertebra
BL-25 shu
GV-3
BL-26 shu
BL-27 shu
BL-30
GV-2
BL-35
GV-1

31 Acupuncture Points of the Main Channel of the Governing Vessel

GV-1 Long Strong
长强 *cháng qiáng*

Location
GV-1 is midway between the tip of the coccyx and the anus.

Category
Intersection point with the main channel of the kidney and gall bladder.

Actions
GV-1 corrects depletion of the *yin*, depletion in the lower burner and in the kidneys, activates the controlling vessel and regulates the intestines.

Indications
Bloody stools, constipation, difficult urination, hemorrhoids, anal prolapse, moist eczemas on the scrotum, atrophy of the genitals, impotence, fearfulness, anxiety, schizophrenia, epileptic seizures, spasms, bloody sputum, an open or sunken fontanel in infants, coccygeal pain, priapism; used to initiate or accelerate childbirth.

Needling Method
Depth 1–2 *cun*, perpendicular; moxibustion is allowed.

GV-2 Lumbar Transport
腰俞 *yāo shū*

Location
GV-2 is in the space between the coccyx and the sacrum.

Action
GV-2 corrects depletion and cold depletion of the lower burner.

Indications
Irregular menstruation, hemorrhoids, spastic tension in the loins and back, pain and pareses in the lower extremities, enuresis, and red-colored urine.

Needling Method
Depth 0.5–1 *cun*, oblique insertion with the needle pointing upwards; moxibustion is allowed.

GV-3 Lumbar *Yang* Pass
腰阳关 *yāo yáng guān*

Location
GV-3 lies below the spinous process of the 4th lumbar vertebra.

Action
GV-3 corrects depletion in the lower burner.

Indications
Wind pathogens of all kinds, wandering pain, spasms, pareses of the lower extremities, pain in the back, and pain in the coccyx.

Needling Method
Depth: 0.5–0.8 *cun* perpendicular, 1–2 *cun* oblique with the needle pointing upward; moxibustion is allowed.

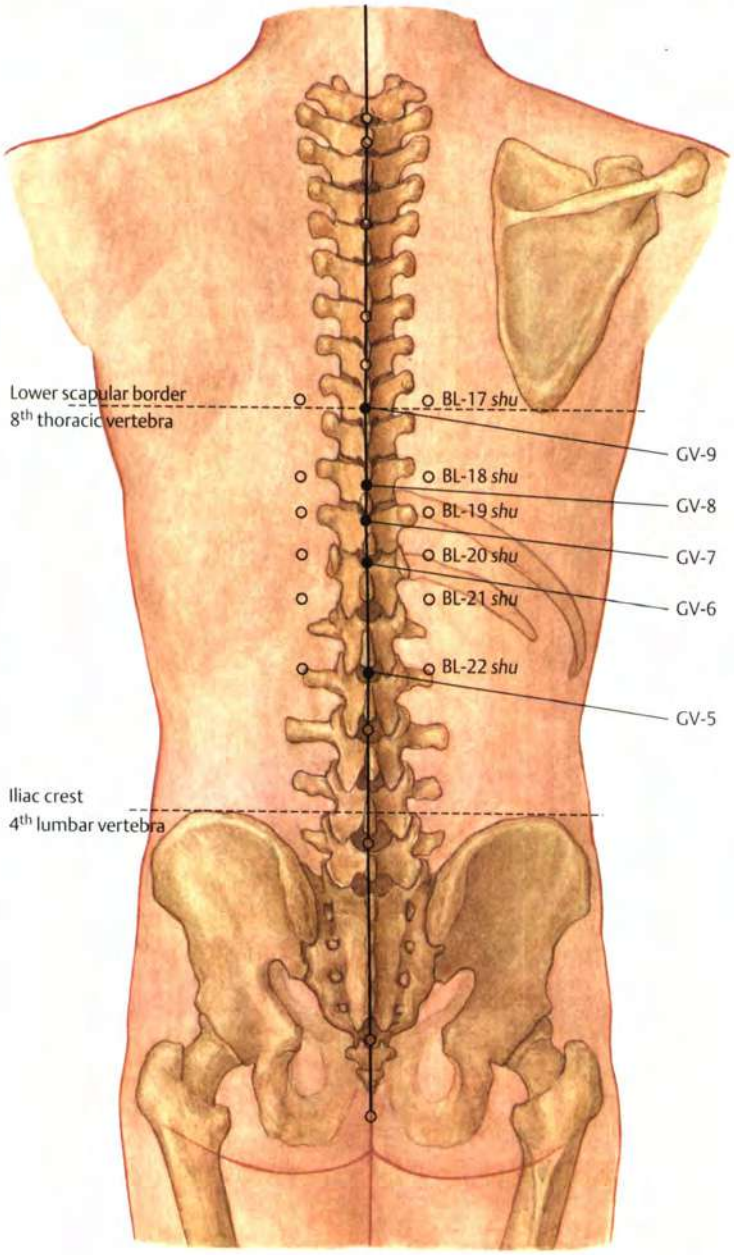
GV-4 Life Gate
命门 *mìng mén*

Location
GV-4 lies below the spinous process of the 2nd lumbar vertebra.

Actions
GV-4 supports the liver, tonifies the *xue*, tonifies the kidney, expels wind, and directs the *qi* downward.

Indications
Unbearable headaches, high temperature without perspiration, fever and shivering, opisthotonus, epilepsy, symptoms of fright, tinnitus, loin pain, abdominal pain, tension in the muscles of the back, bloody sputum, leukorrhea, diarrhea, spermatorrhea, hemorrhoids, impotence, enuresis, and irregular menstruation.

Needling Method
Depth: 0.5–0.8 *cun* perpendicular, 1–2 *cun* oblique with the needle pointing upward; moxibustion is allowed.


Lower scapular border
8th thoracic vertebra
BL-17 *shu*
GV-9
BL-18 *shu*
GV-8
BL-19 *shu*
GV-7
BL-20 *shu*
GV-6
BL-21 *shu*
BL-22 *shu*
GV-5
Iliac crest
4th lumbar vertebra

GV-5 Suspended Pivot
悬枢 *xuán shū*

Location
GV-5 lies below the spinous process of the 1st lumbar vertebra.

Actions
GV-5 ensures free flow of *qi* in the back and expels wind and wind-damp.

Indications
Tension and pain in the loins and the muscles of the back, the feeling of a lump or a foreign object in the abdomen, diarrhea, and anal prolapse.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular; moxibustion is allowed.

GV-6 Spinal Center
脊中 *jǐ zhōng*

Location
GV-6 lies below the spinous process of the 11th thoracic vertebra.

Actions
GV-6 fortifies the spleen *qi*, drains dampness, eliminates pathogens of all kinds, and alleviates pain.

Indications
Tension and a feeling of repletion in the center of the body, loss of appetite, masses and lumps in the abdomen, diarrhea, blood in the feces, hemorrhoids, bloody sputum, jaundice, wind symptoms such as spasms and convulsions, and anal prolapse in infants.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular.

GV-7 Central Pivot
中枢 *zhōng shū*

Location
GV-7 lies below the spinous process of the 10th thoracic vertebra.

Actions
GV-7 strengthens and regulates the *qi* of the spleen, stomach, and liver, and transforms and channels dampness.

Indications
Fever and chills, jaundice, abdominal fullness, vomiting, loin pain, and visual impairment.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.

GV-8 Sinew Contraction
筋缩 *jīn suō*

Location
GV-8 lies below the spinous process of the 9th thoracic vertebra.

Actions
GV-8 harmonizes the liver, expels wind, and relieves spasms.

Indications
Pain and tension in the muscles of the back, pain in the center of the body, convulsive seizures, rage, raving madness, spastic tension in the muscles of the neck and retroflexion of the head, spasms of the tongue.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular; moxibustion is allowed.

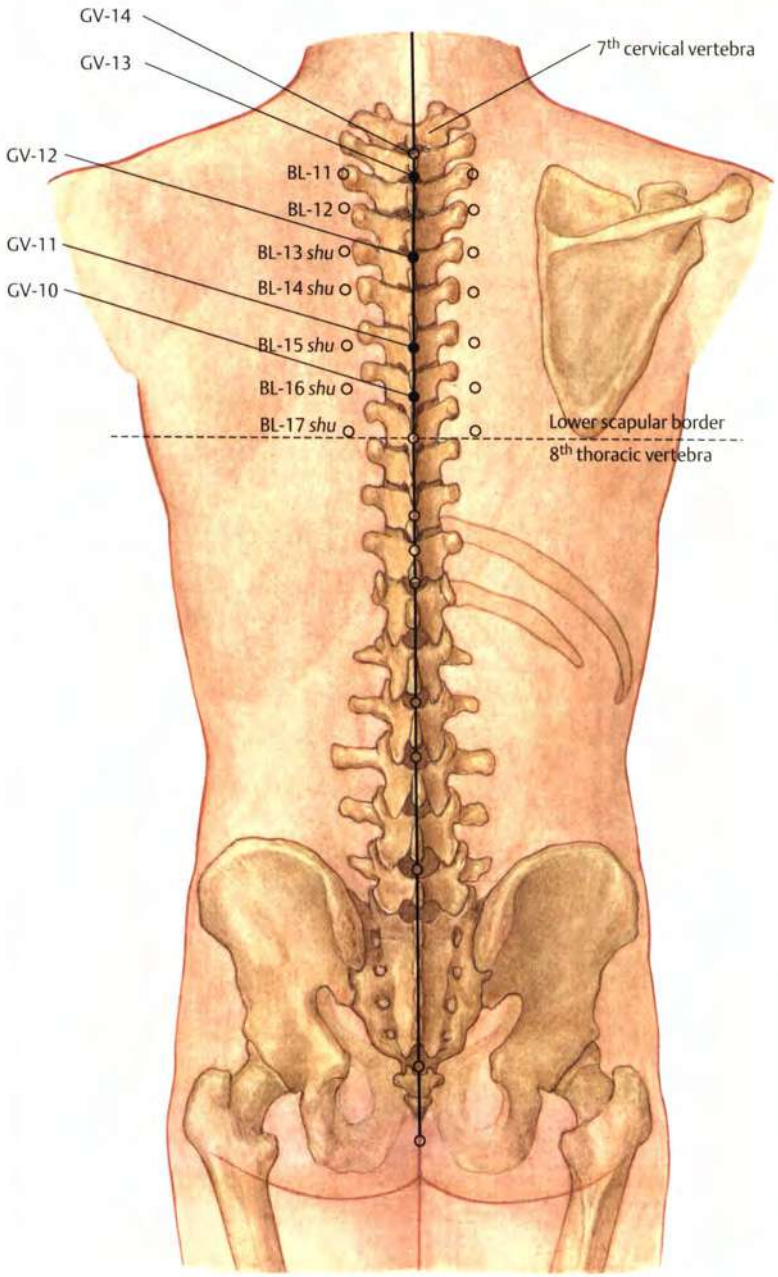
GV-9 Extremity of Yang
至阳 *zhì yáng*

Location
GV-9 lies below the spinous process of the 7th thoracic vertebra.

Actions
GV-9 supports the *qi* of the middle burner, drains dampness, cools heat, and expels wind.

Indications
Feelings of repletion, pressure, and pain in the chest; pain in the center of the body; absence of appetite; pain, cramps, and pareses of the lower leg; loin pain radiating to the back; swelling of the limbs; shortness of breath; prostration; jaundice; cholecystitis; pain in the stomach area; and heart pain.

Needling Method
Depth 0.5–1.5 *cun*, oblique with the needle pointing upwards; moxibustion is allowed.


GV-14
GV-13
GV-12
GV-11
GV-10
7th cervical vertebra
BL-11
BL-12
BL-13 shu
BL-14 shu
BL-15 shu
BL-16 shu
BL-17 shu
Lower scapular border
8th thoracic vertebra

GV-10 Spirit Tower
灵台 *líng tái*

Location
GV-10 lies below the spinous process of the 6th thoracic vertebra.

Actions
GV-10 supports the middle burner and strengthens the *qi*.

Indications
Coughing, colds and influenza-type illnesses accompanied by shivering, pain in the muscles of the back, stiffness and tension in the muscles of the neck, asthma-like symptoms, and ulcers in different parts of the body.

Needling Method
Moxibustion only.

GV-11 Spirit Path
神道 *shén dào*

Location
GV-11 lies below the spinous process of the 5th thoracic vertebra.

Actions
GV-11 tonifies the heart and calms the spirit.

Indications
Meekness, timidity, fearfulness, disorientation, forgetfulness, fever accompanied by headaches, pain in the muscles of the back, and eye complaints.

Needling Method
Only in exceptional cases, 0.5–1 *cun*, oblique; moxibustion is allowed.

GV-12 Body Pillar
身柱 *shēn zhù*

Location
GV-12 lies below the spinous process of the 3rd thoracic vertebra.

Actions
GV-12 supports the *qi* of the lung, liver, and heart, cools heat, controls the *yang*, and expels wind.

Indications
Epileptic seizures, rage, convulsions, twitching, running amok, hallucinations, confused speech, pain in the muscles of the loins and the back, fever, nosebleeds, wheezing, furuncles, and carbuncles.

Needling Method
Depth 0.5–1.5 *cun*, oblique with the needle pointing upwards; moxibustion is allowed.

GV-13 Kiln Path
陶道 *táo dào*

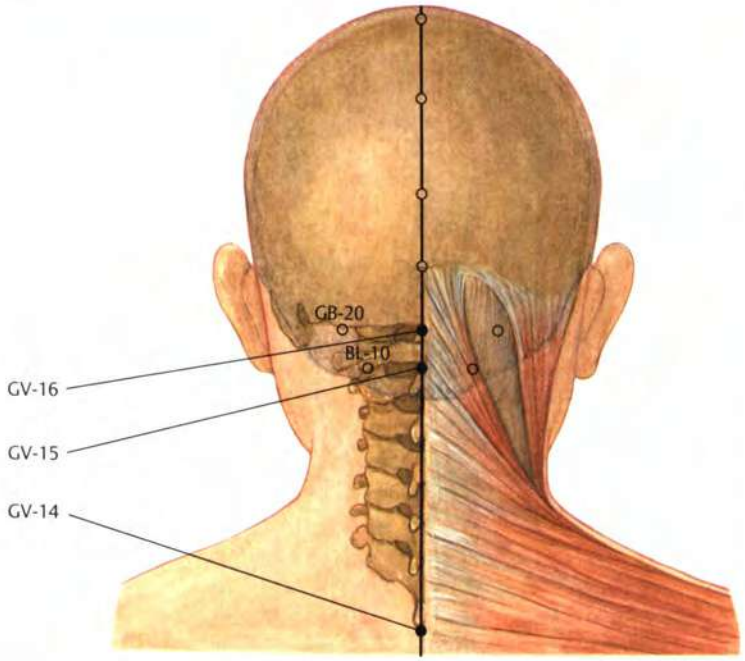
Location
GV-13 lies below the spinous process of the 1st thoracic vertebra.

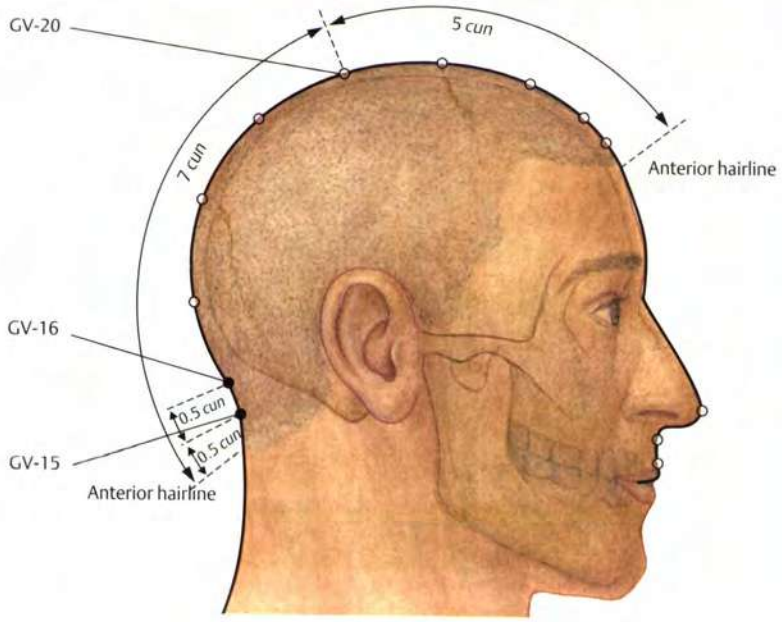
Category
Intersection point with the main channel of the bladder.

Actions
GV-13 strengthens the *qi* of the middle burner, eliminates dampness, damp-heat, and wind, releases the exterior, and sedates.

Indications
Fever with shivering, headaches, pain in the back, absence of perspiration, susceptibility to spasms, listlessness, exhaustion, spontaneous perspiration, somnolence, and malaria.

Needling Method
Depth 0.5–1.5 *cun*, oblique; moxibustion is allowed.


GB-20
BL-10
GV-16
GV-15
GV-14


GV-20
5 cun
7 cun
Anterior hairline
GV-16
0.5 cun
0.5 cun
GV-15
Anterior hairline

GV-14 Great Hammer

大椎, 百劳 *dà zhuī*

Location
GV-14 is in a depression below the spinous process of the 7th cervical vertebra.

Category
Intersection point linking with all the *yang* channels.

Actions
GV-14 supports and regulates the *qi* of the middle burner, drains damp-heat, clears heat, tonifies the liver and lung, relieves spasms, firms the exterior, and clears the senses.

Indications
Disorders due to excessive strain, stress, and injury; fever, nausea, exhaustion, loss of strength, vomiting, cold in the extremities, a feeling of distension and oppression in the chest and flanks, tension in the muscles of the back, difficult respiration, a stiff neck, spontaneous perspiration, fits of vertigo, coughing, convulsions, periodic fevers, cramps in the upper limbs, heat stroke, malaria, schizophrenia, epilepsy, bronchitis, asthma, tuberculosis, emphysema, paralyses, pareses, paraplegia, and loss of strength in the feet.

Needling Method
Depth 0.5–1.5 *cun*, perpendicular (slightly oblique with the needle pointing upwards); moxibustion is allowed.

