

Tabelle zur Orientierung und Lokalisierung der Akupunkturpunkte

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I. Kopf-Punkte.

(I) Gesicht

CUN	DU-Meridian	BL-Meridian	BL-Meridian	GB-Meridian	GB-Meridian	MA-Meridian		CUN
	0	0,5 CUN	1,5 CUN	2,25 CUN	3 CUN	4,5 CUN		
-1								-1
	ShenTing-DU24	MeiChong-BL3	QuCha-BL4	TouLinQi-GB15	BenShen-GB13	TouWei-MA8		
0							HanYan-GB4	0
1							XuanLu-GB5	1
2				YangBai GB14			XuanLi-GB6	2
3/0	YinTang EX-HN3	CuanZhu-BL2 JingMing-BL1			SiZhuKong-SJ23 TongZiLiao-GB1		QuBin-GB7 ErHeLiao-SJ22	3/0
1				ChengQi-MA1		ShangGuan GB3	ErMen-SJ21 TingGong-DI19	1
2		YinXian-DI20		SiBai MA2		Xiaguan MA7	TingHui-GB2	2
3/0	SuLiao-DU25 ShuiGou-DU26	KouHeLiao-DI19		JuLiao MA3	QuanLiao DÜ2			3/0
1	DuiDuan-DU27			DiChang MA4				1
2	ChengJiang RN24				DaYing-MA5	JiaChe-MA6		2
3								3
	0	0,5 CUN	1,5 CUN	2,25 CUN	3 CUN	4,5 CUN		
CUN	RN-Meridian	NI-Meridian	MA-Meridian	LE-Meridian MI-Meridian	LE-Meridian Mi-Meridian	GB-Meridian		CUN

(II) Kopf-Rückseite

	DU-Meridian	BL-Meridian		GB-Meridian	GB-Meridian	MA-Meridian	
CUN		0,5 CUN	1,5 CUN	2,25 CUN	3 CUN	4,5 CUN	CUN
0							0
	ShenTing-DU24	MeiChong-BL3	QuCha-BL4	TouLinQi-GB15	BenShen-GB13	TouWei-MA8	
	0	1,5 CUN		2,25 CUN	3 CUN	4,5 CUN	
1	ShangXing DU23	WuChu BL5		MuChuang-GB16			1
2	XinHui DU22	ChengGuang-BL6		ZhengYing-GB17			2
3							3
	QianDing-DU21						
4		TongTian BL7		ChengLing GB18			4
5	BaiHui DU20	LuoQue-BL8					5
6							6
	HouDing-DU19						
7							7
8	QiangJian-DU18						8
	0	1,5 CUN		2,25 CUN	3 CUN	4,5 CUN	
9							9
	NaoHu-DU17	YuZhen-BL9		NaoKong-GB19			
10							10
11	FengFu-DU16 YaMen-DU15	TianZhu-BL10		FengChi-GB20			11
12							12
CUN	0	1,3 CUN		2,25 CUN	3 CUN	4,5 CUN	CUN
	DU-Meridian	BL-Meridian		GB-Meridian	GB-Meridian	MA-Meridian	

(III) Kopfseite

			Ohr-Vorderseite	Ohr-Mittellinie	Ohr-Rückseite		CUN
-1							-1
		TouWei-MA8					
0			HanYan-GB4				0
1			XuanLu-GB5				1
				ShuaiGu-GB8	TianChong-GB9		
2			XuanLi-GB6				2
3/0	SiZhuKong-SJ23		QuBin-GB7	JiaoSun-SJ20		FuBai-GB10	3/0
	TongZiLiao-GB1		ErHeLiao-SJ22				
1		ShangGuan-GB3	ErMen-SJ21		LuXi-SJ19		1
			TingGong-DÜ19			TouQiaoYin-GB11	
2		Xiaguan-MA7	TingHui-GB2		QiMai-SJ18		2
3/0	QuanLiao-DÜ2				YiFeng-SJ17	WanGu-GB12	3/0
1							1
2							2
		JiaChe-MA6					
3							3
			Ohr-Vorderseite	Ohr-Mittellinie	Ohr-Rückseite		

