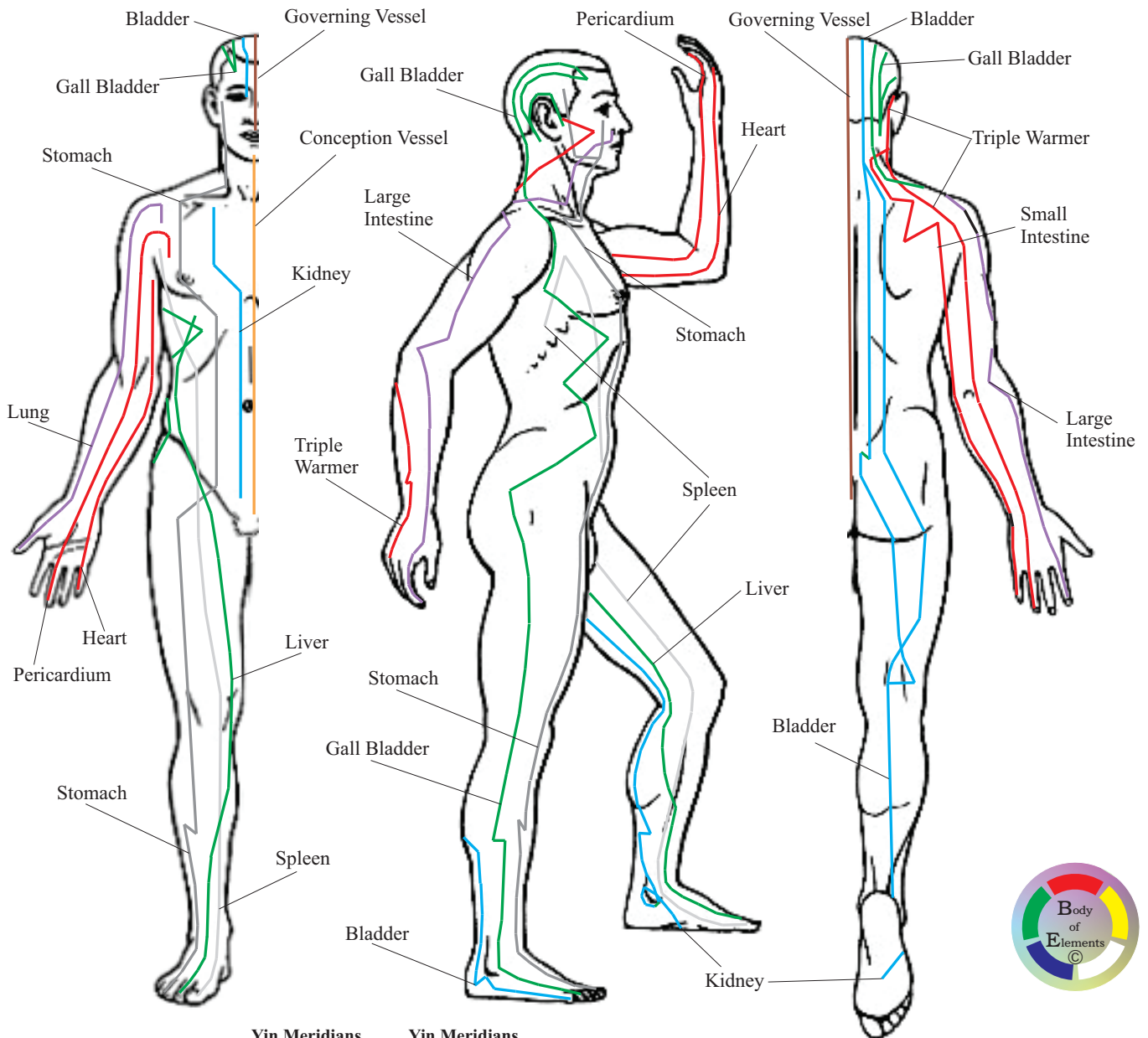


Acupuncture Point Locations

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Starting and ending locations for the meridians.

Yin Meridians
Foot to Chest
 Spleen
 Kidney
 Liver

Yin Meridians
Chest to Hand
 Lung
 Heart
 Pericardium

Yang Meridians
Hand to Face
 Large Intestine
 Small Intestine
 Triple Warmer

Yang Meridians
Face to Foot
 Stomach
 Bladder
 Gall Bladder

Meridians

Lung - **LU**
 Large Intestine **LI**
 Stomach **ST**
 Spleen **SP**
 Heart **HT**
 Small Intestine **SI**
 Bladder **BL**

Kidney **KI**
 Pericardium **P**
 Triple Warmer **TW**
 Gallbladder **GB**
 Liver **LV**
 Governing Vessel **GV**
 Conception Vessel **CV**

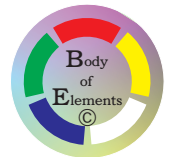


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Meridian Abbreviations

There have been many abbreviations used to identify the acupuncture meridians, most are listed below. The bold abbreviations are the ones used in this text.

LU = Lung meridian
LI, CO = Large Intestine meridian
ST = Stomach meridian
SP = Spleen meridian
HT, HE = Heart meridian
SI = Small Intestine meridian
BL, UB = Bladder meridian
KI = Kidney meridian
P, PC, HC = Pericardium, Heart Constrictor meridian
TW, TH, SJ = Triple Warmer, Tri-Heater, Triple Burner, San Jiao meridian
GB = Gallbladder meridian
LV, LI, LIV = Liver meridian
CV, VC, Ren = Conception Vessel meridian
GV, VG, Du = Governing Vessel meridian
 Some older text use LI for Liver and CO for Large Intestine.

Tsun or **cun** is the measurement of one “body inch” used locate acupuncture points. Measurement is always taken from the patient's hand. The width of the thumb is 1 cun, width of two fingers is 1.5 cun, four fingers is 3 cun. Proportional measurements: Mid-line of spine to medial border of scapula 3 cun. Lower end of sternum to umbilicus 8 cun. Umbilicus to upper border of symphysis pubis 8 cun.

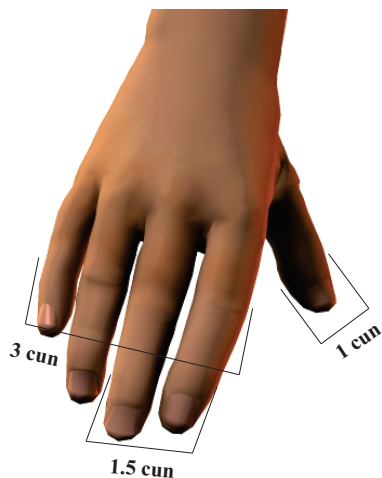
Tsun or Cun measurements:

Thumb measurement: The width of the interphalangeal joint of the patient's thumb is taken as 1 cun.

Two Finger measurement: The width of the index and middle finger is taken as 1.5 cun

Four Finger measurement: When the four fingers (index, middle, ring and little fingers) keep closely together, their width on the level of the proximal interphalangeal crease of the middle finger is taken as 3 cun.

Measurements need to be taken from the patients hand!



Cardinal Points

Face & head	LI-4
Neck	LU-7
Chest & digestion	P-6
Respiratory system	LU-5
Shoulder	ST-38 also ST-37
Scapula	SI-11
Arm	LI-11
Hand	TW-5
Ear	TW-5
Skin	GV-20, LU-9, LU-11
Upper abdomen	ST-36, CV-12
Lower abdomen	SP-6, CV-6
Master energetical	ST-36 Master horary
Increase energy	CV-6, ST-36
General excess (energy)	GV-14
Low back, sacrum & leg	BL-54
Upper back, leg & foot	BL-60
Nervous system	LV-3
Neurological confusion	KI-27
Sympathetic NS	GV-20
Parasympathetic NS	ST-36, SP-6
All cerebral disorders	GB-20
Memory, mental, cerebral	GV-20
Unconsciousness	GV-26
Endocrine system	CV-5
Lymphatics	LV-2
Yang organs	CV-12
Yin organs	LV-13
Muscles & tendons	GB-34
Bones	BL-11
Bone marrow	GB-39
Blood & blood chemistries	BL-17
Blood sugars (diabetes)	SP-10
Blood vessels	LU-9
Master associated point	KI-27
Master luo point	SP-21
Obesity	GV-26
Anxiety with palpitations	HT-7
Whole body weakness/pain	SP-21
Center of respiration	CV-17
Malpositioned fetus	BL-67

Window Of The Sky Points

These points are treated when particular symptoms point to the Yang Qi not ascending to the head, when energy will not ascend past the abdomen.

ST9 Severe headache, chest fullness, and dyspnea (painful breathing).
 LI18 Loss of Voice.
 TW16 Acute deafness, visual problems.
 BL10 Spasms, muscle contractions, vertigo, fainting.
 LU3 Extreme thirst, nose bleeds, and bleeding of the mouth.

Types of acupuncture points.

The Great Law of Bu-Xie. This is the law of tonification (Bu) and of sedation (Xie). In the Yellow Emperor's Classic of Internal Medicine the correct method of treatment is described as follows: "Supply energy where there is deficiency and sedate energy when there is an excess." Thus when there is an excess underlying a condition, it must be calmed or sedated; where a deficiency is the underlying factor, stimulation should be employed in any treatment given. The Traditional Chinese Law of treatment by opposites is called the Great Law of Bu-Xie; it is fundamental to all Traditional Chinese Medicine applications; the correct application of this law is essential in order to achieve efficacy of treatment.

Tonification (Bu)

Bu is any action which augments or has a stimulating effect. Bu is used to supply Qi when the meridians have been adversely affected by a lack of Qi. In this technique the needles are usually left in place and not disturbed until it is time for their removal. Bu is used for the treatment of all conditions, excepting those listed below under the treatment by Xie.

Sedation (Xie)

Xie represents any therapeutic action which has a dispersing, calming or sedating effect; these actions are used to balance the Qi when an excess has been caused by internal or external perverse energies. In Xie type of treatment needles are usually gently manipulated in order to elicit a sensation called Te-Qi, a sensation of soreness, heaviness or a tingling which radiates from the point being needled, and often follows the path of the meridian which the point is on. Sometimes a small electrical current is passed through the needles to enhance the sedating effects. Xie is used for: Acute disorders, severe pain, anesthesia in surgery, to control pain in or facilitate childbirth, and for resuscitation in fainting, etc.

Transporting Points

Also known by the names of "Command Points" or "Element Points" the Transporting Points lie between the fingers and elbows or between the toes and knees, on the twelve major meridians articulated in TCM. There are five transporting points on each channel. (indicated on the 5-Element Chart) The energy contained in the transporting points is much more dynamic than in other meridian points - this explains the powerful clinical utility of these points in the treatment of disease. The Five Element points begin at the finger and toe tips. Each set of points begins with the names of Wood or Metal and continues up the arm or leg until all five elements are represented.