GV-15 Mute's Gate

哑门 *yǎ mén*

Location
GV-15 is 0.5 *cun* within the border of the hair, between the spinous processes of the 1st and 2nd cervical vertebrae, 0.5 *cun* below GV-16.

Category
Intersection point with the *yang* linking vessel (*yang wei mai*).

Actions
GV-15 supports and regulates the liver and heart *qi*, reducing heat and fire; it relieves spasms and clears the senses.

Indications
Occipital headaches, disorders of equilibrium, fits of vertigo, general convulsions or local spasms, opisthotonus, rage, raving, nosebleeds, a stiff tongue, fever without perspiration, fainting, influenza symptoms, ulcers, furuncles, epilepsy, paralysis due to central nervous system lesions, hysteria, schizophrenia, and deaf-mutism.

Needling Method
Depth 0.2–0.5 *cun*, perpendicular (with extreme care).

GV-16 Wind Mansion

风府 *fēng fǔ*

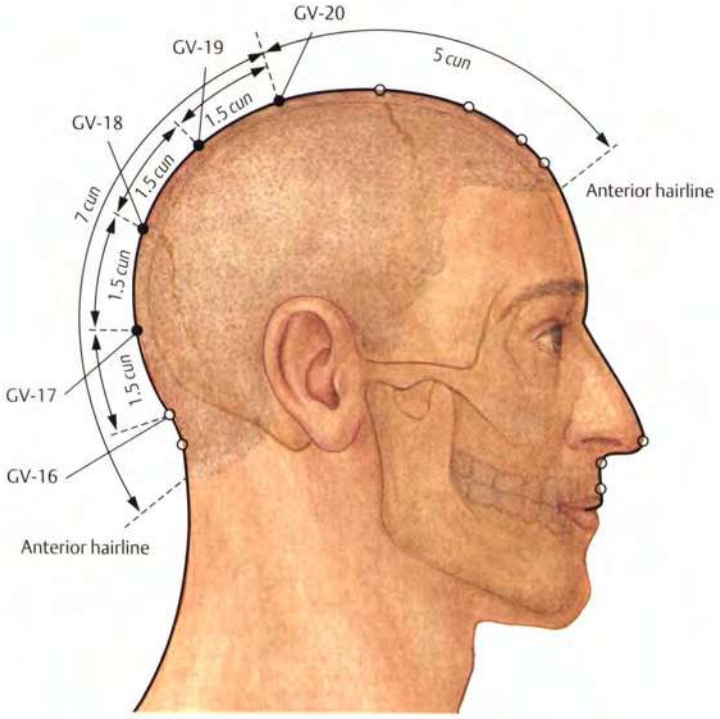
Location
GV-16 is 1 *cun* within the hairline in the midline, directly below the occipital protuberance.

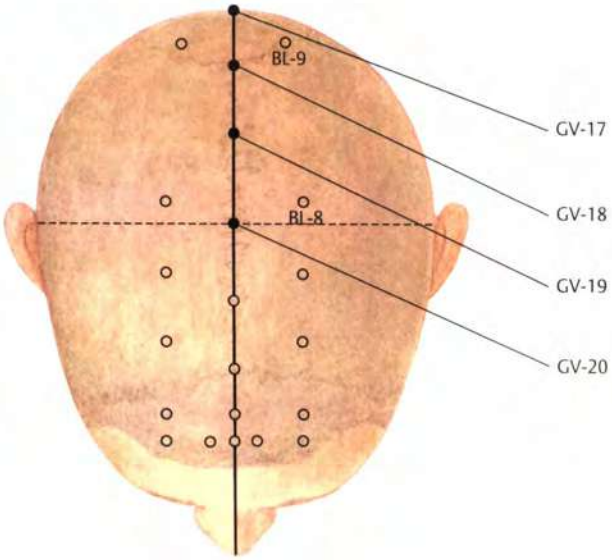
Category
Intersection point with the *yang* linking vessel (*yang wei mai*) and the main channel of the bladder.

Actions
GV-16 dispels wind pathogens of all kinds, thus relieving spasms and alleviating pain.

Indications
Apoplectic or preapoplectic states, loss of speech, hemiplegia, headaches, stiffness of the neck, shivering accompanied by perspiration, convulsive seizures, nosebleeds, jaundice, vertigo, epileptic symptoms, and colds and influenza.

Needling Method
Depth 0.4–0.8 *cun*, perpendicular.


GV-20
GV-19
5 cun
1.5 cun
GV-18
1.5 cun
7 cun
Anterior hairline
1.5 cun
1.5 cun
GV-17
GV-16
Anterior hairline


BL-9
GV-17
GV-18
BL-8
GV-19
GV-20

GV-17 Brain's Door
脑户 *nǎo hù*

Location
On the occiput, 1.5 *cun* behind GV-18, 1.5 *cun* above GV-16.

Category
Intersection point with the main channel of the bladder.

Actions
GV-17 supports and regulates the liver and spleen, expels wind, and drains damp-heat.

Indications
A flushed, bloated, swollen face; yellow sclerae, stiffness of the neck, pain in the eyes, visual impairment, convulsive seizures, and goiter.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular.

GV-18 Unyielding Space
强间 *qiáng jiān*

Location.
GV-18 is 1.5 *cun* above GV-17, 1.5 *cun* below GV-19.

Actions
GV-18 calms wind, and soothes pain and raving madness.

Indications
Headaches, uncoordinated eye movements, dizziness, nausea, stiffness of the neck, convulsive seizures, restlessness, and insomnia.

Needling Method
Depth 0.3–0.5 *cun*, oblique; moxibustion is allowed.

GV-19 Behind the Vertex
后顶 *hòu dǐng*

Location
GV-19 is above the occiput, 1.5 *cun* behind GV-20, 1.5 *cun* in front of GV-18.

Actions
GV-19 soothes wind and regulates the liver *qi*.

Indications
Stiffness and tension in the muscles of the neck, shivering, vertigo, impairments of vision, headaches, convulsive seizures, raving, headaches on one side, colds and influenza, and insomnia.

Needling Method
Depth 0.3–0.5 *cun*, oblique; moxibustion is allowed.

GV-20 Hundred Convergences
百会 *bǎi huì*

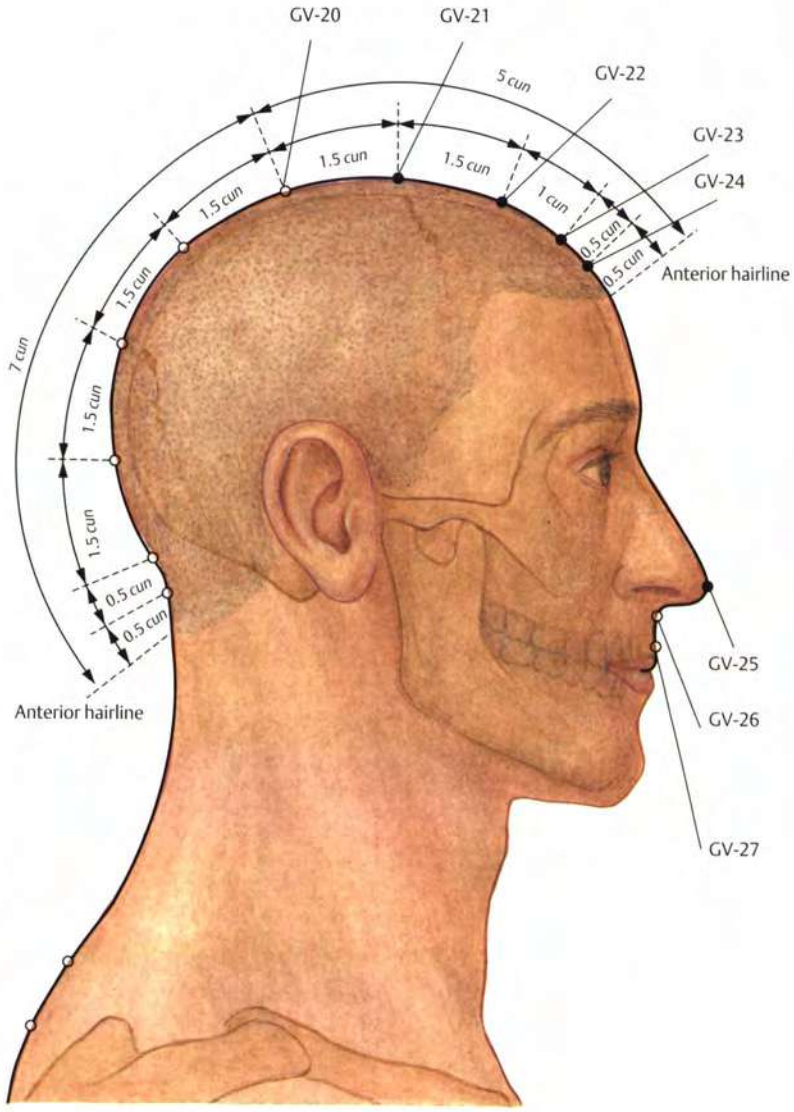
Location
GV-20 is in the center of the top of the skull, approx. 7 *cun* from the posterior and 5 *cun* from the anterior hairline; at the point where a line from the tips of the ears crosses the midline of the head.

Category
Intersection point with all the *yang* channels and the main channel of the liver.

Actions
GV-20 stabilizes and regulates the liver, subdues liver *yang*, pacifies wind, calms the heart, opens the orifices, sedates, raises *yang* from the lower burner, and raises the *qi*.

Indications
Headaches, colds, light-headedness, wind stroke symptoms accompanied by speech disorders, lockjaw, unilateral pareses and paralyses, restlessness, tension of the muscles of the neck, opisthotonus, fearfulness, forgetfulness, ataxia, fainting, convulsive seizures, tinnitus, disorders of equilibrium, anal prolapse, uterine prolapse, hemorrhoids, stupor following consumption of alcohol, a blocked nose, loss of sense of taste, vertigo, and heaviness of the head.

Needling Method
Depth 0.5–1.5 *cun*, transverse; moxibustion is allowed.


GV-20
GV-21
5 cun
GV-22
GV-23
GV-24
1.5 cun
1.5 cun
1 cun
0.5 cun
0.5 cun
Anterior hairline
1.5 cun
1.5 cun
7 cun
1.5 cun
1.5 cun
0.5 cun
0.5 cun
Anterior hairline
GV-25
GV-26
GV-27

GV-21 Before the Vertex
前顶 *qián dǐng*

Location
GV-21 is 1.5 *cun* in front of GV-20, 1.5 *cun* behind Fontanel Meeting (GV-22).

Actions
GV-21 pacifies wind and drains dampness.

Indications
Dizziness, a red and swollen face, rhinitis with profuse discharge, a head cold, sinusitis, and epileptic seizures in infants.

Needling Method
Depth 0.1–0.3 *cun*, oblique; moxibustion is allowed.

GV-22 Fontanel Meeting
囟会 *xìn huì*

Location
GV-22 is in the large fontanel, 1 *cun* posterior to GV-23 or 2 *cun* within the anterior hairline; 3 *cun* anterior to GV-20.

Action
GV-22 drains damp and wind–damp.

Indications
Splitting headaches, a red face, nosebleeds, swelling and bloating of the face, anosmia, vertigo, palpitations, loss of consciousness, and epileptic seizures in infants.

Needling Method
Depth 0.2–0.4 *cun* transverse; moxibustion is allowed.

GV-23 Upper Star
上星 *shàng xīng*

Location
GV-23 is 1 *cun* within the anterior hairline; 4 *cun* anterior to GV-20.

Actions
GV-23 drains wind–heat and unblocks the nose.

Indications
Headache accompanied by a bright-red, swollen face, pain in the face and scalp, a blocked nose, nosebleeds, nasal polyps, eye pain, myopia, and visual disturbances.

Needling Method
Depth 0.3–0.6 *cun*, oblique; moxibustion is allowed.

GV-24 Spirit Court
神庭 *shén tíng*

Location
GV-24 is in the midline of the head, 0.5 *cun* within the anterior hairline.

Category
Intersection point with the main channels of the bladder and stomach.

Actions
GV-24 subdues rising *yang* and soothes wind.

Indications
Convulsive seizures, rage, mania, twitching, fits of vertigo, spasms, opisthotonus, nausea, retching, a state of general excitement, nervousness, insomnia, headaches, loud wheezing, visual impairment, superficial visual disturbances, perspiration, and breathing difficulties.

Needling Method
Depth 0.3–0.5 *cun*, oblique with the needle pointing upwards; moxibustion is allowed.

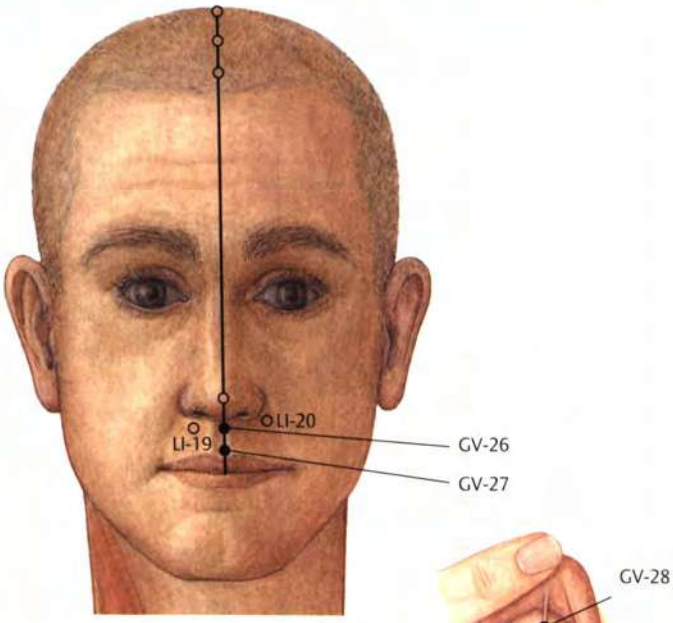
GV-25 White Bone-Hole
素髎，面王 *sù liáo*

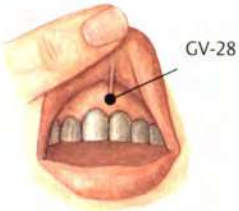
Location
GV-25 is on the tip of the nose.

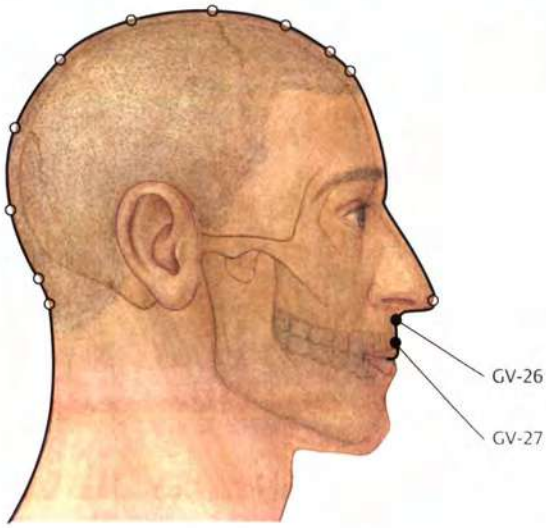
Action
GV-25 unblocks the nose.

Indications
Obstructions and growths in the nose, nasal swelling, and copious discharge.

Needling Method
Depth 0.3–0.5 *cun*, perpendicular.


LI-20
LI-19
GV-26
GV-27


GV-28


GV-26
GV-27

GV-26 Water Trough
水沟 *shuǐ gōu*

Location
GV-26 is in the midline, slightly above the center of the philtrum.

Category
Intersection point with the main channels of the stomach and large intestine.

Actions
GV-26 regulates and harmonizes the spleen and stomach, pacifies wind, transforms dampness and phlegm, opens the orifices, clears heat and fire, sedates, treats acute lumbar sprain, and benefits the back.

Indications
Diabetic symptoms with unquenchable thirst, bloating, accumulations of fluids, susceptibility to convulsions, sudden nausea, fits of laughter, unexpected crying and laughter, lockjaw, twitching, fainting, cramps of the eye muscles, pain in the back, propensity to collapse, convulsive seizures in infants, heat stroke, and seasickness.

Needling Method
Depth 0.2–0.5 *cun*, oblique insertion with the needle pointing upwards; moxibustion is allowed.

GV-27 Extremity of the Mouth
兑端 *duì duān*

Location
GV-27 is in the midline, at the junction of the upper lip and the philtrum.

Actions
GV-27 regulates the kidney and liver, lowers the *yang* and raises the *qi*, calms wind, and drains dampness or damp–heat.

Indications
Diabetic symptoms with a dry tongue, scanty dark urine, pterygium, jaundice, a blocked nose due to growths and discharge, nosebleeds, toothache, and lockjaw.

Needling Method
Depth 0.2–0.3 *cun*, perpendicular.

