

**THE STANDARD MERIDIANS AND POINTS OF
ACUPUNCTURE AND TUINA**

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PREFACE

Acupuncture and Tuina (Chinese Massage) are two practical therapies in the clinic of traditional Chinese Medicine. They have greatly popularized among the people, their therapeutic function in preventing and curing diseases as well as promoting health condition was recognized far long time ago.

With the development of medical science, more and more attention has been paid to the research of these therapies which have extensive indications and less side effects in the field of traditional chinese medicine. In order to train more personnel in acupuncture and Tuina, and satisfy the need of teaching in different levels, we have compiled this set of charts to illustrate the acupoints of 14 meridians, the extraordinary points, scalp points, auricular points, and special points and operated areas for adult and paediatric Tuina.

Some charts and books were consulted and many colleagues gave support and help in the compilation and drawing of the charts. Our thanks are therefore due to all of them for their great offer.

We sincerely appreciate comments and suggestions from our colleagues so that we can perfect the new edition in future.

**Editors,
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ACUPUNCTURE PART

1. BRIEF INTRODUCTION OF MERIDIANS AND COLLATERALS

The theory of meridians and collaterals deals with the courses and distributions, physiological functions, pathological changes of the meridians and collaterals of the human body, and their relations to the Zang-Fu organs. It is one of the important components of traditional Chinese medicine. This theory has been formed and developed in ancient doctors' long-term practice and has guided the diagnosis, treatment and application of all the branch subjects of traditional Chinese medicine. It has even more close relationship with acupuncture and Chinese Tuina.

The meridians and collaterals are comprehensively termed "Jingluo" in traditional Chinese Medicine. The meridians, meaning paths, are the main trunks which run longitudinally and interiorly-exteriorly within the body; while the collaterals, meaning networks, thinner and smaller than meridians, are the branches which run crisscrossly on the body. It is stated in *Miraculous Pivot* that "meridians locate inside and their transverse branches are collaterals; The further branches of collaterals are minute collaterals".

The meridians and collaterals pertain to the Zang-Fu organs interiorly and extend to the extremities and joints exteriorly, integrating the Zang-Fu, tissues and organs into an organic whole, by which they transport Qi and blood and regulate Yin and Yang, keeping the functions and activities of all parts of the body in harmony and moxibustion, Tuina and others are all based on the theory of meridians and collaterals. So it is said in *Miraculous Pivot* the "12 meridians are vital to human beings' health and the key to diseases and its treatment. They are the beginning to a learner and the peak to an expert". Obviously the doctors through dynasties paid much attention to the functions of meridians and collaterals in diagnosis, treatment, in physiology and pathology.

The meridian system is composed of meridians and collaterals. The meridians include the twelve regular meridians, the eight extra meridians and those subordinate to the twelve regular meridians, the twelve divergent meridians, the twelve muscle regions and twelve cutaneous regions; while the collaterals are made up of the fifteen collaterals.

The distributing law of the twelve meridians on the body surface is: the Yang meridians are mainly distributed on the lateral aspects of the upper and lower limbs and on the back; the Yin meridians mainly on the medial aspects and abdomen (except the Stomach Channel of Foot-

Yangming which has its branches distributed on the abdomen); the three Yin meridians of hand run from the chest to the hand, the three Yang meridians of hand from the hand to the head, the three Yin meridians of foot from the foot to the abdomen and the three Yang meridians of foot from the head to the foot.

The twelve meridians are linked with each other through their collaterals, which constitute six pairs of "interior-exterior" and "pertaining" relations between Zang-organs and Fu-organs respectively. Of the twelve meridians, the Yin meridians pertain to the Zang-organs and connect the Fu-organs while the Yang meridians pertain to the Fu-organs and connect the Zang-organs. Through the network of the meridians of hand and foot, the twelve meridians joint together and form an endless ring, in which Qi and blood start circulating from the Lung Channel, go through the other meridian and finally enter the Liver meridian, and then to the Lung meridian again to restart another circulation. Qi and blood circulate round and round to nourish the whole body continuously. The names of the twelve meridians, their exterior-interior relations and their flowing order are shown in the following table.

Exterior-Interior Relation and flowing Order of the Twelve Meridians

<i>The meridians of the Zang-organs are Yin channel which belong to the interior.</i>	<i>The meridians of the Fu-organs are Yang channel which belong to the exterior.</i>
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The Lung Channel of Hand-Taiyin	The Large Intestine Channel of Hand-Yangming
The Spleen Channel of Foot-Taiyin	The Stomach Channel of Foot-Yangming
The Heart Channel of Hand-Shaoyin	The Small Intestine Channel of Hand-Taiyang
The Kidney Channel of Foot-Shaoyin	The Urinary Bladder Channel of Foot-Taiyang
The Pericardium Channel of Hand-Jueyin	The Sanjiao Channel of Hand-Shaoyang
The Liver Channel of Foot-Jueyin	The Gall Bladder Channel of Foot-Shaoyang

The meridians of Ren, Du, Chong, Dai, Yangqiao, Yinqiao, Yangwei and Yinwei are called, in a general term, the Eight Extraordinary Meridians. They are different from the twelve regular meridians since they have neither direct nor exterior-interior relationship with the internal organs. Their main physiological function is to regulate Qi and blood inside the twelve regular meridians according to whether Qi and blood in the meridians are "insufficient" or "overflowing". Among them only Ren and Du meridians have their own points.

2. THE METHOD OF THE LOCATION OF POINTS

The points are the locations where Qi and blood of meridians and collaterals and the

internal organs come in and go out and pool. The word “Shu” means transportation while “Xue” means hole. All the points have close relations with the meridians and collaterals. They are connected with both internal organs and meridians and collaterals, thus a close relationship formed, that is points-meridians and collaterals-internal organs. The accuracy of location of the point will directly affect the therapeutic result of either acupuncture or Tuina. So we introduce some common-used methods of locating points as following.

(1) Proportional Measurements

The earliest record of proportional measurement can be found in Chapter 14 of Miraculous Pivot. In the light of this record, the width and length of various portions of human body are divided respectively into definite equal units as the standard for the proportional measurement. Such as standards is applicable on any patient of different sexes, ages and body sizes.

Standard for Proportional Measurement

Body Part	Distance	Proportional Measurement	Method	
Head	From the anterior hairline to the posterior hairline	12 cun	Longitudinal measurement	The distance from the glabella to the anterior hairline is taken as 3 cun, the distance from Dazhui (Du14) to the posterior hairline is taken as 3 cun. If the anterior and posterior hairlines are indistinguishable, the distance from the glabella to Dazhui(Du14) then is taken as 18 cun.
	Between the two mastoid processes	9 cun	Transverse measurement	The transverse measurement is also used to localize other points on the head.

(continue)

Body Part	Distance	Proportional Measurement	Method	
Chest and Abdomen	From the sternocostal angle to the centre of the umbilicus	8 cun	Longitudinal measurement	The longitudinal measurement of the chest and the hypochondriac region is generally based on the intercostal space.
	Between the centre of the umbilicus and the upper border of symphysis pubis	5 cun		
	Between the two nipples	8 cun	Transverse measurement	The distance between the bilateral Quepen(ST12) can be used as the substitute of the transverse measurement of the two nipples.
Back	Between the medial border of the scapula and the posterior midline	3 cun	Transverse measurement	The longitudinal measurement on the back is based on the spinous processes of the vertebral column. In clinical practice, the lower angle of the scapula is about at the same level of the 7th thoracic vertebra, the iliac spine is about at the same level of the 4th lumbar vertebra.
Lateral side of the chest	From the end of the axillary fold on the lateral side of the chest to the tip of the 11th rib	12 cun	Longitudinal measurement	
Upper Extremities	Between the end of the axillary fold and the transverse cubital crease	9 cun	Longitudinal measurement	Used for the three Yin and the three Yang Meridians of the hand.
	Between the transverse cubital crease and the transverse wrist crease	12 cun		

(continue)

Body Part	Distance	Proportional Measurement	Method	
Lower Extremities	From the level of the upper border of symphysis pubis to the medial epicondyle of femur	18 cun	Longitudinal measurement	Used for the three Yin meridian of the foot.
	From the lower border of the medial condyle of tibia to the tip of medial malleolus	13 cun		
	From the prominence of the great trochanter to the middle of patella	19 cun	Longitudinal measurement	<ol style="list-style-type: none"> 1. Used for the three Yang Meridian of the Foot. 2. The distance from the gluteal crease to the centre of patella is taken as 14 cun. 3. The anterior level of the centre of the patella is about the same level of Dubi (ST35) and the posterior level, about the same level of Weizhong (B40).
	Between the centre of patella and the tip of lateral malleolus	16 cun		
	From the tip of the lateral malleolus to the heel	3 cun		

(2) Anatomical Landmarks

Various anatomical landmarks on the body surface are the basis for locating points. Those landmarks fall into two categories.

1) Fixed landmarks Fixed landmarks are those that would not change their locations with body movement. They include the five sense organs, hair, nails, nipple, umbilicus, and prominence and depression of the bones, with which it is easy to locate points. The proportional measurement is established on the basis of these anatomical landmarks. However, points that are adjacent to or on such landmarks can be located directly, Examples are Yintang (Extra 1) between the two eyebrows, Suliao (Du25) on the tip of the nose, and Shenque (Ren8) in the centre of the umbilicus.

2) Moving landmarks Moving landmarks refer to the those that will appear only when a body part keeps in a specific position. For instance, when the arm is flexed and the cubital crease appears, Quchi (L11) can be located; And when a fist is made and the transverse palmar crease

appears, Houxi (SI3) can be located. Also in clinic there are some simple methods of point location. For example, to locate Baihui (DU20) directly above the apexes of the ears, or Fengshi (GB31) when at attention.

(3) Finger Measurement

The length and width of patient's finger(s) are taken as a standard for point location. The following three methods are commonly used in clinic.

1) Middle finger measurement When the patient's middle finger is flexed, the distance between the two medial ends of the creases of the interphalangeal joints is taken as one cun. This method is employed for measuring the vertical distance to locate the limb points of the Yang meridians, or for measuring the horizontal distance to locate the points on the back.

2) Thumb Measurement The width of the interphalangeal joint of the patient's thumb is taken as one cun. The method is also employed for measuring the vertical distance to locate the points on the limbs.

3) Four-Finger Measurement The width of the four fingers. (index, middle, ring and little) closing together at the level of the dorsal skin crease of the proximal interphalangeal joint of the middle finger is taken as three cun. It is used to locate the points on the limb and in the abdominal region.

3. POINTS OF THE 14 MERIDIANS

(1) THE LUNG MERIDIAN OF HAND-TAIYIN

LU1 Zhongfu

Location: Laterosuperior to the sternum at the lateral side of the first intercostal space, 6 cun lateral to the Ren Meridian.

Indications: Cough, asthma, pain in the chest, shoulder and back, fullness in the chest.

LU2 Yunmen

Location: In the depression below the acromial extremity of the clavicle, 6 cun lateral to the Ren Meridian.

Indications: Cough, asthma, pain in the chest, shoulder and arm, fullness and hot sensation in the chest.

LU3 Tianfu

Location: On the medial aspect of the upper arm, 3 cun below the end of axillary fold, on the radial side of m. biceps brachii.

Indications: Asthma, epistaxis, pain in the medial aspect of the upper arm, goiter.

LU4 Xiabai

Location: On the medial aspect of the upper arm, 1 cun below Tianfu (LU3), on the radial

side of m. biceps brachii.

Indications: Cough, fullness in the chest, pain in the medial aspect of the upper arm.

LU5 Chize

Location: On the cubital crease, on the radial side of the tendon of m. biceps brachii.

Indications: Cough, hemoptysis, afternoon fever, asthma, mastitis.

LU6 Kongzui

Location: On the palmar aspect of the forearm, on the line joining Taiyuan (LU9) and Chize (LU5), 7 cun above the transverse crease of the wrist.

Indications: Cough, asthma, hemoptysis, sore throat, spasmodic pain in the elbow and arm, hemorrhoid.

LU7 Lieque

Location: Superior to the styloid process of the radius, 1.5 cun above the transverse crease of the wrist. When the index fingers and thumbs of both hands are crossed with the index finger of one hand placed on the styloid process of the radius of the other, the point is in the depression right under the tip of the index finger.

Indications: Headache, neck rigidity, cough, asthma, sore throat, facial paralysis, pain and weakness of the wrist.

LU8 Jingqu

Location: 1 cun above the transverse crease of the wrist in the depression on the lateral side of the radial artery.

Indications: Cough, asthma, pain in the chest, sore throat, pain in the wrist.

LU9 Taiyuan

Location: At the radial end of the transverse crease of the wrist, in the depression on the lateral side of the radial artery.

Indications: Cough, asthma, hemoptysis, sore throat, pain in the chest, wrist and arm.

LU10 Yuji

Location: On the radial aspect of the midpoint of the first metacarpal bone, on the junction of red and white skin (the junction of the dorsum and palm of the hand).

Indications: Cough, hemoptysis, sore throat, loss of voice, fever.

LU11 Shaoshang

Location: On the radial side of the thumb, about 0.1 cun posterior to the corner of the nail.

Indications: Sore throat, cough, epistaxis, fever, loss of consciousness, mania.

(2) THE LARGE INTESTINE MERIDIAN OF HAND-YANGMING

LI1 Shangyang

Location: On the radial side of the index finger, about 0.1 cun posterior to the corner of the nail.

Indications: Deafness, toothache, sore throat, swelling in the submandibular region, numbness of fingers, febrile diseases with anhidrosis, loss of consciousness.

LI2 Erjian

Location: On the radial side of the index finger, distal to the metacarpal-phalangeal joint, at the junction of the red and white skin. The point is located with the finger slightly flexed.

Indications: Blurring of vision, epistaxis, toothache, sore throat, febrile diseases, deviated mouth.

LI3 Sanjian

Location: When a loose fist is made, the point is on the radial side of the index finger, in the depression proximal to the head of the second metacarpal bone.

Indications: Toothache, ophthalmalgia, sore throat, fullness sensation in the chest, borborygmus.

LI4 Hegu

Location: On the dorsum of the hand, between the 1st and 2nd metacarpal bones, approximately in the middle of the 2nd metacarpal bone on the radial side. Or, place in coincident position the transverse crease of the interphalangeal joint of the thumb with the margin of the web between the thumb and the index finger of the other hand. The point is where the tip of the thumb touches.

Indications: Headache, redness, swelling and pain of the eye, nasal obstruction, rhinorrhea, toothache, deafness, swelling of the face, sore throat, parotitis, facial paralysis, febrile diseases with anhidrosis.

LI5 Yangxi

Location: On the radial side of the wrist. When the thumb is tilted upward, it is in the depression between the tendons of m. extensor pollicis longus and brevis.

Indications: Headache, redness, pain and swelling in the eye, deafness, tinnitus, toothache, sore throat, pain of the wrist.

LI6 Pianli

Location: With the elbow flexed and the radial side of arm upward, the point is on the line joining Yangxi(LI5) and Quchi(LI11), 3 cun above Yangxi(LI5).

Indications: Redness of the eye, tinnitus, epistaxis, aching in the hand and arm, sore throat.

LI7 Wenliu

Location: With the elbow flexed and the radial of arm upward, the point is on the line joining Yangxi(LI5) and Quchi(LI11), 5 cun above Yangxi(LI5).

Indications: Headache, swelling of the face, sore throat, borborygmus, abdominal pain, aching of the shoulder and arm, furuncle.

LI8 Xialian

Location: On the line joining Yangxi(LI5) and Quchi(LI11), 4 cun below Quchi(LI11).

Indications: Headache, dizziness, abdominal pain, pain in the elbow and arm.

LI9 Shanglian

Location: On the line joining Yangxi(LI5) and Quchi(LI11), 3 cun below Quchi(LI11).

Indications: Headache, hemiplegia, aching of the shoulder and arm, numbness of the hand and arm, borborygmus, abdominal pain.

LI10 Shousanli

Location: On the line joining Yangxi(LI5) and Quchi(LI11), 2 cun below Quchi(LI11).

Indications: Abdominal pain, diarrhea, toothache, swelling of the cheek, motor impairment of the upper limbs, pain in the shoulder and back.

LI11 Quchi

Location: When the elbow is flexed, the point is in the depression at the lateral end of the transverse cubital crease.

Indications: Sore and swelling throat, toothache, redness and pain of the eye, scrofula, urticaria, motor impairment of the upper limbs, abdominal pain, vomiting, diarrhea, febrile diseases, depressive psychosis, mania.

LI12 Zhouliao

Location: When the elbow is flexed, the point is superior to the Lateral epicondyle of the humerus, about 1 cun superolateral to Quchi(LI11), on the medial border of the humerus.

Indications: Pain, numbness and contracture of the elbow and arm.

LI13 Shouwuli

Location: Superior to the lateral epicondyle of the humerus, on the line joining Quchi(LI11) and Jianyu(LI15), 3 cun above Quchi(LI11).

Indications: Contracture and pain of the elbow and arm, scrofula.

LI14 Binao

Location: On the line joining Quchi(LI11) and Jianyu(LI15), 7 cun above Quchi, on the radial side of the humerus, superior to the lower end of m. deltoideus.

Indications: Pain in the shoulder and arm, rigidity of the neck, scrofula, eye diseases.

LI15 Jianyu

Location: Antero-inferior to the acromion, on the upper portion of m. deltoideus. When the arm is in full abduction, the point is in the depression appearing at the anterior border of the acromioclavicular joint.

Indications: Pain in the shoulder and arm, toothache, rubella, scrofula.

LI16 Jugu

Location: In the upper aspect of the shoulder, in the depression between the acromial extremity of the clavicle and the scapular spine.

Indications: Pain and motor impairment of the shoulder and arm, rubella, scrofula.

LI17 Tianding

Location: On the lateral side of the neck, 1 cun below Neck-Futu(LI18), on the posterior border of m. sternocleidomastoideus.

Indications: Sudden loss of voice, sore and swelling throat, scrofula, goiter.

LI18 Futu

Location: On the lateral side of the neck, 3 cun outside the level with tip of Adam's apple.

Indications: Cough, asthma, sore throat, sudden loss of voice, scrofula, goiter.

LI19 Kouheliao

Location: Right below the lateral margin of the nostril, 0.5 cun lateral to Renzhong

(Shuigou, DU26).

Indications: Nasal obstruction, epistaxis, deviation of the mouth, lockjaw.

LI20 Yingxiang

Location: In the nasolabial groove, at the level of midpoint of the lateral border of ala nasi.

Indications: Nasal obstruction, epistaxis, deviation of the mouth, itching of the face.

(3) THE STOMACH MERIDIAN OF FOOT-YANGMING

ST1 Chengqi

Location: With the eyes looking straight forward, the point is directly below the pupil, between the eyeball and the infraorbital ridge.

Indications: Redness, swelling and pain of the eye, lacrimation, night blindness, twitching of eyelids, facial paralysis.

ST2 Sibai

Location: Below Chengqi(ST1), in the depression at the infraorbital foramen.

Indications: Redness, pain and itching of the eye, nebula, facial paralysis, twitching of eye lids, headache, vertigo.

ST3 Juliao

Location: Directly below Sibai(ST2), at the level of the lower border of ala nasi, on the lateral side of the nasolabial groove.

Indications: Facial paralysis, twitching of eyelids, epistaxis, toothache, swelling of lips and cheek.

ST4 Dicang

Location: Lateral to the corner of the mouth, directly below Juliao(ST3).