Luo (Connecting) Points

Each of the 12 channels has a Luo point that links the interior-exterior related pairs of yin and yang channels in order. The Luo points establish a system for qi and blood to be circulated throughout the entire body to nourish all tissues and the Zang-Fu organs.

Horary Cycle

This cycle is known as the Horary cycle. As the Qi makes its way through the meridians, each meridian in turn, with its associated organ, has a two-hour period during which it is at maximum energy. The Horary Effect is recognizable by measurable increases of Qi within an organ system and meridian during its time of maximum energy.

Xi-Cleft (Accumulating) Points

The Xi-Cleft-Accumulating points are somewhat like wide shallow spots in a river where the Qi slows and collects. Needling Xi points therefore accesses more Qi and is more effective at clearing a channel than most points. Xi-Cleft points are indicated generally for acute problems and pain, with the Xi Cleft points on the Yin channels having the added ability to treat blood disorders.

Yuan (Source) Points

There is one Yuan-Source point on each organ channel. This point will release Source Qi in the system when needled. Each of the 12 primary channels has a Yuan source point close to the wrists or the ankles where the source Qi is described as surfacing and lingering. In clinical practice, they are important in treating disharmony of the internal Zang-Fu organs, and are often combined with the Luo (Connecting) point of the interior-exterior related channel.

Alarm (Front-Mu) Points

Alarm points are located on the abdomen and chest, they are in close to their related Zang-Fu organ, and may be tender or sensitive if there is disharmony in the underlying organ. Visual examination, obtaining certain reactions when pressing the point or spontaneous sensation at the point are all significant diagnostic information. This is why Mu is also translated as Alarm.

Associated (Back-Shu) Points

There are 12 Back Shu points on the Bladder channel that correspond to each of the 12 Zang-Fu organs. They are each named for an organ or body part and have the same diagnostic relationship with those parts as the Alarm points have with the organs.

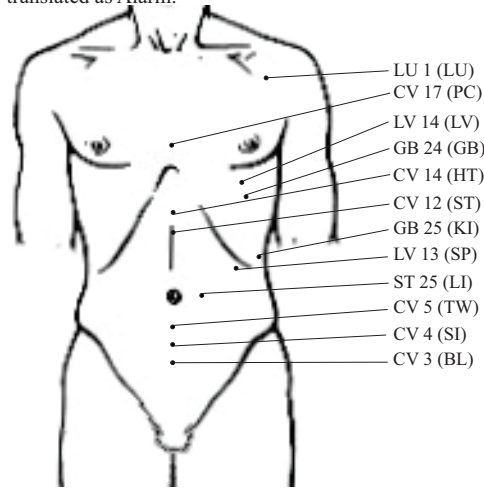
Tsing (Jing-Well) Points

Where the Qi of the Channel emerges and begins moving towards the trunk of the body, located on the tips of the fingers and toes. Points at the entry or exit of each meridian found on the finger or toe tops just lateral to the cuticles. These are miracle points, if you have no idea how to treat simply stimulate these points to flush the qi through all the meridians and resist the entire system. Clears Heat & Stagnation from the opposite end of the channel & Calms the Spirit (Shen).

Alarm (Front-Mu) Points

AKA Front Collecting Points

Alarm points are located on the abdomen and chest, they are in close to their related Zang-Fu organ, and may be tender or sensitive if there is disharmony in the underlying organ. Visual examination, obtaining certain reactions when pressing the point or spontaneous sensation at the point are all significant diagnostic information. This is why Mu is also translated as Alarm.

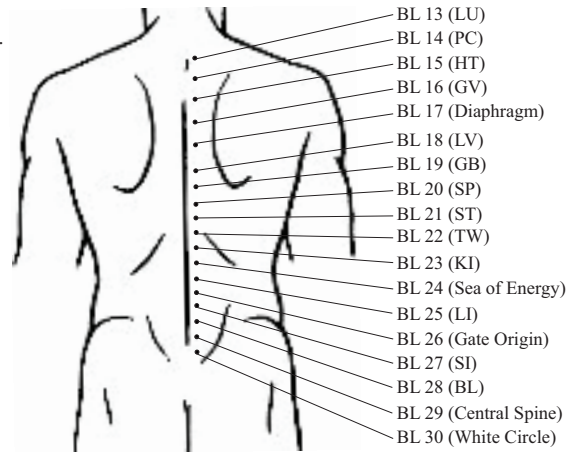


Mu points are called Front Alarm points. Mu (and Shu) points often are tender to palpation when their associated organs are diseased. Each COS has a corresponding Mu and Shu point. If the Mu and Shu point is tender to light palpation, this indicates hypofunction (Yin) of the associated organ; if tender to heavy palpation, this indicates a hyperfunction (Yang) of the associated organ. Used primarily to treat their related organ or for problems in the local area. Used diagnostically as they often become sore when their related organ is imbalanced. Considered more for acute or local problems of the organs.

Associated (Back-Shu) Points

AKA Back Transporting Points

There are 12 Back Shu points on the Bladder channel that correspond to each of the 12 Zang-Fu organs. They are each named for an organ or body part and have the same diagnostic relationship with those parts as the Alarm points have with the organs.



Back Shu points are called the Associated points, or Paravertebral Reflex points. Points often are tender to palpation when there is a disorder with their associated organs. Spontaneous pain indicates a disorder in the meridian. Tenderness with light palpation indicates the meridian is deficient (Yin condition) in energy and hypofunction of the associated organ. Tenderness with heavy palpation indicates the meridian is in excess (Yang condition) of energy and hyperfunction of the associated organ. Back Shu points are used primarily for chronic conditions.

Associated (Back-Shu) Point Spinal Locations

MERIDIAN	ASSOCIATED POINT	LOCATION 1.5 cun lateral and level with spinous process of vertebrae.
LU	BL 13	T3
PC	BL 14	T4
HT	BL 15	T5
GV	BL 16	T6
LV	BL 18	T9
GB	BL 19	T10
SP	BL 20	T11
ST	BL 21	T12
TW	BL 22	L1
KI	BL 23	L2
LI	BL 25	L4
SI	BL 27	S1
BL	BL 28	S2

Extra Associated Points

- BL 17 - Diaphragm
- BL 24 - Sea of Energy (Upper Lumbar)
- BL 26 - Gate Origin (lower Lumbar)
- BL 29 - Central Spine (Sacrum)
- BL 30 - White Circle (Anus)

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Arm	LI-11
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Ear	TW-5
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Upper abdomen	ST-36, CV-12
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Obesity	GV-26
Anxiety with palpitations	HT-7
Whole body weakness/pain	SP-21
Center of respiration	CV-17
Malpositioned fetus	BL-67

Command "Element Points"

Tonification Points	
LU 9	LI 11
ST 41	SP 2
HT 9	SI 3
BL 67	KI 7
P 9	TW 3
GB 43	LV 8

Source Points	
LU 9	LI 4
ST 42	SP 3
HT 7	SI 4
BL 64	KI 3
P 7	TW 4
GB 40	LV 4

Sedation Points	
LU 5	LI 2
ST 45	SP 5
HT 7	SI 8
BL 65	KI 1
P 7	TW 10
GB 38	LV 2

Tsing Points	
LU 11	LI 1
ST 45	SP 1
HT 9	SI 45
BL 67	KI 1
P 9	TW 1
GB 44	LV 1

Luo Points	
LU 7	LI 6
ST 40	SP 4
HT 5	SI 7
BL 58	KI 4
P 6	TW 5
GB 37	LV 5

Accumulating Points	
LU 6	LI 7
ST 34	SP 8
HT 6	SI 6
BL 63	KI 4
P 4	TW 7
GB 36	LV 6

Tsing and Source (Yuan) Point Locations

Source (Yuan) Points. Yuan points are located on the wrist or ankle. Treatment of these points has a direct effect on diseases of the internal organs. Stimulation of these points regulates the meridian of that point. It will either tonify or sedate as needed. This amphoteric action of Yuan points occurs no matter how you treat the point.

Yuan points can be used to locate pathological changes of the ZangFu organs. Tenderness of any of the Yuan points may indicate pathological changes of the associated meridian and internally related organ.

Tsing Points are located on the tips of the toes and fingers. These points are miracle points. Treatment of the Tsing points are commonly used when a specific treatment protocol is not known.