GV-28 Gum Intersection
龈交 *yín jiāo*

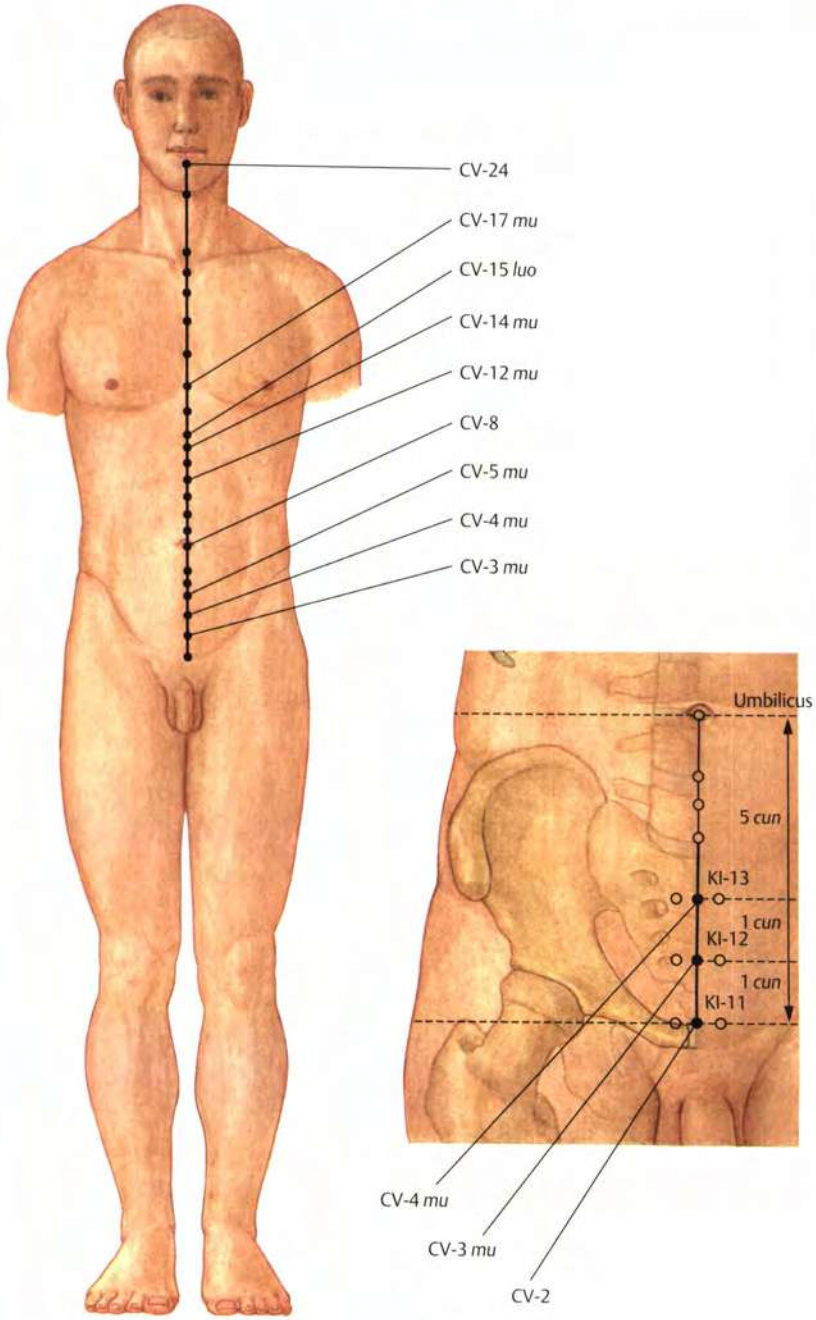
Location
GV-28 is inside the mouth, on the frenulum, at the junction between the gum and the upper lip.

Category
Intersection point with the controlling vessel and the main channel of the stomach.

Action
GV-28 clears heat from the liver, gall bladder, spleen, and stomach.

Indications
Nasal obstruction due to growths and discharge, pain at the forehead and the root of the nose, jaundice, tension and stiffness of the muscles of the neck, convulsive seizures, swelling of the gums, redness and watering of the eyes, acute pain in the lumbar region, and anal fissure

Needling Method
Depth 0.2–0.3 *cun*, oblique.


CV-24
CV-17 *mu*
CV-15 *luo*
CV-14 *mu*
CV-12 *mu*
CV-8
CV-5 *mu*
CV-4 *mu*
CV-3 *mu*
Umbilicus
5 *cun*
KI-13
1 *cun*
KI-12
1 *cun*
KI-11
CV-4 *mu*
CV-3 *mu*
CV-2

32 Acupuncture Points of the Main Channel of the Controlling Vessel

CV-1 Meeting of *Yin*

会阴 *huì yīn*

Location

CV-1 is in the center of the perineum.

Category

Intersection point of the controlling vessel (*ren mai*), the governing vessel (*du mai*), and the thoroughfare vessel (*chong mai*).

Action

CV-1 invigorates the kidneys.

Indications

Pain, perspiration, and swelling of the genitals, uterine prolapse, anal prolapse, pruritus, pruritus ani, disorders of menstruation, disorders of micturition, enuresis, prostatitis, and hemorrhoids.

Needling Method

Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

CV-2 Curved Bone

曲骨 *qū gǔ*

Location

CV-2 is on the symphysis of the pubic bone, in the midline of the abdomen.

Category

Intersection point of the controlling vessel with the main channel of the liver.

Actions

CV-2 strengthens the kidney *yin*, and augments and regulates the *xue*.

Indications

Generalized weakness, patient tires easily, cold limbs, pain in the abdomen and loins, spermatorrhea, disorders of micturition, impotence, frigidity, leukorrhea, incontinence, enuresis, and disorders of menstruation.

Needling Method

Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

CV-3 Central Pole

中极， *zhōng jí*
膀胱募

Location

CV-3 is 1 *cun* above the upper border of the pubic symphysis, 4 *cun* below the umbilicus.

Categories

1. Front collection point (*mu*) of the bladder
2. Intersection point of the controlling vessel with the main channels of the liver, spleen, and kidney

Actions

CV-3 regulates the metabolism of fluids, supports the kidney *yin*, nourishes the *xue*, drains damp, and supports the kidney *yang*.

Indications

Gynecological disorders, all kinds of disorders of menstruation, infertility, genital itching, swelling and pain in the genitals, leukorrhea, postpartum hemorrhage, retained placenta, premature contractions, threatened miscarriage, abdominal masses and neoplasias, stabbing pain below the umbilicus, premenstrual increase in libido, syncope, disorders of micturition, dribbling urine, retention of urine, pain in the abdomen resulting from cold accompanied by symptoms of rising *yang* such as palpitations, vertigo, cold in the extremities but hot, flushed head ("running piglet disorder"), restlessness, insomnia, nervousness, irritability, impotence, and enuresis.

Needling Method

Depth 0.8–2 *cun*, perpendicular; moxibustion is allowed.

CV-4 Pass Head

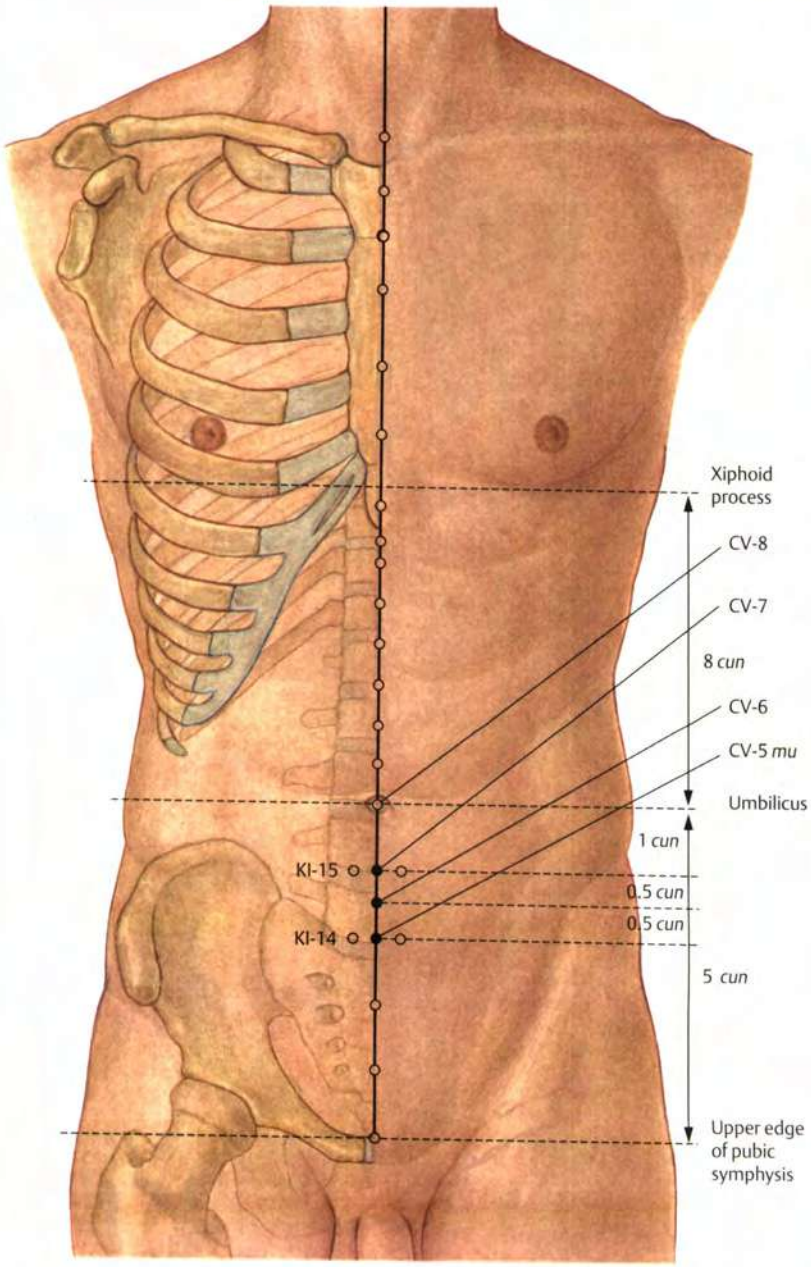
关元 *guān yuán*

Location

CV-4 is 3 *cun* below the navel.

Category

1. Front collecting point (alarm point, *mu xue*) of the small intestine
2. Intersection point of the controlling vessel with the main channels of the liver, spleen, and kidney


Xiphoid process
CV-8
CV-7
8 *cun*
CV-6
CV-5 *mu*
Umbilicus
1 *cun*
KI-15
0.5 *cun*
0.5 *cun*
KI-14
5 *cun*
Upper edge of pubic symphysis

Actions
CV-4 supports the kidney, fortifies the congenital *qi* (*qi* of earlier heaven, *xian tian zhi qi*), regulates the *qi*, and controls the *yang* and directs it downwards.

Indications
Cold pathogens affecting the abdomen accompanied by severe pain; a feeling of cold; diarrhea; disorders of micturition; stagnation of the *qi* and *xue*, with conglomerations and lumps; neoplasias in the abdomen, particularly in women; hematuria, retention of urine, or enuresis; disorders of menstruation and premenstrual syndrome; infertility or protracted hemorrhages, also after birth due to retention of placenta; leukorrhea; ascendant *yang* accompanied by palpitations; vertigo; restlessness, fearfulness, and insomnia; loss of strength; diabetic symptoms; "running piglet disorder"; uterine prolapse; and male impotence.

Needling Method
Depth 0.8–2 *cun*, perpendicular; moxibustion is allowed.

CV-5 Stone Gate
石门 *shí mén*

Location
CV-5 is 2 *cun* below the umbilicus.

Category
Front collecting point (alarm point, *mu xue*) of the triple burner.

Actions
CV-5 supports the kidney *yin*, invigorates the kidney *yang*, and cools heat in the lower burner.

Indications
All kinds of disorders of micturition, urine retention, enuresis, pain and itching in the genital area, swelling, shrinking of the scrotum, pain in the lower abdomen radiating out to the center of the abdomen, hematuria, neoplasias in the abdomen, diarrhea, and profuse lochia.

Needling Method
Only moxibustion is allowed.

CV-6 Sea of *Qi*
气海 *qì hǎi*

Location
CV-6 is 1.5 *cun* below the umbilicus.

Category
Reservoir of the *yang qi* in men.

Actions
CV-6 supports and regulates the kidneys, consolidates the *zhen yin*, mobilizes the *zhen yang*, and descends the *yang*.

Indications
Exhaustion, the patient tires rapidly, fearfulness, cold in the limbs, a pale complexion, a weak voice, weakness and despair, infertility in both sexes, hemorrhages, leukorrhea, irregular menstruation, intense colicky pain in the umbilicus, neoplasias and swellings in the abdomen, pain in the abdomen, pain and stabbing sensations in the area of the heart, severe nervousness and restlessness, cramps in the abdomen, ascendant *yang* accompanied by vertigo, restlessness, insomnia, intense lochia, wind stroke and prewind stroke condition, and collapse.

Needling Method
Depth 1–2 *cun*, perpendicular; moxibustion is allowed.

CV-7 *Yin* Intersection
阴交 *yīn jiāo*

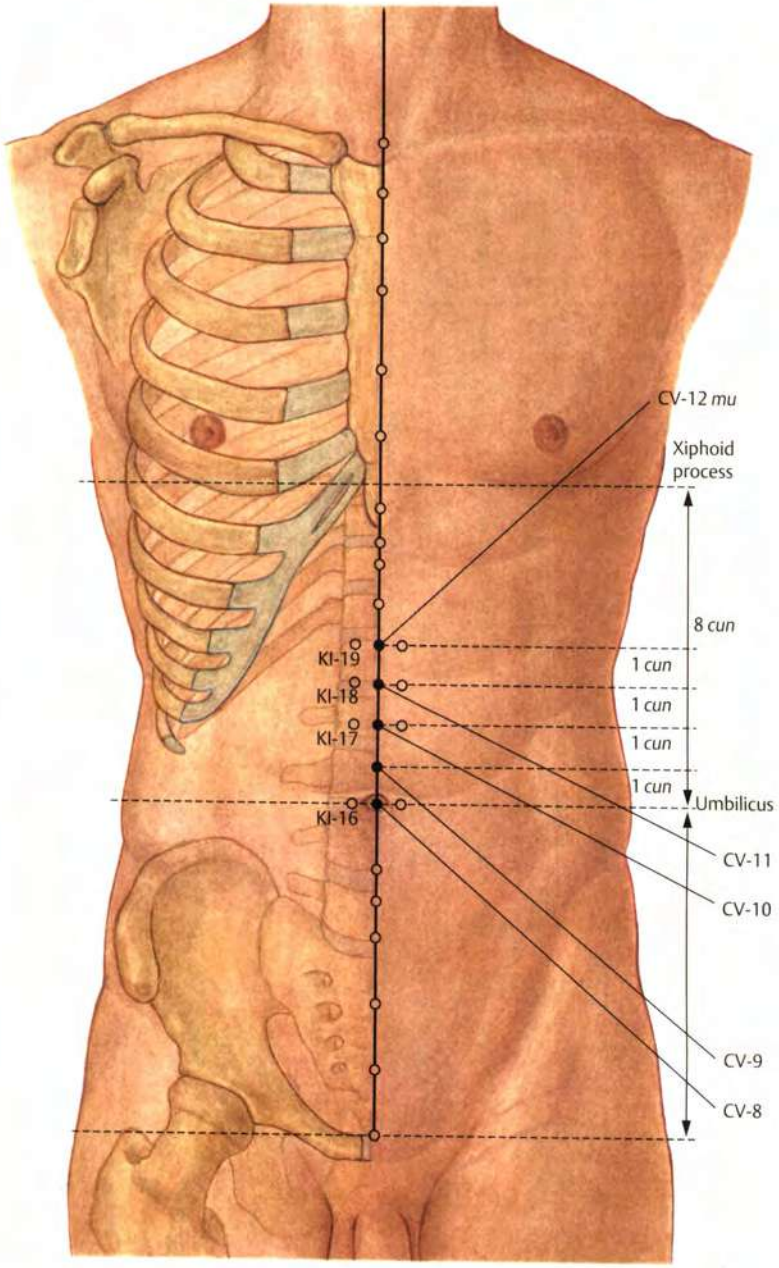
Location
CV-7 is 1 *cun* below the umbilicus.

Category
Intersection point of the controlling vessel with the thoroughfare vessel (*chong mai*) and the main channel of the kidney.

Actions
CV-7 boosts the kidneys, and rectifies cold and cold depletion.

Indications
Weakness, exhaustion, anxiety, apprehensiveness, insomnia, nightmares, restlessness, disorders of micturition, constipation, searing pain in the abdomen, pruritus of the genitals, irregular menstruation, infertility, leukorrhea, nosebleeds, and intense lochia.

Needling Method
Depth 0.8 *cun*, perpendicular; moxibustion is allowed.


CV-12 *mu*
Xiphoid process
8 *cun*
KI-19
1 *cun*
KI-18
1 *cun*
KI-17
1 *cun*
1 *cun*
Umbilicus
KI-16
CV-11
CV-10
CV-9
CV-8

CV-8 Spirit Gate Tower
神阙，脐中 *shén què*

Location
CV-8 is in the center of the umbilicus.

Actions
CV-8 stabilizes severe disorders resulting from *yang* depletion in the middle burner.

Indications
Wind stroke symptoms accompanied by loss of consciousness, heat stroke, collapse, abdominal pain, borborygmi, diarrhea, anal prolapse, all kinds of disorders of micturition, convulsive seizures, and opisthotonos.

Needling Method
Moxibustion only, with the umbilicus filled with salt.

CV-9 Water Divide
水分 *shuǐ fēn*

Location.
CV-9 is 1 *cun* above the umbilicus.

Actions
CV-9 regulates fluids and stabilizes water metabolism.

Indications
Disorders of water metabolism: ascites, bloating, edema, a feeling of distension; susceptibility to cramps, borborygmi, diarrhea, reduced urine excretion, nausea, and retching.

Needling Method
Depth 0.5–2 *cun*, perpendicular; moxibustion is allowed.

CV-10 Lower Stomach Duct
下脘 *xià wǎn*

Location
CV-10 is 2 *cun* directly above the umbilicus.

Category
Intersection point of the controlling vessel with the main channels of the spleen and small intestine.

Action
CV-10 drains damp heat from the middle burner.

Indications
Pain, a feeling of distension in the abdomen, as well as epigastric pain, digestive disorders, lack of appetite, emaciation, constipation, the feeling of a lump in the abdomen, nausea, retching, and reduced excretion of urine.

Needling Method
Depth 0.8–2 *cun*, perpendicular; moxibustion is allowed.

CV-11 Interior Strengthening
建里 *jiàn lǐ*

Location
CV-11 is 3 *cun* above the umbilicus.

Actions
CV-11 harmonizes the stomach, and large and small intestines.

Indications
Belching, nausea, lack of appetite, painful distension in the abdomen, stabbing pain in the chest and the center of the body, edema, and anorexia.

Needling Method
Depth 0.5–2 *cun*, perpendicular; moxibustion is allowed.