Indications: Deviation of the mouth, salivation, twitching of eyelids.

ST5 Daying

Location: Anterior to the angle of mandible, on the anterior border of the attached portion of m. masseter, in the groove-like depression appearing when the cheek is bulged.

Indications: Facial paralysis, trismus, swelling of the cheek, toothache.

ST6 Jiache

Location: One finger-breadth anterior and superior to the lower angle of the mandible where m. masseter attaches at the prominence of the muscle when the teeth are clenched.

Indications: Facial paralysis, toothache, swelling of the cheek, lockjaw.

ST7 Xiaguan

Location: At the lower border of the zygomatic arch, in the depression anterior to the condyloid process of the mandible. This point is located with the mouth closed.

Indications: Deafness, tinnitus, otorrhea, toothache, facial paralysis, motor impairment of the jaw.

ST8 Touwei

Location: 0.5 cun within the anterior hairline at the corner of the forehead, 4.5 cun lateral

to Shenting(DU24).

Indications: Headache, blurring of vision, ophthalmalgia, lacrimation, twitching of eyelid.

ST9 Renying

Location: Level with the tip of Adam's apple, just on the course of the common carotid artery, on the anterior border of m. sternocleidomastoideus.

Indications: Sore throat, asthma, goiter, flushing of the face.

ST10 Shuitu

Location: At the midpoint of the line joining Renying(ST9) and Qishe(ST11), on the anterior border of m. sternocleidomastoideus.

Indications: Sore throat, asthma, cough.

ST11 Qishe

Location: At the superior border of the medial sternal extremity of the clavicle, between the sternal head and clavicular head of m. sternocleidomastoideus.

Indications: Sore throat, pain and rigidity of the neck, asthma, hiccup, goiter.

ST12 Quepen

Location: In the midpoint of the supraclavicular fossa, 4 cun lateral to the Ren meridian.

Indications: Cough, asthma, sore throat, pain in the supraclavicular fossa, goiter.

ST13 Qihu

Location: At the lower border of the middle of the clavicle, 4 cun lateral to the Ren meridian.

Indications: Fullness in the chest, cough, hiccup, pain in the chest and hypochondrium.

ST14 Kufang

Location: In the first intercostal space, 4 cun lateral to the Ren meridian.

Indications: Sensation of fullness and pain in the chest, cough, hiccup, hemoptysis.

ST15 Wuyi

Location: In the second intercostal space, 4 cun lateral to the Ren meridian.

Indications: Fullness and pain in the chest and costal region, cough, asthma, mastitis, hemoptysis.

ST16 Yingchuang

Location: In the third intercostal space, 4 cun lateral to the Ren meridian.

Indications: Fullness and pain in the chest and hypochondrium, cough, asthma, mastitis.

ST17 Ruzhong

Location: In the fourth intercostal space, in the centre of the nipple.

Acupuncture and moxibustion on this point are contraindicated. This point serves only as a landmark for locating points on the chest and abdomen.

ST18 Rugen

Location: In the fifth intercostal space, directly below the nipple.

Indications: Pain in the chest, cough, asthma, mastitis, insufficient lactation, hiccup.

ST19 Burong

Location: 6 cun above the umbilicus, 2 cun lateral to the Ren meridian.

Indications: Abdominal distension, vomiting, gastric pain, anorexia.

ST20 Chengman

Location: 5 cun above the umbilicus, 2 cun lateral to Ren meridian.

Indications: Gastric pain, abdominal distension, vomiting, anorexia, borborygmus.

ST21 Liangmen

Location: 4 cun above the umbilicus, 2 cun lateral to Ren meridian.

Indications: Gastric pain, vomiting, anorexia, abdominal distension, diarrhea.

ST22 Guanmen

Location: 3 cun above the umbilicus, 2 cun lateral to Ren meridian.

Indications: Abdominal distension and pain, borborygmus, diarrhea, edema.

ST23 Taiyi

Location: 2 cun above the umbilicus, 2 cun lateral to Ren meridian.

Indications: Gastric pain, irritability, mania.

ST24 Huaroumen

Location: 1 cun above the umbilicus, 2 cun lateral to Ren meridian.

Indications: Gastric pain, vomiting, mania.

ST25 Tianshu

Location: 2 cun lateral to the centre of the umbilicus.

Indications: Abdominal pain and distension, borborygmus, pain around the umbilicus, constipation, diarrhea, dysentery, irregular menstruation, edema.

ST26 Wailing

Location: 1 cun below the umbilicus, 2 cun lateral to Ren meridian.

Indications: Abdominal pain, hernia, dysmenorrhea.

ST27 Daju

Location: 2 cun below the umbilicus, 2 cun lateral to Ren meridian.

Indications: Lower abdominal distension, dysuria, hernia, seminal emission, premature ejaculation.

ST28 Shuidao

Location: 3 cun below the umbilicus, 2 cun lateral to Ren meridian.

Indications: Lower abdominal distension, retention of urine, dysmenorrhea, sterility.

ST29 Guilai

Location: 4 cun below the umbilicus, 2 cun lateral to Ren meridian.

Indications: Abdominal pain, hernia, irregular menstruation, leucorrhea, prolapse of the uterus.

ST30 Qichong

Location: 5 cun below the umbilicus, 2 cun lateral to Ren meridian.

Indications: Abdominal pain, borborygmus, hernia, swelling and pain of the external genitalia, impotence, sterility.

ST31 Biguan

Location: At the crossing point of the line drawn directly down from the anterior superior

iliac spine and the line level with the lower border of the symphysis pubis, in the depression on the lateral side of m. sartorius when the thigh is flexed.

Indications: Lumbago, cold knee, muscular atrophy, motor impairment, abdominal pain.

ST32 *Futu*

Location: On the line connecting the anterior superior iliac spine and lateral border of the patella, 6 cun above the laterosuperior border of the patella, in m. rectus femoris.

Indications: Pain in the lumbar and iliac region, coldness of the knee, hernia, beriberi.

ST33 *Yinshi*

Location: When the knee is flexed, the point is 3 cun above the laterosuperior border of the patella, on the line joining the laterosuperior border of the patella and the anterior superior iliac spine.

Indications: Coldness of the knee, abdominal distention, hernia, edema.

ST34 *Liangqiu*

Location: When the knee is flexed, the point is 2 cun above the laterosuperior border of the patella.

Indications: Pain and numbness of the knee, gastric pain, mastitis.

ST35 *Dubi*

Location: When the knee is flexed, the point is at the lower border of the patella, in the depression lateral to the patellar ligament.

Indications: Pain of the knee, beriberi.

ST36 *Zusanli*

Location: 3 cun below Dubi (ST35), one finger-breadth from the anterior crest of the tibia, in m. tibialis anterior.

Indications: Gastric pain, vomiting, hiccup, abdominal distension, borborygmus, diarrhea, dysentery, constipation, mastitis, enteritis, aching of the knee joint and leg, edema, emaciation due to general deficiency, apoplexy, mania.

ST37 *Shangjuxu*

Location: 3 cun below Zusanli (ST36), one finger-breadth from the anterior crest of the tibia, in m. tibialis anterior.

Indications: Abdominal pain and distension, borborygmus, diarrhea, constipation, enteritis, paralysis due to stroke, beriberi.

ST38 *Tiaokou*

Location: 2 cun below Shangjuxu (ST37), midway between Dubi (ST35) and Jiexi (ST41).

Indications: Numbness, soreness and pain of the knee and leg, weakness and motor impairment of the foot.

ST39 *Xiajuxu*

Location: 3 cun below Shangjuxu (ST37), one finger-breadth from the anterior crest of the tibia, in m. tibialis anterior.

Indications: Lower abdominal pain, backache, painful testis, mastitis, numbness and paralysis of the lower limbs.

ST40 Fenglong

Location: 8 cun superior to the external malleolus, about one finger-breadth lateral to Tiaokou(ST38).

Indications: Headache, cough, excessive sputum, pain in the chest, swelling of limbs, constipation, mania, epilepsy, paralysis of the lower extremities.

ST41 Jiexi

Location: On the dorsum of the foot, at the midpoint of the transverse crease of the ankle joint, in the depression between the tendons of m. extensor digitorum longus and hallucis longus, approximately at the level of the external malleolus.

Indications: Pain of the ankle joint, paralysis of the lower extremities, epilepsy, headache, dizziness and vertigo, abdominal distension, constipation.

ST42 Chongyang

Location: Distal to Jiexi(ST41), at the highest point of the dorsum of the foot, in the depression between the second and third metatarsal bones and the cuneiform bone.

Indications: Pain of the upper teeth, swelling face, abdominal pain, facial paralysis, muscular atrophy and motor impairment of the foot.

ST43 Xianggu

Location: In the depression distal to the junction of the second and third metatarsal bones.

Indications: facial or general edema, fullness of chest, abdominal pain, borborygmus, swelling and pain of the dorsum of the foot, febrile disease.

ST44 Neiting

Location: Proximal to the web margin between the second and third toes, in the depression distal and lateral to the second metatarsodigital joint.

Indications: Toothache, deviation of the mouth, sore throat, epistaxis, gastric pain, acid regurgitation, abdominal distension, diarrhea, dysentery, constipation, swelling and pain of the dorsum of the foot, febrile diseases.

ST45 Lidui

Location: On the lateral side of the 2nd toe, 0.1 cun posterior to the corner of the nail.

Indications: Epistaxis, toothache, sore throat and hoarse voice, abdominal distension, coldness in the leg and foot, febrile diseases, dream-disturbed sleep, mania.

(4) THE SPLEEN MERIDIAN OF FOOT-TAIYIN

SP1 Yinbai

Location: On the medial side of the great toe, 0.1 cun posterior to the corner of the nail.

Indications: Abdominal distension, bloody stools, menorrhagia, uterine bleeding, mental disorders, dream-disturbed sleep, convulsion.

SP2 Dadu

Location: On the medial side of the great toe, distal and inferior to the first metatarsodigital joint, at the junction of the red and white skin.

Indications: Abdominal distension, gastric pain, indigestion, hiccup, diarrhea, constipation, febrile diseases with anhidrosis.

SP3 Taibai

Location: Proximal and inferior to the head of the first metatarsal bone, at the junction of the red and white skin.

Indications: Gastric pain, abdominal distension, heaviness of the body, constipation, diarrhea, borborygmus, sluggishness, beriberi.

SP4 Gongsun

Location: In the depression distal and inferior to the base of the first metatarsal bone, at the junction of the red and white skin.

Indications: Gastric pain, vomiting, abdominal pain, indigestion, diarrhea, dysentery.

SP5 Shangqiu

Location: In the depression distal and inferior to the medial malleolus, midway between the tuberosity of the navicular bone and the tip of the medial malleolus.

Indications: Abdominal distension, constipation, diarrhea, jaundice, indigestion, pain in the foot and ankle.

SP6 Sanyinjiao

Location: 3 cun directly above the tip of the medial malleolus, on the posterior border of the medial aspect of the tibia.

Indications: Abdominal pain, borborygmus, abdominal distension, diarrhea, dysmenorrhea, irregular menstruation, morbid leukorrhea, prolapse of the uterus, sterility, delayed labour, nocturnal emission, impotence, enuresis, hernia, paralysis and pain of the lower limbs, insomnia.

SP7 Lougu

Location: 3 cun above Sanyinjiao (SP6), on the line joining the tip of the medial malleolus and Yinlingquan (SP9).

Indications: Abdominal distension, dysuria, nocturnal emission, borborygmus, coldness, numbness and paralysis of the knee and leg, swelling and pain of the ankle.

SP8 Dijì

Location: 3 cun below Yinlingquan (SP9), on the line connecting Yinlingquan (SP9) and the medial malleolus.

Indications: Abdominal pain, diarrhea, edema, dysuria, nocturnal emission, irregular menstruation.

SP9 Yinlingquan

Location: On the lower border of the medial condyle of the tibia, in the depression on the medial border of the tibia.

Indications: Abdominal distension, edema, jaundice, dysuria, incontinence of urine, pain in the knee.

SP10 Xuehai

Location: When the knee is flexed, the point is 2 cun above the mediosuperior border of the patella, on the bulge of the medial portion of m. quadriceps femoris. Or when the patient's knee

is flexed, cup your right palm to his left knee, with the thumb on the medial side and with the other four fingers directed proximally, and the thumb forming an angle of 45° with the index finger. The point is where the tip of your thumb rests.

Indications: Irregular menstruation, dysmenorrhea, amenorrhea, urticaria, eczema, pain in the medial aspect of the thigh.

SP11 Jimen

Location: 6 cun above Xuehai (SP10), on the line drawn from Xuehai (SP10) to Chongmen (SP12).

Indications: Dysuria, enuresis, pain and swelling in the inguinal region.

SP12 Chongmen

Location: Superior to the lateral end of the inguinal groove, on the lateral side of the femoral artery, at the level of the upper border of symphysis pubis, 3.5 cun lateral to Ren meridian.

Indications: Abdominal pain, hernia, diarrhea, leukorrhea, uterine bleeding.

SP13 Fushe

Location: 0.7 cun laterosuperior to Chongmen (SP12), 4 cun lateral to the Ren meridian.

Indications: Abdominal pain, abdominal mass, hernia.

SP14 Fujie

Location: 1.3 cun below Daheng (SP15), 4 cun lateral to the Ren meridian, on the lateral side of m. rectus abdominis.

Indications: Pain around the umbilicus, hernia, diarrhea due to coldness.

SP15 Daheng

Location: 4 cun lateral to the center of the umbilicus, lateral to m. rectus abdominis.

Indications: Diarrhea, constipation, abdominal pain.

SP16 Fuai

Location: 3 cun above Daheng (SP15), 4 cun lateral to the Ren meridian.

Indications: Abdominal pain, indigestion, constipation, dysentery.

SP17 Shidou

Location: In the fifth intercostal space, 6 cun lateral to the Ren meridian.

Indications: Fullness and pain in the chest and hypochondriac region, abdominal distension, edema, vomiting.

SP18 Tianxi

Location: In the fourth intercostal space, 6 cun lateral to the Ren meridian.

Indications: Fullness and pain in the chest and hypochondrium, cough, hiccup, mastitis.

SP19 Xiongxiang

Location: In the third intercostal space, 6 cun lateral to the Ren meridian.

Indications: Fullness and pain in the chest and hypochondriac region, dysfunction of body movement when lying in bed.

SP20 Zhourong

Location: In the second intercostal space, 6 cun lateral to the Ren meridian.

Indications: Fullness in the chest and hypochondriac region, cough, hiccup.

SP21 Dabao

Location: On the mid-axillary line, 6 cun below the axilla, midway between the axilla and the free end of the eleventh rib.

Indications: Pain in the chest and hypochondriac region, asthma, general aching and weakness, weakness of limbs.

(5) THE HEART MERIDIAN OF HAND-SHAOYIN

HT1 Jiquan

Location: When the upper arm is abducted, the point is in the centre of the axilla, where the axillary artery throbs.

Indications: Pain in cardiac region, scrofula, cold pain of the elbow and arm, dryness of the throat.

HT2 Qingling

Location: When the elbow is flexed, the point is 3 cun above the medial end of the transverse cubital crease (Shaohai HT3), in the groove medial to m. biceps brachii.

Indications: Pain in the hypochondriac regions, shoulder and arm, headache, aversion to cold, yellowish eyes.

HT3 Shaohai

Location: When the elbow is flexed into a right angle, the point is in the depression between the medial end of the transverse cubital crease and the medial epicondyle of the humerus.

Indications: Cardiac pain, spasmodic pain and numbness of the hand and arm, tremor of the hand, scrofula, pain in the axilla and hypochondriac region.

HT4 Lingdao

Location: When the palm faces upward, the point is on the radial side of the tendon of m. flexor carpi ulnaris, 1.5 cun above the transverse crease of the wrist.

Indications: Cardiac pain, spasmodic pain of the elbow and arm, sudden aphonia.

HT5 Tongli

Location: When the palm faces upward, the point is on the radial side of the tendon of m. flexor carpi ulnaris, 1 cun above the transverse crease of the wrist.

Indications: Palpitation, dizziness, blurring of vision, sore throat, sudden aphonia, aphasia with stiffness of the tongue, pain in the wrist and elbow.

HT6 Yinxi

Location: When the palm faces upward, the point is on the radial side of the tendon of m. flexor carpi ulnaris, 0.5 cun above the transverse crease of the wrist.

Indications: Cardiac pain, night sweating, hemoptysis, epistaxis, sudden aphonia, palpitation.

HT7 Shenmen

Location: At the ulnar end of the transverse crease of the wrist, in the depression on the radial side of the tendon of m. flexor carpi ulnaris.

Indications: Cardiac pain, irritability, palpitation, hysteria, amnesia, insomnia, mania, dementia, pain in the hypochondriac region, feverish sensation in the palm, yellowish sclera.

HT8 Shaofu

Location: When the palm faces upward, the point is between the fourth and fifth metacarpal bones. When a fist is made, the point is where the tip of the little finger rests.

Indications: Palpitation, pain in the chest, spasmodic pain of the little finger, feverish sensation in the palm, enuresis, dysuria, pain of the external genitalia.

HT9 Shaochong

Location: On the radial side of the little finger, about 0.1 cun posterior to the corner of the nail.

Indications: Palpitation, cardiac pain, pain in the chest and hypochondriac regions, mania, depressive psychosis, febrile diseases, loss of consciousness.

(6) THE SMALL INTESTINE MERIDIAN OF HAND-TAIYANG

SI1 Shaoze

Location: On the ulnar side of the little finger, about 0.1 cun posterior to the corner of the nail.

Indications: Headache, chills and fever, loss of consciousness, swelling of breast, insufficient lactation, cloudiness of the cornea, sore throat.

SI2 Qianggu

Location: When a loose fist is made, the point is on the ulnar side, distal to the fifth metacarpophalangeal joint, at the junction of the red and white skin.

Indications: Numbness of the fingers, cloudiness of cornea, insufficient lactation, stuffiness of chest, febrile diseases, tinnitus, headache, rigidity of neck.

SI3 Houxi

Location: When a loose fist is made, the point is on the ulnar side, proximal to the fifth metacarpophalangeal joint, at the end of the transverse crease and the junction of the red and white skin.

Indications: Pain and rigidity of the neck, cloudiness of cornea, deafness, sore throat, epistaxis, toothache, blurred vision, mania, malaria, pain in the shoulder and elbow.

SI4 Wangu

Location: On the ulnar side of the palm, in the depression between the base of the fifth metacarpal bone and the triquetral bone.

Indications: Febrile diseases with anhidrosis, headache, pain of the neck, shoulder and arm, contracture of the fingers, pain in the wrist, jaundice.

SI5 Yanggu

Location: At the ulnar end of the transverse crease on the dorsal aspect of the wrist, in the depression between the styloid process of the ulna and the triquetral bone.

Indications: Swelling of the neck and submandibular region with chills and fever, pain of the wrist, arm and shoulder, tinnitus, deafness, headache, dizziness, stiffness of tongue, lockjaw.

SI6 Yanglao

Location: Dorsal to the head of the ulna. When the palm faces the chest, the point is in the bony cleft on the radial side of the styloid process of the ulna.

Indications: Blurring of vision, pain in the shoulder, arm and lumbar region.

SI7 Zhizheng

Location: On the line joining Yanggu(SI5) and Xiaohai(SI8), 5 cun above Yanggu(SI5).