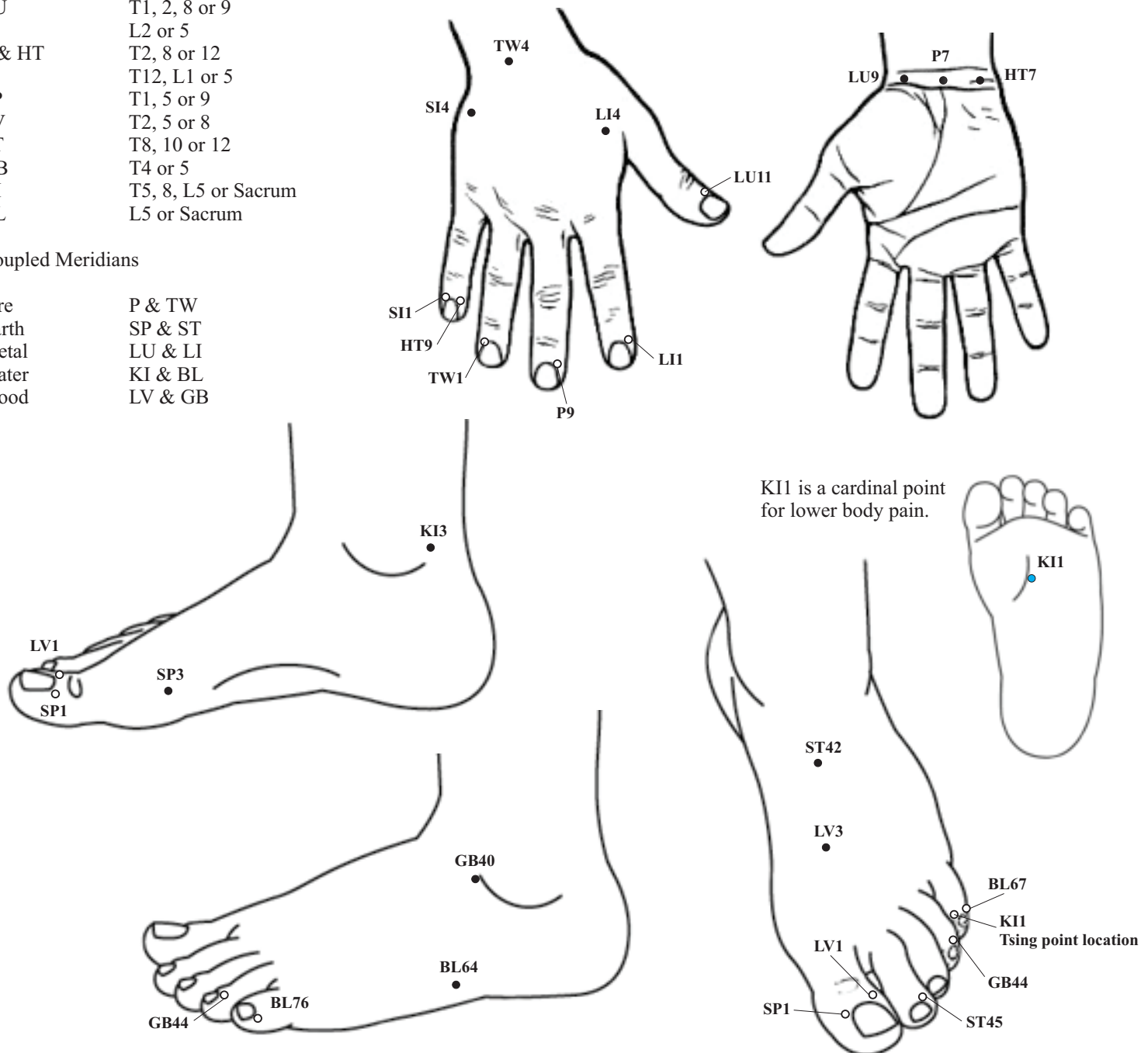
Tsing points, also called Akabane points are used in electro-meridian graphing. The electrical resistance of these points are used to determine imbalances in the meridians. There are several meridian graphing devices on the market today that measure these imbalances and provide treatment points to balance the system. Low energy levels in the body will result in low readings on the graph, high energy levels in the body result in high readings on the graph. A difference of more than 10 to 15 points on the graph between left and right halves of meridian is called a split. When a meridian or coupled meridians energy levels are split between its left and right halves, a spinal segment is usually involved. The table below shows the relationship between the split meridian and spinal segment. Spinal adjustments have been shown to correct the split in the energy levels. Splits between coupled meridians may result in spinal involvement of both meridians. When a graph shows multiple splits throughout the meridian system, SP21 (Master Luo point) treated bilaterally will balance the entire system

Meridian	Spinal Segment
LU	T1, 2, 8 or 9
LI	L2 or 5
P & HT	T2, 8 or 12
SI	T12, L1 or 5
SP	T1, 5 or 9
LV	T2, 5 or 8
ST	T8, 10 or 12
GB	T4 or 5
KI	T5, 8, L5 or Sacrum
BL	L5 or Sacrum

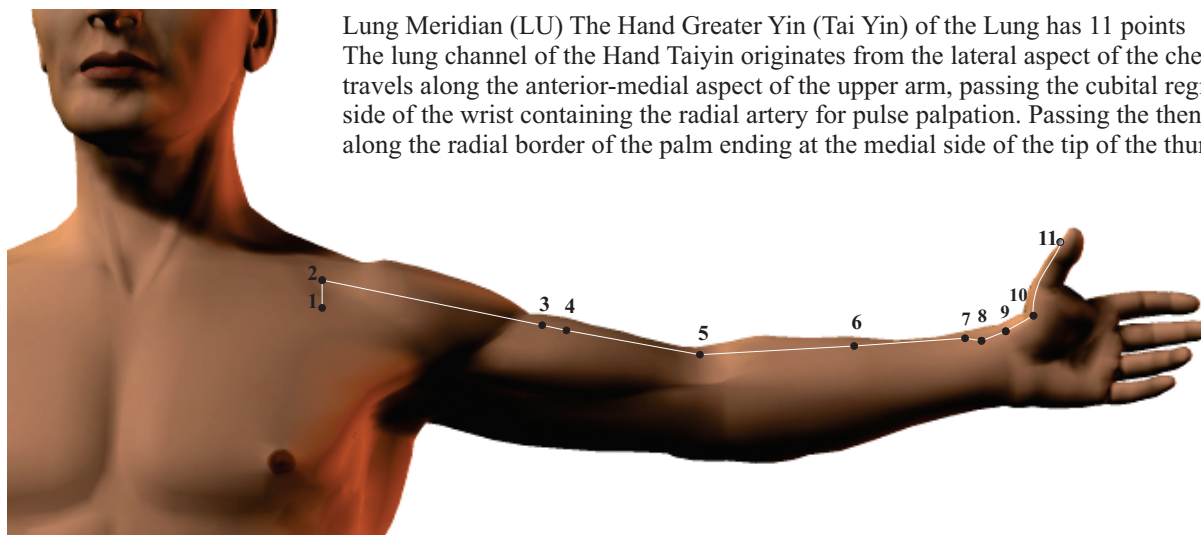
Coupled Meridians

Fire	P & TW
Earth	SP & ST
Metal	LU & LI
Water	KI & BL
Wood	LV & GB

◦ Tsing Points • Source (Yuan) Points



Lung Meridian (LU)



Lung Meridian (LU) The Hand Greater Yin (Tai Yin) of the Lung has 11 points

The lung channel of the Hand Taiyin originates from the lateral aspect of the chest near the arm pit . It then travels along the anterior-medial aspect of the upper arm, passing the cubital region and arrives at the radial side of the wrist containing the radial artery for pulse palpation. Passing the thenar eminence, it travels along the radial border of the palm ending at the medial side of the tip of the thumb.

LU1 Zhongfu - 6 cun lateral to anterior midline level with the 1st intercostal space, 1 cun below LU 2. Caution: needle oblique to avoid lungs.

Indications: All Pulmonary Disorders, Facial Edema, Asthma, Bronchitis, Back Pain, Chest Discomfort, Chest Pain, Cough, Dyspnea, Nasal Congestion, Neck Nodular Growths, Shoulder Pain, Wheezing.

LU2 Yunmen - 6 cun lateral to the anterior midline below the clavicle in the depression medial to the coracoid process. needle oblique to avoid lungs.

Indications: Asthma, Painful Chest, Cough, Tonsillitis, Limited Shoulder Movement and Inflammation, Shoulder Pain, Thoracic Fullness.

LU3 Tianfu - 3 cun inferior to the anterior axillary fold on radial side of biceps brachii muscle. Indications: Bronchitis, Hemoptysis, Asthma, Disorientation And Forgetfulness, Dizziness, Dyspnea, Epistaxis, Insomnia, Nosebleed, Sadness, Upper Arm Antero-Lateral Pain.

LU4 Xiabai - 4 cun inferior to the anterior axillary fold, 1 cun inferior to LU3 on radial side of biceps brachii muscle. Indications: Asthma, Bronchitis, Nosebleed, Cardiac Pain, Cough, Dry Vomiting, Dyspnea, Shortness Of Breath, Thoracic Fullness, Medial Upper Arm Pain.

LU5 Chize - On the cubital crease, in the depression lateral to biceps brachii tendon. Indications: Arm Pain, Asthma, Bronchitis, Pneumonia, Chest Discomfort, Cough, Coughing Blood, Dyspnea, Elbow Pain, Fever, Fever Tidal, Mastitis, Respiratory Disorders, Shoulder Pain, Thoracic Discomfort, Throat Soreness, Wheezing.

LU6 Kongzui - 7 cun above the transverse crease of the wrist. Indications: Arm Pain, Asthma, Chest Pain, Cough, Coughing Blood, Elbow Problems, Difficulty Bending Arm, Headache, Hemorrhoids, Loss Of Voice, Perspiration Absent, Respiratory Disorders, Throat Infections, Throat Soreness, Tonsillitis.

LU7 Lieque - 1.5 cun above the transverse crease of the wrist, superior to the styloid process of the radius.

Indications: Asthma, Cough, Eye Deviation, Facial Muscle Paralysis, Genital Pain, Grief, Headache, Hematuria, Hemiplegia, Jaw Disorders, Mouth Deviation, Neck Stiffness, Sadness, Throat Soreness, Toothache, Worry, Wrist Joint Soft Tissue Diseases, Dry Skin, Acute Edema of the Limbs.

LU8 Jingqu - 1 cun above the transverse crease of the wrist in the hollow on the lateral side of the radial artery. Indications: Chronic Lung and Respiratory Problems, Asthma, Chest Pain, Cough, Dyspnea, Fever, Throat Soreness, Wrist Pain.

LU9 Taiyuan - On transverse crease of the wrist on the lateral side of the radial artery.

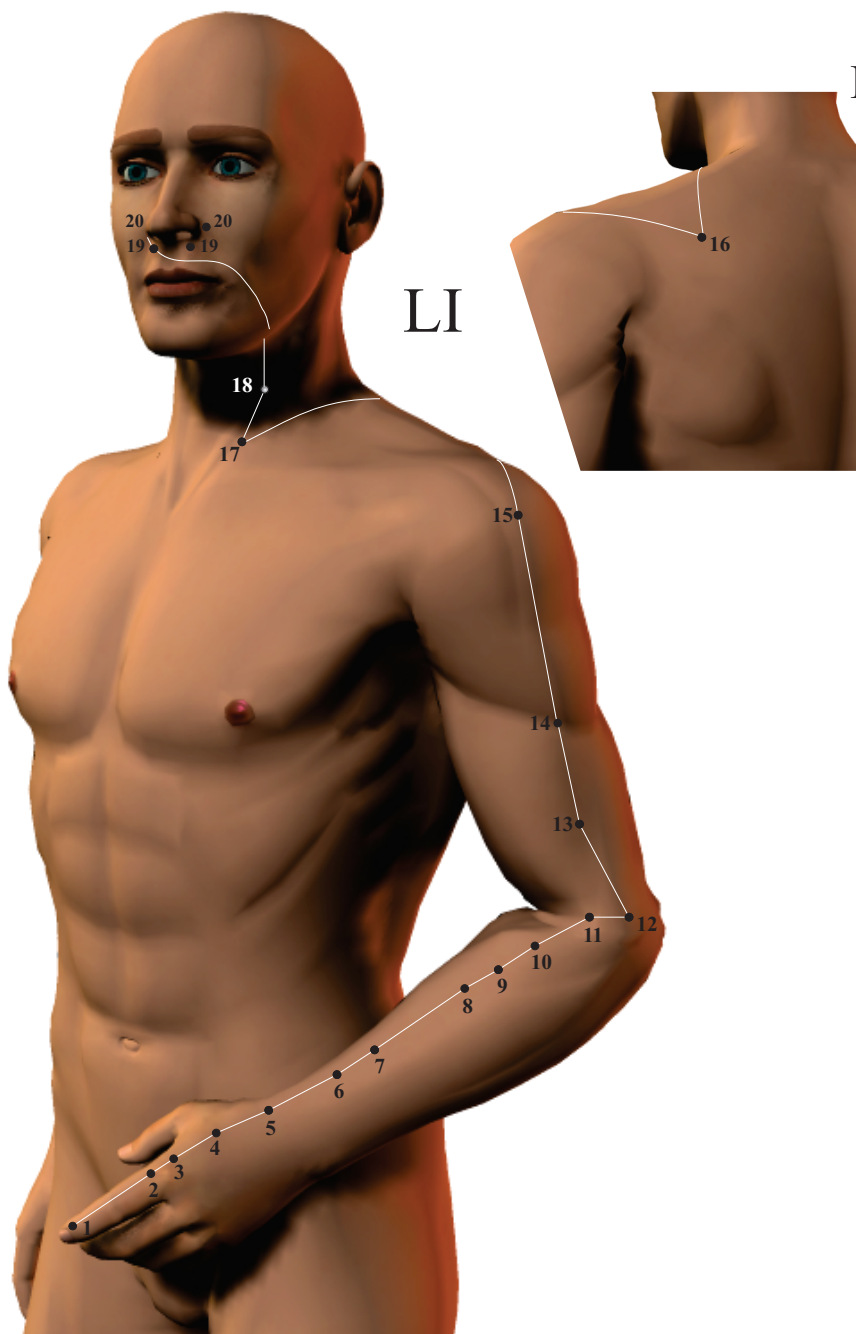
Indications: Pertussis, Bronchitis, Asthma, Pulmonary TB, Chest Pain, Cough, Coughing Blood, Dyspnea, Eye Disorders, Medial Forearm Pain, Headache, Palpitations, Respiratory Disorders, Throat Soreness, Toothache, Wrist Joint Soft Tissue Diseases, Wrist Pain.