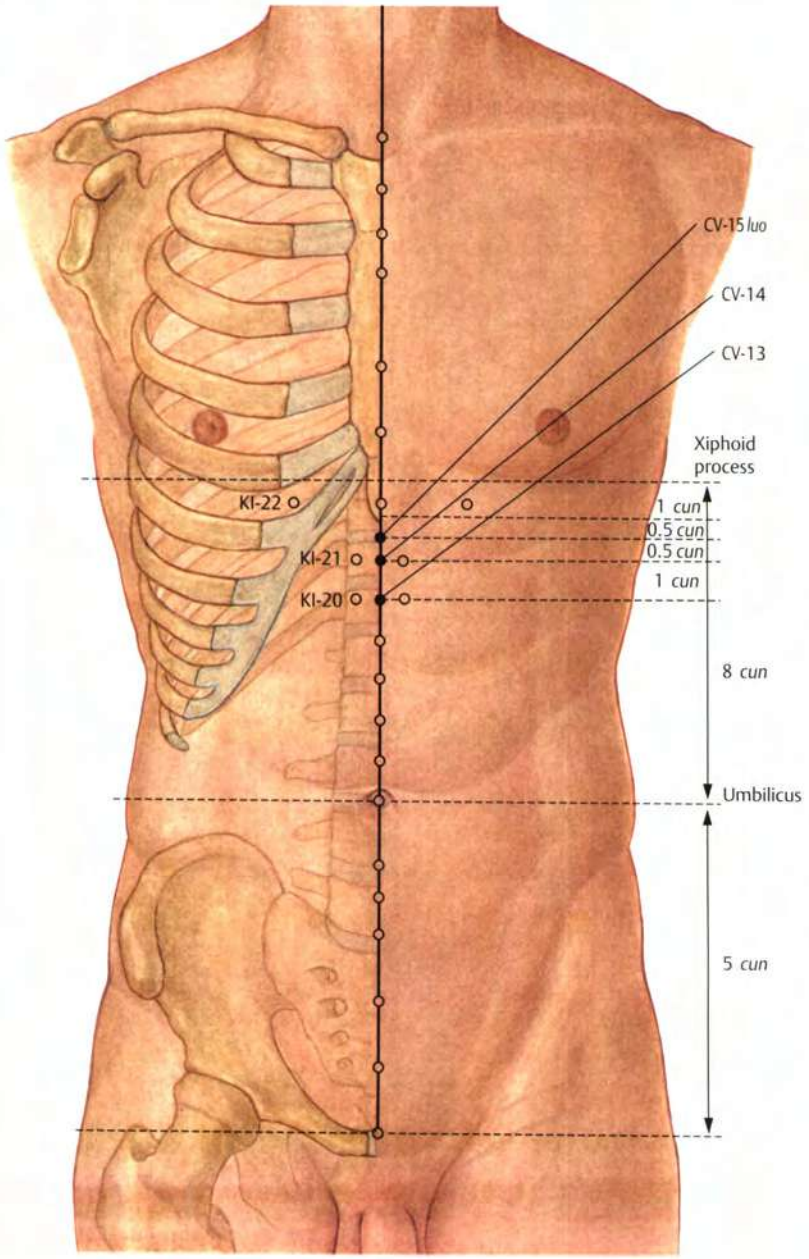
CV-12 Central Stomach Duct
中脘，胃募 *zhōng wǎn*

Location
CV-12 is 4 *cun* above the umbilicus and 4 *cun* below the xiphoid process.

Categories
1. Front collecting point (alarm point, *mu xue*) of the stomach
2. Intersection point of the controlling vessel with the main channels of the stomach, small intestine, and triple burner
3. Meeting point (*hui xue*) of the six *fu* organs

Actions
CV-12 regulates the stomach and harmonizes its *qi*, disinhibits dampness, and stimulates descent of rebellious *qi*.

Indications
Pain, distension, a feeling of fullness, borborygmi, vomiting, acid regurgitation, loss of appetite, vomiting accompanied by diarrhea, diarrhea


CV-15 *luo*
CV-14
CV-13
Xiphoid process
KI-22
1 *cun*
0.5 *cun*
0.5 *cun*
KI-21
1 *cun*
KI-20
8 *cun*
Umbilicus
5 *cun*

with bloody feces, pressure in the abdomen, focal distension and fullness in the center of the body, fainting, fever, spasms, anxiety, and panic attacks.

Needling Method
Depth 0.8–2 *cun*, perpendicular; moxibustion is allowed.

CV-13 Upper Stomach Duct
上脘 *shàng wǎn*

Location
CV-13 is 5 *cun* above the umbilicus and 3 *cun* below the sternocostal angle.

Category
Intersection point of the controlling vessel with the main channels of the stomach and small intestine.

Actions
CV-13 strengthens the middle burner, supports and regulates the spleen and stomach, and also the liver and triple burner, stabilizes fluid metabolism, cools the *xue*, and drains damp heat.

Indications
Pain in the lower and middle abdomen, rumblings in the intestines, nausea, retching, vomiting accompanied by diarrhea, stabbing pain and spasms due to cold, together with ascendant *yang* and palpitations, vertigo, restlessness, insomnia, irritability, the feeling of a lump in the center of the body, general tension of the muscles, fearfulness, epileptic seizures, jaundice, and loss of appetite.

Needling Method
Depth 0.8–1.5 *cun*, perpendicular; moxibustion is allowed.

CV-14 Great Tower Gate
巨闕，心募 *jù què*

Location
CV-14 is 6 *cun* above the umbilicus and 2 *cun* below the sternocostal angle.

Category
Front collecting point (alarm point, *mu xue*) of the heart.

Actions
CV-14 supports and regulates the heart, spleen, and lung *qi*, harmonizes the stomach, relaxes the center of the body, and sedates.

Indications
The patient frightens easily; anxiety, fearfulness, timidity, distraction, forgetfulness, mania, raving, irritability, coughing, acid regurgitation, shortness of breath, nausea, vomiting and diarrhea accompanied by pain, a feeling of distension in the center of the body and the abdomen, jaundice, stabbing pain in the chest and back, convulsions and epileptic seizures, hemoptysis, hiccups, palpitations, and heart pain.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

CV-15 Turtledove Tail
鳩尾 *jiū wěi*

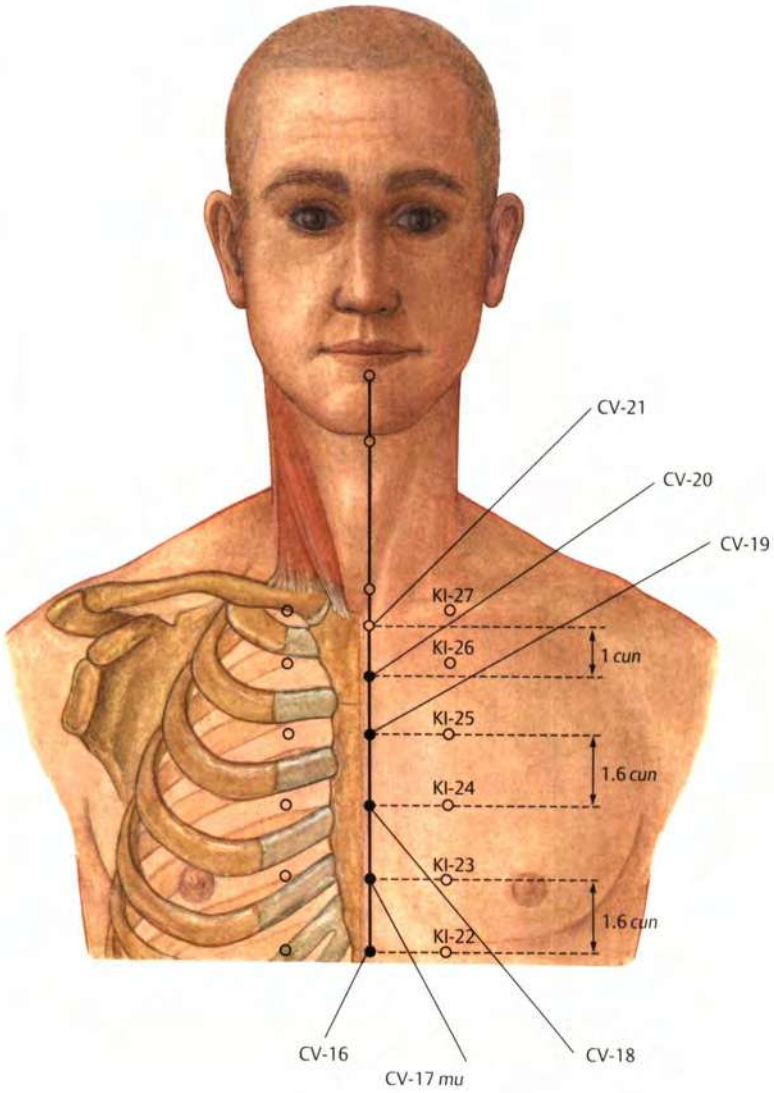
Location
CV-15 is 0.5 *cun* below the xiphoid process.

Category
The *luo* point of the controlling vessel.

Actions
CV-15 regulates the *qi* of the spleen and stomach, supports the liver, heart, and spleen, soothes wind, and drains heat and dampness.

Indications
Anxiety, apprehension, fearful and paranoid behavior, epileptic symptoms, seizures of mania, screaming fits, unilateral headaches, feelings of pressure and distension in the chest, hemoptysis, a feeling of distension and fullness in the abdomen, tightness and swelling of the throat, and swallowing difficulties.

Needling Method
Depth 0.3–0.5 *cun* downwards oblique; moxibustion is allowed.


CV-21
CV-20
CV-19
KI-27
KI-26
1 cun
KI-25
1.6 cun
KI-24
KI-23
1.6 cun
KI-22
CV-16
CV-17 mu
CV-18

CV-16 Center Palace
中庭 *zhōng tíng*

Location
CV-16 is 1.6 *cun* below CV-17, at the level of the 5th intercostal space.

Actions
CV-16 supports the stomach *qi*, stimulates descent of rebellious *qi*, and drains dampness.

Indications
A feeling of pressure and distension in the chest, a feeling of fullness, lack of appetite, and vomiting.

Needling Method
Depth 0.3–0.5 *cun*, transverse; moxibustion is allowed.

CV-17 Chest Center
膻中 *shān zhōng*

Location
CV-17 is on the sternum at the level of the nipples, in the 4th intercostal space.

Categories
1. Front collecting point (alarm point, *mu xue*) of the pericardium
2. Meeting point (*hui*) of the *qi*
3. Intersection point of the controlling vessel with the main channels of the spleen, kidney, triple burner, and small intestine

Actions
CV-17 regulates the *qi*, stimulates descent of rebellious *qi*, dispels fullness from the chest, and disinhibits the diaphragm.

Indications
Dyspnea, shortness of breath, coughing, wheezing, swallowing difficulties, an oppressive feeling, a feeling of repletion in the chest and flanks as well as diffuse and stabbing pain , phlegm rattling in the throat, thin or sticky yellow phlegm, bloody sputum, goiter, insufficient lactation, mastitis, and bronchitis.

Needling Method
Depth 0.3–0.5 *cun* transverse insertion; moxibustion is allowed.

CV-18 Jade Hall
玉堂 *yù táng*

Location
CV-18 is 1.6 *cun* below CV-19, at the level of the 3rd intercostal space.

Action
CV-18 unbinds the heart and lung *qi*.

Indications
A feeling of distension and repletion, pressure in the chest and flanks, painful obstruction in the throat, nausea, hiccups, belching, coughing, a general feeling of discomfort, and nervousness.

Needling Method
Depth 0.3–0.5 *cun*, oblique insertion; moxibustion is allowed.

CV-19 Purple Palace
紫宫 *zǐ gōng*

Location
CV-19 is in the midline of the sternum at the level of the 2nd intercostal space.

Actions
CV-19 supports the spleen and lung *qi*, cools heat, drains damp heat, and transforms phlegm.

Indications
A feeling of distension and pain in the chest and flanks, coughing, belching, bloody sputum, and swallowing difficulties.

Needling Method
Depth 0.3 *cun*, oblique insertion; moxibustion is allowed.

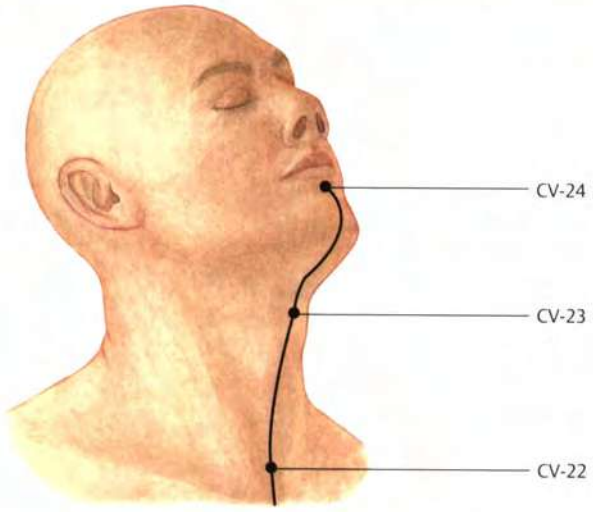
CV-20 Florid Canopy
华盖 *huá gài*

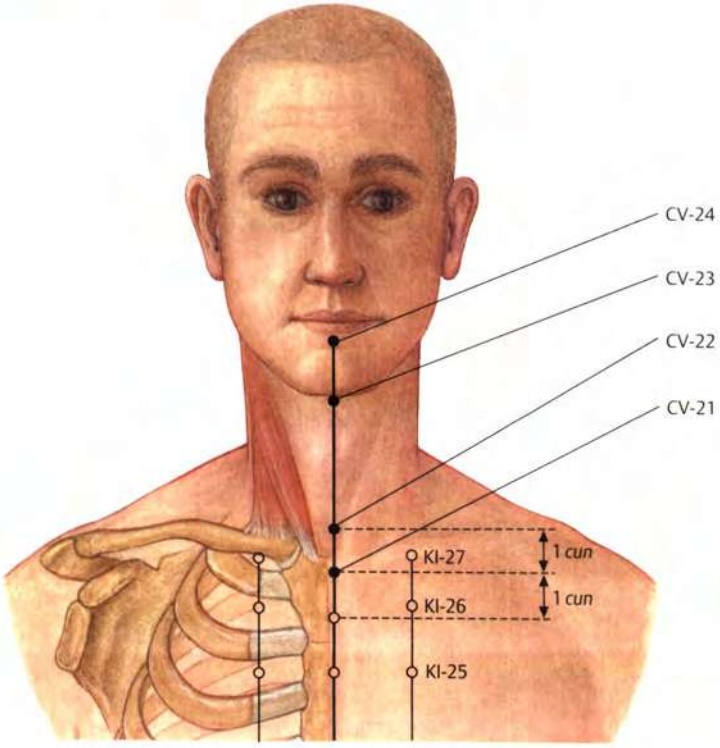
Location
CV-20 is 1 *cun* below CV-21.

Actions
CV-20 strengthens the lung *qi*, and unblocks the throat and esophagus.

Indications
Coughing, wheezing, breathing difficulties, a feeling of tightness in the throat, swallowing difficulties, and a feeling of fullness of the chest.

Needling Method
Depth 0.3 *cun*, oblique; moxibustion is allowed.


CV-24
CV-23
CV-22


CV-24
CV-23
CV-22
CV-21
KI-27
KI-26
KI-25
1 cun
1 cun

CV-21 Jade Swivel
璇玑 *xuán jī*

Location
CV-21 is in the midline of the manubrium of the sternum, 1 *cun* below CV-22.

Action
CV-21 stabilizes the spleen and lung *qi*.

Indications
Coughing, hiccups, belching, painful obstruction in the throat, swallowing difficulties, a feeling of fullness in the chest, dyspnea, focal distension and fullness in the center of the body, and digestive disorders.

Needling Method
Depth 0.3 *cun*, transverse; moxibustion is allowed.

CV-22 Celestial Chimney
天突 *tiān tú*

Location
CV-22 is 0.5 *cun* above the center of the suprasternal notch.

Category
Intersection point of the controlling vessel with the *yin* linking vessel (*yin wei mai*).

Actions
CV-22 strengthens and regulates the lung and spleen *qi*, and unblocks the throat.

Indications
Wheezing, asthma, coughing, expectoration of phlegm, pus, or blood, inner and outer swelling of the throat, ulcerations in the throat, loss of voice, goiter, noises in the throat, breathing difficulties, jaundice, bronchitis, laryngitis, affections of the vocal chords, esophageal spasms, hoarseness, a rough voice, and hiccups.

Needling Method
Initially, 0.3 *cun* perpendicularly behind the sternum, then 1–2 *cun* obliquely; moxibustion is allowed.

CV-23 Ridge Spring
廉泉 *lián quán*

Location
Above the Adam's apple, in a depression at the upper border of the hyoid bone; no needle insertion is allowed.

Category
Intersection point of the controlling vessel with the *yin* linking vessel (*yin wei mai*).

Actions
CV-23 regulates the liver *qi*, supports the spleen, cools heat, and dispels damp heat.

Indications
Stiffness of the tongue, contraction of the root of the tongue, continuous salivation, mouth ulcers, swallowing difficulties, loss of voice, and hoarseness.

Needling Method
Depth 0.3 *cun*, oblique, with the needle pointing toward the top of the skull.

CV-24 Sauce Receptacle
承浆 *chéng jiāng*

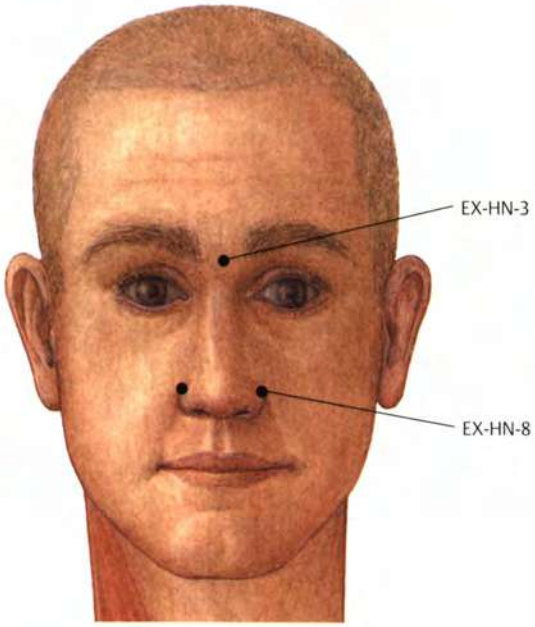
Location
CV-24 is on the anterior midline of the lower jaw, in the depression of the mentolabial groove.