Indications: Alternating of chills and fever, neck rigidity, headache, dizziness, spasmodic pain in the elbow and fingers, mania.

SI8 Xiaohai

Location: When the elbow is flexed, the point is located in the depression between the olecranon of the ulna and the medial epicondyle of the humerus.

Indications: Headache, swelling of the cheek, pain in the nape, shoulder, arm and elbow, epilepsy.

SI9 Jianzhen

Location: Posterior and inferior to the shoulder joint. When the arm is adducted, the point is 1 cun above the posterior end of the axillary fold.

Indications: Hot pain in the scapular region, motor impairment of the hand and arm, tinnitus, toothache, scrofula, chills and fever.

SI10 Naoshu

Location: When the arm is adducted, the point is directly above Jianzhen(SI9), in the depression inferior to the scapular spine.

Indications: Swelling of the shoulder, aching and weakness of the shoulder and arm, scrofula.

SI11 Tianzong

Location: In the middle of the infrascapular fossa, at the level of the fourth thoracic vertebra.

Indications: Pain and heaviness in the shoulder and scapular region, pain in the lateroposterior aspect of the elbow and arm, swelling and pain of the cheek and mandible.

SI12 Bingfeng

Location: In the centre of the suprascapular fossa, directly above Tianzong(SI11). When the arm is lifted, the point is at the site of the depression.

Indications: Pain in the scapular region, aching of the arm and shoulder.

SI13 Quyuan

Location: On the medial extremity of the suprascapular fossa, about midway between Naoshu(SI10) and the spinous process of the second thoracic vertebra.

Indications: Pain of the scapular region.

SI14 Jianwaishu

Location: 3 cun lateral to the lower border of the spinous process of the first thoracic vertebra.

Indications: Aching of the shoulder and back, pain and rigidity of the neck, coldness and pain of elbow and arm.

SI15 Jianzhongshu

Location: 2 cun lateral to the lower border of the spinous process of the seventh cervical vertebra.

Indications: Cough, asthma, hemoptysis, pain in the shoulder and back, chills and fever, blurring of vision.

SI16 Tianchuang

Location: In the lateral aspect of the neck, at the posterior border of m. sternocleidomastoideus, posterosuperior to Futu(LI18) at the level of Adam's apple.

Indications: Sore throat, sudden loss of voice, deafness, tinnitus, swelling of the cheek.

SI17 Tianrong

Location: On the lateral side of the neck, posterior to the angle of mandible, in the depression on the anterior border of m. sternocleidomastoideus.

Indications: Deafness, tinnitus, sore throat, swelling and pain of the cheek.

SI18 Quanliao

Location: Directly below the outer canthus, in the depression on the lower border of zygoma.

Indications: Facial paralysis, twitching of eyelids, toothache, swelling of the cheek, yellowish sclera.

SI19 Tinggong

Location: Anterior to the ear tragus and posterior to the condyloid process of the mandible, in the depression formed when the mouth is open.

Indications: Deafness, tinnitus, otorrhea, toothache, depression, mania.

(7) THE BLADDER MERIDIAN OF FOOT-TAIYANG

BL1 Jingming

Location: In the depression superior to the inner canthus.

Indications: Redness, swelling and pain of the eye, itching of the inner canthus, lacrimation, night blindness, blurring of vision.

BL2 Zanzhu

Location: On the medial extremity of the eyebrow, or on the supraorbital notch.

Indications: Headache, blurring and failing of vision, pain in the supraorbital region, lacrimation, redness, swelling and pain of the eye, twitching of eyelids.

BL3 Meichong

Location: Directly above the medial end of the eyebrow, 0.5 cun within the anterior hairline, between Shenting(DU24) and Quchai(BL4).

Indications: Headache, vertigo, epilepsy, nasal obstruction.

BL4 Quchai

Location: 1.5 cun lateral to Shenting (DU24) at the junction of the medial third and lateral two-third of the distance from Shenting(DU24) to Touwei(ST8).

Indications: Headache, nasal obstruction, epistaxis, blurring and failing of vision.

BL5 Wuchu

Location: 1.5 cun lateral to Shangxing(DU23), or 0.5 cun directly above Quchai(BL4).

Indications: Headache, blurring of vision, epilepsy, convulsion.

BL6 Chengguang

Location: 1.5 cun posterior to Wuchu(BL5), 1.5 cun lateral to the Du meridian.

Indications: Headache, blurring of vision, nasal obstruction, deviation of the mouth, febrile diseases without sweating.

BL7 Tongtian

Location: 1.5 cun posterior to Chengguang (BL6), 1.5 cun lateral to the Du meridian.

Indications: Headache, giddiness, nasal obstruction, epistaxis, rhinorrhea.

BL8 Luoque

Location: 1.5 cun posterior to Tongtian(BL7), 1.5 cun lateral to the Du meridian.

Indications: Dizziness, blurring of vision, tinnitus, depressive psychosis, swollen neck, goiter.

BL9 Yuzhen

Location: 1.3 cun lateral to Naohu(DU17), on the lateral side of the superior border of the external occipital protuberance.

Indications: Headache and neck pain, ophthalmalgia, nasal obstruction.

BL10 Tianzhu

Location: 1.3 cun lateral to Yamen(DU15), in the depression on the lateral aspect of m. trapezius.

Indications: Headache, nasal obstruction, sore throat, neck rigidity, pain in the shoulder and back, febrile diseases, mania.

BL11 Dashu

Location: 1.5 cun lateral to Taodao(DU13), at the level of the lower border of the spinous process of the first thoracic vertebra.

Indications: Headache, pain in the neck and back, cough, fever, neck rigidity.

BL12 Fengmen

Location: 1.5 cun lateral to the Du meridian, at the level of the lower border of the spinous process of the second thoracic vertebra.

Indications: Common cold, cough, fever and headache, neck rigidity, backache.

BL13 Feishu

Location: 1.5 cun lateral to Shenzhu (DU12), at the level of the lower border of the spinous process of the third thoracic vertebra.

Indications: Cough, asthma, haematemesis, afternoon fever, night sweating.

BL14 Jueyinshu

Location: 1.5 cun lateral to the Du meridian, at the level of the lower border of the spinous process of the fourth thoracic vertebra.

Indications: Cough, cardiac pain, stuffy chest, nausea and vomiting.

BL15 Xinshu

Location: 1.5 cun lateral to Shendao (DU11), at the level of the lower border of the spinous process of the fifth thoracic vertebra.

Indications: Cardiac pain, panic, loss of memory, palpitation, mental restlessness, cough, haematemesis, nocturnal emission, night sweating, depressive psychosis.

BL16 Dushu

Location: 1.5 cun lateral to Lingtai (DU10), at the level of the lower border of the spinous process of the sixth thoracic vertebra.

Indications: Cardiac pain, abdominal pain, borborygmus, hiccups, chills and fever.

BL17 Gesu

Location: 1.5 cun lateral to Zhiyang (DU9), at the level of the lower border of the spinous process of the seventh thoracic vertebra.

Indications: Nausea and vomiting, hiccup, belching, difficulty in swallowing, asthma, cough, haematemesis, afternoon fever, night sweating.

BL18 Ganshu

Location: 1.5 cun lateral to Jinsuo (DU8), at the level of the lower border of the spinous process of the ninth thoracic vertebra.

Indications: Jaundice, pain in the hypochondriac region, haematemesis, epistaxis, redness of the eye, blurring of vision, night blindness, mental disorders, epilepsy, backache.

BL19 Danshu

Location: 1.5 cun lateral to Zhongshu (DU7), at the level of the lower border of the spinous process of the tenth thoracic vertebra.

Indications: Jaundice, bitter taste of the mouth, pain in the chest and hypochondriac region, pulmonary tuberculosis, afternoon fever.

BL20 Pishu

Location: 1.5 cun lateral to Jizhong (DU6), at the level of the lower border of the spinous process of the eleventh thoracic vertebra.

Indications: Abdominal distension, jaundice, nausea and vomiting, diarrhea, dysentery, edema, bloody stools, haematemesis, weakness of the spleen and stomach, edema anorexia, backache.

BL21 Weishu

Location: 1.5 cun lateral to the Du meridian, at the level of the lower border of the spinous

process of the twelfth thoracic vertebra.

Indications: Pain in the chest and hypochondriac and epigastric regions, abdominal distension, borborygmus, regurgitation, nausea, vomiting, weakness of the spleen and stomach.

BL22 Sanjiaoshu

Location: 1.5 cun lateral to Xuanshu(DU5), at the level of the lower border of the spinous process of the first lumbar vertebra.

Indications: Borborygmus, abdominal distension, indigestion, nausea and vomiting, diarrhea, dysentery, edema, pain and stiffness of the lumbus and back.

BL23 Shenshu

Location: 1.5 cun lateral to Mingmen(DU4), at the level of the lower border of the spinous process of the second lumbar vertebra.

Indications: Nocturnal emission, impotence, enuresis, irregular menstruation, leukorrhea, low back pain due to kidney deficiency, blurring of vision, tinnitus, deafness, edema.

BL24 Qihai

Location: 1.5 cun lateral to the Du meridian, at the level of the lower border of the spinous process of the third lumbar vertebra.

Indications: Low back pain, irregular menstruation, hemorrhoid.

BL25 Dachangshu

Location: 1.5 cun lateral to Yaoyangguan(DU3), at the level of the lower border of the spinous process of the fourth lumbar vertebra.

Indications: Low back pain, borborygmus, abdominal distension, diarrhea, constipation.

BL26 Guanyuanshu

Location: 1.5 cun lateral to the Du meridian, at the level of the lower border of spinous process of the fifth lumbar vertebra.

Indications: Low back pain, abdominal distension, diarrhea, enuresis, dysuria, diabetes.

BL27 Xiaochangshu

Location: 1.5 cun lateral to the Du meridian, at the level of the first posterior sacral foramen.

Indications: Lower abdominal pain and distension, dysentery, nocturnal emission, hematuria, enuresis, morbid leukorrhea.

BL28 Pangguangshu

Location: 1.5 cun lateral to the Du meridian, at the level of the second posterior sacral foramen.

Indications: Retention of urine, enuresis, diarrhea, constipation, rigidity and pain of the lower back.

BL29 Zhonglushu

Location: 1.5 cun lateral to the Du meridian, at the level of the third posterior sacral foramen.

Indications: Dysentery, hernia, rigidity and pain of the lower back, diabetes.

BL30 Baihuanshu

Location: 1.5 cun lateral to the Du meridian, at the level of the fourth posterior sacral foramen.

Indications: Enuresis, pain due to hernia, morbid leukorrhea, irregular menstruation, cold sensation and pain of the lower back.

BL31 Shangliao

Location: In the first posterior sacral foramen.

Indications: Low back pain, dysuria, constipation, irregular menstruation, morbid leukorrhea, prolapse of the uterus.

BL32 Ciliao

Location: In the second posterior sacral foramen.

Indications: Low back pain, hernia, irregular menstruation, leukorrhea, dysmenorrhea, motor impairment of the lower limbs.

BL33 Zhongliao

Location: In the third posterior sacral foramen.

Indications: Low back pain, constipation, diarrhea, dysuria, irregular menstruation, morbid leukorrhea.

BL34 Xialiao

Location: In the fourth posterior sacral foramen.

Indications: Low back pain, lower abdominal pain, dysuria constipation.

BL35 Huiyang

Location: On either side of the tip of the coccyx, 0.5 cun lateral to the Du meridian.

Indications: Dysentery, bloody stools, diarrhea, hemorrhoids, impotence, morbid leukorrhea.

BL36 Chengfu

Location: In the middle of the transverse gluteal fold. Locating the point in prone position.

Indications: Pain in the lower back, spine and gluteal region, constipation, hemorrhoid.

BL37 Yinmen

Location: 6 cun below Chengfu (BL36) on the line joining Chengfu (BL36) and Weizhong (BL40).

Indications: Lumbago with difficulty in flexion and extension, pain and swelling of the posterior aspect of the thigh.

BL38 Fuxi

Location: 1 cun above Weiyang (BL39) on the medial side of the tendon of m. biceps femoris. The point is located with the knee slightly flexed.

Indications: Numbness of the gluteal and femoral regions, contracture of the tendons in the popliteal fossa, constipation.

BL39 Weiyang

Location: Lateral to Weizhong (BL40), on the medial border of the tendon of m. biceps femoris.

Indications: Stiffness and pain of the lower back, distension and fullness of the lower abdomen, dysuria, cramp of the leg and foot.

BL40 Weizhong

Location: Midpoint of the transverse crease of the popliteal fossa, between the tendons of m. biceps femoris and m. semitendinosus.

Indications: Low back pain, motor impairment of the hip joint, contracture of the tendons in the popliteal fossa, atrophy and pain of the lower limbs, abdominal pain, vomiting, diarrhea, erysipelas.

BL41 Fufen

Location: 3 cun lateral to the Du meridian, at the level of the lower border of the spinous process of the second thoracic vertebra, on the spinal border of the scapula.

Indications: Stiffness and pain of the shoulder, back and neck, numbness of the elbow and arm.

BL42 Pohu

Location: 3 cun lateral to the Du meridian, at the level of the lower border of the spinous process of the third thoracic vertebra, on the spinal border of the scapula.

Indications: Pulmonary tuberculosis, cough, asthma, neck rigidity, pain in the shoulder and back.

BL43 Gaohuangshu

Location: 3 cun lateral to the Du meridian, at the level of the lower border of the spinous process of the fourth thoracic vertebra, on the spinal border of the scapula.

Indications: Pulmonary tuberculosis, cough, asthma, haematemesis, night sweating, poor memory, nocturnal emission, weakness of the spleen and stomach.

BL44 Shentang

Location: 3 cun lateral to Shendao (DU11), at the level of the lower border of the spinous process of the fifth thoracic vertebra, on the spinal border of the scapula.

Indications: Asthma, cough, chest and abdominal pain, rigidity and pain of the spine.

BL45 Yixi

Location: 3 cun lateral to Lingtai (DU10), at the level of the lower border of the spinous process of the sixth thoracic vertebra, on the spinal border of the scapula.

Indications: Cough, asthma, blurring of vision, pain of the shoulder and back, malaria, febrile diseases without sweating.

BL46 Geguan

Location: 3 cun lateral to Zhiyang (DU9), at the level of the lower border of the spinous process of the seventh thoracic vertebra, approximately at the level of the inferior angle of the scapula.

Indications: Dysphagia, nausea and vomiting, belching, pain and stiffness of the back.

BL47 Hunmen

Location: 3 cun lateral to Jinsuo (DU8), at the level of the lower border of the spinous process of the ninth thoracic vertebra.

Indications: Fullness and distension in the chest and hypochondriac region, back pain, nausea and vomiting, diarrhea.

BL48 Yanggang

Location: 3 cun lateral to Zhongshu(DU7), at the level of the lower border of the spinous process of the tenth thoracic vertebra.

Indications: Borborygmus, abdominal pain, diarrhea, diabetes.

BL49 Yishe

Location: 3 cun lateral to Jizhong(DU6), at the level of the lower border of the spinous process of the eleventh thoracic vertebra.

Indications: Abdominal distension, borborygmus, nausea and vomiting, diarrhea, difficulty in swallowing.

BL50 Weicang

Location: 3 cun lateral to the Du meridian, at the level of the lower border of the spinous process of the twelfth thoracic vertebra.

Indications: Abdominal distension, pain in the epigastric region, backache, infantile indigestion, edema.

BL51 Huangmen

Location: 3 cun lateral to Xuanshu(DU5), at the level of the lower border of the spinous process of the first lumbar vertebra.

Indications: Abdominal pain, constipation, abdominal mass, female breast diseases.

BL52 Zhishi

Location: 3 cun lateral to Mingmen(DU4), at the level of the lower border of the spinous process of the second lumbar vertebra.

Indications: Nocturnal emission, impotence, dysuria, edema, rigidity and pain of the lumbus and spine.

BL53 Baohuang

Location: 3 cun lateral to the Du meridian, at the level of the second sacral posterior foramen.

Indications: Borborygmus, abdominal distension, pain in the lower back and spine, urine retention, constipation, swelling of female pudendum.

BL54 Zhibian

Location: Lateral to the hiatus of the sacrum, 3 cun lateral to Yaoshu(DU2).

Indications: Pain in the lumbosacral region, muscular atrophy, motor impairment of the lower limbs, dysuria, swelling around external genitalia, hemorrhoids, constipation.

BL55 Heyang

Location: 2 cun directly below Weizhong(BL40), between the medial and lateral heads of m. gastrocnemius, on the line joining Weizhong(BL40) and Chengshan(BL57).

Indications: Rigidity and pain of the lumbus and spine, atrophy and pain of the lower limbs, hernia pain, uterine bleeding.

BL56 Chengjin

Location: Midway between Heyang (BL55) and Chengshan (BL57), in the centre of the belly of m. gastrocnemius.

Indications: Spasm of the m. gastrocnemius, knee joint pain, hemorrhoids, contracture of the lumbus and back.

BL57 Chengshan

Location: Directly below the belly of m. gastrocnemius, on the line joining Weizhong (BL40) and tendo calcaneus, about 8 cun below Weizhong (BL40).

Indications: Lower back pain, spasm of the m. gastrocnemius, hemorrhoids, constipation, beriberi.

BL58 Feiyang

Location: 7 cun directly above Kunlun (BL60), on the posterior border of fibula, about 1 cun inferior and lateral to Chengshan (BL57).

Indications: Headache, blurring of vision, epistaxis, lumbar and back pain, hemorrhoids, weakness of the leg.

BL59 Fuyang

Location: 3 cun directly above Kunlun (BL60).

Indications: Heavy sensation of the head, headache, lumbosacral pain, redness and swelling of the external malleolus, paralysis of the lower limbs.

BL60 Kunlun

Location: In the depression between the external malleolus and tendo calcaneus.

Indications: Headache, blurring of vision, neck rigidity, epistaxis, pain in the shoulder, back and arm, swelling and pain of the heel, difficult labour, infantile epilepsy, retention of placenta afterbirth.

BL61 Pucan

Location: Posterior and inferior to the external malleolus, directly below Kunlun (BL60), in the depression of calcaneum at the junction of the red and white skin.

Indications: Muscular atrophy and weakness of the lower limbs, pain in the heel, cramping of the leg, epilepsy, beriberi, swelling of the knee.

BL62 Shenmai

Location: In the depression directly below the external malleolus.

Indications: Epilepsy, mania, depressive psychosis, headache, vertigo, pain of the lumbus and leg.

BL63 Jinmen

Location: Anterior and inferior to Shenmai (BL62), in the depression lateral to the cuboid bone.

Indications: Mania, depressive psychosis, infantile convulsion, lower back pain, pain in the external malleolus, motor impairment and pain of the lower limbs.

BL64 Jinggu

Location: Below the tuberosity of the fifth metatarsal bone, at the junction of the red and

white skin.

Indications: Mania, depressive psychosis, headache, neck rigidity, pain in the lower back and thigh, nebula, knee pain, spasmodic feet.

BL65 Shugu

Location: Posterior to the head of the fifth metatarsal bone, at the junction of the red and white skin.

Indications: Mania, headache, neck rigidity, nebula, lumbago, pain in the lower limbs.

BL66 Zutonggu

Location: In the depression anterior to the fifth metatarsophalangeal joint.

Indications: Headache, neck rigidity, blurring of vision, epistaxis, mania.

BL67 Zhiyin

Location: On the lateral side of the small toe, about 0.1 cun posterior to the corner of the nail.