(IV) Hals

CUN	3,5 CUN	2,25 CUN	1,5 CUN	0	1,5 CUN	2,25 CUN	3,5 CUN	CUN
	DÜ-Meri.	DI-Meri.	MA-Meri.	RN-Meri.	MA-Meri.	DI-Meri.	DÜ-Meri.	
0	TianRong-DÜ17			LianQuan-RN23			TianRong-DÜ17	
1								
2		FuTu-DI18	RenYin-MA9		RenYin-MA9	FuTu-DI18	TianChuang-DÜ16	
3		TianDing-DI17	ShuiTu-Ma10		ShuiTu-Ma10	TianDing-DI17		
4		QuePen-MA12	QiShe-MA11	TianTu-RN22	QiShe-MA11	QuePen-MA12		
	DÜ-Meri.	DI-Meri.	MA-Meri.	RN-Meri.	MA-Meri.	DI-Meri.	DÜ-Meri.	
CUN	3,5 CUN	2,25 CUN	1,5 CUN	0	1,5 CUN	2,25 CUN	3,5 CUN	CUN

(V) Nacken

HWS	DÜ-Meri.	3,5 CUN	2,25 CUN	1,3 CUN	0	1,3 CUN	2,25 CUN	3,5 CUN	DÜ-Meri.	HWS
		SJ-Meri.	GB-Meri.	BL-Meri.	DU-Meri.	BL-Meri.	GB-Meri.	SJ-Meri.		
-1			FengChi-GB20		FengFu-DU16		FengChi-GB20			
				TianZhu-BL10	YaMen-DU15	TianZhu-BL10				
0	TianRong-DÜ17	TianYou-SJ16						TianYou-SJ16	TianRong-DÜ17	
1										
2										
3					DaZhui-DU14					
	DÜ-Meri.	SJ-Meri.	GB-Meri.	BL-Meri.	DU-Meri.	BL-Meri.	GB-Meri.	SJ-Meri.	DÜ-Meri.	
HWS		3,5 CUN	2,25 CUN	1,3 CUN	0	1,3 CUN	2,25 CUN	3,5 CUN		HWS

II. Körper-Punkte

(I) Vorderkörper

RK	0	0,5 CUN	2 CUN	4 CUN	6 CUN	GB-Meridian		RK
	RN-Meridian	NI-Meridian	MA-Meridian NI-Meridian	MA-Meridian	LU-Meridian MI-Meridian			
	TianTu-RN22		QiShe MA11	QuePen MA12				
0	XuanJi-RN21		YuFu NI27	QiHu MA13	YunMen LU2			0
1	HuaGai-RN20		YuZhong NI26	KuFang MA14	ZhongFu LU1			1
2	ZiGong-RN19		ShenCang NI25	WuoYi MA15	ZhouRong MI20	JiQuan HE1		2
3	YuTang-RN18		LingXu NI24	YinChuang MA16	XiongXiang MI19			3
4	ShanZhong-RN17		ShenFeng NI23	RuZhong MA17	TianXi MI18	ZheJin GB23	YuanYe GB22	4
5			BuLang NI22	RuGen MA18	ShiDou MI17			5
6				QiMen LE14		DaBao-MI21		6
RK								RK
CUN								CUN
8	ZhonhTing RN16							8
7	JiuWei RN15			RiYue-GB24				7
			NI-Meridian	MI-Meridian				
		NI-Meridian	MA-Meridian					
6	JuQue RN14	YouMen NI21	BuRong MA19					6
5	ShangWan RN13	FuTongGu NI20	ChengMan MA20					5
4	ZhongWan RN12	YinDuo NI19	LiangMen Ma21					4
3	JianLi RN11	ShiGuan NI18	GuanMen MA22	FuAi MI16				3
2	XiaWan RN10	ShangQu NI17	TaiYi MA23			ZhangMen LE13	JingMen GB25	2
1	ShuiFeng		HuanRouMen					1