LU10 Yuji - On the palmar side of the hand, at the midpoint of 1st metacarpal bone, at the junction of the red and white skin. Indications: Abdominal Pain, Back Pain, Cardiac Pain, Chest Pain, Cough, Coughing Blood, Dyspnea, Fever, Fever Tidal, Loss Of Voice, Mastitis, Palm Heat, Throat Infections, Throat Soreness, Toothache, Voice Hoarse.

LU11 Shaoshang - 0.1 cun posterior to the nail on the radial side of the nail.

Indications: Common Cold, Cough, Fever, Mumps, Finger Pain, Stroke, Loss Of Consciousness, Mental Disorders, Nosebleed, Parotitis, Throat Infections, Throat Soreness, Throat Bloakage.

Large Intestine (LI)



Large Intestine (LI)

The Hand Bright Yang (Yang Ming) of the Large Intestine 20 points

The large intestine channel of the Hand-Yangming starts from the tip of the index finger. Running upward along the radial aspect of the index finger, it passes through the inter-space of the first and second metacarpal bones, and ascends along the lateral anterior aspect of the upper arm to the highest point of the shoulder. It then travels along the anterior border of the acromion, then descends to the supraclavicular fossa. From the supraclavicular fossa it travels upward to the neck and to the cheek, then it curves around the upper lip and exits at the corner of the mouth, where it crosses the opposite large intestine channel of the Hand-Yangming at the philtrum. It ends at the side of the nose, where it connects with the stomach channel of the Foot-Yangming.

LI1 Shangyang - 0.1 cun posterior to the corner of the nail on the radial side of the index finger.

Indications: Coma from Stroke, Deafness, Fever High, Finger Numbness, Jaw Disorders, Loss Of Consciousness, Throat Constriction, Throat Soreness, Tinnitus, Toothache, Chronic Colon Problems.

LI2 Erjian - On the radial side of the index finger distal to the 2nd metacarpal-phalangeal joint in a depression at the junction of the red & white skin.

Indications: Facial Muscle Paralysis, Fever, Nosebleed, Throat Constriction, Throat Soreness, Toothache, Trigeminal Neuralgia, Blurred Vision, Dizziness, Eye Deviation.

LI3 Sanjian - On the radial side of the index finger proximal to the head of the 2nd metacarpal bone.

Indications: Eye Disorders, Eye Pain, Finger Inflammation and Stiffness, Inflammation on the Dorsum of Hand, Malaria, Throat Soreness, Toothache, Trigeminal Neuralgia, Easily Startled.

LI4 Hegu - On the dorsum of the hand, between the 1st and 2nd metacarpal bones.

Indications: All Ailments of the Face and Head, Abdominal Pain, Amenorrhea, Arm Pain, Constipation, Deafness, Eye Deviation, Eye Disorders, Facial Edema, Facial Muscle Paralysis, Fever Without Sweating, Finger Contraction, Headache, Hemiplegia, Intestinal Disorders, Prolonged or Delayed Labor, Mouth Deviation, Nosebleed, Parotitis, Respiratory Disorders, Skin Disorders, Throat Soreness, Toothache.

Large Intestine (LI) The Hand Bright Yang (Yang Ming) of the Large Intestine 20 points

LI5 Yangxi - On the radial side of the wrist between the extensor pollicis longus & brevis tendons in a depression formed when the thumb is tilted upward (anatomical snuffbox)

Indications: Arm Motor Impairment, Deafness, Eye Disorders, Headache, Throat Constriction, Throat Soreness, Tinnitus, Toothache, Urticaria, Wrist Joint Soft Tissue Diseases, Infantile Indigestion, Mania.

LI6 Pianli - 3 cun above the transverse crease of the wrist (LI5) on the radial side of the forearm.

Indications: Arm Pain, Ascites, Deafness, Edema, Elbow Pain, Epistaxis, Manic Raving, Visual Disturbances, Redness of Eye, Wrist Pain, Tinnitus, Toothache, Scapular and Wrist Paralysis.

LI7 Wenliu - 5 cun above the transverse crease of the wrist (LI5) on the radial side of the forearm.

Indications: Borborygmus With Abdominal Pain, Facial Swelling, Headache, Mouth Pain, Shoulder And Arm Pain, Throat Pain, Tongue Pain, Toothache, Hallucinations, Pathological Laughter.

LI8 Xialian - 4 cun below LI 11 on the radial side of the forearm on the line connecting LI5 and LI11

Indications: Abdominal Distention, Abdominal Pain, Indigestion, Arm And Elbow Pain, Diarrhea, Hematuria, Mania, Eye Pain, Vertigo.

LI9 Shanglian - 3 cun below LI 11 on the radial side of the forearm on the line connecting LI5 and LI11

Indications: Abdominal Pain, Arm Numbness, Arm Pain, Bone Marrow With Coldness, Borborygmus, Hand Numbness, Hemiplegia, Large Intestine Qi Stagnation, Shoulder Pain.

LI10 Shousanli - 2 cun below LI 11 on the radial side of the forearm on the line connecting LI5 and LI11

Indications: Abdominal Pain, Arm Pain, Arm Paralysis, Diarrhea, Facial Edema, Loss of Voice, Deafness, Gastrointestinal Disorders, Indigestion, Incontinence, Jaw Disorders, Shoulder Pain, Skin Disorders, Toothache, Gastric Ulcer, Vomiting.

LI11 Quchi - With a bent elbow, the point lies in the depression at the lateral end of the transverse cubital crease, midway between LU5 and the lateral epicondyle of the humerus. Indications: Abdominal Pain, Allergies, Red and Swollen Eyes, Arm Pain, Arm Paralysis, Arthritis Shoulder Pain, Diarrhea, Elbow Problems, Eye Disorders, Fever, Goiter, Hemiplegia, Hypertension, Intestinal Disorders, Measles, Mental Disorders, Skin Disorders, Hives, Throat Constriction, Throat Soreness, Neck Stiffness, Toothache, Vomiting, Immune Deficiency.

LI12 Zhouliao - With the elbow flexed, on the radial side of the upper arm 1 cun above and lateral to LI11 on the lateral/posterior border of the humerus. Indications: Arm Contraction, Arm Numbness, Arm Pain, Elbow Problems, Excessive Sleep, Stomachache with Fullness.

LI13 Shouwuli - 3 cun above LI11 on the line connecting LI11 and LI15 line. Avoid injuring artery when needling!

Indications: Arm Pain, Blurred Vision, Elbow Pain, Skin Disorders, Vomiting Blood, Pneumonia, Rheumatoid Arthritis.

LI14 Binao - 4 cun above LI13 at the inferior border of the deltoid, on the line connecting LI11 and LI15.

Indications: Arm Pain, Arm Paralysis, Back Pain, Neck Pain, Chills, Chills And Fever, Eye Diseases, Fever, Shoulder Pain, Skin Disorders.

LI15 Jianyu - Anterior and inferior to the acromion, on the upper portion of the deltoid muscle, in a depression formed when the arm is in full abduction.

Indications: Arm Motor Impairment, Arm Pain, Arm Paralysis, Arm Weakness, Hemiplegia, Hypertension, Perspiration Excessive, Shoulder Joint Soft Tissue Diseases, Shoulder Pain, Skin Disorders, Urticaria.

LI16 Jugu - Slightly posterior to the shoulder, in the depression between the acromion process and the scapular spine.

Indications: Arm Motor Impairment, Arm Pain, Back Pain, Goiter, Seizures, Limited Shoulder Movement, Shoulder Pain, Diseases of the Shoulder Joint and Soft Tissues, Agitation and Fear in Children.

LI17 Tianding - On the lateral side of the neck, 1 cun below LI 18 on the posterior border of the SCM muscle.