Indications: Headache, nasal obstruction, epistaxis, ophthalmalgia, malposition of fetus, difficult labour, retention of placenta afterbirth.

(8) THE KIDNEY MERIDIAN OF FOOT-SHAOYIN

KI1 Yongquan

Location: On the sole, in the depression when the foot is in the plantar flexion, approximately at the junction of the anterior third and posterior two thirds of the sole.

Indications: Headache, blurring of vision, dizziness, sore throat, loss of voice, dysuria, infantile convulsions, feverish sensation in the sole, constipation.

KI2 Rangu

Location: Anterior and inferior to the medial malleolus, in the depression on the lower border of the tuberosity of the navicular bone.

Indications: Pruritus vulvae, prolapse of uterus, irregular menstruation, nocturnal emission.

KI3 Taixi

Location: In the depression between the medial malleolus and tendo calcaneus, at the level with the tip of the medial malleolus.

Indications: Sore throat, toothache, deafness, tinnitus, dizziness, haemoptysis, asthma, irregular menstruation, insomnia, nocturnal emission, impotence, frequency of micturition, pain in the lower back.

KI4 Dazhong

Location: Posterior and inferior to the medial malleolus, in the depression medial to the attachment of tendo calcaneus.

Indications: Haemoptysis, asthma, stiffness and pain of the lower back, somnolence, pain in the heel, dementia.

KI5 Shuiquan

Location: 1 cun directly below Taixi (KI3), in the depression anterior and superior to the

medial side of the tuberosity of the calcaneum.

Indications: Amenorrhea, irregular menstruation, dysmenorrhea, prolapse of the uterus, dysuria, blurring of vision.

KI6 Zhaohai

Location: In the depression of the lower border of the medial malleolus, or 1 cun below the medial malleolus.

Indications: Irregular menstruation, morbid leukorrhea, prolapse of the uterus, pruritus vulvae, frequency of micturition, retention of urine, constipation, epilepsy, insomnia.

KI7 Fuliu

Location: 2 cun directly above Taixi (KI3), on the anterior border of tendo calcaneus.

Indications: Edema, abdominal distension, diarrhea, borborygmus, atrophy of the foot, night sweating, febrile diseases without sweating, swelling of the leg.

KI8 Jiaoxin

Location: 0.5 cun anterior to Fuliu (KI7), 2 cun above Taixi (KI3) posterior to the medial border of tibia.

Indications: Irregular menstruation, dysmenorrhea, prolapse of the uterus, diarrhea, constipation, pain and swelling of testis.

KI9 Zhubin

Location: 5 cun directly above Taixi (KI3) at the lower end of the belly of m. gastrocnemius, on the line drawn from Taixi (KI3) to Yingu (KI10).

Indications: Mental disorders, pain in the foot and leg, hernia, nausea and vomiting.

KI10 Yingu

Location: When the knee is flexed, the point is on the medial side of the popliteal fossa, between the tendons of m. semitendinosus and semimembranosus, at the level with Weizhong (BL40).

Indications: Impotence, hernia, dysuria, pain in the knee and popliteal fossa, uterine bleeding.

KI11 Henggu

Location: 5 cun below the umbilicus, on the superior border of symphysis pubis, 0.5 cun lateral to Qugu (RN2).

Indications: Fullness and pain of the lower abdomen, dysuria, enuresis, nocturnal emission, impotence, pain of genitalia.

KI12 Dahe

Location: 4 cun below the umbilicus, 0.5 cun lateral to Zhongji (RN3).

Indications: Nocturnal emission, impotence, morbid leukorrhea, pain in the external genitalia, prolapse of uterus.

KI13 Qixue

Location: 3 cun below the umbilicus, 0.5 cun lateral to Guanyuan (RN4).

Indications: Irregular menstruation, dysmenorrhea, uterine bleeding, morbid leukorrhea, sterility, dysuria, diarrhea.

KI14 Siman

Location: 2 cun below the umbilicus, 0.5 cun lateral to Shimen (RN5).

Indications: Abdominal pain, diarrhea, nocturnal emission, dysmenorrhea, edema, sterility.

KI15 Zhongzhu

Location: 1 cun below the umbilicus, 0.5 cun lateral to Yinjiao (RN7).

Indications: Irregular menstruation, abdominal pain, constipation.

KI16 Huangshu

Location: 0.5 cun lateral to the umbilicus, level with Shenque (RN8).

Indications: Abdominal pain and distension, vomiting, constipation, hernia.

KI17 Shangqu

Location: 2 cun above the umbilicus, 0.5 cun lateral to Xiawan (RN10).

Indications: Abdominal pain, diarrhea, constipation, abdominal mass.

KI18 Shiguan

Location: 3 cun above the umbilicus, 0.5 cun lateral to Jianli (RN11).

Indications: Vomiting, abdominal pain, constipation, sterility.

KI19 Yindu

Location: 4 cun above the umbilicus, 0.5 cun lateral to Zhongwan (RN12).

Indications: Borborygmus, abdominal pain, constipation, sterility.

KI20 Futonggu

Location: 5 cun above the umbilicus, 0.5 cun lateral to Shangwan (RN13).

Indications: Abdominal pain and distension, vomiting, indigestion.

KI21 Youmen

Location: 6 cun above the umbilicus, 0.5 cun lateral to Juque (RN14).

Indications: Abdominal pain and distension, bloody stool, diarrhea, nausea, morning sickness, abdominal mass.

KI22 Bulang

Location: In the fifth intercostal space, 2 cun lateral to the Ren meridian.

Indications: Cough, asthma, distension and fullness in the chest and hypochondriac region, vomiting, anorexia.

KI23 Shenfeng

Location: In the fourth intercostal space, 2 cun lateral to the Ren meridian.

Indications: Cough, asthma, fullness in the chest and hypochondriac region, mastitis, vomiting, anorexia.

KI24 Lingxu

Location: In the third intercostal space, 2 cun lateral to the Ren meridian.

Indications: Cough, asthma, fullness in the chest and hypochondriac region, mastitis, vomiting.

KI25 Shencang

Location: In the second intercostal space, 2 cun lateral to the Ren meridian.

Indications: Cough, asthma, chest pain, vomiting, anorexia, restlessness.

KI26 Yuzhong

Location: In the first intercostal space, 2 cun lateral to the Ren meridian.

Indications: Cough, asthma, accumulation of phlegm, fullness in the chest and hypochondriac region, anorexia.

KI27 Shufu

Location: In the depression on the lower border of the clavicle, 2 cun lateral to the Ren meridian.

Indications: Cough, asthma, chest pain, vomiting, anorexia.

(9) THE PERICARDIUM MERIDIAN OF HAND-JUEYIN

PC1 Tianchi

Location: In the fourth intercostal space, 1 cun lateral to the nipple.

Indications: Suffocating sensation in the chest, pain in the hypochondriac region, swelling of the axillary region, scrofula.

PC2 Tianquan

Location: 2 cun below the level of the anterior axillary fold, between the two heads of m. biceps brachii.

Indications: Cardiac pain, distension of the hypochondriac region, cough, pain of the arm.

PC3 Quze

Location: On the transverse cubital crease, at the ulnar side of the tendon of m. biceps brachii.

Indications: Cardiac pain, palpitation, irritability, stomachache, vomiting, pain in the elbow and arm, dry mouth.

PC4 Ximen

Location: 5 cun above the transverse crease of the wrist, on the line connecting Quze (PC3) and Daling (PC7), between the tendons of m. palmaris longus and m. flexor carpi radialis.

Indications: Cardiac pain, palpitation, epistaxis, hematemesis, haemoptysis, chest pain, furuncle, epilepsy.

PC5 Jianshi

Location: 3 cun above the transverse crease of the wrist, between the tendons of m. palmaris longus and m. flexor carpi radialis.

Indications: Cardiac pain, palpitation, stomachache, vomiting, febrile diseases, irritability, malaria, mental disorders, epilepsy, swelling of the axilla, contracture of the elbow and arm.

PC6 Neiguan

Location: 2 cun above the transverse crease of the wrist, between the tendons of m. palmaris longus and m. flexor radialis.

Indications: Cardiac pain, palpitation, stomachache, vomiting, mental disorders, epilepsy, febrile diseases, contracture and pain of the elbow and arm.

PC7 Daling .

Location: In the middle of the transverse crease of the wrist, between the tendons of m. palmaris longus and m. flexor carpi radialis.

Indications: Cardiac pain, palpitation, stomachache, vomiting, mental disorders, epilepsy, pain in the chest and hypochondriac region.

PC8 Laogong

Location: On the transverse crease of the palm, between the second and third metacarpal bones. When the fist is clenched, the point is just below the tip of the middle finger.

Indications: Cardiac pain, mental disorders, epilepsy, gastritis, foul breath, vomiting.

PC9 Zhongchong

Location: In the centre of the tip of the middle finger.

Indications: Cardiac pain, palpitation, loss of consciousness, aphasia with stiffness and swelling of the tongue, febrile diseases, heat stroke, convulsion, feverish sensation in the palm.

(10) THE SANJIAO MERIDIAN OF HAND-SHAOYANG

SJ1 Guanchong

Location: On the lateral side of the ring finger, about 0.1 cun posterior to the corner of the nail.

Indications: Headache, redness of the eyes, sore throat, stiffness of the tongue, febrile diseases, irritability.

SJ2 Yemen

Location: When the fist is clenched, the point is located in the depression proximal to the margin of the web between the ring and small fingers.

Indications: Headache, redness of the eyes, deafness, sore throat, malaria, pain in the arm.

SJ3 Zhongzhu

Location: When a fist is clenched, the point is on the dorsum of the hand between the fourth and fifth metacarpal bones, in the depression proximal to the metacarpophalangeal joint.

Indications: Headache, redness of the eyes, deafness, tinnitus, sore throat, pain in the elbow and arm, motor impairment of fingers.

SJ4 Yangchi

Location: On the transverse crease of the dorsum of wrist, in the depression lateral to the tendon of m. extensor digitorum communis.

Indications: Pain in the arm, shoulder and wrist, malaria, deafness, diabetes.

SJ5 Waiguan

Location: 2 cun above Yangchi (SJ4), between the radius and ulna.

Indications: Febrile diseases, headache, deafness, tinnitus, motor impairment of the elbow and arm, pain of the fingers, redness, pain and swelling of the eye.

SJ6 Zhigou

Location: 3 cun above Yangchi (SJ4), between the radius and ulna, on the radial side of m.

extensor digitorum.

Indications: Tinnitus, deafness, pain in the hypochondriac region, vomiting, constipation, febrile diseases, sudden loss of voice, scrofula.

SJ7 Huizong

Location: At the level with Zhigou (SJ6), about one finger-breadth lateral to Zhigou (SJ6), on the radial side of the ulna.

Indications: Deafness, epilepsy, pain of the arm.

SJ8 Sanyangluo

Location: 4 cun above Yangchi (SJ4), between the radius and ulna.

Indications: Deafness, sudden loss of voice, pain in the hand and arm, toothache.

SJ9 Sidu

Location: On the lateral side of the forearm, 5 cun below the olecranon, between the radius and ulna.

Indications: Deafness, toothache, swelling of the throat, sudden loss of voice, pain in the forearm.

SJ10 Tianjing

Location: When the elbow is flexed, the point is in the depression about 1 cun superior to the olecranon.

Indications: Migraine, deafness, pain in the neck, shoulder and arm, epilepsy, scrofula.

SJ11 Qinglengyuan

Location: 1 cun above Tianjing (SJ10) when the elbow is flexed.

Indications: Motor impairment and pain of the shoulder and arm, headache, yellowish eyes.

SJ12 Xiaoluo

Location: On the line joining the olecranon and Jianliao (SJ14), midway between Qinglengyuan (SJ11) and Naohui (SJ13).

Indications: Headache, neck rigidity, motor impairment and pain of the arm, toothache.

SJ13 Naohui

Location: On the line joining Jianliao (SJ14) and the olecranon, on the posterior border of m. deltoideus.

Indications: Goiter, scrofula, pain in the shoulder and arm.

SJ14 Jianliao

Location: Posterior and inferior to the acromion, in the depression about 1 cun posterior to Jianyu (LI15) when the arm is abducted.

Indications: Heaviness of the shoulder, dysfunction of the shoulder joint, pain of the arm.

SJ15 Tianliao

Location: Midway between Jianjing (GB21) and Quyuan (SI13), on the superior angle of the scapula.

Indications: Pain in the shoulder and elbow, stiffness of the neck, pain in supraclavicular fossa.

SJ16 Tianyou

Location: Posterior and inferior to the mastoid process, on the posterior border of m. sternocleidomastoideus, almost level with Tianrong (SI17) and Tianzhu (BL10).

Indications: Headache, neck rigidity, facial swelling, blurring of vision, sudden deafness, scrofula.

SJ17 Yifeng

Location: Posterior to the lobule of the ear, in the depression between the mandible and mastoid process.

Indications: Tinnitus, deafness, otorrhea, facial paralysis, toothache, swelling of the cheek, scrofula, trismus.

SJ18 Qimai

Location: In the centre of the mastoid process, at the junction of the middle and lower third of the curve formed by Yifeng (SJ17) and Jiaosun (SJ20) posterior to the helix.

Indications: Headache, tinnitus, deafness, infantile convulsion, epilepsy, vomiting, diarrhea.

SJ19 Luxi

Location: Posterior to the ear, at the junction of the upper and middle third of the curve formed by Yifeng (SJ17) and Jiaosun (SJ20) behind the helix.

Indications: Headache, tinnitus, infantile convulsion.

SJ20 Jiaosun

Location: Directly above the ear apex, within the hair line.

Indications: Tinnitus, blurred vision, swelling of the gum, neck rigidity.

SJ21 Ermen

Location: In the depression anterior to the supratragic notch and slightly superior to the condyloid process of the mandible. The point is located with the mouth open.

Indications: Tinnitus, deafness, otorrhea, toothache, pain of the cheek and neck.

SJ22 Erheliao

Location: Anterior and superior to Ermen (SJ21), at the level with the root of the auricle, on the posterior border of the hairline of the temple where the superficial temporal artery passes.

Indications: Headache, swelling of the neck and cheek, deviation of the mouth, tinnitus, lockjaw.

SJ23 Sizhukong

Location: In the depression at the lateral end of the eyebrow.

Indications: Headache, redness and pain of the eye, twitching of the eyelid, toothache, dizziness.

(11) THE GALLBLADDER MERIDIAN OF FOOT-SHAOYANG

GB1 Tongzilio

Location: 0.5 cun lateral to the outer canthus, in the depression on the lateral side of the

orbit.

Indications: Headache, redness and pain of the eyes, nebula, lacrimation.

GB2 Tinghui

Location: Anterior to the intertragic notch, at the posterior border of the condyloid process of the mandible. The point is located with the mouth open.

Indications: Deafness, tinnitus, toothache, mumps, deviation of the mouth.

GB3 Shangguan

Location: In the front of the ear, on the upper border of the zygomatic arch, in the depression directly above Xiaguan (ST7).

Indications: Headache, deafness, tinnitus, diplopia, deviation of the eye and mouth, toothache, epilepsy.

GB4 Hanyan

Location: Within the hairline of the temporal region, at the junction of the upper 1/4 and lower 3/4 of the distance between Touwei (ST8) and Qubin (GB7).

Indications: Migraine, vertigo, tinnitus, toothache, convulsion, epilepsy.

GB5 Xuanlu

Location: Within the hairline of the temporal region, midway of the border line connecting Touwei (ST8) and Qubin (GB7).

Indications: Migraine, pain in the outer canthus, facial swelling.

GB6 Xuanli

Location: Within the hairline, at the junction of the lower 1/4 and 3/4 of the distance between Touwei (ST8) and Qubin (GB7).

Indications: Migraine, pain in the outer canthus, tinnitus.

GB7 Qubin

Location: Directly above the posterior border of the preauricular hairline, about one finger-breadth anterior to Jiaosun (SJ20).

Indications: Headache, swelling of the cheek, trismus, sudden loss of the voice.

GB8 Shuaigu

Location: Superior to the apex of the auricle, 1.5 cun within the hairline.

Indications: Migraine, irritability, vomiting, infantile convulsion.

GB9 Tianchong

Location: Directly above the posterior border of the auricle, 2 cun within the hairline, about 0.5 cun posterior to Shuaigu (GB8).

Indications: Headache, epilepsy, swelling and pain of the gums.

GB10 Fubai

Location: Posterior and superior to the mastoid process, midway of the curve line drawn from Tianchong (GB9) to Touqiaoyin (GB11).

Indications: Headache, tinnitus, deafness, pain of the eye, scrofula.

GB11 Touqiaoyin

Location: Posterior and superior to the mastoid process, on the line connecting Fubai

(GB10) and Wangu (GB12).

Indications: Headache, tinnitus, deafness.

GB12 Wangu

Location: In the depression posterior and inferior to the mastoid process.

Indications: Headache, swelling of the cheek, retroauricular pain, deviation of the eye and mouth, toothache.

GB13 Benshen

Location: 0.5 cun within the hairline of the forehead, 3 cun lateral to Shenting (DU24).

Indications: Headache, vertigo, epilepsy, neck rigidity, infantile convulsion.

GB14 Yangbai

Location: On the forehead, 1 cun directly above the midpoint of the eyebrow.

Indications: Headache, eye pain, vertigo, twitching of the eyelids.

GB15 Toulinqi

Location: Directly above Yangbai (GB14), 0.5 cun within the hairline, midway between Shenting (DU24) and Touwei (ST8).

Indications: Headache, vertigo, nasal obstruction, blurred vision, infantile convulsion, epilepsy.

GB16 Muchuang

Location: 1.5 cun posterior to Toulinqi (GB15), on the line connecting Toulinqi (GB15) and Fengchi (GB20).

Indications: Headache, vertigo, red and painful eyes, nasal obstruction, facial edema, convulsion, epilepsy.

GB17 Zhengying

Location: 1.5 cun posterior to Muchuang (GB16), on the line joining Toulinqi (GB15) and Fengchi (GB20).

Indications: Migraine, vertigo, toothache.

GB18 Chengling

Location: 1.5 cun posterior to Zhengying (GB17), on the line connecting Toulinqi (GB15) and Fengchi (GB20).

Indications: Headache, epistaxis, nasal obstruction, pain of the eye.

GB19 Naokong

Location: Directly above Fengchi (GB20), at the level with Naohu (DU17), on the lateral side of the external occipital protuberance.

Indications: Headache, stiffness of the neck, vertigo, palpitation, rhinorrhea.

GB20 Fengchi

Location: In the depression between the upper portion of m. sternocleidomastoideus and m. trapezius, on the same level with Fengfu (DU16).

Indications: Red and painful eyes, tinnitus, epilepsy, rhinorrhea, pain and stiffness of the neck.

GB21 Jianjing

Location: Midway between Dazhui (DU14) and the acromion, at the highest point of the shoulder.

Indications: Pain and rigidity of the neck, pain in the shoulder and back, motor impairment of the arm, insufficient lactation, mastitis, scrofula, difficult labour.

GB22 Yuanye

Location: On the mid-axillary line when the arm is raised, 3 cun below the axilla.

Indications: Fullness of the chest, swelling of the axillary region, pain in the hypochondriac region, motor impairment of the arm.

GB23 Zhejin

Location: 1 cun anterior to Yuanye (GB22), approximately at the level with the nipple.

Indications: Fullness of the chest, pain in the hypochondriac region, asthma, vomiting.