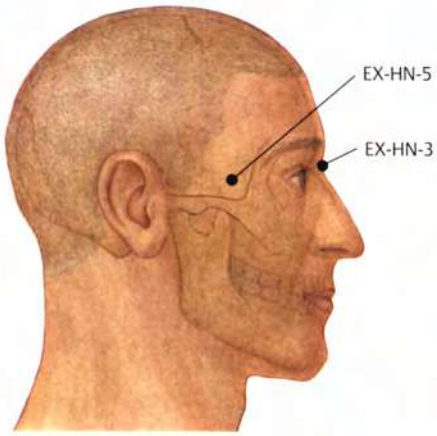
Category
Intersection point of the controlling vessel with the main channels of the large intestine and stomach and with the governing vessel (*du mai*).

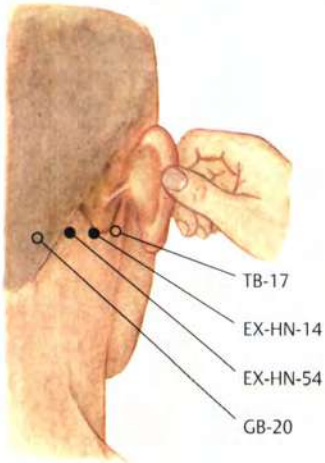
Actions
CV-24 supports and regulates the liver, and soothes wind.

Indications
Wind stroke symptoms accompanied by hemiplegia, one-sided pareses of the facial muscles, toothache, swelling of the gums, swelling of the face, sudden loss of voice, and excessive salivation.

Needling Method.
Depth 0.2–0.3 *cun*, upward oblique insertion; moxibustion is allowed.


EX-HN-3
EX-HN-8


EX-HN-5
EX-HN-3


TB-17
EX-HN-14
EX-HN-54
GB-20

Head and Neck

Extra acupuncture points are those points that do not lie on any of the 14 main channels. Some 1500 extra points are to be found in the extensive literature available to date. Only those that are most relevant to daily practice are described here.

EX-HN-3 Hall of Impression
印堂 *yìn táng*

Location
EX-HN-3 is on the midline between the eyebrows.

Actions
EX-HN-3 drains wind and heat, cools heat, and calms the *shen*.

Indications
Headache at the forehead, vertigo, all nasal disorders, a blocked nose, nosebleeds, sinusitis, diseases of the eye, hypertension, convulsions in infants, and insomnia.

Needling Method
Depth 0.5–0.8 *cun*, downwards oblique insertion.

EX-HN-5 Greater *Yang*
太阳 *tài yáng*

Location
EX-HN-5 is in a depression about 1 *cun* lateral to the mid-point between the lateral end of the eyebrow and the outer canthus of the eye.

Actions
EX-HN-5 clears vision, drains wind and wind heat, and cools heat.

Indications
Headaches, migraines, diseases of the eye, trigeminal neuralgia, pareses of the facial muscles, vertigo, conjunctivitis, and hypertension.

Needling Method
Depth 0.5–0.8 *cun* oblique, or prick to bleed with a three-edged needle.

EX-HN-8 Penetrating the Nose
鼻通 *bí tōng*

Location
At the upper end of the nasolabial groove.

Action
EX-HN-8 unblocks the nose.

Indications
Rhinitis, sinusitis, and nasal polyps.

Needling Method
Depth 0.3–0.6 *cun*, oblique in the direction of LI-20.

EX-HN-14 Shielding Brightness
翳明 *yì míng*

Location
EX-HN-14 is 1 *cun* behind TB-17, at the lower border of the mastoid process behind the ear.

Actions
EX-HN-14 clears vision and calms the *shen*.

Indications
Myopia and hyperopia, night-blindness, cataracts, early stages of glaucoma, tinnitus, insomnia, parotitis, headache, giddiness, and vertigo.

Needling Method
Depth 0.5–1 *cun*, oblique or in the direction of the tip of the nose.

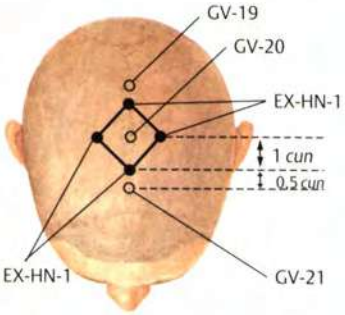
EX-HN-54 Quiet Sleep
安眠 *ān mián*

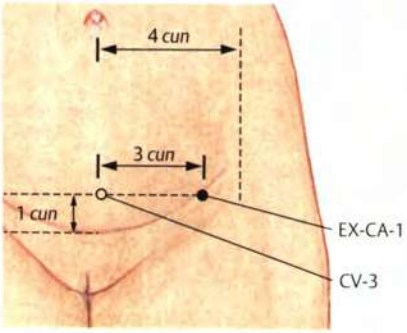
Location
EX-HN-54 is between EX-HN-14 and GB-20, behind the ear.

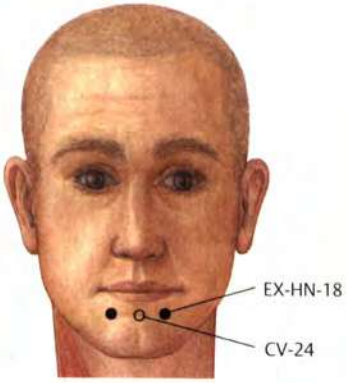
Actions
EX-HN-54 calms the *shen* and clears the senses.

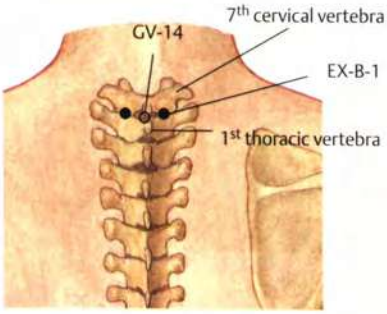
Indications
Insomnia, headache, dizziness, vertigo, palpitations, restlessness, and hypertension.

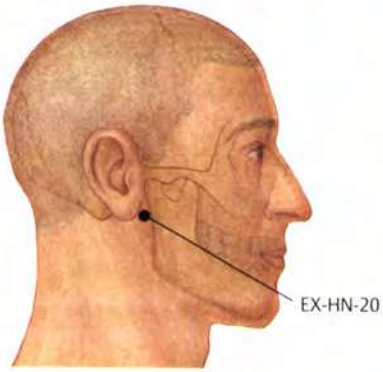
Needling Method
Depth 0.8–1 *cun*, oblique.

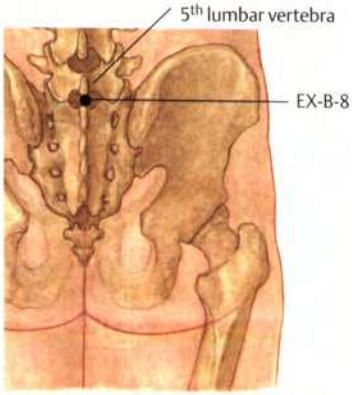

GV-19
GV-20
EX-HN-1
1 cun
0.5 cun
EX-HN-1
GV-21


4 cun
3 cun
1 cun
EX-CA-1
CV-3


EX-HN-18
CV-24


7th cervical vertebra
GV-14
EX-B-1
1st thoracic vertebra


EX-HN-20


5th lumbar vertebra
EX-B-8

EX-HN-1 Alert Spirit Quartet
四神聪 *sì shén cōng*

Location
The four points of EX-HN-1 are located on the top of the head, 1 *cun* in front of, behind, and to either side of GV-20.

Actions
EX-HN-1 directs the *yang* downwards, soothes wind, sedates, alleviates pain, and relieves spasms.

Indications
Headache, dizziness and vertigo, insomnia, impaired memory, epilepsy, hemiplegia, and sequelae of wind stroke.

Needling Method
Depth 0.3–1 *cun*, horizontally in the direction of GV-20.

EX-HN-18 Adjacent to the Container of Fluids
夹承浆 *jía chéng jiāng*

Location
EX-HN-18 is 0.5 *cun* lateral to CV-24.

Actions
EX-HN-18 relieves pain and dispels wind.

Indications
Pareses of the facial muscles, mouth ulcers, and trigeminal neuralgia.

Needling Method
Depth 0.5–1 *cun*, oblique insertion.

EX-HN-20 Pull Aright
牵正 *qiān zhèng*

Location
EX-HN-20 is 0.5–1 *cun* in front of the ear lobe, at a point that is tender or where a tubercle can be palpated.

Action
EX-HN-20 expels wind.

Indications
Pareses of the facial muscles, ulcers in the mouth, and toothache.

Needling Method
Depth 0.5–1 *cun*, perpendicular insertion.

Ventral and Dorsal Sides of the Trunk

EX-CA-1 Infant's Palace
子宫 *zǐ gōng*

Location
EX-CA-1 is 3 *cun* lateral to CV-3.

Actions
EX-CA-1 regulates menstruation, cools heat, transforms damp heat, and raises the *qi* of the spleen and stomach.

Indications
Adnexitis, cystitis, infertility, irregular menstruation, menorrhagia, dysmenorrhea, and uterine prolapse.

Needling Method
Depth 1–1.5 *cun*, perpendicular insertion.

EX-B-1 Gasping
定喘 *dìng chuǎn*

Location
EX-B-1 is 0.5 *cun* lateral to GV-14.

Action
EX-B-1 expels pathogens from the lung.

Indications
Bronchitis, asthma, wheezing, cough, stiffness of the neck, urticaria, and pain in the upper extremities.

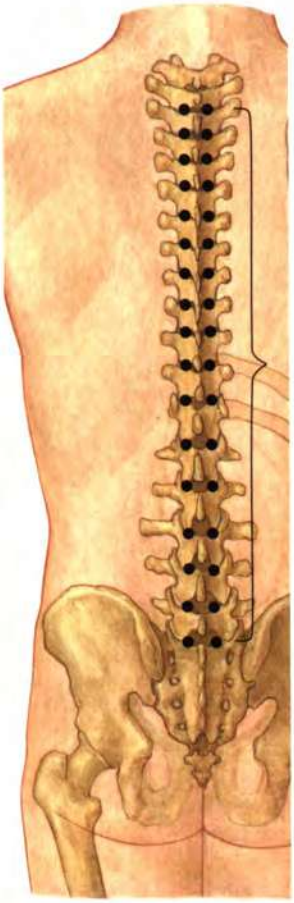
Needling Method
Depth 0.5–1 *cun* perpendicular; moxibustion is allowed.

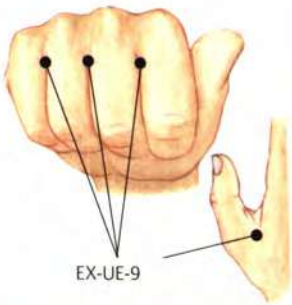
EX-B-8 Seventeenth Vertebra Point
十七椎下 *shí qī zhuī xià*

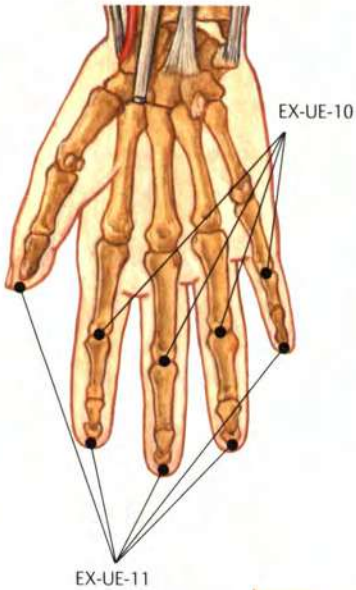
Location
EX-B-8 is in the midline of the lower back, below the spinous process of the 5th lumbar vertebra.

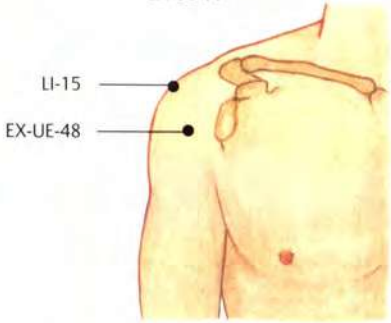
Actions
EX-B-8 strengthens the back and regulates the lower burner.

Indications
Lumbosacral pain, pain radiating down the legs, traumatic paraplegia, infantile paralysis, hemorrhoids, uterine hemorrhage, dysmenorrhea, and dysuria.


EX-B-2


EX-UE-9


EX-UE-10
EX-UE-11


LI-15
EX-UE-48

Needling Method
Depth 0.5–1 *cun*, perpendicular insertion; moxibustion is allowed.

EX-B-2 **Hua Tuo's Paravertebral Points**
华佗夹脊穴 *huá tuó jía jǐ xué*

Location
A group of points located 0.5–1 *cun* on either side of the lower end spinous process of the cervical, thoracic, and lumbar vertebrae. These locations allow connections between the governing vessel and the bladder channel to be established.

Action
EX-B-2 regulates the *qi* between the bladder channel and the governing vessel.

Indications
Comparable with those of the governing vessel and those of the bladder channel; disorders of the organs, the sinews and bones, and the spine.

Needling Method
Depth 1–1.5 *cun*, perpendicular insertion.

Upper Extremities

EX-UE-10 **Four Seams**
四缝 *sì fèng*

Location
Four points on the palmar surface of the hand, in the middle of the proximal interphalangeal joints of the index, middle, ring, and little finger.

Action
EX-UE-10 promotes the flow of the *qi* and the *xue*, reduces digestive stagnation, and eliminates parasites.

Indications
Childhood malnutrition and poor digestion, whooping cough, diarrhea in infants, asthma, intestinal parasites; the local point for arthritic complaints.

Needling Method
Prick to bleed with a three-edged needle.

EX-UE-9 **Eight Evils (Eight Pathogens)**
八邪 *bā xié*

Location
With the fist loosely clenched, locate EX-UE-9 on the dorsum of the hand, between the five digits, on the border of the red and white flesh.

Actions
EX-UE-9 expels wind, cools heat, and relaxes muscles and tendons.

Indications
Disorders of the finger joints, numbness of the fingers, headaches, pain in the neck, toothache, and pain in the eyes accompanied by fever and restlessness.

Needling Method
Depth 0.5–0.8 *cun*, oblique insertion or prick to bleed; moxibustion is allowed.

EX-UE-11 **Ten Diffusing Points**
十宣 *shí xūan*

Location
EX-UE-11 is in the middle of the tip of each finger, about 0.1 *cun* from the fingernail.

Actions
EX-UE-11 cools heat and summerheat, and restores consciousness.

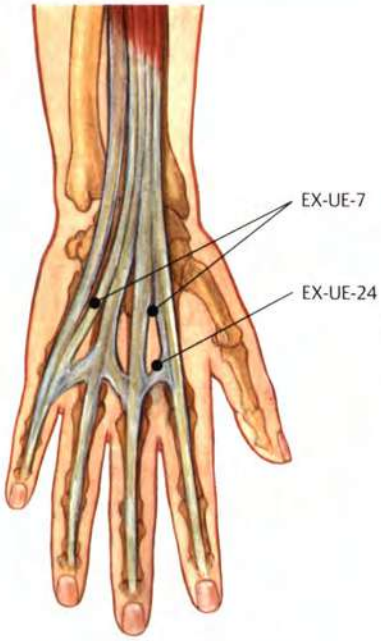
Indications
Numbness of the fingertips, fevers, coma, loss of consciousness, heat stroke, convulsions in infants, and shock.

Needling Method
Prick to bleed with a with a three-edged needle.

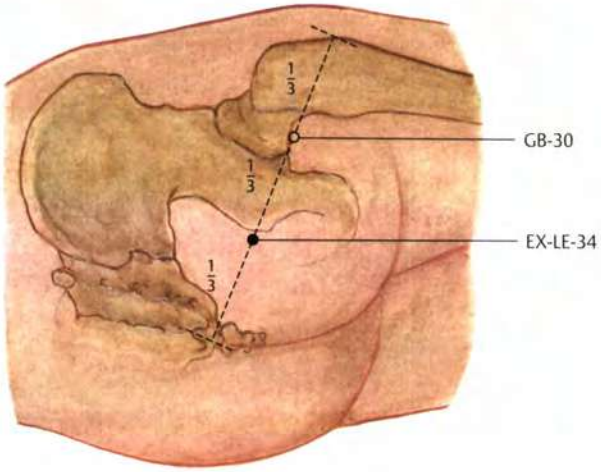
EX-UE-48 **Shoulder Front**
肩内陵 *jiān neì líng*

Location
With the arm hanging freely at the side, locate EX-UE-48 midway between the end of the anterior axillary fold and LI-15.

Actions
EX-UE-48 expels wind, eliminates cold and dampness, supports the shoulder, and relaxes the sinews and tendons.


EX-UE-7
EX-UE-24

EX-LE-10


1/3
GB-30
1/3
EX-LE-34
1/3

Indications
Pain, atrophy, inflammation and restricted movement of the shoulder, frozen shoulder, and stiffness in the upper extremities.

Needling Method
Perpendicular insertion; warm needle technique.

EX-UE-24 Crick in the Neck Point
落枕穴 *luò zhěn xué*

Location
EX-UE-24 is on the dorsum of the hand, 0.5 *cun* proximal to the 2nd and 3rd metacarpophalangeal joints.

Action
EX-UE-24 expels wind.

Indications
Stiffness of the neck, shoulder and arm complaints, acute gastric complaints, and pain in the larynx and pharynx.

Needling Method
Depth 0.5–1 *cun*, perpendicular insertion.

EX-UE-7 Lumbar Pain Point
腰痛穴 *yāo tòng xué*

Location
EX-UE-7 is on the back of the hand, 1 *cun* distal to the crease of the wrist, on either side of the flexor digitorum muscles, between the metacarpals of the index and middle fingers and the ring and little fingers, respectively.

Action
EX-UE-7 invigorates the flow of the *qi* in the lumbar region.

Indications
Acute lumbar sprain, and pain on both sides of the lower back.

Needling Method
Depth 0.5–0.8 *cun* perpendicular, in the direction of the center of the hand.

Lower Extremities

EX-LE-10 Eight Winds
八风 *bā fēng*

Location
EX-LE-10 is on the dorsum of the foot, between the toes, 0.5 *cun* proximal to the margin of the webs.

Actions
EX-LE-10 expels wind, cools heat, and transforms damp–heat.