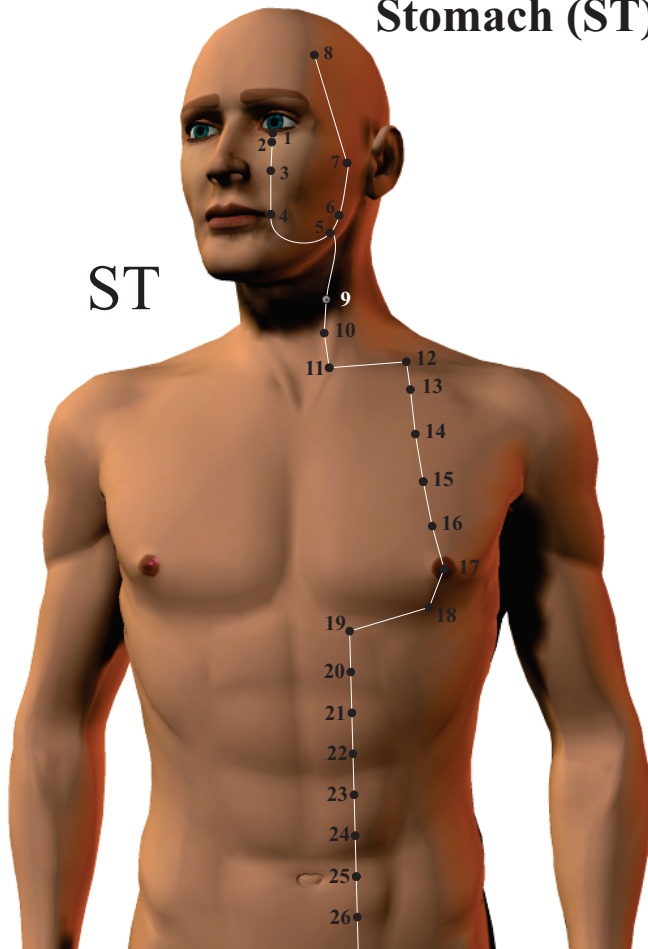
Indications: Skin Disorders, Tonsillitis, Laryngitis, Sudden Loss of Voice, Goiter.

LI18 Futu - On the lateral side of the neck, level with the tip of the Adam's Apple between the sternal head and the clavicular head of the SCM Indications: Asthma, Cough, Loss Of Voice, Skin Disorders, Swallowing Difficult, Throat Constriction, Throat Soreness, Voice Hoarseness, Wheezing, Excessive Mucus, Moist Cough.

LI19 Kouheliao - Directly below the lateral margin of the nostril 0.5 cun lateral to GV 26. Indications: Facial Muscle Paralysis, Jaw Disorders, Lockjaw, Mouth Deviation, Nasal Congestion, Nasal Polyps, Rhinitis, Ulceration of the Nose, Nosebleed, Respiratory Disorders.

LI20 Yingxiang - In the nasolabial sulcus, level with the midpoint of the lateral border of the ala nasi. Indications: Facial Edema, Facial Itching, Loss Of Sense Of Smell, Mouth Deviation, Nasal Congestion, Nasal Disorders, Nasal Polyps, Nosebleed, Respiratory Disorders.

Stomach (ST)



Stomach Meridian (ST)

The Foot Bright Yang (Yang Ming) of the Stomach 45 points
The stomach channel of the Foot-Yangming starts directly below the pupil between the eyeball and the infraorbital ridge. Running downward along the lateral side of the nose, to the lateral corner of the mouth. Curving posterior to the anterior angle of the mandible. Then it travels to the posterior aspect of the mandible ascending in front of the ear and following the anterior hairline, it reaches the forehead. It then runs along the throat and enters the supraclavicular fossa. The straight line of the channels separates the supraclavicular fossa and runs downward along the middle mammillary line. It travels to the side of the umbilicus and descends to the inguinal groove. Running downward it travels along the anterior aspect of the thigh and reaches the knee. From there it continues further down along the anterior border of the lateral aspect of the tibia to the dorsum of the foot and reaches the lateral side of the tip of the second toe.

ST1 Chengqi - Directly below the pupil between the eyeball and the infraorbital ridge.

Indications: Eye Deviation, Eye Disorders, Eyelid Spasm, Facial Muscle Paralysis, Lacrimation Upon Wind Exposure, Mouth Deviation, Optic Nerve Atrophy, Optic Nerve Inflammation, Visual Disturbances.

ST2 Sibai - Directly below the pupil in a depression at the infraorbital foramen.

Indications: Dizziness, Eye Deviation, Eye Disorders, Eyelid Spasm, Facial Edema, Facial Muscle Paralysis, Facial Pain, Headache, Lacrimation, Mouth Deviation, Respiratory Disorders, Trigeminal Neuralgia, Visual Disturbances.

ST3 Juliao - Directly below the pupil in a depression level with the lower border of the ala nasi.

Indications: Toothache, Epistaxis, Facial Muscle Paralysis, Lacrimation, Mouth And Eye Deviation, Sinus Pain, Sinusitis, Superficial Visual Obstruction, Swollen and Painful Lips And Cheeks.

ST4 Dicang - Directly below the pupil lateral to the corner of the mouth.

Indications: Aphasia, Eyelid Spasm, Neck Spasm, Lip Spasm, Facial Muscle Paralysis, Lockjaw, Mouth Deviation, Excessive Saliva, Toothache, Trigeminal Neuralgia.

ST5 Jiache - Anterior to the angle of the mandible on the anterior border of the masseter muscle in a groove like depression when the cheek is bulged.

Indications: Facial And Lower Cheek Edema, Facial Muscle Paralysis, Jaws Clenched, Mouth Deviation, Toothache Lower Jaw, Lockjaw.

ST6 Jiache - One finger width anterior and superior to the lower angle of the mandible, at the prominence of masseter muscle. Indications: Facial Edema, Facial Muscle Paralysis, Jaw Disorders, Mouth Deviation, Neck Pain, Neck Stiffness, Parotitis, Toothache, Lockjaw, TMJ Dysfunction, .

ST7 Xiaguan - Anterior to the ear, with mouth closed, in the depression at the lower border of the zygomatic arch, anterior to the condyloid process of the mandible. Indications: Deafness, Ear Disorders, Eye Deviation, Facial Muscle Paralysis, Facial Pain, Jaw Disorders, Mouth Deviation, Tinnitus, Toothache, Trigeminal Neuralgia, TMJ Dysfunction, Otitis Media.

ST8 Touwei - At the corner of the forehead, 0.5 cun within the hairline at the corner of the forehead, 4.5 cun lateral to the midline at GV24.

Indications: Dizziness, Eye Disorders, Eyelid Spasm, Facial Muscle Paralysis, Headache, Migraine, Lacrimation Upon Wind Exposure, Mental Disorders, Cerebral Congestion, Visual Disorders.

ST9 Renying - Level with the tip of the Adam's Apple on the anterior border of the SCM. Avoid puncturing common carotid artery.

Indications: Asthma, Cough, Dizziness, Dyspnea, Goiter, Headache, Hypertension, Hypotension, Neck Nodular Growths, Skin Disorders, Speech Impaired, Throat Constriction, Throat Soreness, Wheezing, Flushing of the Face, Tonsillitis.

ST10 Shuitu - Midway between ST9 and ST11 at the anterior border of the SCM. Indications: Dyspnea, Shoulder Pain And Swelling, Throat Soreness And Swelling, Vocal Cord Paralysis.

ST11 Qishe - At the superior border of the medial end of the clavicle between the sternal head and the clavicular head of the SCM.
Indications: Dyspnea, Neck Stiffness, Throat Pain And Swollen, Hiccups, Asthma.

ST12 Quepen - In the midpoint of the supraclavicular fossa 4 cun lateral to the midline.
Indications: Angina, Chest Oppression, Cough, Dyspnea, Bronchitis, Asthma, Limited Shoulder Movement, Shoulder Pain, Supraclavicular Fossa Pain, Throat Sore And Swollen.

ST13 Qihu - In the infraclavicular fossa, 4 cun lateral to the midline, below ST12.
Indications: Asthma, Persistent Cough, Dyspnea, Hiccough, Excessive Perspiration, Respiratory Disorders, Thoracic Distention And Fullness, Intercostal Neuralgia, Loss of Taste, Chest and Back Pain.

ST14 Kufang - 4 cun lateral to the midline in the 1st intercostal space.
Indications: Chest Pain And Fullness, Dyspnea, Grief And Sadness, Respiratory Disorders, Hiccups.

ST15 Wuyi - 4 cun lateral to the midline in the 2nd intercostal space.
Indications: Breast Abscess, Breast Pain, Cough, Dyspnea, Respiratory Disorders, Shortness Of Breath, Thoracic Pain And Fullness, Bronchitis, Hypersensitivity of Skin.

ST16 Yingchuang - 4 cun lateral to the midline in the 3rd intercostal space. Indications: Asthma, Bronchitis, Breast Abscess, Cough, Diarrhea, Insomnia, Thoracic Pain And Distention.

ST17 Ruzhong - 4 cun lateral to the midline in the 4th intercostal space in the center of the nipple. Contraindicated to needle and moxabustion!
Landmark Only! Do Not Treat!

ST18 Rugen - 4 cun lateral to the midline in the 5th intercostal space.
Indications: Cough, Bronchitis, Digestive Disturbances, Dyspnea, Insufficient Lactation, Mastitis, Chest Pain.

ST19 Burong - 2 cun lateral to the midline lateral to CV14, 6 cun above the umbilicus.
Indications: Abdominal Distention, Cough, Digestive Disturbances, Dry Heaves, Loss of Appetite, Vomiting, Intercostal Neuralgia.

ST20 Chengman - 2 cun lateral to the midline lateral to CV13, 5 cun above the umbilicus.
Indications: Abdominal Distention, Borborygmus, Dysphagia, Epigastric Pain, No Appetite, Vomiting, Indigestion from Excessive Eating, .

ST21 Liangmen - 2 cun lateral to the midline lateral to CV12, 4 cun above the umbilicus.
Indications: Abdominal Distention, Abdominal Pain, Anal Prolapse, Indigestion without Appetite, Diarrhea, Gastrointestinal Disorders, Nervous Stomach, Nausea, Stomach Pain, Duodenal Ulcers, Gall Bladder Disorders, Vomiting.

ST22 Guanmen - 2 cun lateral to the midline lateral to CV11, 3 cun above the umbilicus.
Indications: Abdominal Distention And Fullness, Borborygmus, Diarrhea, Edema, No Appetite, Periumbilical Pain Acute, Abdominal Hernia.

ST23 Taiyi - 2 cun lateral to the midline lateral to CV10, 2 cun above the umbilicus.
Indications: Agitation, Indigestion, Mania, Stomach Pain, Intestinal Pain, Hernia, Enuresis, Irritability.

ST24 Huaroumen - 2 cun lateral to the midline lateral to CV9, 1 cun above the umbilicus.
Indications: Constipation, Mania, Nausea And Vomiting, Stiff Tongue, Stomach Pain, Nephritis, Dysmenorrhea, Epilepsy.

ST25 Tianshu - 2 cun lateral to the midline lateral to CV8 at the level of the umbilicus.
Indications: Abdominal Distention, Abdominal Pain, Loss of Appetite, Borborygmus, Constipation, Diarrhea, Edema, Gastrointestinal Disorders, Duodenal Ulcer, Infertility, Intestinal Disorders, Irregular Menstruation, Peritonitis, Hernia.

ST26 Wailing - 2 cun lateral to the midline lateral to CV7, 1 cun below the umbilicus.
Indications: Abdominal Pain, Dysmenorrhea, Hernia, Lower Abdominal Disorders, Intestinal Obstruction, Intestinal Spasm.