GB24 Riyue

Location: One rib below Qimen (LR14), directly below the nipple, in the seventh intercostal space.

Indications: Pain in the hypochondriac region, vomiting, acid regurgitation, hiccup, jaundice.

GB25 Jingmen

Location: On the lateral side of the abdomen, on the lower border of the free end of the twelfth rib.

Indications: Abdominal distention, borborygmus, diarrhea, pain in the lumbar and hypochondriac region.

GB26 Daimai

Location: Directly below the free end of the eleventh rib where Zhangmen (LR13) is located, at the level with the umbilicus.

Indications: Irregular menstruation, amenorrhea, leukorrhea, hernia, pain in the lumbar and hypochondriac region.

GB27 Wushu

Location: In the lateral side of the abdomen, anterior to the superior iliac spine, 3 cun below the level of the umbilicus.

Indications: Leukorrhea, lower abdominal pain, hernia, constipation.

GB28 Weidao

Location: Anterior and inferior to the anterior superior iliac spine, 0.5 cun anterior and inferior to Wushu (GB27).

Indications: Leukorrhea, lower abdominal pain, hernia, prolapse of the uterus.

GB29 Juliao

Location: In the depression of the midpoint between the anterosuperior iliac spine and the great trochanter.

Indications: Pain and numbness in the thigh and lumbar region, paralysis, muscular atrophy of the lower limbs, hernia.

GB30 Huantiao

Location: At the junction of the lateral 1/3 and medial 2/3 of the distance between the great trochanter and the hiatus of the sacrum (Yaoshu, DU2). When locating the point, put the patient in lateral recumbent position with the thigh flexed.

Indications: Pain of the lumbar region, knee and thigh, muscular atrophy of the lower limbs, hemiplegia, Bi-syndrome.

GB31 Fengshi

Location: On the midline of the lateral aspect of the thigh, 7 cun above the transverse popliteal crease. When the patient is standing erect with the hands close to the sides, the point is where the tip of the middle finger touches.

Indications: Pain and soreness in the thigh and lumbar region, paralysis of the lower limbs, beriberi, general pruritus.

GB32 Zhongdu

Location: On the lateral aspect of the thigh, 5 cun above the transverse popliteal crease, between m. vastus lateralis and m. biceps femoris.

Indications: Pain and soreness of the thigh and knee, numbness and weakness of the lower limbs, hemiplegia.

GB33 Xiyangguan

Location: 3 cun above Yanglingquan (GB34), lateral to the knee joint, between the tendon of m. biceps femoris and the femur.

Indications: Swelling and pain of the knee, contracture of the tendons in popliteal fossa, numbness of the leg.

GB34 Yanglingquan

Location: In the depression anterior and inferior to the head of the fibula.

Indications: Hemiplegia, weakness, numbness and pain of the lower extremities, beriberi, hypochondriac pain, bitter taste in the mouth, vomiting.

GB35 Yangjiao

Location: 7 cun above the tip of the external malleolus, on the posterior border of the fibula.

Indications: Fullness of the chest and hypochondriac region, muscular atrophy and paralysis of the leg, epilepsy, loss of voice.

GB36 Waixiu

Location: 7 cun above the tip of the external malleolus, on the anterior border of the fibula.

Indications: Pain in the neck, chest, thigh and hypochondriac region, epilepsy.

GB37 Guangming

Location: 5 cun directly above the tip of the external malleolus, on the anterior border of the fibula.

Indications: Pain in the knee, muscular atrophy, motor impairment and pain of the lower extremities, ophthalmalgia, night blindness, distending pain of the breast.

GB38 Yangfu

Location: 4 cun above and slightly anterior to the tip of the external malleolus, on the anterior border of the fibula, between m. extensor digitorum longus and m. peroneus brevis.

Indications: Pain in the axillary region, lumbago, swelling of the axilla, beriberi.

GB39 Xuanzhong

Location: 3 cun above the tip of the external malleolus, in the depression between the posterior border of the fibula and the tendons of m. peroneus longus and brevis.

Indications: Apoplexy, pain in the hypochondriac region, muscular atrophy of the lower limbs, spasmodic pain of the leg, beriberi, abdominal fullness, hemorrhoid.

GB40 Qiuxu

Location: Anterior and inferior to the external malleolus, in the depression on the lateral side of the tendon of m. extensor digitorum longus.

Indications: Pain in the hypochondriac region and knee, muscular atrophy of the lower limbs, malaria.

GB41 Zulinqi

Location: In the depression distal to the junction of the fourth and fifth metatarsal bones, on the lateral side of the tendon of m. extensor digiti minimi of the foot.

Indications: Pain of the outer canthus, scrofula, pain in the hypochondriac region, irregular menstruation, pain and swelling of the dorsum of foot, spasmodic pain of the foot and toe, enuresis.

GB42 Diwuhui

Location: Between the fourth and fifth metatarsal bones, on the medial side of the tendon of m. extensor digiti minimi of foot.

Indications: Tinnitus, swelling of the breast, swelling and pain of the foot, dorsum hematemesia, pain and itching of the eye.

GB43 Xiashi

Location: On the dorsum of foot, between the fourth and fifth toes, proximal to the margin of the web.

Indications: Dizziness and vertigo, tinnitus, deafness, swelling of the cheek, fullness in the hypochondriac region, distending pain of the breast, dysmenorrhea.

GB44 Zuqiaoyin

Location: On the lateral side of the fourth toe, about 0.1 cun posterior to the corner of the nail.

Indications: Headache, deafness, tinnitus, sore throat, tongue rigidity, hiccup, irregular menstruation.

(12) THE LIVER MERIDIAN OF FOOT-JUEYIN

LR1 Dadun

Location: On the lateral side of the dorsum of the terminal phalanx of the great toe,

between the lateral corner of the nail and the interphalangeal joint.

Indications: Hernia, enuresis, uterine bleeding, prolapse of the uterus, epilepsy, amenorrhea.

LR2 Xingjian

Location: On the dorsum of the foot between the first and second toe, proximal to the margin of the web.

Indications: Pain in the hypochondrium, abdominal distension, headache, dizziness and vertigo, night blindness, deviation of the mouth, hernia, dysuria, irregular menstruation, epilepsy.

LR3 Taichong

Location: On the dorsum of the foot, in the depression distal to the junction of the first and second metatarsal bones.

Indications: Headache, dizziness and vertigo, infantile convulsion, deviation of the mouth, pain in the hypochondriac region, epilepsy.

LR4 Zhongfeng

Location: 1 cun anterior to the medial malleolus, midway between Shangqiu (SP5) and Jiexi (ST41), in the depression on the medial side of the tendon of m. tibialis anterior.

Indications: Hernia, nocturnal emission, retention of urine, pain in the abdomen and umbilicus.

LR5 Ligou

Location: 5 cun above the tip of the medial malleolus, on the medial aspect and near the medial border of the tibia.

Indications: Retention of urine, enuresis, irregular menstruation, leukorrhea, weakness and atrophy of the leg.

LR6 Zhongdu

Location: 7 cun above the tip of the medial malleolus, on the medial aspect and near the medial border of the tibia.

Indications: Abdominal pain, diarrhea, hernia, prolonged lochia, uterine bleeding.

LR7 Xiguan

Location: Posterior and inferior to the medial condyle of the tibia, in the upper portion of the medial head of m. gastrocnemius, 1 cun posterior to Yinlingquan (SP9).

Indications: Pain of the knee, sore throat.

LR8 Ququan

Location: When knee is flexed, the point is in the depression above the medial end of the transverse popliteal crease, posterior to the medial epicondyle of the femur, on the anterior part of the insertion of m. semimembranosus and m. semitendinosus.

Indications: Prolapse of the uterus, lower abdominal pain, retention of urine, nocturnal emission, pruritus vulvae, pain of the knee.

LR9 Yinbao

Location: 4 cun above the medial epicondyle of the femur, between m. vastus medialis and m. sartorius.

Indications: Pain in the lumbosacral region, lower abdominal pain, enuresis, irregular menstruation.

LR10 Zuwuli

Location: 3 cun directly below Qichong (ST30), on the lateral border of m. abductor longus.

Indications: Lower abdominal distention and fullness, retention of urine, general weakness, somnolence, scrofula.

LR11 Yinlian

Location: 2 cun directly below Qichong (ST30), on the lateral border of m. abductor longus.

Indications: Irregular menstruation, leukorrhea, lower abdominal pain, pain in the thigh and leg.

LR12 Jimai

Location: Inferior and lateral to the pubic spine, 2.5 cun lateral to the Ren meridian, at the inguinal groove lateral and inferior to Qichong (ST30).

Indications: Lower abdominal pain, hernia, prolapse of uterus.

LR13 Zhangmen

Location: On the lateral side of the abdomen, below the free end of the eleventh floating rib.

Indications: Abdominal distention, borborygmus, pain in the hypochondriac region, vomiting, diarrhea, abdominal mass.

LR14 Qimen

Location: Directly below the nipple, in the sixth intercostal space.

Indications: Hypochondriac mass, abdominal distention, hiccup, acid regurgitation, depression.

(13) THE REN MERIDIAN

RN1 Huiyin

Location: Between the anus and the root of the scrotum in males and between the anus and the posterior labial commissure in females.

Indications: Retention of urine, nocturnal emission, metrorrhagia, convulsion and epilepsy, suffocation due to drawn.

RN2 Qugu

Location: On the midpoint of the upper border of the symphysis pubis.

Indications: Retention and dribbling of urine, enuresis, nocturnal emission, impotence, morbid leukorrhea, irregular menstruation.

RN3 Zhongji

Location: On the midline of the abdomen, 4 cun below the umbilicus.

Indications: Enuresis, nocturnal emission, impotence, hernia, irregular menstruation,

dysmenorrhea, metrorrhagia, morbid leukorrhea, sterility, retention of urine, prolapse of the uterus, profuse lochia.

RN4 Guanyuan

Location: On the midline of the abdomen, 3 cun below the umbilicus.

Indications: Enuresis, nocturnal emission, frequency of urination, hernia, irregular menstruation, morbid leukorrhea, dysmenorrhea, postpartum hemorrhage, flaccid type of apoplexy, general weakness.

RN5 Shimen

Location: On the midline of the abdomen, 2 cun below the umbilicus.

Indications: Abdominal pain, edema, hernia, retention of the urine, amenorrhea, morbid leukorrhea, metrorrhagia, postpartum hemorrhage.

RN6 Qihai

Location: On the midline of the abdomen, 1.5 cun below the umbilicus.

Indications: abdominal pain, enuresis, nocturnal emission, hernia, diarrhea, dysentery, irregular menstruation, metrorrhagia, morbid leukorrhea, postpartum hemorrhage, flaccid type of apoplexy, sterility.

RN7 Yinjiao

Location: On the midline of the abdomen, 1 cun below the umbilicus.

Indications: Abdominal distention, amenorrhea, metrorrhagia, edema, hernia, morbid leukorrhea, pruritus vulvae, postpartum hemorrhage.

RN8 Shenque

Location: In the centre of the umbilicus.

Indications: Abdominal pain, borborygmus, flaccid type of apoplexy, prolapse of the rectum, unchecked diarrhea, edema.

RN9 Shuifen

Location: On the midline of the abdomen, 1 cun above the umbilicus.

Indications: Abdominal pain, borborygmus, edema, retention of the urine, vomiting.

RN10 Xiwuan

Location: On the midline of the abdomen, 2 cun above the umbilicus.

Indications: Abdominal pain, borborygmus, indigestion, vomiting, weakness of the spleen and stomach.

RN11 Jianli

Location: On the midline of the abdomen, 3 cun above the umbilicus.

Indications: Stomachache, vomiting, abdominal distention, borborygmus, edema, anorexia.

RN12 Zhongwan

Location: On the midline of the abdomen, 4 cun above the umbilicus.

Indications: Stomachache, abdominal distention, borborygmus, nausea, vomiting, diarrhea, dysentery, jaundice, weakness of the spleen and stomach.

RN13 Shangwan

Location: On the midline of the abdomen, 5 cun above the umbilicus.

Indications: Stomachache, abdominal distention, nausea, vomiting, epilepsy.

RN14 Juque

Location: On the midline of the abdomen, 6 cun above the umbilicus.

Indications: Pain in the cardiac region and the chest, nausea, vomiting, acid regurgitation, mental disorders, epilepsy, palpitation.

RN15 Jiuwei

Location: Below the xiphoid process, 7 cun above the umbilicus; locate the point in supine position with the arms uplifted.

Indications: Pain in the cardiac region and the chest, nausea, mental disorders, epilepsy.

RN16 Zhongting

Location: On the midline of the sternum, at the level with the fifth intercostal space.

Indications: Distension and fullness in the chest and intercostal region, nausea, anorexia, infantile vomiting of milk.

RN17 Tanzhong

Location: On the anterior midline, at the level with the fourth intercostal space, midway between the nipples.

Indications: Asthma, pain in the chest, insufficient lactation, hiccup.

RN18 Yutang

Location: On the anterior midline, at the level with the third intercostal space.

Indications: Pain in the chest, cough, asthma, vomiting.

RN19 Zigong

Location: On the anterior midline, at the level with the second intercostal space.

Indications: Pain in the chest, asthma, cough, sore throat, suffocated breath.

RN20 Huagai

Location: On the anterior midline, at the midpoint of the sternal angle, at the level with the first intercostal space.

Indications: Pain in the chest and intercostal region, asthma, cough.

RN21 Xuanji

Location: On the anterior midline, in the centre of the sternal manubrium, 1 cun below Tiantu (RN22).

Indications: Pain in the chest, cough, asthma, sore throat, swollen pharynx.

RN22 Tiantu

Location: In the centre of the suprasternal fossa.

Indications: Asthma, cough, sore throat, dry throat, hiccup, sudden loss of the voice, goiter.

RN23 Lianquan

Location: Above the Adam's apple, in the depression of the upper border of the hyoid bone.

Indications: Swelling and pain of the subglossal region, salivation with glossoplegia, aphasia with stiffness of the tongue by apoplexy, sudden loss of the voice, difficulty in swallowing.

RN24 Chengjiang

Location: In the depression in the centre of the mentolabial groove.

Indications: Facial edema, swelling of the gums, toothache, salivation, swelling of the face, sudden loss of the voice, epilepsy.

(14) THE DU MERIDIAN

DU1 Changqiang

Location: Midway between the tip of the coccyx and the anus, locating the point in prone position.

Indications: Diarrhea, bloody stools, hemorrhoids, prolapse of the rectum, constipation, pain in the lower back, epilepsy.

DU2 Yaoshu

Location: In the hiatus of the sacrum.

Indications: Irregular menstruation, pain and stiffness of the lower back, hemorrhoids, muscular atrophy of the lower limbs.

DU3 Yaoyangguan

Location: Below the spinous process of the fourth lumbar vertebra, at the level with the crista iliaca.

Indications: Irregular menstruation, nocturnal emission, impotence, pain in the lumbosacral region, muscular atrophy, motor impairment of the lower limbs.

DU4 Mingmen

Location: Below the spinous process of the second lumbar vertebra.

Indications: Stiffness of the back, lumbago, impotence, nocturnal emission, diarrhea, leukorrhea.

DU5 Xuanshu

Location: Below the spinous process of the first lumbar vertebra.

Indications: Pain and stiffness of the lower back, diarrhea, weakness of the spleen and stomach.

DU6 Jizhong

Location: Below the spinous process of the eleventh thoracic vertebra.

Indications: Pain in the epigastric region, diarrhea, jaundice, epilepsy, hemorrhoid, infantile prolapse of rectum.

DU7 Zhongshu

Location: Below the spinous process of the tenth thoracic vertebra.

Indications: Abdominal fullness, lower back pain, stiffness of the back.

DU8 Jinsuo

Location: Below the spinous process of the ninth thoracic vertebra.

Indications: Epilepsy, stiffness of the back, gastric pain.

DU9 Zhiyang

Location: Below the spinous process of the seventh thoracic vertebra, approximately at the level with the inferior angle of the scapula.

Indications: Jaundice, cough, asthma, heaviness and pain of the limbs.

DU10 Lingtai

Location: Below the spinous process of the sixth thoracic vertebra.

Indications: Cough, asthma, furuncles, back pain, neck rigidity.

DU11 Shendao

Location: Below the spinous process of the fifth thoracic vertebra.

Indications: Poor memory, palpitation, pain and stiffness of the back, cough.

DU12 Shenzhu

Location: Below the spinous process of the third thoracic vertebra.

Indications: Cough, asthma, epilepsy, pain and stiffness of the back.

DU13 Taodao

Location: Below the spinous process of the first thoracic vertebra.

Indications: Stiffness of the back, headache, malaria, febrile diseases.

DU14 Dazhui

Location: Below the spinous process of the seventh cervical vertebra, approximately at the level of the shoulders.

Indications: Neck pain and rigidity, malaria, febrile diseases, epilepsy, afternoon hectic fever, cough, asthma.

DU15 Yamen

Location: 0.5 cun directly above the mid-point of the posterior hairline, in the depression below the spinous process of the first cervical vertebra.

Indications: Mental disorders, epilepsy, sudden loss of voice, apoplexy, stiffness of the tongue and aphasia.

DU16 Fengfu

Location: 1 cun directly above the midpoint of the posterior hairline, directly below the external occipital protuberance, in the depression between m. trapezius of both sides.

Indications: Headache, neck rigidity, blurred vision, epistaxis, sore throat, post-apoplexy aphasia, hemiplegia, mental disorders.

DU17 Naohu

Location: On the midline of the head, 1.5 cun directly above Fengfu (DU16), superior to the external occipital protuberance.

Indications: Epilepsy, dizziness, pain and stiffness of the neck, sudden loss of voice.

DU18 Qiangjian

Location: On the midline of the head, 1.5 cun directly above Naohu (DU17), midway between Fengfu (DU16) and Baihui (DU20).

Indications: Headache, neck rigidity, blurred vision, mania.

DU19 Houding

Location: On the midline of the head, 1.5 cun directly above Qiangjian (DU18).

Indications: Headache, vertigo, mania, epilepsy.

DU20 Baihui

Location: On the midline of the head, 7 cun directly above the posterior hairline, approximately on the midpoint of the line connecting the apex of the two auriculae

Indications: Headache, vertigo, tinnitus, nasal obstruction, aphasia due to apoplexy, coma, mental disorders, prolapse of the rectum and the uterus.

DU21 Qianding

Location: On the midline of the head, 1.5 cun anterior to Baihui (DU20).

Indications: Epilepsy, dizziness, blurred vision, vertical headache, rhinorrhea.

DU22 Xinhui

Location: 2 cun posterior to the midpoint of the anterior hairline, 3 cun anterior to Baihui (DU20).

Indications: Headache, blurred vision, rhinorrhea, infantile convulsion, epilepsy.

DU23 Shangxing

Location: 1 cun directly above the midpoint of the anterior hairline.

Indications: Headache, ophthalmalgia, epistaxis, rhinorrhea, mental disorders, malaria, febrile disease.

DU24 Shenting

Location: 0.5 cun directly above the midpoint of the anterior hairline.

Indications: Epilepsy, palpitation, insomnia, headache, vertigo, rhinorrhea.

DU25 Suliao

Location: On the tip of the nose.

Indications: Loss of consciousness, nasal polyp, nasal obstruction, epistaxis, rhinorrhea.

DU26 Shuigou

Location: A little way above the midpoint of the philtrum, near nostrils.