	RN9		MA24				
5	ShenQue RN8	HuangShu NI16	TianShu MA25	DaHeng MI15		DaiMai GB26	5
4	YinJiao-RN7	ZhongZhu NI15	WaiLing MA26				4
	QiHai-RN6			FuJie-MI14			
3	ShiMen RN5	SiMan NI14	DaJu MA27				3
2	GuanYuan RN4	QiXue NI13	ShuiDao MA28			WuShu-GB27	2
						WeiDao-28	
1	ZhongJi RN3	DaChi NI12	GuiLai MA29				1
				FuShe-MI13			
	0	0,5 CUN	2 CUN	4 CUN	6 CUN		
	0	0,5 CUN	2 CUN	3,5 CUN			
0	Qugu RN2	HengGu NI11	QiChong MA30	ChongMen MI12		JuLiao-GB29	0
	0	0,5 CUN	2 CUN	3.5 CUN			
CUN	RN-Meridian	NI-Meridian	MA-Meridian NI-Meridian	LE-Meridian MI-Meridian	LE-Meridian Mi-Meridian	GB-Meridian	CUN
			2.5 CUN JiMai LE12				

(II) Körper-Rückseite (1)

	GB-Meridian	BL-Meridian	BL-Meridian		DU-Meridian	BL-Meridian		BL-Meridian	GB-Meridian	
CUN	4 CUN	3 CUN	1,5 CUN		0 CUN	1,5 CUN		3 CUN	4 CUN	CUN
0	JianJing GB21				DaZhu DU14				JianJing GB21	0
1			Dashu BL11		TaoDao DU13		DaZhu BL11			1
2		FuFen BL41	FengMen BL12				FengMen BL12	FuFen BL41		2
3		PuHu BL42	Lunge-Shu BL13		ShenZhu DU12		Lunge-Shu BL13	PuHu BL42		3
4		GaoHuang BL43	Herzbeutel-Shu BL14				Herzbeutel-Shu BL14	GaoHuang BL43		4
5		ShenTang BL44	Herz-Shu BL15		ShenDao DU11		Herz-Shu BL15	ShenTang BL44		5
6		YiXi BL45	DuShu BL16		LingTai DU10		DuShu BL16	YiXi BL45		6
7		GeGuan BL46	GeShu BL17		ZhiYang DU9		GeShu BL17	GeGuan BL46		7
8			WeiWanXiaShu				WeiWanXiaShu			8
9		HunMen BL47	Leber-Shu BL18		JinSu DU8		Leber-Shu BL18	HunMen BL47		9
10		YangGang BL48	Galle-Shu BL19		ZhongShu DU7		Galle-Shu BL19	YangGang BL48		10
11		YiShe BL49	Milz-Shu BL20		JiZhong DU6		Milz-Shu BL20	YiShe BL49		11
12		WeiChang BL50	WeiShu BL21				WeiShu BL21	WeiChang BL50		12
1		HuangMen BL51	SanJiaoShu BL22		XuanShu DU5		SanJiaoShu BL22	HuangMen BL51		1
2		ZhiShi BL52	Nieren-Shu BL23		MingMen DU4		Nieren-Shu BL23	ZhiShi BL52		2
3			QiHaiShu BL24				QiHaiShu BL24			3
4			Dickdarm-Shu BL25		YaoYangGuan DU3		Dickdarm-Shu BL25			4
5			GuanYuanShu BL26				GuanYuanShu BL26			5
1			Dünndarm-Shu BL27	ShangLiao BL31			ShangLiao BL31	Dünndarm-Shu BL27		1

2		BaoHuang BL53	Blase-Shu BL28	CiLiao BL32		CiLiao BL32	Blase-Shu BL28	BaoHuang BL53		2
3			ZhongLü-Shu BL29	ZhongLiao BL33		ZhongLiao BL33	ZhongLü-Shu BL29			3
4		ZhiBian BL54	BaiHuan-Shu BL30	XiaLiao BL34	YaoShu-DU2	XiaLiao BL34	BaiHuan-Shu BL30	ZhiBian BL54		4
5			HuiYang BL35			HuiYang BL35				5
					ChangQiang DU1					
	4 CUN	3 CUN	1,5 CUN		0 CUN	1,5 CUN		3 CUN	4 CUN	
WB	GB-Meridian	BL-Meridian	BL-Meridian		DU-Meridian	BL-Meridian		BL-Meridian	GB-Meridian	WB