ST27 Daju - 2 cun lateral to the midline lateral to CV5, 2 cun below the umbilicus.
Indications: Dysuria, Hypogastric Distention And Fullness, Insomnia With Fear, Premature Ejaculation, Retention Of Urine, Seminal Emissions, Premature Ejaculation.

ST28 Shuidao - 2 cun lateral to the midline lateral to CV4, 3 cun below the umbilicus.
Indications: Abdominal Distention, Abdominal Fullness, Abdominal Pain, Ascitis, Cystitis, Nephritis, Edema, Inguinal Hernia, Infertility, Menses Irregular, Orchitis, Urine Retention.



ST29 Guilai - 2 cun lateral to the midline lateral to CV3, 4 cun below the umbilicus.

Indications: Abdominal Pain, Amenorrhea, Endometriosis, Genital Pain, Hernia, Impotence, Infertility, Leukorrhea, Irregular Menstruation, Orchitis, Epididymitis, Uterine Prolapse.

ST30 Qichong - 2 cun lateral to the midline lateral to CV2, level with symphysis pubis.

Indications: Abdominal Pain, Childbirth Disorders, Genital Pain, Genital Swelling, Hernia, Impotence, Infertility, Lumbar Pain, Irregular Menstruation, Diseases of Reproductive Organs, Constipation, Diarrhea.

ST31 Biguan - With the thigh flexed, in the depression lateral to the sartorius muscle, directly inferior to the anterior superior iliac spine (ASIS). Indications: Inguinal Lymphadenitis, Leg Muscle Atrophy, Leg Numbness, Leg Paralysis, Lumbar Pain, Thigh Pain.

ST32 Futu - 6 cun above the superior lateral border of the patella on line connecting the ASIS.

Indications: Beriberi, Iliac Region Pain, Knee Disorders, Leg Paralysis, Lumbar Pain, Urticaria, Pain in the Waist and Groin, Coldness in Knees.

ST33 Yinshi - 3 cun above the superior lateral border of the patella on line connecting the ASIS found with knee flexed.

Indications: Lower Extremity Disorders, Thigh And Knee Pain, Difficulty Breathing.

ST34 Liangqiu - 2 cun above the superior lateral border of the patella on line connecting the ASIS found with knee flexed.

Indications: Hiccough, Indigestion, Knee Disorders, Leg Paralysis, Lumbar Pain, Mastitis, Stomach Pain.

ST35 Dubi - Below the patella in a depression lateral to the patella ligament found with knee flexed.

Indications: Abdominal Pain, Knee Disorders, Swelling of the Knee, Leg Muscle Weakness.

ST36 Zusanli - 3 cun below ST35 one finger width lateral from the anterior crest of the tibia, in the tibialis anterior muscle.

Indications: Abdominal Distention, Abdominal Pain, Allergies, Asthma, Borborygmus, Chest Pain, Constipation, Cough, Diarrhea, Digestive Disturbances, Dizziness, Dysuria, Edema, Edema Lower Body, Fever, Gastrointestinal Disorders, Hemiplegia, Hiccough, Hypertension, Indigestion, Intestinal Disorders, Jaundice, Knee Disorders, Leg Pain, Mastitis, Mental Disorders, Nausea, Neurasthenia, Pancreatitis, Reproductive System Disorders, Seizures, Shock, Stomach Pain, Tibial Bone Pain, Gastric Ulcer, Vomiting, General Weakness, Insomnia, Immune Support, Mouth Disorders.

ST37 Shangjuxu - 3 cun below ST36 one finger width lateral from the anterior crest of the tibia.

Indications: Abdominal Distention, Abdominal Pain, Beriberi, Borborygmus, Diarrhea, Digestive Disturbances, Appendicitis, Dysentery, Hemiplegia, Intestinal Disorders.

ST38 Tiaokou - 5 cun below ST36 one finger width lateral from the anterior crest of the tibia. Indications: Damp Painful Obstruction, Lower Leg Pain Or Paralysis, Shoulder Pain With Stiffness, Thigh And Knee Swelling, Sciatic Neuralgia.

ST39 Xiajuxu - 1 cun below ST38 one finger width lateral from the anterior crest of the tibia.

Indications: Abdominal Pain, Back Pain Radiates To Testicles, Dark Urine, Dysenteric Disorder, Lower Extremity Pain, Mastitis, Small Intestine Disorders, Hepatitis, Intercostal Neuralgia.

ST40 Fenglung - 8 cun superior to the tip of the external malleolus, one finger width lateral to ST38.

Indications: Amenorrhea, Asthma, Chest Pain, Constipation, Cough, Dizziness, Edema Lower Body, Headache, Leg Muscle Atrophy, Leg Pain, Leg Paralysis, Mental Disorders, Nasal Discharge Excessive, Seizures, Throat Constriction, Throat Soreness, Abnormal Uterine Bleeding, Vertigo, Mental Disorders.

ST41 Jiexi - On the dorsum of the foot at the midpoint of the transverse crease of the ankle joint, approximately level with the tip of the external malleolus in a depression between the extensor digitorum longus and hallucis longus tendons.

Indications: Abdominal Distention, Ankle Pain And Swelling, Constipation, Depression, Dizziness, Dorsal Foot Pain And Swelling, Facial And Head Edema, Headache, Lower Extremity Pain Or Paralysis, Stomach Disharmony, Pain in Mouth, Eye Diseases.

ST42 Chongyang - On the dorsum of the foot, 1.5 cun inferior to ST41, in the depression between the second and third metatarsals and cuneiform bone. Avoid the dorsal artery when needling.

Indications: Dorsal Foot Pain And Swelling, Facial Swelling, Mania, Abdominal Distention, Toothache, Deviation of Mouth, Fever, Poor Appetite.

ST43 Xiangu - In a depression distal to the junction of the 2nd and 3rd metatarsal bones.

Indications: Abdominal Pain, Borborygmus, Dorsal Foot Painful Swelling, Edema, Eye Disorders, Facial Edema, Hysteria, Leg Analgesic, Night Sweats, Malaria.

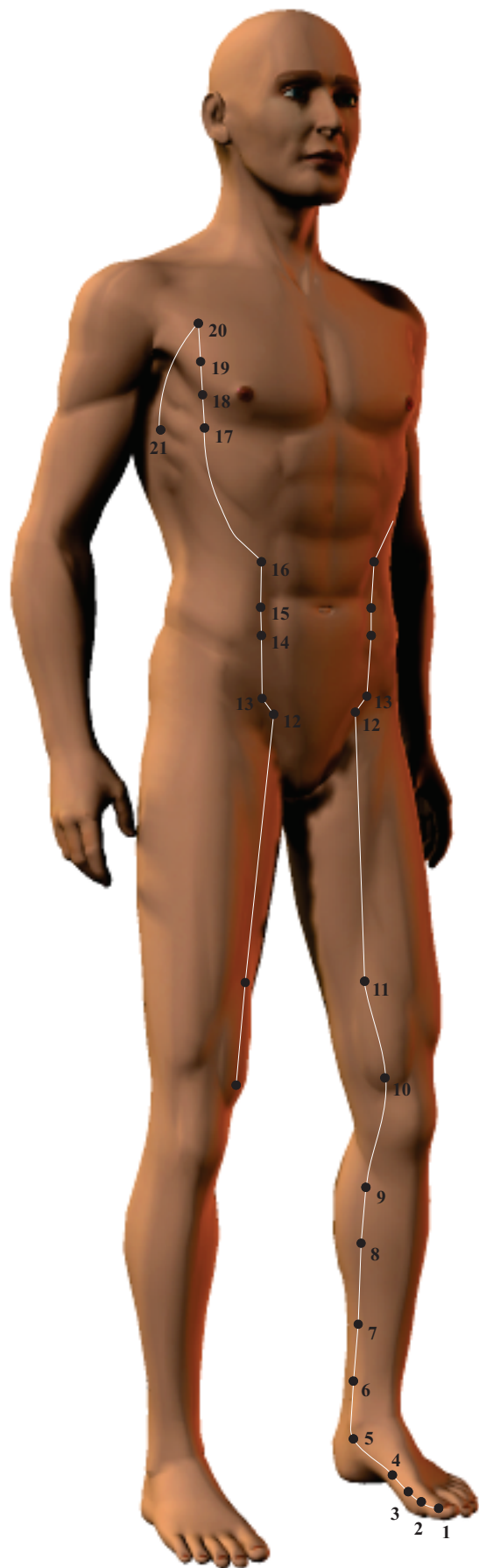
ST44 Neiting - At the proximal end of the web between the 2nd and 3rd toes in the depression distal and lateral to the 2nd metatarsodigital joint.

Indications: Abdominal Distention, Abdominal Pain, Constipation, Diarrhea, Dorsal Foot Pain, Facial Pain, Fever, Intestinal Disorders, Mouth Deviation, Nosebleed, Skin Disorders, Stomach Pain, Throat Infections, Throat Soreness, Tinnitus, Toothache, Trigeminal Neuralgia.

ST45 Lidui - 0.1 cun posterior to the corner of nail on the lateral side of the 2nd toe.

Indications: Abdominal Fullness And Distention, Excessive Dreaming, Epistaxis, Excessive Heat In The Body, Facial Swelling, Lower Limbs And Feet Cold, Mania And Depression, Mouth Deviation, Throat Pain, Toothache, Trismus, Fainting, Nasal Blockage, Fever.

Spleen (SP)



Spleen Meridian (SP)

The Foot Greater Yin (Tai Yin) of the Spleen 21 points

The spleen of the Foot-Taiyin starts from the medial aspect of the tip of the big toe. It travels along the medial aspect of the foot at the junction between the red and white skin, ascends anteriorly to the medial malleolus up to the medial aspect of the leg. Passing through the anterior medial aspect of the thigh, it enters the inguinal region traveling along the anterior of the abdomen. It then curves lateral to the midline to the intercostal space up to the 2nd intercostal space. Then turns inferior to midway between the axilla and the free end of the eleventh rib.

SP1 YinBai - 0.1 cun posterior to the corner of the nail, on the medial side of the great toe.

Indications: Abdominal Distention, Diarrhea, Dream Disturbed Sleep, Fever, Hematuria, Menorrhagia, Mental Disorders, Nosebleed, Seizures, Stool With Blood, Abnormal Uterine Bleeding.

SP2 Dadu - On medial side of the great toe, distal and inferior to the 1st Metatarsophalangeal joint in a depression at the juncture of the red and white skin.

Indications: Abdominal Distention, Abdominal Pain, Constipation, Diarrhea, Edema Lower Body, Fever, Fever Without Sweating, Indigestion, Stomach Pain, Vomiting, Lumbar Disorders.