Indications: Mental disorders, epilepsy, infantile convulsion, coma due to apoplexy, trismus, deviation of the mouth and eyes, facial edema, pain and stiffness of the lower back.

DU27 Duiduan

Location: On the median tubercle of the upper lip, at the junction of the skin and upper lip.

Indications: Mental disorders, lip twitching, pain and swelling of the gums, nasal polyp.

DU28 Yinjiao

Location: At the junction of the gum and the frenulum of the upper lip.

Indications: Mental disorders, pain and swelling of the gums, rhinorrhea, nasal polyp.

4. EXTRA POINTS

EX-HN1 Sishencong

Location: A group of 4 points at the vertex, 1 cun respectively posterior, anterior and lateral to Baihui (DU20).

Indications: Headache, vertigo, insomnia, poor memory, epilepsy.

EX-HN2 Dangyang

Location: Directly above the pupil, 1 cun above the anterior hair line.

Indications: Migraine, dizziness, blurred vision, redness and pain of eyes, obstructed nose, common cold, rhinitis.

EX-HN3 Yintang

Location: Midway between the medial end of the two eyebrows.

Indications: Headache, head heaviness, epistaxis, rhinorrhea, infantile convulsion, frontal headache, insomnia.

EX-HN4 Yuyao

Location: At the midpoint of the eyebrow.

Indications: Pain in the supraorbital region, twitching of the eyelids, nebula, redness, swelling and pain of the eyes.

EX-HN5 Taiyang

Location: In the depression about 1 cun posterior to the midpoint between the lateral end of the eyebrow and outer canthus.

Indications: Headache, eye diseases, deviation of the eyes and mouth.

EX-HN6 Erjian

Location: Fold the auricle, the point is at the apex of the auricle.

Indications: Redness, swelling and pain of the eyes, febrile diseases, nebula.

EX-HN7 Qiuhou

Location: At the junction of the lateral 1/4 and the medial 3/4 of the infraorbital margin.

Indications: Eye diseases.

EX-HN8 Shangyinxiang

Location: On the face, in the conjunctive point of nasal cartilage and turbinate.

Indications: Headache, obstructed nose, nasal polyp, rhinitis.

EX-HN9 Neiyinxiang

Location: In the nasal interior wall, on the mucosa of nasal cartilage and turbinate.

Indications: Dizziness, sunstroke, acute conjunctivitis, rhinitis.

EX-HN10 Juquan

Location: At the midpoint of the midline on the surface of the tongue.

Indications: Stiffness of the tongue, diabetes, asthma, cough.

EX-HN11 Haiquan

Location: At the midpoint of the frenulum of tongue.

Indications: Sublingual varicosity, sore throat, vomiting, diarrhea, diabetes.

EX-HN12 Jinjin

Location: On the vein on left side of the frenulum of the tongue.

Indications: Swelling of the tongue, vomiting, aphasia with stiffness of the tongue.

EX-HN13 Yuye

Location: On the vein on right side of the frenulum of the tongue.

Indications: Swelling of the tongue, vomiting, aphasia with stiffness of the tongue.

EX-HN14 Yiming

Location: 1 cun posterior to Yifeng (SJ17).

Indications: Eye diseases, tinnitus, insomnia.

EX-HN15 Jinbailao

Location: 2 cun above Dazhui (DU14), 1 cun lateral to the midline.

Indications: Scrofula, cough, asthma, whooping cough, neck rigidity.

EX-CA1 Zigong

Location: 3 cun lateral to Zhongji (RN3).

Indications: Prolapse of the uterus, irregular menstruation, hernia, sterility, dysmenorrhea, metrorrhagia, lumbar pain.

EX-B1 Dingchuan

Location: 0.5 cun lateral to Dazhui (DU14).

Indications: Asthma, cough, neck rigidity, pain in the shoulder and back, urticaria.

EX-B2 Jiaji

Location: A group of 34 points on both sides of the spinal column, 0.5 cun lateral to the lower border of each spinous process from the first thoracic vertebra to the fifth lumbar vertebra.

Indications: See the following table.

Huatuoji Points

Indications

T. 1

2

Diseases in the upper limbs.

3

4

Diseases in the chest region.

5

6

7

8

9

10

11

12

L. 1

Diseases in the abdominal region.

2

3

4

Diseases in the lower limbs.

5

EX-B3 Weiwanzishu

Location: 1.5 cun lateral to the lower border of the spinous process of the eighth thoracic vertebra.

Indications: Diabetes, vomiting, abdominal pain, pain in the chest and hypochondriac

region, stomachache, pancreatitis.

EX-B4 Pigen

Location: 3.5 cun lateral to the lower border of the spinous process of the first lumbar vertebra.

Indications: Hepatosplenomegaly, lumbar pain, hernia, abdominal mass.

EX-B5 Xiajishu

Location: On lumbar region, below the third lumbar vertebra.

Indications: Dysfunction of urination, enuresis, abdominal pain, diarrhea.

EX-B6 Yaoyi

Location: On lumbar region, 3 cun lateral to the fourth lumbar vertebra.

Indications: Lumbar pain, diabetes.

EX-B7 Yaoyan

Location: About 3.5 cun lateral to the lower border of the spinous process of the fourth lumbar vertebra. The point is in the depression appearing in prone position.

Indications: Lumbar pain, frequency of urination, gynecological diseases, diabetes.

EX-B8 Shiqizhui

Location: Below the spinous process of the fifth lumbar vertebra.

Indications: Dysmenorrhea, enuresis, pain of the lower limbs.

EX-B9 Yaoqi

Location: 2 cun directly above the tip of the coccyx.

Indications: Epilepsy, headache, insomnia, constipation.

EX-UE1 Zhoujian

Location: On the tip of the ulnar olecranon when the elbow is flexed.

Indications: Scrofula, deeply-rooted boil.

EX-UE2 Erbai

Location: On the metacarpal aspect of the forearm, 4 cun above the transverse wrist crease, on the both sides of the tendon of m. flexor carpiradialis, two points on one hand.

Indications: Hemorrhoids, prolapse of the rectum.

EX-UE3 Zhongquan

Location: In the depression between Yangxi (LI5) and Yangchi (SJ4).

Indications: Stuffy chest, gastric pain, hematemesis, cough, blurred vision.

EX-UE4 Zhongkui

Location: On the midpoint of the proximal interphalangeal joint of the middle finger at dorsum aspect.

Indications: Nausea, vomiting, hiccup, epistaxis, toothache.

EX-UE5 Dagukong

Location: On the dorsum of the thumb, on the midpoint of interfingers crease.

Indications: Eyes disease, vomiting, diarrhea, epistaxis.

EX-UE6 Xiaogukong

Location: On the dorsum of the little finger, on the midpoint of 1st interphalanged crease.

Indications: Blurred vision, sore throat.

EX-UE7 Yaotongdian

Location: On the dorsum of the hand, midway between the transverse wrist crease and metacarpophalangeal joints, between the second and third metacarpal bones, and between the fourth and fifth metacarpal bones, four points in all on both hands.

Indications: Acute lumbar sprain, headache, infantile convulsion.

EX-UE8 Wailaogong

Location: On the dorsum of the hand, opposite to Laogong (PC8).

Indications: Stiff neck, numbness of fingers, redness and swelling of the dorsum of the hand.

EX-UE9 Baxie

Location: On the dorsum of the hand, at the junction of the white and red skin of the hand webs, eight in all, making a loose fist to locate the points.

Indications: Stiff neck, headache, numbness, redness and swelling of the dorsum of the hand, sore throat.

EX-UE10 Sifeng

Location: On the palmar surface, on the midpoint of the transverse creases of the proximal interphalangeal joints of the index, middle, ring and little fingers.

Indications: Malnutrition and indigestion in children, whooping cough.

EX-UE11 Shixuan

Location: On the tips of the ten fingers, about 0.1 cun distal to the nails.

Indications: Coma, epilepsy, high fever, infantile convulsion, numbness of fingers.

EX-LE1 Kuangu

Location: At the anterior part of the thigh, 1.5 cun lateral to Liangqiu (ST34), 2 points on each side.

Indications: Leg pain, paralysis of lower limbs.

EX-LE2 Heding

Location: In the depression above the midpoint of the superior border of patella.

Indications: Knee pain, weakness of the foot and leg, beriberi.

EX-LE3 Baichongwo

Location: 1 cun above Xuehai (SP10).

Indications: Rubella, eczema, tinea inguinalis.

EX-LE4 Neixiyan

Location: See Xiyan (EX-LE5).

Indications: Knee pain, beriberi.

EX-LE5 Xiyan

Location: A pair of points in the two depressions, medial and lateral to the patellar ligament, locating the point with the knee flexed. These two points are also termed medial and lateral Xiyan respectively. Lateral Xiyan overlaps with Dubi (ST35).

Indications: Knee pain, weakness of the lower extremities.

EX-LE6 Dannang

Location: On the superior lateral aspect of the leg, 2 cun below Yanglingquan (GB34).

Indications: Acute and chronic cholecystitis, cholelithiasis, biliary ascariasis, muscular atrophy and numbness of the lower extremities.

EX-LE7 Lanwei

Location: On the superior lateral aspect of the leg, 2 cun below Zusanli (ST36).

Indications: Acute and chronic appendicitis, indigestion, paralysis of the lower limbs, gastric pain.

EX-LE8 Neihuaijian

Location: On the tip of the medial malleolus.

Indications: Tonsillitis, toothache.

EX-LE9 Waihuaijian

Location: On the tip of the lateral malleolus.

Indications: Beriberi, toothache, spasm of the toes.

EX-LE10 Bafeng

Location: On the dorsum of the foot, in the depressions on the webs between toes proximal to the margins of the webs, eight points in all.

Indications: Beriberi, toe pain, redness and swelling of dorsum of the foot, headache, toothache, malaria.

EX-LE11 Duyin

Location: On the sole side, on the midpoint of the 2nd interphalangeal crease of the 2nd toe.

Indications: Hypochondriac pain, vomiting, hematemesis, irregular menstruation, hernia.

EX-LE12 Qiduan

Location: On the tips of the ten toes, about 0.1 cun distal to the nails, 10 points in all.

Indications: Stroke, swelling and pain of the dorsum of the foot, toes numbness.

5. AURICULAR ACUPUNCTURE POINTS

The Helix

(1) *Point Middle Ear (Diaphragm)*

Location: On the helix crus.

(2) *Pt. Rectum (Lower Rectum)*

Location: On the end of the helix approximate to the superior tragic notch.

(3) *Pt. Urethra*

Location: On the helix at the level with the lower border of the inferior antihelix crus.

(4) *Pt. External Genitalia*

Location: On the helix at the level with the upper border of the inferior antihelix crus.

(5) *Pt. Anus*

Location: On the helix at the level with the border inferior the triangular fossa.

(6) *Pt. Ear Apex*

Location: At the tip of the helix.

(7) *Pt. Tubercle*

Location: At the auricular tubercle.

(8) *Pt. Helix 1*

Location: On the helix below the inferior tubercle.

(9) *Pt. Helix 2*

Location: On the helix below Helix 1.

(10) *Pt. Helix 3*

Location: On the helix below Helix 2.

(11) *Pt. Helix 4*

Location: On the helix below Helix 3.

The Scapha

(12) *Pt. Finger*

Location: At the top of the scapha.

(13) *Pt. Wind Stream (Allergy or Urticaria Point)*

Location: Midpoint between Pt. Finger and Pt. Wrist.

(14) – (16) *Pt. Wrist, Pt. Elbow, Pt. Shoulder.*

Location: Divide the scapha area between Pt. Finger and Pt. Clavicle into five equal parts.

They are Pt. Finger, Pt. Wrist, Pt. Elbow, Pt. Shoulder and Pt. shoulder Joint respectively from the superior to inferior.

(17) *Pt. Clavicle*

Location: On the scapha at level with the helix-tragic notch.

The Antihelix Crus

(18) *Pt. Heel*

Location: Medial and superior angle of the superior antihelix crus.

(19) *Pt. Toe*

Location: Ateral and superior angle of the superior antihelix crus.

(20) *Pt. Ankle*

Location: Midway between Pt. Heel and Pt. Knee.

(21) *Pt. Knee*

Location: Middle portion of the superior antihelix crus.

(22) *Pt. Hip*

Location: At the inferior 1/3 of the superior antihelix crus.

(23) *Pt. Sciatic Nerve*

Location: At the middle 1/3 of the inferior antihelix crus.

(24) *Pt. Sympathetic Nerve*

Location: The terminal of the inferior antihelix crus.

(25) *Pt. Buttocks*

Location: At the lateral 1/3 of the inferior antihelix curs.

(26) *Pt. Abdomen*

Location: On the border of the cavum conchae level to Pt. Lumbosacral Vertebrae.

(27) *Pt. Lumbosacral Vertebrae*

Location: A curved line from the helix-tragic notch to the bifurcation of the superior and inferior antihelix crura can be divided into five equal segments. The lower 1/5 of it is Pt. Cervical Vertebrae, the middle 2/5 is Pt. Thoracic Vertebrae, and the upper 2/5 is Pt. Lumbosacral Vertebrae.

(28) *Pt. Chest*

Location: On the border of the cavum conchae level of Pt. Thoracic Vertebrae.

(29) *Pt. Thoracic Vertebrae*

Location: See Pt. Lumbosacral Vertebrae.

(30) *Pt. Neck*

Location: On the border of cavum conchae level to Pt. Cervical Vertebrae.

(31) *Pt. Cervical Vertebrae*

Location: See Pt. Lumbosacral Vertebrae.

The Triangular Fossa

(32) *Pt. Superior Triangular Fossa*

Location: In the depression of the upper 1/3 of the triangular fossa.

(33) *Pt. Internal Genitalia Palace*

Location: In the depression of the lower 1/3 of the bottom of the triangular fossa.

(34) *Pt. Middle Triangular Fossa*

Location: In the depression of the middle of the triangular fossa.

(35) *Pt. Shemnen*

Location: At the bifurcating point between superior and inferior antihelix crus, and the lateral 1/3 of the triangular fossa.

(36) *Pt. Pelvic Cavity*

Location: Slightly inferior to the medial side of the bifurcating point between the superior and inferior antihelix crus.

The Tragus

(37) *Pt. Upper Tragus*

Location: On the upper 1/2 of the lateral side of the tragus.

(38) *Pt. Lower Tragus*

Location: On the lower 1/2 of the lateral side of the tragus.

(39) *Pt. External Ear*

Location: On the supratragic notch close to the helix.

(40) *Pt. Tragic Apex*

Location: At the tip of the upper protuberance on the border of the tragus.

(41) *Pt. External Nose*

Location: In the center of the tragus.

(42) *Pt. Adrenal*

Location: At the tip of the lower protuberance on the border of the tragus.

(43) *Pt. Pharynx-Larynx*

Location: Upper half of the medial aspect of the tragus.

(44) *Pt. Internal Nose*

Location: Lower half of the medial aspect of the tragus.

(45) *Pt. Anterior Intertragic Notch*

Location: On the lowest area anterior to the intertragic notch.

The Antitragus

(46) *Pt. Forehead*

Location: At the anterior inferior corner of the lateral aspect of the antitragus.

(47) *Pt. Posterior Intertragic Notch*

Location: At the posterior to the intertragic notch and anterior-inferior area of the antitragus.

(48) *Pt. Temple*

Location: At the posterior superior corner of the lateral aspect of the antitragus.

(49) *Pt. Occiput*

Location: At the posterior superior corner of the lateral aspect of the antitragus.

(50) *Pt. Brain (Pt. Subcortex)*

Location: On the medial aspect of the antitragus.

(51) *Pt. Antitragic Apex (Pt. Soothing Asthma)*

Location: At the tip of the antitragus.

(52) *Pt. Middle Border*

Location: Midpoint between the antitragic apex and helixtragic notch.

(53) *Pt. Brain Stem*

Location: On the helixtragic notch.

The Concha Auriculae

(54) *Pt. Mouth*

Location: Close to the posterior and superior border of the orifice of the external auditory meatus.

(55) *Pt. Esophagus*

Location: At the middle 2/3 of the inferior aspect of the helix crus.

(56) *Pt. Cardiac Orifice*

Location: At the posterior and inferior 1/3 of the helix crus.

(57) *Pt. Stomach*

Location: Around the area where the helix crus terminates.

(58) *Pt. Duodenum*

Location: At the lateral 1/3 of the superior aspect of the helix crus.

(59) *Pt. Small Intestine*

Location: At the middle 1/3 of the superior aspect of the helix crus.

(60) *Pt. Large Intestine*

Location: At the middle 1/3 of the superior aspect of the helix crus.

(61) *Pt. Appendix*

Location: Between Pt. Small Intestine and Pt. Large Intestine.

(62) *Pt. Angle of Cymba Conchae*

Location: At the medial superior angle of cymba conchae.

(63) *Pt. Bladder*

Location: On the antero-inferior border of the inferior antihelix crus.

(64) *Pt. Kidney*

Location: On the lower border of the inferior antihelix crus, directly above Pt. Small Intestine.

(65) *Pt. Ureter*

Location: Between Pt. Kidney and Pt. Bladder.

(66) *Pt. Pancrease and Biliary Tract (Pancrease-left, Biliary Tractright)*

Location: Between Pt. Liver and Pt. Kidney.

(67) *Pt. Liver*

Location: On the lateral inferior border of the cymba conchae.

(68) *Pt. Centre of Superior Conchae*

Location: The area between the Pt. Small intestine and Pt. Kidney.

(69) *Pt. Spleen*

Location: At the lateral and superior aspect of the cavum conchae.

(70) *Pt. Heart*

Location: In the central depression of the cavum conchae.

(71) *Pt. Trachea*

Location: Between the orifice of the external auditory meatus and Pt. Heart.

(72) *Pt. Lung*

Location: Around the central depression of the cavum conchae.

(73) *Pt. Sanjiao*

Location: At the base of the cavum conchae, superior to the intertragic notch.

(74) *Pt. Endocrine*

Location: At the base of the cavum conchae in the intertragic notch.

(75)-(82) *Pt. Tooth, Tongue, Jaw, Anterior of Ear Lobe, Eye, Internal Ear, Cheek, Tonsil*

Location: On the area from the lower border of the cartilage of the intertragic notch to the lower border of the ear lobe, draw three horizontal lines by which the area is horizontally and equally divided, then draw two vertical lines by which the area is vertically and equally divided, thus the area is divided into 9 equal sections. These sections are numbered from the medial section laterally and from the upper section downward. The first section is Pt. Tooth; the 2nd, Pt. Tongue; the 3rd, Pt. Jaw; the 4th, Pt. Anterior of Ear Lobe (Neurasthenia Point); the 5th, Pt. Eye; the 6th, Pt. Internal Ear. Pt. Cheek is around the borderline of the 5th and 6th sections. The 8th section is Pt. Tonsil.

The Posterior Surface (P.S.)

(83) *Pt. Heart of P. S.*

Location: At the upper back of the ear.

(84) *Pt. Lung of P. S.*

Location: On the back of the ear, at the middle aspect of Spleen.

(85) *Pt. Spleen of P. S.*

Location: In the middle at the back of the ear.

(86) *Pt. Liver of P. S.*

Location: On the back of ear, at lateral aspect of Spleen.

(87) *Pt. Kidney of P. S.*

Location: At the lower part of the retroauricle.

(88) *Pt. Groove of Back Auricle*

Location: Through the back side of the superior antihelix crus and inferior antihelix crus, in the depression as a "Y" form.