(II) Körper-Rückseite (2)

	DU-Meridian	BL-Meridian		BL-Meridian		GB-Meridian			
WB	0 CUN	1,5 CUN	2 CUN	3 CUN	3,5 CUN	4 CUN	6 CUN	8 CUN	WB
0	DaZhui DU14		JianZhongShu DÜ15			JianJing GB21	JuGu DI16		0
1	TaoDao Du13	Dashu BL11		JianWaiShu DÜ14			NaoShu DÜ10	JianLiao SJ14	1
2		FengMen BL12		FuFen BL41	QuYuan DÜ13	BingFeng DÜ12			2
3	ShenZhu DU12	Lunge-Shu BL13		PuHu BL42					3
4		Herzbeutel-Shu BL14		GaoHuang BL43		TianZong DÜ11			4
	0 CUN	1,5 CUN		3 CUN		4 CUN			
WB	DU-Meridian	BL-Meridian		BL-Meridian		GB-Meridian			WB

III. Bein-Punkte

(I) Oberbein-Punkte

CUN	NI-Meridian	LE-Meridian	MI-Meridian	MA-Meridian	GB-Meridian	BL-Meridian	CUN
20	HengGu NI11		ChongMen MI12	QiChong MA30	JuLiao GB29		
19		JiMai LE12			HuanTiao GB30		19
18		YinLian LE11		BiGuan MA31			18
17		ZuWuLi LE10					17
16							16
15							15
14						ChengFu BL36	14
13							13
12							12
11							11
10			JiMen MI11				10
9					FengShi GB31		9
8				FuTu MA32		YinMen BL37	8
7					ZhongDu GB32		7
6		YinBao LE9					6
5				YinShi MA33			5
4			XueHai MI10	LiangQiu MA34			4
3							3
2					XiYangGuan GB33		2

1						FuXi BL38	1	
0	YinGu NI10	QuQuan LE8		DuBi Ma35		WeiYang BL39	WeiZhong BL40	0
CUN	NI-Meridian	LE-Meridian	MI-Meridian	MA-Meridian	GB-Meridian	BL-Meridian		CUN

(II) Unterbein-Punkte

CUN	NI-Meridian	LE-Meridian	MI-Meridian	MA-Meridian	GB-Meridian	BL-Meridian	CUN
15	YinGu NI10	QuQuan LE8		DuBi MA35		WeiYang BL39 WeiZhong BL40	16
14							15
13		XiGuan LE7	YinLingQuan MI9		YinLingQuan GB34	HeYang BL55	14
12				ZuSanLi MA36			13
11							12
10			DiJi MI8			ChengJin BL56	11
9				ShangJuXu MA37			10
8							9
7			ZhongDuo LE6	TiaoKou MA38 FengLong MA40		ChengShan BL57	8
6		LouGu MI7		XiaJuXu MA39	WaiQiu GB36 YangJiao GB35	FeiYang BL58	7
5	ZhuBin NI9		LiGou LE5				6
4					GuangMing GB37		5
3		SanYinJiao MI6			YangFu GB38		4
2	FuLiu NI7 JiaoXin NI8				XuanZhong GB39	FuYang BL59	3
1							2
0	TaiXi NI3	ShangQiu MI5	ZhongFeng LE4				1
				JieXi MA 41	QiuXu GB40	KunLun BL60	0
CUN	NI-Meridian	MI-Meridian	LE-Meridian	MA-Meridian	GB-Meridian	BL-Meridian	CUN