SP3 Taibai - Proximal and inferior to the head of the 1st metatarsal bone in a depression at the junction of the red and white skin.

Indications: Abdominal Distention, Body Heaviness, Borborygmus, Constipation, Diarrhea, Edema, Gastrointestinal Disorders Acute, Headache, Hemorrhoids, Intestinal Disorders, Stomach Pain, Vomiting, Fatigue.

SP4 Gongsun - In a depression distal and inferior to the 1st metatarsal bone at the junction of the red and white skin.

Indications: Abdominal Distention, Abdominal Pain, Borborygmus, Diarrhea, Digestive Disturbances, Endometriosis, Intestinal Disorders, Jaundice, Irregular Menstruation, Mental Disorders, Stomach Pain, Vomiting, Psoas Muscle Problems.

SP5 Shangqiu - In a 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 Distention, Abdominal Pain, Ankle Conditions, Appetite Excessive, Borborygmus, Breast Pain, Constipation, Diarrhea, Foot Pain, Gastrointestinal Disorders, Hemorrhoids, Indigestion, Jaundice, Lower Extremity Edema.

SP6 Sanyinjiao - 3 cun directly above the tip of the medial malleolus on the posterior border of the tibia. Contraindicated to needle during pregnancy.

Indications: Abdominal Distention, Abdominal Pain, Amenorrhea, Borborygmus, Diarrhea, Digestive Disturbances, Dizziness, Dysmenorrhea, Dysuria, Eczema, Edema, Failure to Discharge Placenta, Genital Pain, Hemiplegia, Hernia, Hypertension, Impotence, Infertility, Insomnia, Labor Difficult, Leg Muscle Atrophy, Leg Pain, Leg Paralysis, Leukorrhea, Irregular Menstruation, Neurasthenia, Nocturnal Emissions, Reproductive System Disorders, Urinary Dysfunction, Urinary Incontinence, Urticaria, Abnormal Uterine Bleeding, Uterine Prolapse, Vertigo.

SP7 Lougu - 6 cun from the tip of the medial malleolus on line connecting tip of medial malleolus and SP9 on the posterior border of the tibia (3 cun above SP6) Indications: Abdominal Distention And Fullness, Borborygmus, Difficult Urination, Flatulence, Knee Pain, Leg Numbness And Pain, Bed Wetting, Urinary Tract Infection.

SP8 Diji - 3 cun below SP9 on line connecting SP 9 and medial malleolus.

Indications: Abdominal Distention, Digestive Disturbances, Dysenteric Disorder, Dysmenorrhea, Edema, Lumbar Pain, Irregular Menstration, Menstrual Disorders, No Appetite, Seminal Emissions, Urogenital Disorders, Acute Disorders of the Spleen and Pancreas.

SP9 Yinlingquan - On the lower border of the medial condyle of the tibia, in the depression between the posterior border of the tibia and gastrocnemius muscle. Indications: Abdominal Distention, Abdominal Pain, Ascites, Beriberi, Diarrhea, Diarrhea with Undigested Food, Dysuria, Edema, Edema Lower Body, Genital Pain, Intestinal Disorders, Jaundice, Knee Disorders, Leg Pain, Lumbar Pain, Menses Irregular, Nephritis, Nocturnal Emissions, Urinary Dysfunction, Urinary Incontinence, Urinary Tract Infection, Urine Retention.

SP10 Xuehai - With the knee in flexion, 2 cun superior to the superior border of the patella, on the bulge of the medial portion of the quadriceps femoris muscle.

Indications: Amenorrhea, Dysmenorrhea, Eczema, Menses Irregular, Skin Disorders, Thigh Medial Pain, Urinary Dysfunction, Urticaria, Abnormal Uterine Bleeding, Skin Disorders, Immune Enhancement.

SP11 Jimen - 6 cun above SP10 on the line connecting SP12 and SP10.

Indications: Anuria, Dysuria, Enuresis, Inguinal Region Pain And Swelling, Retention Of Urine, Varicose Veins, Intermittent Claudication, Ascites.

SP12 Chongmen - 3.5 cun lateral to the midline at CV2, in the inguinal region, on the lateral side of the femoral artery. Avoid femoral artery when needling!

Indications: Abdominal Masses, Abdominal Pain, Edema, Gynecological Disorders, Endometriosis, Hernia Pain, Inhibited Hip Movement, Retention Of Urine.

SP13 Fushe - 0.7 cun laterosuperior to SP12 and 4 cun lateral to the anterior midline.

Indications: Abdominal Masses, Abdominal Pain Or Swelling, Constipation, Hernia, Ovarian Pain.

SP14 Fujie - 1.3 cun below SP15 and 4 cun lateral to the anterior midline, on lateral side of rectus abdominis muscle.

Indications: Abdominal Pain, Constipation, Diarrhea, Hernia, Periumbilical Pain, Cough.

SP15 Daheng - 4 cun lateral to the center of the umbilicus, lateral to rectus abdominis muscle.

Indications: Abdominal Cold Pain, Abdominal Distention, Abdominal Pain, Constipation, Diarrhea, Intestinal Disorders.

SP16 Fuai - 3 cun above SP 15 and 4 cun lateral to the anterior midline at CV11.

Indications: Abdominal Pain, Blood And Pus In Stools, Constipation, Dysenteric Disorder, Periumbilical Pain.

SP17 Shidou - 6 cun lateral to the anterior midline in the 5th intercostal space.

Indications: Ascites, Borborygmus, Chest And Lateral Costal Region Fullness, Diaphragm Pain, Retention of Urine.

SP18 Tianxi - 6 cun lateral to the anterior midline in the 4th intercostal space.

Indications: Chest Fullness And Pain, Dyspnea, Hiccough, Insufficient Lactation, Mastitis, Hiccup.

SP19 Xiongxiang - 6 cun lateral to the anterior midline in the 3rd intercostal space.

Indications: Chest And Lateral Costal Region Fullness, Cough, Inability To Turn Over When Lying Down, Shortness Of Breath, Excessive Salivation.

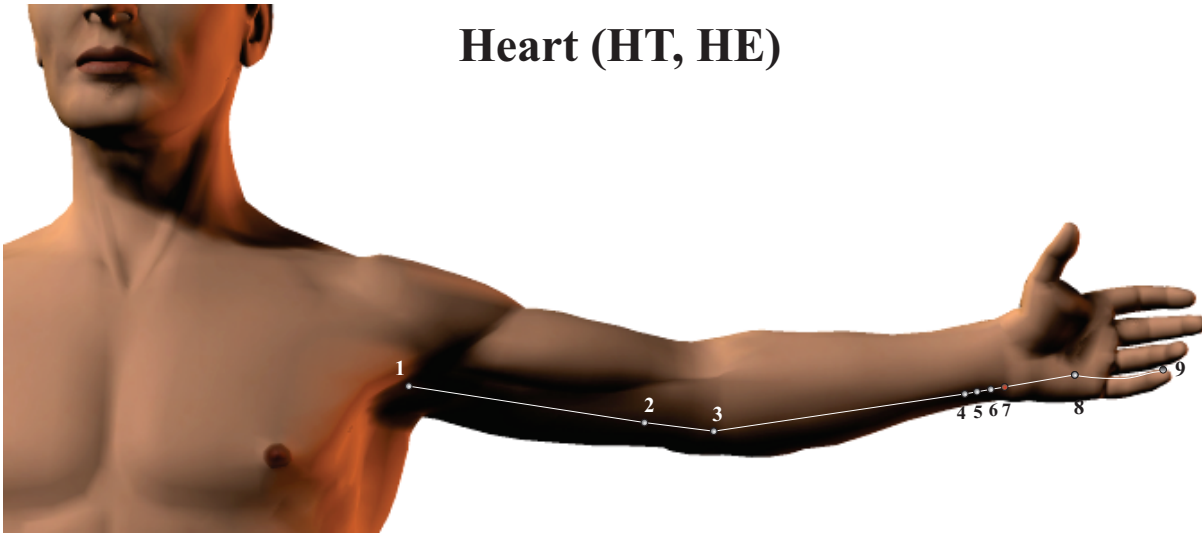
SP20 Zhourong - 6 cun lateral to the anterior midline in the 2nd intercostal space.

Indications: Chest And Lateral Costal Region Fullness, Cough With Copious Phlegm, Dysphagia, Excessive Thirst, Thoracic Distention.

SP21 Dabao - On the midaxillary line, 6 cun inferior to the anterior axillary crease. Midway between the axilla and the free end of the eleventh rib.

Indications: Asthma, Chest And Lateral Costal Region Pain, Cough, Dyspnea, Flaccidity Of The Hundred Joints, Lateral Costal Region Distention And Fullness, General Aching and Weakness.

Heart (HT, HE)



Heart Meridian (HT, HE) The Hand Lesser Yin (Shao Yin) of the Heart 9 points

The heart channel of the Hand-Shaoyin starts in the center of axilla. From there it goes along the posterior border of the medial aspect of the upper arm. Passing through the cubital region, it descends to the pisiform region proximal to the palm and enters the palm. Then it ends at the medial aspect of the tip of the little finger.

HT1 Jiquan - Center of axilla on the medial side of the axillary artery. Avoid axillary artery!

Indications: Anxiety, Arm Cold, Arm Pain, Arthritis Shoulder, Cardiac Pain, Chest Pain, Elbow Problems, Hypochondriac Region Fullness, Lateral Costal Region Pain, Sadness, Shoulder Joint Soft Tissue Diseases, Skin Disorders, Thirst, Throat Dryness.

HT2 Qingling - With elbow flexed, the point is found 3 cun above the medial end of the transverse cubital crease in the groove medial to the biceps brachii.

Indications: Lateral Costal Region Pain, Shoulder And Arm Pain, Shoulder Pain, Yellow Eyes.

HT3 Shaohai - With elbow flexed, at the medial end of the transverse cubital crease.

Indications: Arm Numbness, Arm Pain, Axillary Pain, Cardiac Pain, Elbow Problems, Forearm Numbness, Hand Numbness, Hand Pain, Hand Tremor, Headache with Dizziness, Hypochondriac Region Pain, Intercostal Neuralgia, Memory Impaired, Mental Disorders, Neck Stiffness, Neurasthenia, Seizures, Skin Disorders, Toothache, Vomiting.

HT4 Lingdao - With the palm facing up, the point is found 1.5 cun above the transverse crease of the wrist at HT7.

Indications: Arm Contraction, Cardiac Pain, Elbow Problems, Fear, Hysteria, Sudden Loss Of Voice, Mental Disorders, Seizures.