The Ear Vagus

(89) *Pt. Upper Ear Vagus*

Location: On the topmost point of the ear vagus.

(90) *Pt. Root of Ear Vagus*

Location: On the conjunctive part between ear root and posterior groove of helix crus.

(91) *Pt. Lower Ear Root*

Location: On the lowest part of ear root.

Auricular Point Selection for Common Diseases

Syndrome	Main Acupuncture Points	Adjuvant Acupuncture Points
Nausea	Stomach, Esophagus, Spleen, Brain, Stem, Shenmen	Lung, Liver, Pancreas and Gallbladder, Adrenal Gland
Gastritis	Stomach, Spleen, Sympathesis, Endocrine, Lung	Liver, Brain Stem, Subcortex, Adrenal Gland
Peptic Ulcer	Stomach, Duodenum, Lung, Spleen Sympathesis	Liver, Pancreas and Gallbladder Subcortex, Ear, Center
Diarrhea	Large Intestine, Small Intestine Sympathesis, Triple, Energy	Spleen, Liver, Lung, Kidney, Adrenal Gland
Constipation	Large Intestine, middle Triangular Fossa, Rectum	Spleen, Kidney, Triple energy, Sympathesis
Hiccup	middle Ear, Center, Esophagus, Shenmen	Liver, Endocrine, Subcortex, Sympathesis
cholecystitis and Cholelithiasis	Pancreas and Gallbladder, Liver, Duodenum, Centre of superior Concha, Shenmen, Endocrine, Abdomen, Adrenal Gland	Sympathesis, Small Intestine, Large Intestine, Ear Apex, Mouth, Stomach, Middle Triangular Fossa
Hepatitis	Liver, Spleen, Stomach, Node, Middle Triangular Fossa, Sympathesis, Endocrine	Ear Apex, Adrenal Gland, Triple Jiao, Small Intestine
Diabetes	Pancreas and Gallbladder, Endocrine, Shenmen, Subcortex, Liver, Adrenal Gland, Spleen	Lung, Stomach, Kidney, Triple Jiao, Heart, Ear Apex, Sympathesis
Common Cold	Lung, Internal Nose, Pharynx and Larynx, Ear Apex, Adrenal Gland	Shenmen, Brain Stem
Pharyngitis	Lung, Tonsil, Pharynx and Larynx, Adrenal Gland	Trachea, Liver, Kidney
Parotitis	Apex of Antitragus, Cheek, Endocrine, Adrenal Gland	Ear Apex, Lung

(continue)

Syndrome	Main Acupuncture Points	Adjuvant Acupuncture Points
Bronchitis	Trachea, Lung, Middle Triangular Fossa, Endocrine, Shenmen, Internal Nose, Pharynx and Larynx, Adrenal Gland	Large Intestine, Ear Apex, Apex of Anti-tragus, Kidney, Spleen, Tonsil
Hypertension	Superior Triangular Fossa, Sympathesis, Endocrine, Heart, Shenmen, Liver, Kidney, Subcortex, Groove of Posterior Surface	Occiput, Anterior Ear Lobe, Ear Apex, Small Intestine
Coronary Arteriosclerotic Heart Disease	Heart, Small Intestine, Sympathesis, Shenmen, Endocrine, Subcortex	Kidney, Spleen, Heart of Posterior Surface, Chest
Arrhythmia	Heart, Sympathesis, Shenmen, Occiput	Small Intestine, Subcortex, Anterior Ear Lobe
Dizziness and Head-ache	Occiput, Temple, Forehead, Shenmen, Subcortex	Liver, Stomach, Kidney, Pancreas and Gallbladder
Insomnia	Shenmen, Kidney, Heart, Occiput Stomach	Ear Apex, Subcortex
Enuresis	Bladder, Kidney, External Genitals, Central Rim, middle Ear	Heart, Subcortex
Urinary Infection	Bladder, Ureter, Urethra, External Genitals, Kidney	Adrenal Gland, Internal Genitals, Triple Jiao
Nephritis	Kidney, Bladder, Endocrine, Adrenal Gland	Internal Genitals, Wind Stream, Apex of Antitragus
Urinary Stone	Kidney, Bladder, Ureter, Urethra, External Genitals	Triple Jiao, Sympathesis, Shenmen, Endocrine
Impotence	Kidney, Lumbosacral Vertebrae	Subcortex, Shenmen, Liver
Precocious Ejeculation	External Genitals, Internal Genitals	
Dysmenorrhea	Internal Genitals, Endocrine, Liver, Shenmen, Sympathesis	Kidney, Abdomen, Pelvis
Irregular Menstruation	Internal Genitals, Endocrine, Liver, Kidney, Sympathesis	Heart, Spleen, Shenmen, Subcortex
Otitis Media	External Ear, Internal Ear, Ear middle, Kidney, Adrenal Gland	Heart, Apex of Upper Tragus, Liver, Pancreas and Gallbladder

(continue)

Syndrome	Main Acupuncture Points	Adjuvant Acupuncture Points
Allergic Rhinitis	Internal Nose, External Nose, Adrenal Gland, Lung, Endocrine	Forehead, Stomach
Stye	Eye, Liver, Spleen	Adrenal Gland
Electric Ophthalmitis	Eye, Lung, Kidney, Heart, Shenmen	Adrenal Gland, Liver
Myopia	Eye, Anterior Intertragic Notch, Posterior Intertragic Notch, Lung, Kidney, Liver	Shenmen, Ear Apex
Mastoplasia	Endocrine, chest, Thoracic Vertebrae, Stomach	Liver, Spleen
Acute Mastitis	Endocrine, Chest, Thoracic Vertebrae, Adrenal Gland Stomach	Ear Apex, Liver, Shenmen
Appendicitis	Appendix, Large Intestine, Sympathesis, lung, Root of Ear Vagus	Endocrine, Adrenal Gland, Abdomen
Urticaria	Endocrine, Wind Stream, Adrenal Gland, Lung	Stomach, Large Intestine, middle Ear, Heart
Acne	Lung, Endocrine, Apex of Antitragus, Cheek	Heart, Stomach, Adrenal Gland
Toothache	Jaw, Tooth, Mouth, Shenmen, Stomach	Kidney, Adrenal Gland, Brain Stem
Sciaticai	Sciatic Nerve, Shenmen, Kidney Bladder, Lumbosacral Vertebrae	Endocrine
Stiff Neck	Neck, Cervical Vertebrae, occiput, Shenmen	Liver, Bladder, Heart
Periarthritis of the Shoulder	Shoulder, Shenmen, Clavicle, Occiput, Adrenal Gland	Endocrine
Car and Sea Sickness	Occiput, Stomach, Esophagus, Internal Ear	Liver, Subcortex, External Ear
Obesity	Mouth, Stomach, Lung, Shenmen, Spleen, Kidney	Apex of Tragus, Adrenal Gland, Liver
Stop of Smoking	Shenmen, Mouth, Lung, Stomach	Endocrine, Subcortex, Occiput

6. SCALP ACUPUNCTURE

MS1 Middle Line of Forehead

1 cun long from GV24 Shenting straight down along the meridian.

MS2 Lateral Line 1 of Forehead

1 cun long from BL3 Meichong Straight down along the meridian.

MS3 Lateral Line 2 of Forehead

1 cun long from GB15 Toulunqi straight down along the meridian.

MS4 Lateral Line 3 of Forehead

1 cun long from the point 0.75 cun medial to ST8 Touwei straight down.

MS5 Middle Line of Vertex

From GV20 Baihui to GV21 Qianding along the midline of head.

MS6 Anterior Oblique Line of Vertex-Temporal

From Qianshencong (one of acupuncture points of Ex-HN1 Sishencong), 1 cun anterior to GV20 Baihui obliquely to GB6 Xuanli.

MS7 Posterior Oblique Line of Vertex-Temporal

From GV20 Baihui obliquely to GB7 Qubin.

MS8 Lateral Line of Vertex

1.5 cun lateral to Middle Line of Vertex. 1.5 cun long from BL7 Tongtian backward along the meridian.

MS9 Lateral Line 2 of Vertex

2.25 cun lateral to Middle Line of Vertex. 1.5 cun long from GB17 Zhengying backward along the meridian.

MS10 Anterior Temporal Line

From GB4 Hanyan to GB6 Xuanli.

MS11 Posterior Temporal Line

From GB8 Shuaigu to GB7 Qubin

MS12 Upper-Middle Line of Occiput

From GV18 Qiangjian to GV17 Naohu

MS13 Upper-Lateral Line of Occiput

0.5 cun lateral and parallel to Upper-Middle Line of Occiput.

MS14 Lower-Lateral Line of Occiput

2 cun long from BL9 Yuzhen straight down.

CHINESE TUINA PART

1. INTRODUCTION OF TUINA MANIPULATIONS

Massage manipulations refer to the manipulating skills with Standardized movement structure for treatment done by massagetherapist with their hands, limbs or other parts of the body at the specific locations of the patients.

Manipulation is the important means of Tuina treatment. Its quality and standard can directly affect the therapeutic result of Tuina. So it is an important link to use proper manipulations on special acupoints or parts in order to improve the curative effect.

Generally speaking, Tuina manipulation requires to be permanent, forceful, even and gentleness so as to be deep and penetrative. The so called “permanence” is that manipulation should last for a certain period of time according to the requirement. “Forceful” is that manipulation must have a certain force which should be changed according to patient’s body constitution, pathological condition, therapeutic part etc. So-called “even” is that manipulation should be rhythmically with the same frequency and pressure all the time. “Gentleness” means that manipulation should be light but not superficial, heavy but not retained, not rough and hard, and the change of the movements should be natural and smooth. All requirements above are inter-connected closely. So an operator should practice the manipulation for long period in order to operate each manipulation skillfully and reach an ideal step as stated in the book of “YIZHONG JIN JIAN” : “Once in clinic, touching outside will give skillful force inside; changing the manipulation with mind concentrated and realizing the rules from the concentrated mind”.

There are many kinds of Tuina manipulations. We divided the common used manipulation into six categories. According to their movement form, they are swing, rubbing , vibrating, pressing, tapping and moving the joints, and each category has some different manipulations. The followings are some most common-used manipulations:

(1) Pushing Manipulation with One-finger Meditation

Pushing with one-finger meditation refers to the manipulation by using the tip of the thumb, or radial side of the thumb or the palmar surface of the thumb to push the region to be treated with the shoulder relaxing, the elbow dropping, wrist hanging, elbow flexing and stretching cyclically to power the forearm and wrist joint to swing inward and outward, with the combination of thumb’s flexion and extension.

Essentials: relax muscles of the upper limbs, hang the wrist joint naturally, drop the elbow slightly and make it lower than the wrist, swing the wrist outward and backward, move the thumb slowly, the normal frequency is 120 to 160 times per minute. This manipulation's stimulating intensity is medium and the area of manipulation is small. It can be used on all the acupoints of the body.

(2) Rolling Manipulation

With the minor thenar eminence and dorsoulnar side used as the force-applying surface, the practitioner lowers his shoulder and drops his elbow with arm erected and palm set upright, proceeds cyclical flexion and extension, inward and outward arm-rotating, swinging with the elbow joint and forearm accompanied with extension and flexion of the wrist joint to roll the hand on the region to be treated. Such manipulation is called rolling manipulation.

Essentials: relax the shoulder, arm and wrist, bend the elbow joint about 120 degree, apply power with minor thenar eminence and dorsoulnar. Roll the hand to and fro, make the wrist joint flexion, extension and outward rotating. Press the thenar eminence against body surface tightly, no scrubbing to and fro. Make the pressure of the manipulation even. Operate the manipulation rhythmically, never be quick one moment and slow the next, or light one moment and heavy the next. The normal frequency is 120 to 160 times per minute. It has strong stimulation on large area and can be operated on shoulder, back, lumbus and limbs with thick muscles.

(3) Kneading Manipulation

This is a manipulation performed by kneading slowly and gently the therapeutic region to-and-fro with fingers, the root of the palm, major thenar eminence. According to the different parts to be operated, it can be divided into finger kneading and palm kneading manipulations, etc.

Essentials: relax the wrist joint, move the forearm with the wrist to-and-fro jointly. The moving range of the wrist may enlarge gradually. Pressure should be soft with the frequency of 120 to 160 times per minute. This manipulation is light and soft with small stimulating intensity, so it can be applied on all the area of body.

(4) Pushing Manipulation

With the finger(s) or palm or elbow joint, the practitioner push them on a certain area of body in one direction. It is called pushing manipulation.

Essentials: Use the force steadily and slowly. The power-applying part should be put on the patient's skin closely. All the regions of the body can be manipulated with the method.

(5) Rubbing Manipulation

The manipulation performed by rhythmically rubbing the therapeutic part in a circular motion with the palm or the palmar side of the operator's fingers close to the therapeutic region is called rubbing manipulation.

Essentials: Bent the elbow slightly, relax the wrist with the fingers stretched naturally. Use force with the coordinative motion of forearm in circular way. The frequency is 120 to 160 times per minute. The intensity of this manipulation is soft and can be applied on chestal, abdominal

and hypochondric regions.

(6) Scrubbing Manipulation

The manipulation of scrubbing the therapeutic part to and fro along a straight line with the operator's palmar face, minor or major thenar eminence is called scrubbing manipulation.

Essentials: Make the power-applying portion touch the skin closely. Stiff pressure should be avoided so as not to damage the skin. The moving route is a straight line. The movement should be even, steady and continuous. The normal frequency is 100 to 120 times per minute. This manipulation has soft and warm stimulating effect so it can be used on the chest and abdomen, lumbus and back, and limbs.

(7) Rubbing-Rolling Manipulation

Two palms facing each other rapidly roll-knead the held part of the body with relative force and move upwards and downwards repeatedly. This manipulation is called rubbing-rolling.

Essentials: Use force symmetrically and rub-Roll rapidly but move slowly. This manipulation can be used on lumbus and back, hypochondrium and limbs as an ending manipulation.

(8) Wiping Manipulation

This manipulation is performed by softly rubbing the skin of the affected part with the surface of one thumb or surfaces of two thumbs up and down, or right and left straight.

Essentials: The force should be moderate, heavy but not stagnant, light but not superficial. It can be used on head, face and cervical area.

(9) Shaking Manipulation

A manipulation by which the operator holds the distal end of the patient's affected upper or lower limbs and makes a constant, narrow range, up and down shaking.

Essentials: The range of shaking should be narrow but the frequency should be rapid. It is mainly applied to limbs, especially upper limbs extremities and mostly after rubbing-rolling flogging manipulation as an ending manipulation.

(10) Pressing Manipulation

Pressing is the manipulation performed by pressing the therapeutic region continuously with the operator's finger-tip, palm, palm-root or the tip of his elbow, from lightly to heavily, shallowly to deeply.

Essentials: Pressing manipulation can be divided into thumb-pressing, palm-root-pressing, knuckle-pressing and elbow-pressing. It has strong stimulation intensity and mostly used with kneading manipulation. This manipulation can be applied to all parts of the body.

(11) Grasping Manipulation

Grasping manipulation is performed by symmetrically and slowly lifting and squeezing the therapeutic part and meanwhile holding and twisting, flogging, kneading and pinching it with the operator's thumb, index finger and middle finger or with five fingers.

Essentials: The manipulation should be operated softly and continuously, the force should be from light to heavy. Sudden stimulation should be avoided. It has strong stimulating intensity and can be used on neck, shoulder and extremities combined with some other manipulations.

(12) *Holding-twisting Manipulation*

Holding the operated parts with the thumb and the index finger and rolling-kneading to and fro with relative force is called holding-twisting.

Essentials; This manipulation should be operated flexibly and quickly without stagnation. It is mainly used on small joints of extremities.

(13) *Patting Manipulation*

The manipulation of patting-beating with a hollow palm on the body surface is called patting manipulation.

Essentials; The fingers are closed up naturally. The metacarpophalangeal joints are slightly flexed and pat the therapeutic region steadily and rhythmically. This manipulation is mainly used on shoulder and back, lumbus and lower limbs.

(14) *Rotating Manipulation*

Hold the proximal and distal ends of the joints with both hands respectively and move the joint with to and fro form softly. This is called rotating manipulation.

Essentials; In the course of operation, the movement of the hands should be smooth and moderate, not beyond the physiological limit of the joints. This manipulation can be used on the joints of cervix and four limbs.

(15) *Twisting Manipulation*

A manipulation performed with both hands pulling the two articular ends of the limbs with force in opposite directions is called twisting manipulation.

Twisting manipulation of the Cervical Vertebrae The patient sits up straight, the operator holds patient's cervical joints and twist the neck with range enlarged gradually, then twist the cervical joints tightly with the two hands in opposite directions.

Twisting of the lumbar Vertebrae The patient is in lateral-lying position. The doctor props the anterior shoulder of the patient with one hand and hip with another hand and elbow, then rotates the lumbar vertebrae to a maximum degree and operates a rapid pushing-dashing in opposite direction. A cracked sound may be heard.

Essentials; In operating, the manipulation should be steady and moderate. The pulling can only be done in thoroughly relaxation of the lumbar vertebrae. The movement of two hands should be coordinative. Rough force should be avoided.

2. ROUTINE OPERATING STEPS IN 5 PARTS OF THE BODY

Training methods of Tuina manipulation may be divided into three periods. They are rice sack practice, practice of routine operation in parts of the body and practice of routine operation of common disease. Among them, the practice of routine operation in parts of the body is an important one. It is the bridge from the mere practice of manipulation to Tuina clinic. The concrete practice method of this stage is according to the constructive features of formation of different human parts and distributing rule of meridians and points, to choose various

manipulation applicable to the operation of these parts and to form a group of routine skills of operation for comprehensive practice by a certain route and order. The followings are the routine operating steps in 5 parts of human body.

(1) Head and face region

A. (The patient takes sitting or supine position) The operator use pushing with one-finger meditation (whorled surface or radial side of the thumb) along the following routes 3 – 5 times each to and fro.

(I) From Yingtang (EX-HN3) to Shenting (DU 24),

(II) From Zanzhu (BL 2)→Yangbai (GB 14)→Touwei (ST 8),

(III) From Jingming (BL 1)→upper orbit→Tongziliao (GB 1)→lower orbit→opposite Jingming (BL 1) and so on. The route is along the form of “∞”.

(IV) From Jingming (BL 1)→Yingxiang (LI 20)→Dichang (ST 4)→Xiaguan (ST 7)→Renzhong (DU 26)→Chengjiang (RN 24),

(V) Operating the manipulation on Baihui (DU 20).

B. Grasping 5 Meridians; the operator opens his fingers naturally and uses grasping manipulation from the forehead to the occipital part and ends at Fengchi (GB 20).

C. Sweeping manipulation; the operator makes his fingers like a broom and sweeps the head sides of the patient from Touwei (ST 8) area along the route of Gallbladder meridian to Fengchi (GB 20).

(2) Nape and back region

The patient takes sitting position.

A. The operator use the manipulation of pushing with one-finger meditation along the following route 3 – 5 times each to and fro.

(I) From Fengfu (DU 16)→Dazhui (DU 14).

(II) Fixed operating on 2 Fengchi (GB 20) with both hands.

(III) From Fenchi (DU 20)→Tianzhu (BL 10)→Dazhu (BL 11).

B. Straight-pushing Qiaogong (Special area). Qiaogong: a linear form area from Yifeng (SJ 17) to Quepen (ST 12). Method: The operator uses his thumb with straight-pushing manipulation from SJ 17 to ST 12 in single direction about 10 times each operation.