Indications
Pain in the dorsum of the foot, weak feet, toothache, irregular menstruation, numbness and pain in the toes, poor circulation, and gangrene in the lower extremities and the feet.

Needling Method
Slightly oblique insertion, 0.5–0.8 *cun*, or prick to bleed with a three-edged needle (points LR-2, ST-44, and GB-43 are included in this group).

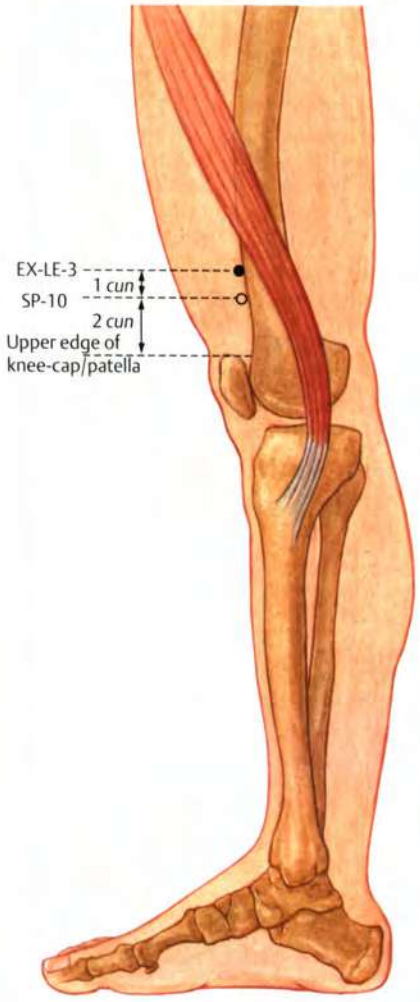
EX-LE-34 Circle's Middle
环中 *huán zhōng*

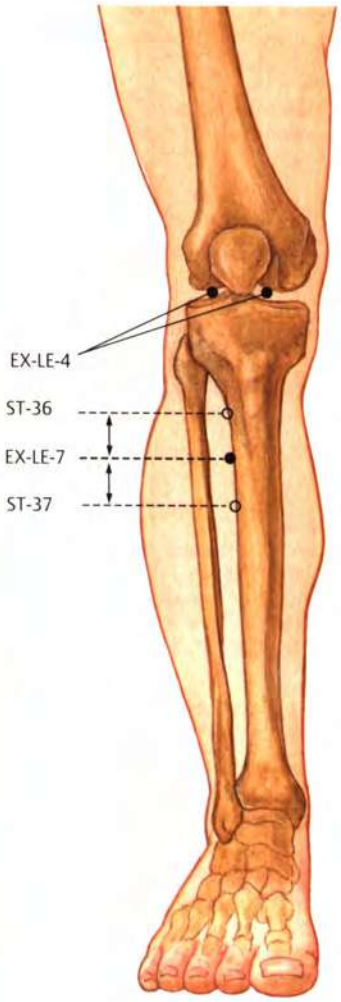
Location
EX-LE-34 is at the mid-point between GB-30 and the coccyx.

Actions
EX-LE-34 dispels wind, drains dampness, activates the channels, and alleviates pain.

Indications
Sciatic pain, energy obstruction in the channels of the lower extremities, rheumatoid complaints in the hips, and hemiplegia.

Needling Method
Depth 3–4 *cun*, perpendicular.


EX-LE-3
1 cun
SP-10
2 cun
Upper edge of
knee-cap/patella


EX-LE-4
ST-36
EX-LE-7
ST-37

EX-LE-3 **Hundred Worm Nest**
百虫窝 *bǎi chóng wō*

Location
EX-LE-3 is 1 *cun* above SP-10.

Actions
EX-LE-3 regulates the *xue* and eliminates wind.

Indications
Itching, urticaria, rubella, and skin rashes.

Needling Method
1–2 *cun* perpendicular, moxibustion allowed.

EX-LE-7 **Appendix Point**
阑尾穴 *lán wěi xué*

Location
Point tender to palpation between ST-36 and ST-37, generally 2 *cun* distal to ST-36.

Indications
Acute and chronic appendicitis, epigastric pains, muscle atrophy, e.g., hemiplegia and pareses of the lower extremities.

Needling Method
Depth 1–2 *cun*, perpendicular insertion.

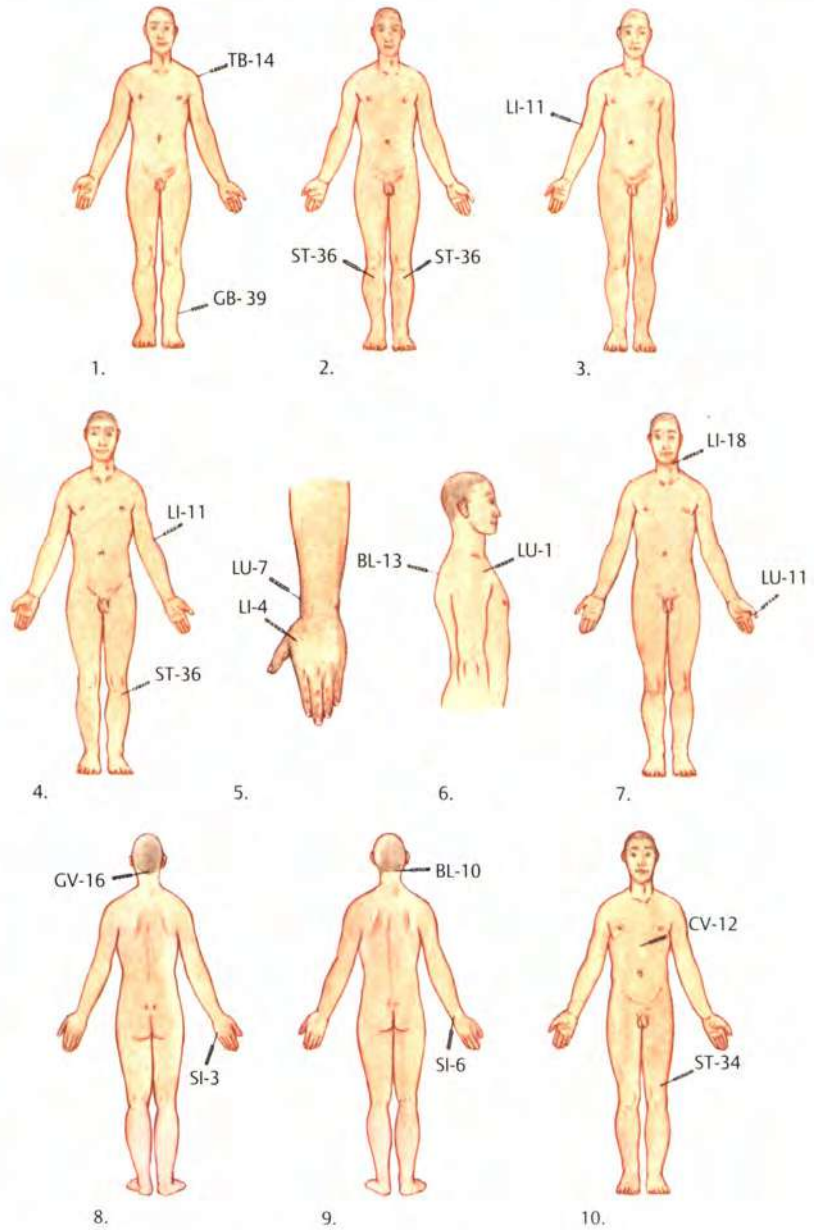
EX-LE-4 **Inner Eye of the Knee**
内膝眼 *nèi xī yǎn*

Location
With the knee slightly bent, EX-LE-4 is in the hollows lateral and medial to the side of the patella tendons (lateral point is identical to ST-35).

Indications
Pain in the knee joint, arthritis in the knee joint, and pain in the leg.

Needling Method
Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

- Practice and Technique
- Ear Acupuncture
- Acupuncture from a Western Perspective



Possible combinations of acupuncture points (examples)

34 Practice and Technique

An accurate Chinese diagnosis (see p. 23) is the absolutely indispensable prerequisite for effective treatment; only then can a plan of treatment and a selection of appropriate acupuncture points be made. In selecting points, the following are useful guidelines:

1. The name of the acupuncture point, which often gives indications about its diagnostic and therapeutic significance
2. The location of certain symptoms (e.g., pain) and their correspondence to a particular channel
3. Knowledge of the categorized points, especially of the five transport points (see p. 61)
4. The symptomatology, the description of findings, and indications
5. The description of the actions of each acupuncture point

This basic information on each point accurately summarizes its clinically relevant effect in terms of Chinese medicine; these effects have been proven in the course of two millennia. When the effect pattern corresponds to the treatment strategy, then the choice of acupuncture point is justified.

For the patient, the insertion of a needle always represents intervention or injury. For this reason, the therapist must consider every point for treatment carefully and must justify the insertion of each additional needle. Since the insertion of a needle creates an opening, the basis of every acupuncture treatment is always dispersion, a dispersion of energy. Thus, a state of energy weakness (symptom of depletion) always represents a relative contraindication. The supplementation of energy needed in such cases requires the use of special techniques.

Moxibustion is a form of warming, supplying additional active energy (tonification). It is thus indicated in cases of:

1. Weakened dynamic (vacuity of the *yang qi*)
2. Evident *yin* symptoms (cold patterns, neoplasias, and material concentrations)

However, moxibustion is contraindicated in cases of heat patterns and of depletion of substance, substrate, and fluids (*yin* depletion).

Acupuncture and moxibustion are performed in accordance with the following symptoms:

Exterior symptoms: superficial, light insertion; light moxibustion

Interior symptoms: medium-depth insertion; moderate moxibustion

Vacuity: supplementing acupuncture technique; strong moxibustion

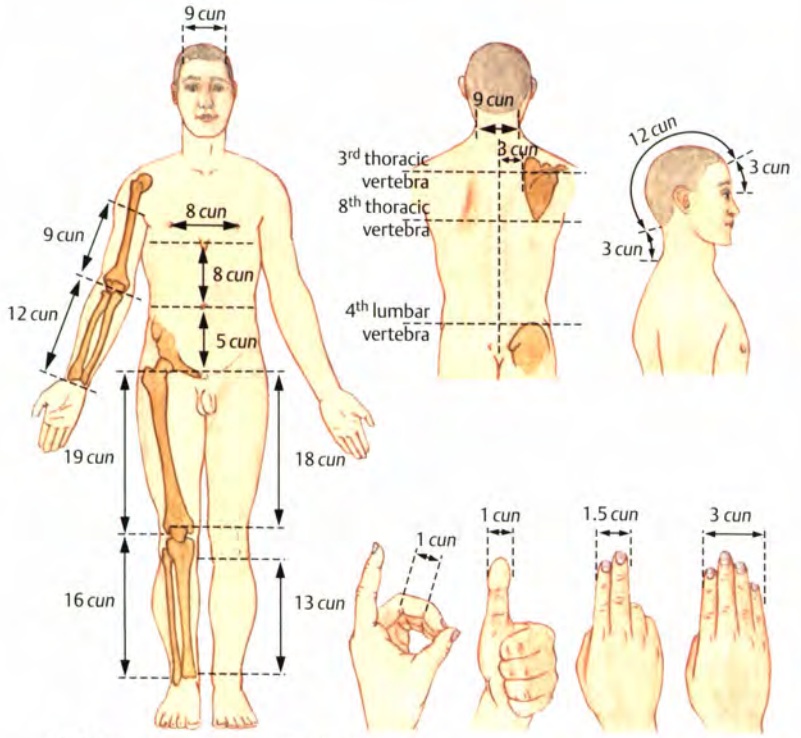
Repletion: strong insertion; no moxibustion

Cold symptoms: maximum insertion depth, long needle retention; strong moxibustion

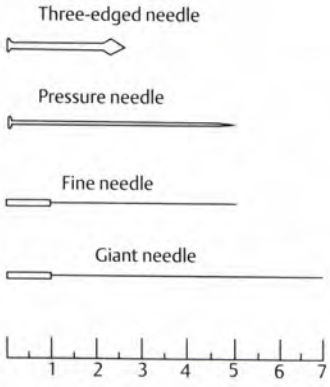
Heat symptoms: short needle retention, prick to bleed; moxibustion contraindicated

Acupuncture Point Combinations

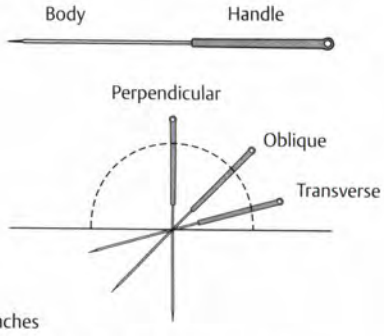
1. Local and distal points
2. Symmetrical acupuncture (i.e., the same point or points on either side of the body)
3. Complementary (antithetical) acupuncture, i.e., in cases of pareses, treatment of only the unaffected side of the body
4. Upper and lower body acupuncture points, i.e., acupuncture in the upper and lower extremities
5. Treatment of exterior and interior, the paired *yin* and *yang* channels, for example, needling the *luo* point (see p. 59) of one channel and the *yuan* point (source *qi*, see p. 61) of the paired channel
6. Front and back points, for example, the front collection (*mu*) points on the abdomen (*yin* character) with their corresponding dorsal transmission (*shu*) points (see p. 59) of the same organ
7. Points related to the disorder combined with one of the five transport points (see p. 61)
8. A point related to the disorder combined with a confluent point (see p. 63) which opens one of the eight extraordinary vessels (see p. 49)
9. A point related to the disorder combined with a cleft (*xi*) point (see p. 61)
10. A cleft (*xi*) point combined with a meeting (*hui*) point (see p. 61)



A Measurements in proportional inches *(cun)*



B Types of needle



C Angle of insertion

Treatment

Acupuncture treatment should always be administered with the patient lying down. There have been reports of injury resulting from collapse following insertion of a single needle to a sitting patient.

Treatment which requires only a few needles, and in some cases only one, can be performed daily. The more common situation, particularly in chronic cases, is that a number of needles will be used, and the treatment will be administered at time intervals ranging from a few days up to even several weeks.

Locating Acupuncture Points

There are three main ways of locating acupuncture points:

1. Using the anatomical description (see p. 67 ff.);
2. Using the standardized, subjective measuring units (proportional inch = 1 *cun*) (A). It is quite possible that there are different absolute distances as the result of the differences in individual size at the various extremities;
3. By means of palpations; in general, all acupuncture points can be felt as discrete hollows beneath the skin, changes in skin tension, indentations, or similar features.

Needles

There are four types of needles (B):

1. Fine needles, length 0.5–6 inches
2. Giant needles, length 5–20 inches
3. Three-edged needles
4. Pressure needles

The most frequently used fine needle comes in the following lengths:

inches	0.5	1.0	1.5	2.0	2.5	3.0	4.0	5.0	6.0
mm	15	25	40	50	65	75	100	125	150

Fine needles with a length of 1–2.5 inches are the most common. The thickness of the needle body varies between 0.28 and 0.32 mm. Even though disposable needles are generally recommended in the Western world, it is still preferable to have good-quality, reusable needles. There is no medical or hygienic objection to reusable needles provided these are correctly sterilized after each treatment (approx. 1 h at 200 °C in a hot-air sterilizer). The advantage of such needles is that their quality, especially their flexibility and their ability to transmit stimulation (obtaining *qi*), is significantly better than those of disposable needles.

Insertion Technique

During insertion, the hand must constantly control the needle. The therapist's awareness of the different body tissues is of great importance. Careful procedure is essential in order to obtain the attainment of qi sensation. The angle of insertion (C) must be selected according to the instructions given for each point (see p. 67 ff.). A distinction is made between:

1. Perpendicular insertion: the body of the needle is at 90° to the skin surface
2. Oblique insertion: the body of the needle is at 30°–60° to the skin surface
3. Transverse insertion: the body of the needle is at an angle of 5°–20° to the skin surface

The insertion depth is determined:

1. According to the details of the respective point
2. Depending on the nature of the body tissue
3. According to the therapeutic goals

"Obtaining *Qi*" (*De Qi*)

The treatment goal is to move the *qi*, implying that the *qi* must first be obtained. The clinical signs as reported by the patient are: a dull pain near the tip of the needle, or numbness, or a feeling of pressure or distension.

Controlling the Effect of Acupuncture

The primary intention of the therapist is either to achieve a supportive or complementing (tonifying) effect, or the contrary, a draining, dispelling (dispersive) effect.

Insertion and Withdrawal of the Needle

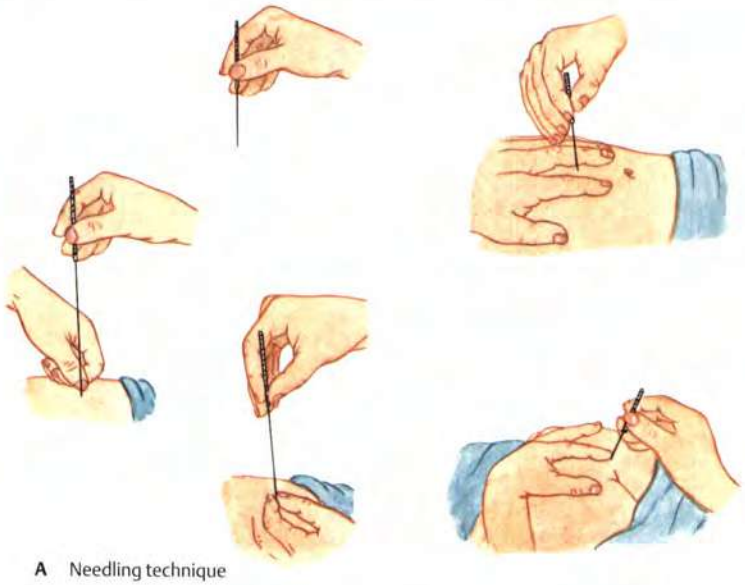
Supplementation: careful, even insertion of the needle until the *qi* is obtained, then swift withdrawal.

Drainage: rapid insertion of the needle to obtain the *qi*, then careful withdrawal in stages.