(III) Fuß-Punkte

FK	NI-Meridian	MI-Meridian	LE-Meridian	MA-Meridian	GB-Meridian	BL-Meridian	FK
9	TaiXi-NI3	ShangQiu MI5	ZhongFeng LE4	JieXi MA 41	QiuXu GB40	KunLun BL60	9
	DaZhong-NI4						
8	ZhaoHai-NI6						8
7	ShuiQuan-NI5						7
6	RanGu-NI2					PuShen-BL61	6
						ShenMai-BL62	
5				ChongYang-MA42		JinMen-BL63	5
4	YongQuan-NI1				ZuLinQi-GB41	JjingGu-BL64	4
				XianGu-MA43	DiWuHui-GB42	ShuGu-BL65	
3		GongSun-MI4	TaiChong-LE3	NeiTing-MA44	XiaXi-GB43	Tonggu-BL66	3
		TaiBai-MI3					
2		Daduo-MI2	XingJian-LE2				2
1							1
		YinBai-MI1	DaDun-LE1	LiDui-MA45	ZuQiaoYin-GB44	ZhiYin-BL67	
FK	NI-Meridian	MI-Meridian	LE-Meridian	MA-Meridian	GB-Meridian	BL-Meridian	FK

IV. Arm-Punkte

(I) Oberarm-Punkte

CUN	HE-Meridian	HB-Meridian	LU-Meridian	DI-Meridian	SJ-Meridian	DÜ-Meridian	CUN
17							17
16							16
15			YunMen LU2	JianYu DI15	JianLiao SJ14	NaoShu DÜ10	15
14							14
13							13
12					NaoHui SJ13		12
11							11
10						JianZhen DÜ9	10
9	JiQuan HE1						9
8							8
7		TianQuan HB2		BiNao DI14	XiaoLe SJ12		7
6			TianFu LU3				6
5			XiaBai LU4				5
4							4
3	QingLing HE2			ShouWuIi DI13			3
2					Qinglengyuan SJ11		2
1				ZhouLiao DI12	TianJing SJ10		1
0	ShaoHai HE3	QuZe HB3	ChiZe LU5	QuChi DI11		XiaoHai DÜ8	0
CUN	HE-Meridian	HB-Meridian	LU-Meridian	DI-Meridian	SJ-Meridian	DÜ-Meridian	CUN

(II) Unterarm-Punkte

CUN	HE-Meridian	HB-Meridian	LU-Meridian	DI-Meridian	SJ-Meridian	DÜ-Meridian	CUN
12	ShaoHai HE3	QuZe HB3	ChiZe LU5	QuChi DI11		XiaoHai DÜ8	12
11							11
10				ShouSanLi DI10			10
9				ShangLian DI9			9
8				XiaLian DI8			8
7			KongZui LU6		SiDu SJ9		7
6							6
5		XiMen HB4		WenLiu DI7		ZhiZheng DÜ7	5
4					SanYangLuo SJ8		4
3		JianShi HB5		PianLi DI6	ZhiGou SJ6	Huizong SJ7	3
2	LingDao-HE4	NeiGuan HB6	LieQue-LU7		WaiGuan SJ5		2
1	TongLi-HE5 YinXi-HE6		JingQu LU8			YangLao DÜ6	1
0	ShenMen HE7	DaLing HB7	TaiYuan LU9	YangXi DI5	YangChi SJ4	YangGu DÜ5	0
CUN	HE-Meridian	HB-Meridian	LU-Meridian	DI-Meridian	SJ-Meridian	DÜ-Meridian	CUN

(III) Hand-Punkte

HK	HE-Meridian	HB-Meridian	LU-Meridian	DI-Meridian	SJ-Meridian	DÜ-Meridian	HK
6	ShenMen HE7	DaLing HB7	TaiYuan LU9	YangXi DI5	YangChi SJ4	YangGu DÜ5	6
5						WanGu-DÜ4	5
4	ShaoFu-HE8	LaoGong-HB8		HeGu-DI4 SanJian-DI3	ZhongZhu-SJ3	HouXi-DÜ3	4
3			YuJi-LU10	ErJian-DI2	YeMen-SJ2	QianGu-DÜ2	3
2							2
1	ShaoChong-HE9		ShaoShang-LU11	ShaoShang-DI1	GuanChong-SJ1	ShaoZe-DÜ1	1
0		ZhongChong-HB9					0
HK	HE-Meridian	HB-Meridian	LU-Meridian	DI-Meridian	SJ-Meridian	DÜ-Meridian	HK