C. Rolling manipulation on neck and Jianjing (GB 21) region with the cooperation of the passive movement of the cervical vertebrae.

D. Grasping manipulation on Fengchi (GB 20) 5 to 10 time and Jianjing (GB 21) 8 to 10 times, bilaterally.

E. Digital-pressing on acupoints of Fengch (GB 20), Jianzhongshu (ST 15), Jianwaishu (SI 14) and Tianzhong (ST 11).

F. Rotating manipulation on cervical vertebrae.

(3) Chestal and abdominal region

A. The patient takes supine position.

Pushing with one-finger meditation manipulation: from Danzhong (RN 17)→Rugen (ST 18)→Shangwan (RN 13)→Zhongwan (RN 12)→Tianshu (ST 25)→Qihai (RN 6).

- B. Part-pushing manipulation with both hands from Danzhong (RN 17) to the nipples.
- C. Scrubbing manipulation; use the manipulation from the clavicles down to Danzhong (RN 17) region→Jiuwei (RN 15) region up and down 3 – 5 times totally.
- D. Rubbing-rolling manipulation (sitting posture): use the fingers and palms of both hands to hold the patient's hypochondria region and rub-roll up and down, 3 – 5 times together.
- E. Rubbing manipulation; use the index, middle and ring fingers to operate rubbing on Tianzhong (RN 6) with clockwise and counter-clockwise. Palm-rubbing also can be used.
- F. Pushing and rubbing manipulations; operate the rubbing on chestal and abdominal area with index, middle and ring fingers while the thumb is operating the manipulation of pushing with one-finger meditation.
- G. Kneading with the mid-finger on Tiantu (RN 22), Danzhong (RN 17), Zhongwan (RN 12) and Shenque (RN 8) 50-300 times each.
- H. Digital-pressing on Zhongwan (RN 12), Qihai (RN 6) and Zusanli (ST 36).

(4) *Shoulder and upper extremity region*

The patient takes sitting posture.

A. Pushing with one-finger meditation:

(I) from Jianyu (LI 15)→Binao (LI 14)→Quchi (LI 11)→Shousanli (LI 10) 3-5 times to and fro.

(II) from Jiangjing (GB 21)→Jianliao (SJ 14)→Jianzhen (SJ 9)→Tianzong (SI 11) 3-5 times to and fro.

B. Rolling manipulation:

(I) Roll peri-shoulder region with the passive movement of shoulder joints.

(II) from shoulder to upper arms and forearms with the passive movement of the elbow joints.

C. Digital-pressing manipulation on Jianliao (SJ 14)→Jianzhen (SI 9)→Tianzong (SI 11)→Binao (LI 14)→Quchi (LI 11).

D. Grasping manipulation on shoulder joints, Quchi (LI 11), Hegu (LI 4) Jiquan (HT 1), Shaohai (HT 3).

E. Hold-twisting manipulation to the fingers.

F. Rotating manipulation on shoulder joint clockwise and counter clockwise 3-5 times each.

G. Rub-roll manipulation on shoulder joints and the upper limbs to the wrist joints.

H. Shaking manipulation; the operator holds the patient's wrist and shakes the upper arm small range but intensive frequency.

I. Scrubbing manipulation; scrub the patient's shoulders, elbows, wrists and fingers with major thenar eminence, until the patient feels hot.

(5) *Lumbar and lower extremity region*

The patient takes supine, prone and recumbent position.

A. Rolling manipulation (prone):

(I) On both sides of the lumbus and sacrum region cooperated with the passive

movements of lumbus and hip joint.

(II) From hip→posterior part of the thigh→popliteal fossa→calf→tendons of the heel, 3-5 times each.

(III) (supine position) From groin→medial part of the thigh →knee joint→external side of the leg→ankle joint→the dorsum of the foot.

B. Digital-pressing manipulation on back-shu points, Huantiao (GB 30), Yinmen (BL 37), Weizhong (BL 40), Chengshan (BL 57), Kunlun (BL 60), Taixi (KI 3), Shangqiu (SP 5) and Zusanli (ST 36).

C. Scrubbing manipulation (sitting posture):

(I) Scrub from back to lower back region transversely.

(II) Scrub along the spine to sacrum.

(III) Scrub knee joint and ankle joint.

D. Rotating manipulation (supine posture) on hip joint, knee joint and ankle joint.

E. Twisting manipulation: operate twisting manipulation to the lumbar vertebrae on both right and left side.

3. SPECIAL POINTS ON INFANTILE TUINA

There are some special points used for infantile Tuina besides the acupoints on the 14 Meridians and Extra-points. The special points exist in point, linear and regional forms.

Most of the points are distributed on the hands, so it is said: "All the Meridians and collaterals of children converge in the hands". For the convenience of study and clinic application, we select some commonly-used points and introduce their locations and indications here. As for the manipulation and frequency, the manipulation of pushing, kneading, rubbing are used mostly while pressing, grasping, nipping and pinching take second place. The principle of the order for infantile Tuina manipulation is to use the strong stimulating manipulations such as pressing, grasping, nipping and pinching at the end of the treatment so as not to stimulate the children too heavily and disturb the treatment.

(1) Points on the Head and Face

Tianmen

Location: The part above the line between the eyebrows up to the anterior hair line.

Indication: Fever, headache, cold, listlessness, restlessness.

Kangong

Location: Along the eyebrow from the beginning to the end.

Indication: Fever due to exogenous evils, headache, conjunctival congestion with pain, infantile convulsion.

Taiyang

Location: In the depression about 1.0 cun posterior to the midpoint between the lateral ends of the eyebrows and the outer canthus.

Indication: Fever, headache, infantile convulsion, conjunctival congestion with pain.

Shangeng

Location: In the midpoint of two inner canthus.

Indication: Infantile convulsion, tic.

Renzhong

Location: At the junction of the superior 1/3 and middle 2/3 of the philtrum.

Indication: Infantile convulsion, syncope, tic, trembling of lips.

Yingxiang

Location: 0.5 cun lateral to the midpoint of the lateral border of ala nasi, in the nasolabial groove.

Indication: Stuffed running nose.

Yaguan

Location: 1 cun below the ear, in the depression of mandible.

Indication: Facial paralysis of eyes and mouth, trismus.

Xinmen

Location: 2 cun up to anterior hairline, in the depression before Baihui (DU 20)

Indication: Headache, convulsion, vertigo, restlessness, stuff nose, epistaxis.

Baihui

Location: 7 cun directly above the midpoint of the posterior hairline.

Indication: Headache, convulsion, blurred of vision, epilepsy, prolapses of the rectum, enuresis.

Erhougaogu

Location: In the depression inferior to the postauditory process and superior to retroauricular hairline.

Indication: Headache, convulsion, restlessness.

Fengchi

Location: In the depression between m. sternocleidomastoideus and m. trapezius, at the level with Fengfu (DU 16).

Indication: Common cold, headache, fever, blurred of vision, neck rigidity.

Tianzhugu

Location: The straight line from the middle of the posterior hairline to Dazhui (DU 14).

Indication: Vomiting, nausea, stiffness of the neck, fever, sorethroat, infantile convulsion.

(2) Points on the Chest and Abdomen

Tiantu

Location: At the center of the suprasternal fossa.

Indication: Stuffiness in the chest, cough with dyspnea, accumulation of phlegm with rapid breathing, nausea, vomiting.

Tanzhong

Location: On the anterior midline at the level with the fourth intercostal space, midpoint between the two nipples.

Indication: Stuffiness in the chest, cough, asthma vomiting, nausea.

Rugen

Location: 0.2 cun below the nipple.

Indication: Stuffiness in the chest, cough, asthma.

Rupang

Location: 0.2 cun lateral to the nipple.

Indication: Stuffiness in the chest, cough, rale, vomiting.

Xielei (Hypochondrium)

Location: From the hypochondrium under the armpit to Tianshu (ST 25).

Indication: Stuffiness in the chest, hypochondriac pain, asthma with profuse phlegm, rapid breathing, infantile malnutrition, hepatosplenomegaly.

Abdomen

Location: On the abdominal area.

Indication: Abdominal pain, abdominal distention, malnutrition, vomiting, nausea.

Zhongwan

Location: 4 cun above the umbilicus.

Indication: Abdominal distention, food retention, vomiting, diarrhea, anorexia, hiccup.

Umbilicus

Location: In the center of the umbilicus.

Indication: Abdominal distention and pain, food retention, constipation, borborygmus, vomiting, diarrhea.

Tianshu

Location: 2 cun lateral to the umbilicus.

Indication: Diarrhea, constipation, abdominal distention and pain, anorexia.

Dantian

Location: On the lower abdomen, between 1 and 3 cun below the umbilicus.

Indication: Diarrhea, abdominal pain, enuresis, prolapse of rectum, hernia, urine retention.

Dujiao

Location: Lateral to the umbilicus, on the strong tendons of both sides of the abdomen 2 cun below and 2 cun lateral to the umbilicus.

Indication: Abdominal pain, diarrhea.

(3) Points on the Waist and Back

Jianjing

Location: Midway between Dazhui (DU 14) and the acromion.

Indication: Common cold, convulsion, dysfunction of the upper limbs in abduction.

Dazhui (DU 14)

Location: Below the spinous process of the 7th cervical vertebra.

Indication: Common cold, fever, stiffness of neck.

Fengmen

Location: 1.5 cun lateral between the spinous process of the 2nd and 3rd thoracic vertebra.

Indication: Common cold, cough, asthma.

Feishu

Location: 1.5 cun lateral to the lower border of the spinous process of the 3rd thoracic vertebra.

Indication: Cough, asthma, rale, pain and stuffiness of chest, fever.

Pishu

Location: 1.5 cun lateral to the lower border of the spinous process of the 11th thoracic vertebra.

Indication: Vomiting, diarrhea, malnutrition, anorexia, jaundice, edema, chronic convulsion, weakness of limbs.

Shenshu

Location: 1.5 cun lateral to the lower border of the spinous process of the 2nd lumbar vertebra.

Indication: Diarrhea, constipation, lower abdominal pain, weakness of lower limbs.

Yaoshu

Location: 3.5 cun lateral to the lower border of the spinous process of the 3rd lumbar vertebra.

Indication: Lumbago, paralysis of lower limbs.

Jizhu (Spine)

Location: The straight line between Dazhui (DU 14) and Changqiang (DU 1).

Indication: Fever, convulsion, night crying, malnutrition, diarrhea, vomiting, abdominal pain, constipation.

Qijiegu

Location: The line from the fourth lumbar vertebra to caudal vertebra.

Indication: Diarrhea, constipation, prolapse of rectum.

Guiwei

Location: At the end of caudal vertebra.

Indication: Diarrhea, constipation, prolapse of rectum, enuresis.

(4) Points on the Upper Limbs

Pijing

Location: On the red-white border of the radial surface of the thumbs, the straight line from the finger tip to the end.

Indication: Diarrhea, constipation, dysentery, anorexia, jaundice.

Ganjing

Location: At the end of the palm side of the index finger.

Indication: Restlessness, convulsion, redness of eyes, feverish sensation in chest, palms and soles, bitter taste, dry throat.

Xinjing

Location: At the end of the palmar surface of the middle finger.

Indication: High fever, feverish sensation in chest, palms and soles, oral ulceration, difficult and deep yellow urine, deficiency of heart blood, listlessness and restlessness.

Feijing

Location: At the end of the palmar surface of the ring finger.

Indication: Fever, common cold, cough, stuffiness in the chest, asthma, spontaneous perspiration, prolapse of rectum.

Shenjing

Location: From the tip of little finger to the root of palm, on the palm aspect of the little finger, slightly towards ulna.

Indication: Prolapse of rectum, diarrhea, dysentery, constipation.

Xiaochang

Location: On the ulnar edge of the little finger, a straight line from the tip of the little finger to the end.

Indication: Scanty dark urine, watery diarrhea, enuresis, urine retention.

Shending

Location: On the tip of the little finger.

Indication: Spontaneous sweating, night sweat, infantile metopism.

Shenwen

Location: On the palmar creases of the second interphalangeal joint of the little finger.

Indication: Redness of eyes, thrush, evil heat.

Sihengwen

Location: On the cross-striation area of the first interphalangeal joints of the index, middle, ring and little fingers on the palm.

Indication: Infantile malnutrition, abdominal distention and pain, derangement of qi and blood, indigestion, infantile convulsion, dyspnea, and cracked lips.

Xiaohengwen

Location: At the cross-striation area of metacarpophalangeal articulation of the index, middle, ring and little fingers on the palmar aspect.

Indication: Restlessness, cracked lips, oral ulceration, abdominal distention.

Zhang xiaohengwen

Location: At the edge of ulnar palmar print, the end of the little finger on the palm aspect.

Indication: Dyspnea and cough due to heat and phlegm, oral ulceration, whooping cough salivation.

Weijing

Location: On the palmar side of the thumbs, below the interphalangeal joint.

Indication: Nausea, vomiting, excessive thirst, desire for food, anorexia, hematemesis, epistaxis.

Banmen

Location: On the flat area of the major thenar eminence of palm.

Indication: Food stagnation, abdominal distension, anorexia, vomiting, diarrhea, asthma, hiccup and malnutrition.

Neilaogong

Location: In the center of the palm at the midpoint between the middle and ring fingers when they are flexed.

Indication: Fever, excessive thirst, oral ulceration, erosion of gum, asthenia restlessness with heat in the interior.

Neibagua

Location: On the palm surface, taking the center of the palm as the center and draw a circle with $\frac{2}{3}$ of the distance from the center of the circle to the cross-striation of the middle finger as the radius. The circle is Bagua point.

Indication: Cough with phlegm-dyspnea, stuffiness in the chest, abdominal distention, vomiting, poor appetite.

Xiaotianxin

Location: In the depression of the intersection point of major thenar eminence and minor thenar eminence at the root of the palm.

Indication: Infantile convulsion, restlessness and listlessness, night cry, scanty dark urine, strabismus, redness and pain of eyes, measles with incomplete eruption.

Yun tu ru shui, Yun shui ru tu

Location: On the palm side, a arch from the root of thumb to the root of little finger is called Yun tu ru shui; From the root of little finger to the root of thumb is called Yun shui ru tu.

Indication: Scanty dark urine, abdominal distention, dysentery, diarrhea, vomiting, constipation, anorexia.

Zongjin

Location: On the middle of the cross striation of the wrist, on the palmar aspect. Yangchi is near the thumb, Yinchi is near the little finger.

Indication: Alternation of chills and fever, diarrhea, vomiting, dysentery, abdominal distention, indigestion, restlessness, abundant expectoration.

Shixuan

Location: On the tips of the ten fingers, about 0.1 cun distal to the nails.

Indication: Infantile convulsion, high fever, tic.

Laolong

Location: 0.1 cun posterior to the nail of the mid-finger.

Indication: Acute infantile convulsion.

Duanzheng

Location: Beside the nail root of the mid-finger, at the junction of the white and red skin, the radial line is called left Duanzheng, the ulnar right Duanzheng.

Indication: Epistaxia, infantile convulsion, vomiting, diarrhea, dysentery.

Wuzhijie

Location: The first interphalangeal crease of five fingers on the dorsum part.

Indication: Infantile convulsion, vomiting of phlegm, restlessness and listlessness, cough with sputum.

Ershanmen

Location: In the depression on both sides of the caput of the third ossa metacarpi on the dorsum of the hand.

Indication: Infantile convulsion, spasm, fever without perspiration.

Shangma

Location: In the depression of the metacarpophalangeal articulations of the ring and little finger on the dorsum of the hand.

Indication: Fever of deficiency type and cough with dyspnea, scanty dark urine and dribbling urination, abdominal pain, toothache, teethgrinding while sleeping, dyspnea.

Wailaogong

Location: On the dorsum of hand, opposite to Neilaogong.

Indication: Common cold of wind-cold type, abdominal pain, abdominal distention, borborygmus, diarrhea, dysentery, prolapse of rectum, enuresis, hernia.

Weiling

Location: On the dorsum of the hand, in the conjunctive point of the 2nd and 3rd metacarpi.

Indication: Infantile convulsion.

Jingning

Location: On the dorsum of the hand, in the conjunctive point of the 4th and 5th metacarpi.

Indication: Asthma with sputum, vomiting, infantile malnutrition, polyp inside eyes.

Waibagua

Location: On the dorsum of hand, opposite to the Neibagua.

Indication: Stuffiness in the chest, abdominal distention, constipation.

Yiwofeng

Location: In the depression in the middle of the transverse crease of the wrist on the dorsum of the hand.

Indication: Common cold, abdominal pain, borborygmus, joint pain.

Boyangchi

Location: On the dorsum of the hand, 3 cun posterior to Yiwofeng.

Indication: Constipation, dark urine, headache.

Sanguan

Location: The straight line from the transverse crease of the wrist to the transverse crease of the elbow, on the radial aspect of the forearm.

Indication: All kinds of cold of insufficiency type such as deficiency of both qi and blood, weakness after illness, insufficiency of yang and cold extremities, myasthenia of limbs, as well as abdominal pain, diarrhea, eruption and miliaria alba, measles with incomplete eruption.

Tianheshui

Location: The straight line from the transverse crease of wrist to the elbow, in the middle of medial aspect of the forearm.

Indication: All kinds of heat syndrome such as fever due to exogenous pathogenic factors, internal-heat syndrome, tidal fever, restlessness, thirst, swollen and rigid tongue, infantile convulsion.

Liufu

Location: At the ulnar part of the forearm, the straight line from the transverse crease of the elbow to the wrist.

Indication: All kinds of excess-heat syndrome such as high fever, restlessness, thirst and desire for cold drink, infantile convulsion, thrush, swollen and rigid tongue, swelling-up of the vein on the back of the tongue, sore throat, mumps, dysentery of heat type.

(5) Points on the Lower Limbs

Jimen

Location: In the medial aspect of thighs, the straight line from the superior border of the knee to the groin.

Indication: Scanty dark urine, anuresis, watery diarrhea.

Baichong

Location: 2 cun directly above the medial border of the patella.

Indication: Convulsion of limbs, paralysis of lower limbs.

Xiyan

Location: see EX-LE5.

Indication: Weakness, convulsion and spasm of lower limbs.

Zusanli

Location: 3 cun below Dubi (ST 35), one finger-breadth from the anterior crest of the tibia.

Indication: Abdominal distention and pain, diarrhea, vomiting weakness of lower limbs.

Qianchengshan

Location: Besides the crest of the tibia, opposite to Chengshan (BL 57).

Indication: Convulsion, spasm of lower limbs.

Sanyinjiao

Location: 3 cun above medial malleolus.

Indication: Enuresis, Urine retention, frequent urination, scanty and painful urine, Infantile convulsion, pain of lower limbs, indigestion.

Jiexi

Location: In the depression between the two tendons on the anterior crease of ankle joints.

Indication: Infantile convulsion, constant vomiting and diarrhea, dysfunction of the ankle joints.

Dadun

Location: see LR 1.

Indication: Infantile convulsion.

Fenglong

Location: see ST 40.

Indication: Cough, rale, asthma.

Weizhong

Location: see BL 40.

Indication: Spasm and pain of legs, paralysis of lower limbs.

Pushen

Location: see BL 61.

Indication: Coma, Infantile convulsion.

Kunlun

Location: see BL 60.

Indication: Infantile convulsion.

Yongquan

Location: see KI 1.

Indication: Fever, nausea and vomiting, diarrhea, feverish sensation in the palm, sole and chest with restlessness.