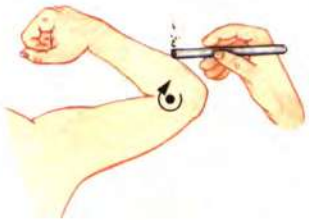
Lifting and Reentering the Inserted Needle

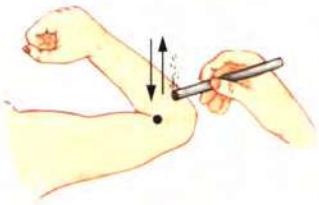
Supplementation: rapid, sudden reentry; slow withdrawal in stages.

Drainage: slow, cautious reentry; swift, energetic withdrawal.



A Needling technique





B Moxibustion

Rotating and Twirling

The needle must move freely, without resistance.

Supplementation: careful twirling between the index finger and the thumb.

Drainage: vigorous twirling between the index finger and the thumb.

Meeting and Following Technique

Supplementation: insertion in the direction of the channel.

Drainage: insertion against the direction of the channel.

Opening and Closing a Point

Supplementation: after withdrawal of the needle, immediate massage and closing of the point.

Drainage: manipulation of the open point, possibly provoking bleeding; no closing by means of massage.

Insertion and Withdrawal with the Rhythm of Breathing

Supplementation: insertion with expiration, withdrawal with inspiration.

Drainage: insertion with inspiration, withdrawal with expiration.

Needle Retention

A needle is normally retained between 10 and 30 min. Longer than this will usually lead to drainage, but this depends on the insertion technique employed in each case.

"Burning Mountain Fire Method"

By means of an accumulation of supplementation, a general sensation of warmth and heat can be achieved. This requires the necessary depth of insertion at the respective point to be divided into three levels: the uppermost level described as "Heaven," the intermediate, "Man," and the deepest, "Earth".

The needle is inserted energetically to the lower border of the upper level, cautiously retracted, and then forcefully reintroduced to the same level–and this is repeated nine times in total. The 10th reintroduction advances the needle to the lower border of the intermediate level and then the lifting and the energetic reintroduction is repeated nine times. The 21st reintroduction finally advances the needle to the deepest point, where again the nine-fold lifting and reintroduction is repeated. For the patient this generally leads to the development of a sensation of intense heat.

"Penetrating Heaven Cooling Method"

This technique is the opposite of the preceding one. With cautious insertion the needle is introduced to the limit of the deepest level and then retracted and reintroduced within this level six times. With the seventh retraction, the needle is withdrawn to the intermediate level and the process is repeated six times between the borders of this level. Finally the six-fold lifting and withdrawal is performed in the uppermost level. This induces extensive dispersion and produces a sensation of intense coolness (A).

Moxibustion (B)

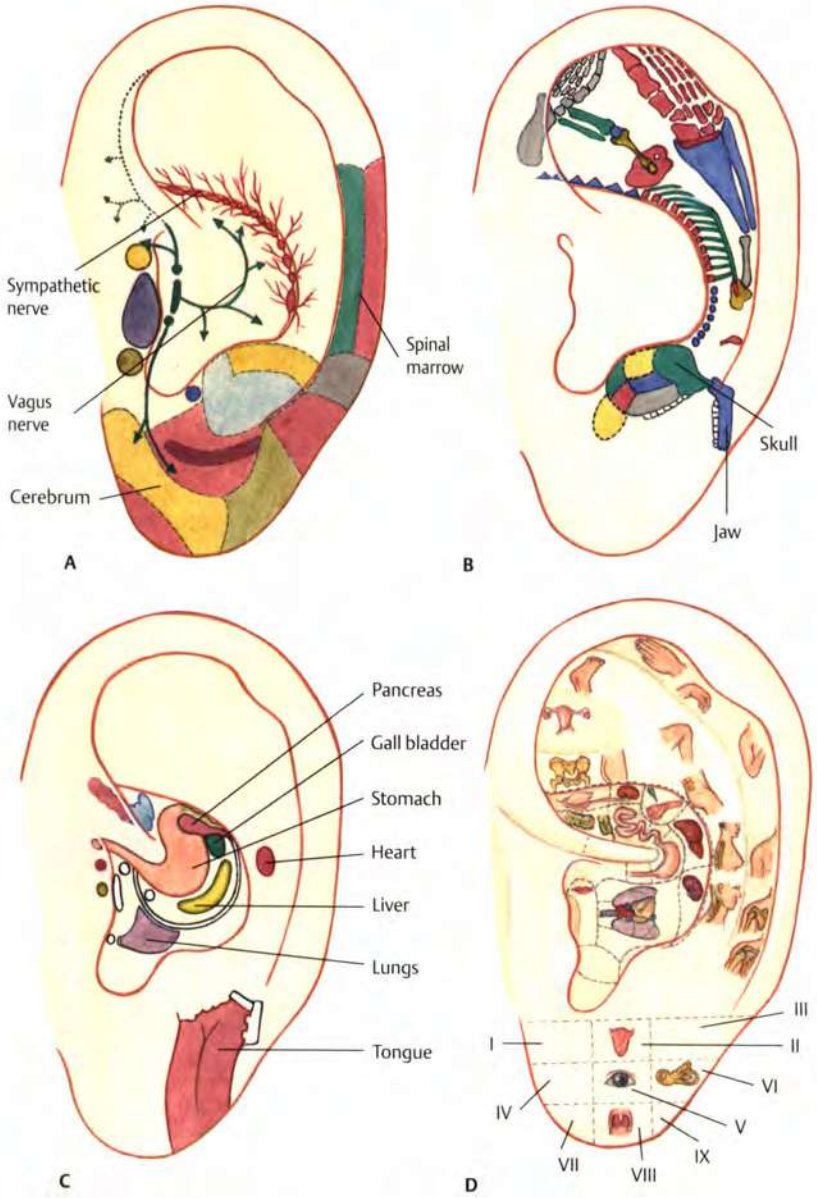
The term "moxa" is derived from the Japanese word *mogusa*, corresponding to the Chinese concept *jiu*. "Moxa" encompasses the following:

1. The process, i.e., the burning or the application of hyperthermic material
2. The material used, i.e., the moxa herb, either as a cone or as a cigar
3. The clinical effect achieved clinically by the warming

The material generally used is *Artemisia vulgaris* (common mugwort). The loose herb can be formed into three sizes of cones: small cones the size of a grain of rice or corn, medium-sized cones the size of a pea, and big cones the size of a hazelnut.

Formerly, the appropriate-sized cone was placed directly on the site of the acupuncture point chosen for moxibustion and was ignited with a match or joss stick. This is called direct moxibustion. Nowadays the method of indirect moxibustion is preferred, whereby a layer is placed between the moxa cone and the skin. The most appropriate material for this is a slice of fresh ginger about 1–2 mm thick.

Another possibility is the use of moxa cigars, which are about 15 cm long and have a diameter of 1–1.5 cm. These are lit at one end; the point is stimulated by steady, circular movements of the glowing cigar-end above the surface of the skin.



Topography of the ear

35 Ear Acupuncture

Particular use is made of the projection of the human body onto the ear for the purposes of diagnosis and therapy (auriculomedicine, ear acupuncture). Ear acupuncture, which is now quite widely practiced in the West, probably originated in the Arab world. Chinese references to ear acupuncture are scarce.

In the 1950s, Dr. Paul Nogier (Lyon, France) observed cauterization scars in the ears of patients who had received treatment elsewhere for sciatic complaints. Following years of personal study, he recognized that the entire spinal column was projected on the antihelix of the ear and that pathological projection points were tender to pressure. He was able to establish this with the help of a pressure probe, because the patients reacted by grimacing. Subsequently he reported on loci on the ear that were insensitive to cold which were claimed to correspond to a vascular constriction at the reflection site and, conversely, others that were insensitive to warmth corresponding to a vascular dilatation, resulting, for example, from inflammation and pain.

In 1958 Nogier's work was first published in China (Shanghai) by Yeh Hsiao-Lin. Topographical maps were subsequently produced in France, China, and Germany (Bahr). The first map of the ear was published by Nogier in 1969. It displayed the entire human in the fetal position, the head at the bottom, in the lobar zone, the inner organs lying in the concha, and the limbs on the convolutions of the antihelix and scapha. Nogier's second, revised map was produced in 1977. Noticeable differences were to be seen in the presentation of the nervous system (A), the vascular system, the muscles and bones (B), the endocrine system, and the inner organs (C).

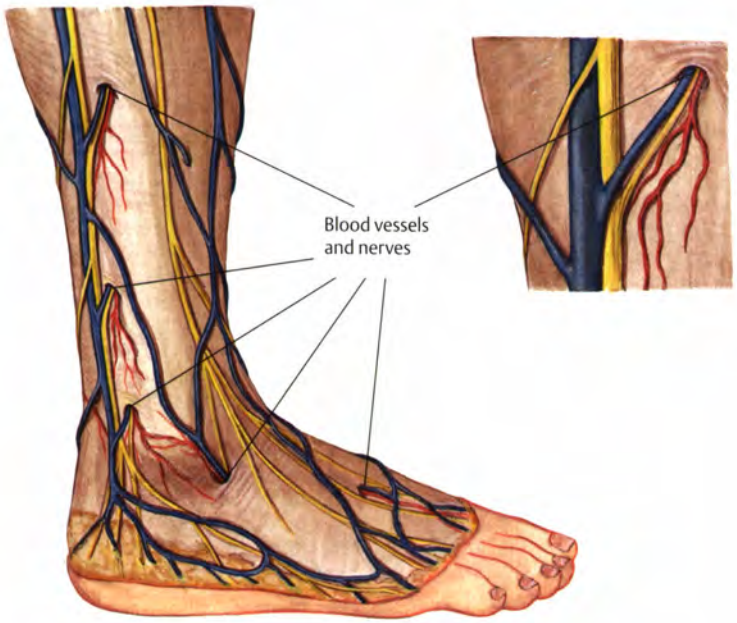
The Chinese map (1977, from the Peking Academy for Traditional Chinese Medicine) was extensively based on Nogier's publications. The lobe was subdivided into nine fields (D), of which the clinically important ones are:

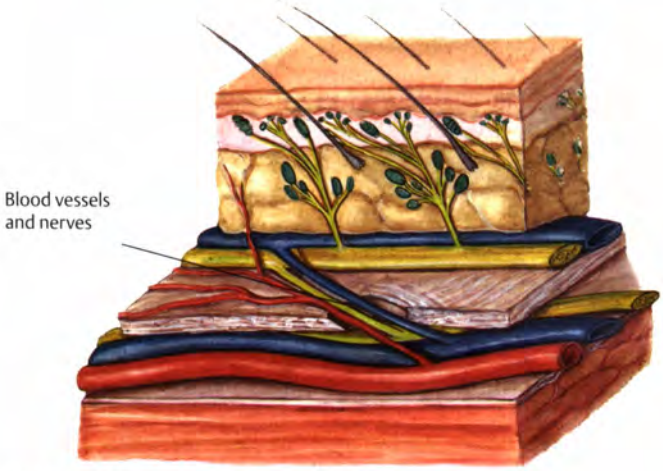
Zone 1: analgesic site for the teeth of the upper jaw
Zone 2: tongue
Zone 4: analgesic site for the teeth of the lower jaw
Zone 5: eyes
Zone 6: inner ear
Zone 8: tonsils

Since the projection points on the ear corresponding to the individual regions of the body have a diameter of only 0.1–0.3 mm, it was then a question of discovering detection methods with which to locate the relevant points precisely. From the pressure-probe (pain reaction) method, therapists moved on to electrical measuring methods, assuming that a pathological ear point must display a difference in electric potential to its surrounding. With the help of electrical measuring instruments, attempts are being made to take advantage of this phenomenon.

Further credit must also go to Paul Nogier for the discovery in 1968 of the reflex auriculocardiaque (RAC), which is also known as the Leriche–Nogier reflex. Microstimulations were used to provoke responses by the body which were identifiable via the palpable pulse of the radial artery. This discovery paved the way for the development of a clear, reproducible, precise, and easy-to-use detection system using specific stimulations to locate the points on the auricle. For practical reasons the stimulation is nowadays done using precious metals (gold–silver hammer), by light (black–white hammer), or stimulation with a low-voltage electric charge (3-V hammer).

Treatment is generally performed with acupuncture (or massage, warming, laser, or electric current) using needles that are shorter and thicker than those used in traditional acupuncture. In the case of chronic disease, intradermal needles covered with adhesive tape frequently are left in place for 3–7 days. Particular indications for ear acupuncture are severe musculoskeletal pain, neuralgia, postoperative pain, vertebral disorders, or addictions.





Perforation of the superficial body tissue

36 Acupuncture from a Western Perspective

The desire to examine and explain the phenomenon of acupuncture, the effects and the points as well as the channels, from the perspective of Western medicine is understandable. Western medicine habitually demands scientific explanations, and unless acupuncture therapy is able to provide a conclusive neurophysiological concept, it cannot hope for acceptance in the Western (medical) world. Yet, in view of the comprehensive, positive clinical experience that Chinese medicine can offer, this Western attitude appears unjustified, to say the least.

Pain Research

The study of acupuncture in the field of pain research in particular, and especially in the therapy of chronic pain, has always represented the greatest challenge to Western medicine. Approximately 70% of all pain patients respond positively to treatment with morphine and its derivatives; 35% of all pain patients respond to placebo therapy. However, as demonstrated by numerous studies, traditional acupuncture therapy helps 55–85% of all patients, and thus it is quite clear why acupuncture is an important subject for pain research.

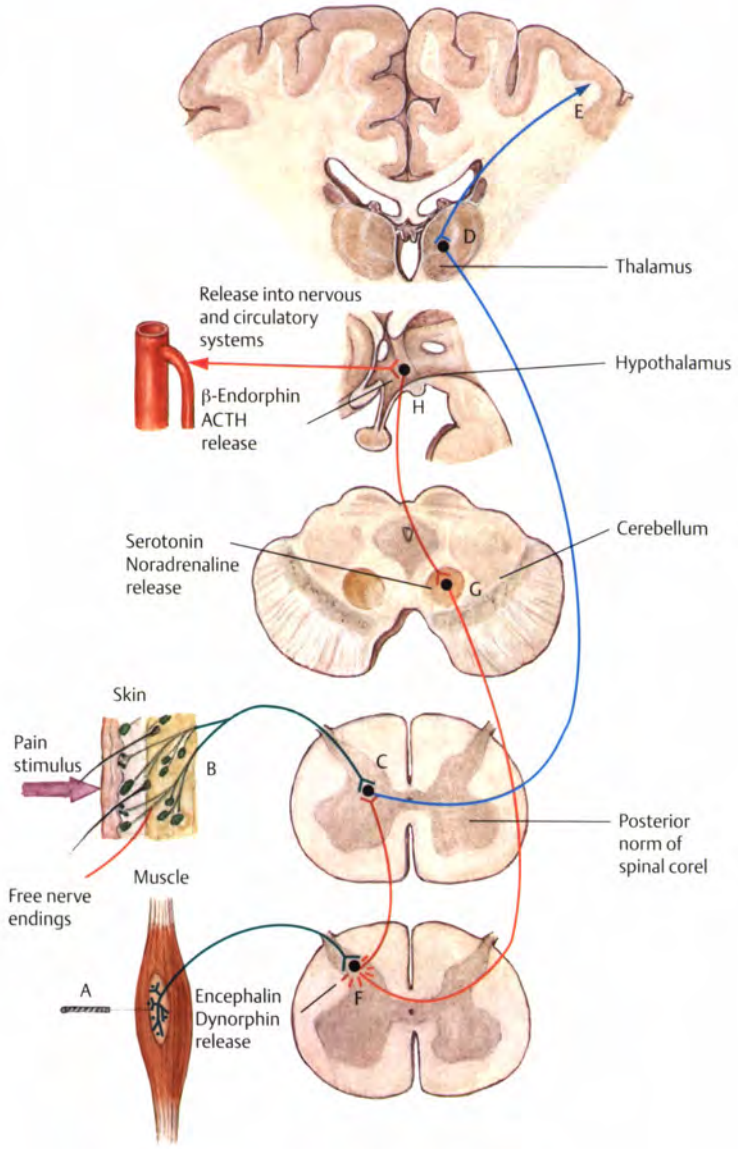
Treatment using only the traditional acupuncture points and their proper application—including induction of the *de qi* feeling—leads to positive clinical results. Sham acupuncture, which uses nontraditional skin areas, only produces an effect in the placebo context.

Acupuncture Points

Early on, attempts were made to find an anatomical or histological correlation to the traditional acupuncture points. In 1977, Melzack et al. discovered that 71% of all points corresponded to what are called the "trigger points." Hartmut Heine, an anatomist at the University of Witten-Herdecke, observed in 1987 that approximately 80% of the traditional points had an anatomical counterpart. They can be portrayed morphologically as perforations of the superficial body fascia tissue by a bundle of blood vessels and nerves. These perforations have a diameter of about 3–8 mm and represent sharply edged, punched holes in the body fascia due to the criss-cross arrangement of collagen fibers of which this fascia is formed. Depending on the thickness of the fascia, the transfascial channels can be 0.3–1.5 mm deep. When the perforation by the bundle of blood vessels and nerves is perpendicular to the fascia, the hole is circular. If the perforation is at an acute angle, the hole has the form of a slit. In the area of the perforation, the bundle of blood vessels and nerves is sheathed in loose mesenchymal tissue. At the tips of the fingers and toes and in the face there is no surface fascia. Nevertheless, in this area there are similar bundles of blood vessels and nerves sheathed in loose tissue which descend from local areas of the dermis into the depths of the body.

In addition, the skin surface has been studied with regard to electric phenomena. It is assumed that at the various acupuncture points the skin resistance (impedance) differs significantly to elsewhere on the skin surface. However, repeated studies have as yet been unable to confirm this opinion. Consequently, there are grounds for legitimate doubt about the usefulness of so-called acupuncture point-search instruments based on this presumed phenomenon.

A further theory is based on the idea that the points are active sources of tension which emit current as a result of their increased charge. In the light of all the studies to date, this claim does not appear to be tenable either.


E
D
Thalamus
Release into nervous
and circulatory
systems
Hypothalamus
β-Endorphin
ACTH
release
H
Serotonin
Noradrenaline
release
Cerebellum
G
Skin
Pain
stimulus
B
C
Posterior
norm of
spinal corel
Free nerve
endings
Muscle
A
Encephalin
Dynorphin
release
F

Channels

Western medical research has also tried to find anatomical, histological, or electrophysiological evidence for the existence of channels. So far, in contrast to the points, there has been no identification of anatomical basis. Certain findings, however, allow the Western observer to assume with greater probability that the postulation of channels is, in fact, correct:

1. In clinical terms, needles can induce sensations in the patient at sites very distant from the site of insertion, a phenomenon that Chinese doctors nowadays refer to as "propagated sensation along the channel" (PSA). The sensations described by patients, for example starting in the hand and rising along the arm and up to the face, often correspond to the description of the traditional channel;
2. There is considerable literature in the field of dermatology describing different eczemas, atopic dermatitis, or similar complaints which rather astonishingly correspond exactly to the path of the traditionally described channels;
3. The exercises of the Chinese movement therapies (*qi gong*, *tai chi*) produce sensations in many patients which also can only be explained by means of a corresponding, precisely formulated energy-flow system such as the channels system;
4. In a French study, the radioactive tracer ^{99m}Tc was injected into particular acupuncture points on the leg and its spread was subsequently followed by a gamma-ray camera. Remarkably, here too evidence was provided over many hours of a spread along the traditionally postulated paths of the channels.

Neurophysiological Explanations

In particular, the phenomenon of the effect of acupuncture analgesia has prompted numerous studies by pain researchers in the field of neurophysiology. The contemporary hypothesis (Pomeranz et al.) is as follows: Peripheral stimulation with an acupuncture needle (A) causes afferent nerve cells of types 2 and 3 to be stimulated. A real stimulation only takes place when the *qi* sensation generated is accompanied by sensations such as numbness, dull pain, and feelings of pressure or distension. The stimulation at the periphery transits impulses to the spinal cord (B). Peripheral pains (skin, joints, organs) are directly linked to the spinal cord (C). In the posterior horn area of the spinal cord, the switch is made to a second neuron, which transmits the stimulation on to the thalamus (D) and the cerebral cortex (E). In the spinal cord, acupuncture stimulation causes the release of enkephalin or dynorphins (F) (endorphins are not released here). The substances released cause a blockage of the pain transmission in the spinal cord and thus produce an analgesic effect. Various peptides are involved in this process: cholecystokinin, somatostatin, neurotensin, calcitonin, and angiotensin. However, in acupuncture-induced analgesia, only cholecystokinin appears to play a part; in a manner similar to naloxone, the best-known opiate antagonist, it disturbs the process. There is some discussion as to whether endorphin-induced analgesia can be reblocked by this antagonist.

Impulses are transmitted from the area of the spinal cord to the cerebellum (G). Here, as a result of the influence of encephalin, there is a release of monoamines. The most important of these are serotonin and norepinephrine, which are capable of having a feedback influence on the cells of the spinal cord and of preventing further transmission of pain.

The next-highest area is the hypothalamus (H), where beta-endorphin and adrenocorticotropic hormone (ACTH) are released. ACTH is known to have a stimulating effect on the adrenal cortex and leads to the release of cortisol. All cells producing beta-endorphins are located in the hypothalamus. The substances are then distributed via the vascular system, producing a systemic effect. Contemporary pain research assigns considerable importance to endorphins: they are able to effect a complete blockage of pain transmission. The best-known antagonist is again naloxone (also an opiate antagonist). Clinical studies have demonstrated that acupuncture analgesia cannot be attained in patients previously treated with naloxone.

One of the many effects of acupuncture, namely analgesia, can be explained to an extent with models of Western neurophysiology. Obviously the release of endorphins, monoamines, and cortisone has a special role to play in some acupuncture treatments. However, this cannot in any way explain the range and immense variability of the effects of acupuncture. Furthermore, this approach to finding an explanation would suggest that the precisely differentiated localization of acupuncture points is unnecessary.

Appendix

37 Proven Treatments

The following acupuncture points have proved to be very effective in the treatment of frequently-occurring illnesses. Nevertheless, it is recommended that each individual case must be carefully considered before a course of treatment is chosen. Point selection must take into consideration the following:
The Chinese diagnosis
The specific effects of the acupuncture point in question
The course of the channel
The systematic, categorical significance of the acupuncture point
The local effects of the points

The recommended points should not all be used at one time, but rather a carefully chosen selection of them.

Recommended points

Location to be treated	Local	Peripheral
Front of the head	GB-14, CV-20, GV-23	LI-4, ST-44, LI-3, ST-43
Side of the head	GB-8, GB-20	TB-3, GB-41, TB-5, GB-43
Back of the head (nape of the neck)	GB-20, BL-10, BL-11	SI-3, BL-65, BL-66, LU-7
Vertex/crown of the head	GV-20	LR-3
Around the eyes	BL-1, GB-20, ST-1, GV-23, TB-23	LI-4, SI-6, BL-5
Around the nose	LI-20, BL-7, LI-19	LI-4, LI-11, ST-45
Mouth and jaw area	ST-6, ST-7, ST-4, SI-17	LI-4, ST-44
Around the ear	TB-17, BL-2, SI-19, SI-17	TB-3, TB-5, BL-41
Tongue	CV-23	LI-4
Throat	SI-17, CV-22, CV-23, GV-15	LI-4, LU-11, KI-6
Trachea	CV-22	LU-7
Lungs	BL-13, CV-17, CV-22	LU-7, LU-5
Heart	BL-15, BL-14, CV-17	PC-6, HT-7, PC-5, PC-4
Epigastrium	BL-21, CV-12	PC-6, ST-36
Hypogastrium	BL-18, BL-19	LR-3, BL-34
Lower and middle abdomen	BL-25, BL-27, ST-25, CV-4	ST-37, ST-36
Kidney region	BL-23, BL-47	KI-3
Bladder region	BL-32, CV-3	SP-6
Around the genitals	CV-3, CV-4	SP-6
Around the anus	GV-1, BL-49	BL-57
Upper extremities	LI-15, LI-4, LI-11	
Around the elbow	LI-11, TB-10	
Around the wrist	TB-4, TB-5	
Lower extremities	SP-30, SP-34, SP-39, BL-40	
Around the knee	ST-35, BL-34	
Lumbar area		BL-40

Important symptomatic points

Symptom	Point
Fever	GV-14, LI-11, LI-4
Fainting	GV-26
Shock	GV-20, GV-8, GV-4, ST-36
Sudden perspiration	LI-4, KI-7
Nighttime perspiration	SI-3, HT-6
Insomnia	HT-7, SP-6, KI-3
Excessive dreaming	BL-15, HT-7, LR-3
Hoarseness	LI-18, LI-4, PC-5
Lockjaw	ST-7, ST-6, LI-4
Swallowing problems	CV-15, CV-23, LI-4
Tightness in the throat	CV-22, LI-18, LI-4
Excessive salivation	GV-26, ST-6, LI-4
Palpitations	PC-6, PC-4
Pain in the chest	CV-17, PC-6
Cough	CV-22, LU-7
Dysphagia	CV-22, PC-6
Feeling of fullness in the chest	CV-12, PC-6
Nausea and vomiting	PC-6, ST-36
Hiccup	BL-17, PC-6, PC-8
Tightness in the abdomen	ST-25, CV-6, PC-6, ST-36
Pain in the ribs	TB-6
Incompatibility	ST-36, SP-4
Urinary behavior	SP-6, SP-9
Spermatorrhea	CV-4, SP-6
Enuresis	CV-2, SP-6
Constipation	ST-25, TB-6
Anal prolapse	GV-1, BL-57, GV-20
Cramp in the calves	BL-40
Itching	LI-11, SP-6, SP-10
General weakness	CV-4, ST-36
Sneezing	LI-20, PC-6

Examples of Treatment of Western Symptoms

Emergency treatment

Symptom	Point
Shock	GV-26
Loss of consciousness	PC-9, TB-3, EX-UE-1, HT-9
Toothache	LI-4, ST-44, LI-1, ST-6, ST-7, GB-20, EX-LE-8
Nosebleed	LI-4, ST-44, LU-11, GV-23, LR-2, LR-3, KI-3

Colds

Symptom	Point
Common cold	TB-5, LI-4, GV-16, BL-12, LI-11, LU-7
– with headache	GB-20, GB-3, EX-HN-3
– with blocked nose	LI-20, EX-HN-14
– with sore throat, hoarseness	LU-10, LU-11

Respiratory illnesses

Symptom	Point
Rhinitis	LI-4, LI-20, BL-7, LU-7, EX-HN-14
Frontal sinusitis	LR-2, GB-20, GV-20, LI-4, BL-2, LI-11, EX-HN-3, BL-60, GB-14, BL-7, ST-44
Maxillary sinusitis	LI-20, LI-4, ST-2, ST-3, LI-11, SI-18, SP-10, EX-HN-14, LU-7
Sore throat, tonsillitis	LI- 4, LI-11, LU-11, SI-17, ST-44, LU-10, KI-3, CV-23, LI-18
Cough	BL-12, GV-16, LU-9, LU-7, BL-13, LOU10, KI-7, LU-5, LR-2, ST-36, ST-40
Asthma (with excess)	BL-12, BL-13, GV-14, EX-BW-1, LU-7, CV-22, ST-40, LU-11
Asthma (with depletion)	BL-23, CV-4, CV-6, GV-4, BL-43, ST-36

Disorders of the heart and circulation

Disorder	Point
Hypertension	LR-3, GB-20, ST-36, LI-11, LR-2, GB-34, PC-6, ST-40, SP-9, KI-3, BL-23, EX-HN-1, GV-20
Hypotonia	GV-26, TB-3, ST-36, CV-4, CV-8, HT-7, HT-9, PC-9, BL-23, LI-11, CV-6, KI-7
Angina pectoris	CV-17, PC-6, PC-5, HT-8, PC-4, HT-7
Circulatory disorders	
– upper extremities	LI-11, TB-5, TB-6, HT-3, PC-6, LU-9, EX-UE-22
– lower extremities	GB-34, ST-36, SP-9, SP-6, GB-39, EX-LE-8

Gastrointestinal illnesses

Symptom	Point
Hiccup	CV-22, BL-17, PC-6, TB-17, CV-17
Nausea, vomiting	ST-36, PC-6, CV-12, LR-13, CV-13, BL-21, ST-40, KI-17, SP-4
Stomach ache	ST-36, CV-12, PC-6, BL-21, BL-20, LR-3, ST-44, SP-6
Dysentery	ST-36, SP-1, SP-9, ST-37, ST-25, SP-4
Diarrhea	CV-6, CV-12, ST-25, SP-9, SP-4, BL-20, SP-1
Constipation	ST-25, BL-25, TB-6, ST-44

Neurological illnesses

Disorder	Point
Trigeminal neuralgia	GB-14, BL-2, LI-4, TB-5, EX-HN-18, ST-2, ST-3, ST-7, EX-HN-9, LI-20, SI-18, GV-26, ST-44, LR-2, LR-3, GB-20
Facial paresis	EX-HN-20, LI-4, ST-4, ST-40, LI-20, GB-20, ST-6, TB-17, SI-18, BL-2, EX-HN-18
Headache	
– wind	LI-4, TB-5, GB-20, GV-16, GB-3, EX-HN-9
– heat	LI-11, ST-44, LR-2
– dampness/phlegm	ST-40, ST-8, GB-3, CV-12
– depletion of kidneys	BL-23, KI-3, LR-2
– fire in liver	LR-2, LR-3, BL-40, BL-41, BL-4, BL-5
– parietal	GV-20, BL-7, EX-HN-1, KI-1, SI-3, BL-67
– face, forehead	LI-4, ST-44, ST-8, GV-23, EX-HN-3, BL-2, GB-20
– back of head	GB-20, BL-62, SI-3, GV-19
– temples	ST-8, BL-7, BL-8, TB-5, BG-20, GB-41
Intercostal neuralgia	TB-6, GB-34, LR-5
Wind stroke	
– general	GV-20, EX-HN-1, EX-UE-1, GV-26, LI-11, LI-4, ST-36, ST-40, GV-16, PC-6, PC-8, ST-6, LR-2, LR-3, CV-8, CV-6, KI-4, KI-1
– in the extremities	LI-11, LI-15, GB-34, GB-30, GB-31, LI-4, TB-5, GB-39, BL-60
– facial	ST-6, ST-4, GB-20, TB-17, LI-20, ST-2, LR-3

Rheumatic illnesses

Symptomatic area	Point
General	KI-7, SP-6, CV-6, CV-8, GV-14, SI-3, BL-62, BL-17, LI-11, ST-36, GB-34, LI-4, SP-10, BL-23, GV-4, EX-UE-9
Shoulder joint	LI-15, LI-11, LI-14, SI-9, ST-38, BL-39, BL-34, EX-UE-48
Elbow region	LI-11, LU-5, TB-10, TB-5, LI-4, LI-10, PC-3, HT-3
Wrist joint	TB-4, TB-5, SI-5, LI-5, LI-10, SI-3, SI-4, PC-7, EX-UE-9, EX-UE-22
Hip joint	GB-30, GB-29, GB-31, GB-34, GB-39, BL-37, BL-54, GB-40, GB-60, EX-BW-34
Knee joint	ST-35, ST-34, ST-36, SP-9, LR-8, GB-34, GB-33, BL-40
Ankle joint	ST-41, SP-5, GB-40, BL-60, KI-3, GB-41, KI-4, KI-8
Lumbar area	GV-3, BL-30, BL-29, BL-40, BL-60, BL-27, BL-28, EX-BW-35

Miscellaneous

Disorder	Point
Diabetes	BL-13, LU-5, LU-11, LU-10, BL-17, BL-20, SP-2, ST-43, CV-12, ST-44, BL-23, CV-4, KI-1, KI-2, KI-7, LR-2
Jaundice	LR-3, BL-19, GB-34, SP-9, BL-23, BL-20, ST-36, BL-18, LR-19, CV-11, CV-12
Insomnia	KI-6, HT-7, EX-HN-54, BL-62, EX-HN-1, SP-6, SP-10, BL-17, BL-15, BL-23, KI-3, LR-2, LR-3, BL-18, BL-19, ST-40, ST-36, CV-12, PC-6, BL-21

Urological illnesses

Disorder	Point
Enuresis	KI-3, SP-9, BL-23, BL-28, CV-4, SP-6, KI-3
Cystitis	CV-3, SP-6, LR-8, BL-39, BL-28, KI-7

Musculoskeletal pain

Symptomatic area	Point
Shoulder	LU-5, LU-9, LI-11, LI-4, TB-14, TB-5, GB-34, SI-9, ST-38, GB-39, EX-UE-48
Elbow, epicondylitis	LI-11, LI-10, LI-4, TB-5, ST-36, TB-10, HT-3, HT-7, SI-8, GB-34
Hand	LI-4, TB-5, LU-9, ST-41, SI-5, SI-3, BL-62, EX-UE-22
Neck (nape)	BL-10, BL-12, EX-UE-24, SI-3, SI-6, BL-60, EX-UE-22, BL-20, TB-5, BL-39, BL-21, TB-14
Back	TB-6, BL-34, BL-40, LR-5, LR-14, LR-3, PC-6, SI-3, SI-6, BL-60, BL-40, BL-57, EX-BW-35, EX-BW-25
Lumbar	BL-40, SI-3, GV-26, BL-62, BL-27, BL-28, BL-37, BL-58, GB-30, GB-34, BL-41, BL-40, LR-3, SP-6, BL-40, EX-BW-35, EX-UE-19, EX-BW-25
Knee	BL-40, ST-35, SP-9, ST-36, LR-2, ST-44, BL-34, BL-33
Foot	SP-2, SP-3, LR-2, LR-3, BL-60, KI-4, BL-40, ST-41, ST-44, BL-43

Skin diseases

Symptom	Point
Eczema	LI-11, SP-6, SP-10, ST-36, GV-14
Furuncles, acne	GV-12, GV-10, LI-4, LI-11, BL-40, PC-4, BL-10
Urticaria	LI-4, LI-11, TB-10, EX-LE-34, SP-10, BL-40
Herpes zoster	LI-11, SP-10, BL-40

Gynecological disorders

Symptom	Point
Absence of menstruation	
– depletion	CV-4, CV-6, SP-10, BL-18, BL-20, BL-23
– excess	SP-6, LR-8, LR-2, SP-8, ST-30, ST-29, EX-CA-18
Dysmenorrhea	LR-2, SP-8, EX-CA-18, CV-3, CV-6, SP-6, ST-29, SP-10, ST-25, ST-36, LR-3, CV-4, BL-20, BL-23, GV-4
Excessive menstrual bleeding	CV-4, SP-6, SP-1, BL-20, BL-23, CV-6, SP-8, KI-2, GV-4, ST-36, LR-3, ST-30
Vaginal discharge	
– excess	CV-3, SP-6, SP-9, EX-CA-18, LR-2, BL-30, GB-26
– depletion	ST-36, SP-6, CV-6, BL-20, GB-26
Morning sickness/vomiting in pregnancy	TB-4, PC-6, CV-12, ST-36, ST-40
Malpresentation of the fetus	BL-67
Mastitis	LR-3, GB-41, LR-2, ST-18, CV-17, GB-21, LI-4, TB-5, LI-11

Disorder of the sensory organs

Symptom	Point
Tinnitus, deafness	
– wind	TB-5, LU-7, LI-4, GB-20, TB-17
– *qi* blockage	TB-3, TB-17, SI-19, GB-2, TB-21
– phlegm, heat	ST-40, LR-2, LI-4, PC-7, PC-6, TB-3, GB-2
– erupting yang	LR-2, LR-3, GB-43, GB-2, KI-3
– *qi* depletion	GV-20, ST-36, CV-6
– depletion of kidney	BL-23, CV-4, KI-3
Short-sightedness	BL-20, LI-4, BL-1, ST-1, GB-1, GB-37
Conjunctivitis	LI-4, GB-20, BL-1, GB-8, ST-1, TB-23
Glaucoma	LI-4, GB-20, BL-2, GB-1, LR-3, KI-3, SP-6, BL-18

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List of the 361 Classic Acupuncture Points

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BL-7	*tōng tiān*	133
BL-8	*luò què*	133
BL-9	*yù zhěn*	133
BL-10	*tiān zhù*	133
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BL-12	*fěng mén*	135
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