HT5 Tongli - 1 cun above HT 7 on a line connecting HT3 and HT7.

Indications: Arm Pain, Asthma, Cardiac Arrhythmia, Cough, Depression, Dizziness, Fear, Loss Of Voice Sudden, Mental Disorders, Neurasthenia, Palpitations, Stiff Tongue, Throat Soreness, Uterine Bleeding Abnormal, Visual Disturbances, Wrist Pain.

HT6 Yinxi - 0.5 cun above HT 7 on a line connecting HT3 and HT7.

Indications: Cardiac Pain, Chest Fullness, Epistaxis, Night Sweating, Palpitations.

HT7 Shenmen - On the ulnar end of the transverse crease of the wrist, in the small depression between the pisiform and ulna bones.

Indications: Cardiac Pain, Depression, Dream Disturbed Sleep, Eyes Yellow, Hypochondriac Region Pain, Hysteria, Insomnia, Irritable, Loss Of Voice, Memory Impaired, Mental Disorders, Palm Heat, Palpitations, Seizures, Thirst, Throat Dryness.

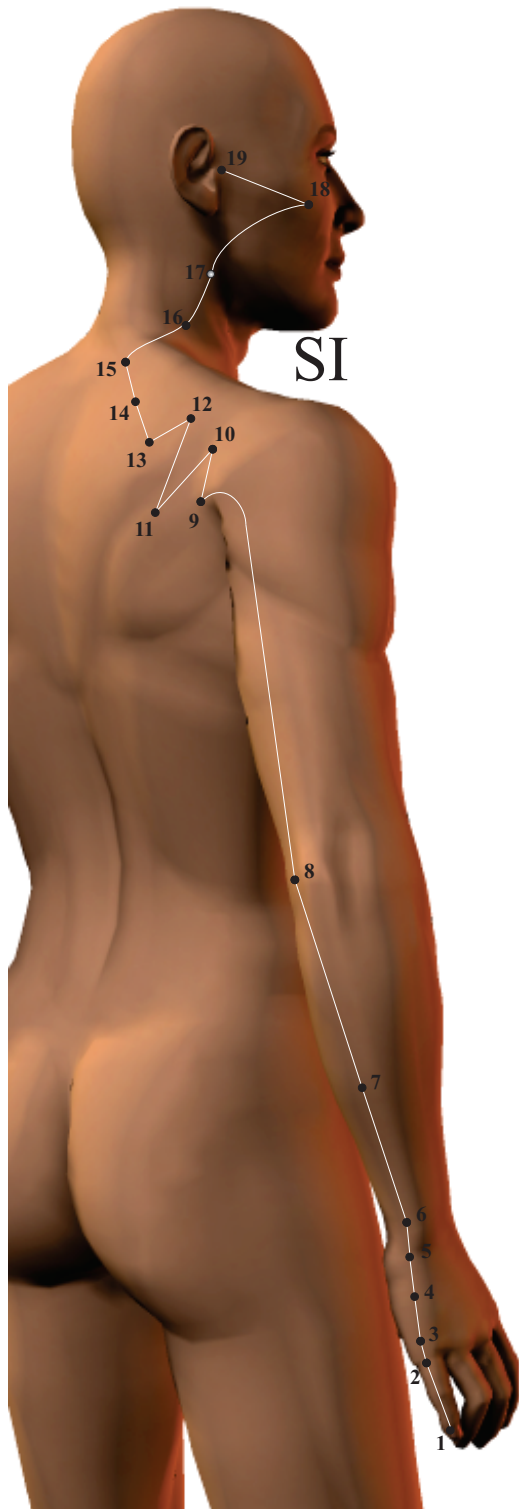
HT8 Shaofu - With a fist made, where the little finger falls between the 4th and 5th metacarpal bones.

Indications: Cardiac Conditions, Cardiac Pain, Chest Pain, Dysuria, Fifth Digit Disorders, Genital Itching, Groin Itches, Hysteria, Palm Heat, Palpitations, Urinary Dysfunction, Urinary Incontinence.

HT9 Shaochong - 0.1 cun posterior to the corner of the nail on the radial side of the little finger.

Indications: Cardiac Pain, Dry Throat, Heat In The Body Like Fire, Mania And Depression, Palpitations, Pounding Of The Heart, Syncope.

Small Intestine (SI)



Small Intestine Meridian (SI)

The Hand Greater Yang (Tai Yang) of the Small Intestine 19 points

The small intestine channel of the Hand-Taiyang starts at the ulnar aspect of the tip of the little finger, and travels along the ulnar border of the hand dorsum upward to the posterior border of the lateral aspect of the upper arm. It passes through the cubital region curving around the scapular region. Then turning downward to the supraclavicular fossa and ascends to the neck. Travels up to the cheek going through the outer canthus of the eye, and ends anterior to the tragus of the ear.

SI1 Shaoze - 0.1 cun posterior to the corner of the nail on the ulnar side of the little finger.

Indications: Breast Swelling, Curled Tongue Edges, Dyspnea, Eye Disorders, Fever, Fever And Chills Without Sweating, Headache, Jaundice, Lactation Insufficient, Loss Of Consciousness, Mastitis, Nosebleed, Stiff Tongue, Throat Soreness.

SI2 Qiangu - With a loose fist made the point is found on the ulnar side of the fifth digit, in the depression distal to the metacarpophalangeal joint, at the junction of the red and white skin.

Indications: Fever, Finger Numbness, Nosebleed, Parotitis, Seizures, Throat Soreness, Tinnitus.

SI3 Houxi - With a loose fist made, In the depression proximal to the head of the fifth metacarpal bone, at the junction of the red and white skin.

Indications: Arm Pain, Deafness, Eye Disorders, Fever, Finger Contraction, Headache, Lumbar Pain, Malaria, Mental Disorders, Neck Pain, Neck Stiffness, Perspiration At Night, Seizures, Shoulder Pain, Tinnitus.

SI4 Wangu - On the ulnar edge of the palm, in the depression between the fifth metacarpal bone and the hamate and pisiform bones.

Indications: Fever, Fever Without Sweating, Finger Contraction, Finger Movement Inhibited, Headache, Hypochondriac Region Pain, Jaundice, Malaria, Neck Stiffness, Thirst, Tinnitus, Wrist Pain.

SI5 Yanggu - Near the ulnar end of the transverse wrist crease on the dorsal side of the hand in a depression between the styloid process of the ulna and the triquetral bone.

Indications: Arm Pain, Deafness, Dizziness, Fever, Fever Without Sweating, Hand Pain, Jaw Disorders, Mental Disorders, Neck Swelling, Parotitis, Seizures, Tinnitus, Toothache, Wrist Pain.

SI6 Yanglao - On the dorsal side of the wrist, in the bony cleft on the radial side of the styloid process of the ulna.

Indications: Arm Pain, Arthritis Shoulder, Back Pain, Elbow Problems, Eye Disorders, Hemiplegia, Lumbar Mobility Decreased, Lumbar Pain, Neck Stiffness, Shoulder Pain, Visual Disturbances.

SI7 Zhizheng - 5 cun above SI5 on a line connecting SI 5 and SI8, between the anterior border of the ulna and flexor carpi ulnaris muscle.

Indications: Blurred Vision, Dizziness, Elbow Hypertonicity, Emotional Lability, Fear And Fright, Fever, Fever And Chills, Fingers Ache, Forearm Pain, Hand Inability To Grip Firmly, Mania And Depression, Neck Stiffness, Sadness And Anxiety.

SI8 Xiaohai - With elbow flexed, in a depression between the olecranon process of the ulna and the medial epicondyle of the humerus.
Indications: Arm Pain, Deafness, Dizziness, Elbow Problems, Facial Edema, Mental Disorders, Neck Pain, Neck Stiffness, Scapular Pain, Seizures, Shoulder Pain, Tooth Decay.

SI9 Jianzhen - With arm abducted, 1 cun above the posterior end of the axillary fold, posterior and inferior to the shoulder joint.

Indications: Arm Motor Impairment, Arm Pain, Arm Paralysis, Deafness, Jaw Disorders, Scapular Pain, Shoulder Disorders, Shoulder Pain, Tinnitus, Toothache.

SI10 Naoshu - With arm abducted, directly above SI9 in a depression inferior to scapular spine.

Indications: Arm Motor Impairment, Arm Pain, Arm Weakness, Chills, Chills And Fever, Scapular Pain, Shoulder Joint Soft Tissue Diseases, Shoulder Pain.

SI11 Tianzong - In the depression of the the infrascapular fossa, one-third the distance between the lower border of the scapular spine and the inferior angle of the scapula, approximately level with T4 spinous process.

Indications: Arm Pain, Asthma, Chest Discomfort, Elbow Problems, Facial Edema, Jaw Disorders, Mastitis, Rib Fullness, Scapular Pain, Shoulder Pain.

SI12 Bingfeng - Above SI11 in the center of the suprascapular fossa, in a depression when arm is lifted.

Indications: Benefits The Shoulder And Scapula.

SI13 Quyaun - On the medial extremity of the suprascapular fossa, about midway between SI10 and the spinous process of T2.

Indications: Scapular Pain, Shoulder Pain.

SI14 Jianwaishu - 3 cun lateral to the lower border of the spinous process of T1 (GV 13).

Indications: Neck Movement Restricted, Shoulder, Upper Arm, Mid Back Pain.

SI15 Jianzhongzhu - 2 cun lateral from the posterior midline below the spinous process of C7 (GV 14).

Indications: Asthma, Back Pain, Cough, Coughing Blood, Fever And Chills.

SI16 Tianchuang - On lateral neck posterior to SCM, posterior and superior to LI18 level with the adams apple.

Indications: Respiratory Disorders, Shoulder Pain, Visual Disturbances.

SI17 Tianrong - Posterior to the angle of the mandible in a depression on the anterior border of the SCM.

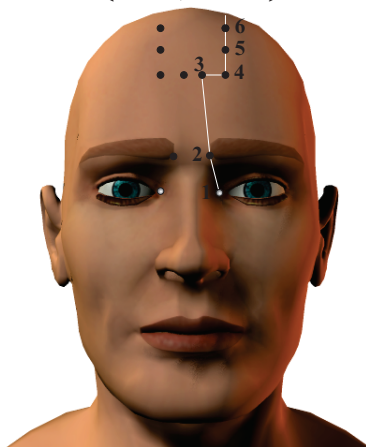
Indications: Asthma, Deafness, Facial Edema, Goiter, Throat Infections, Throat Pain, Throat Soreness, Tinnitus.

SI18 Quanliao - Directly below the outer canthus of the eyes in a depression on the lower border of the zygoma. Contraindicated to moxabustion!

Indications: Complexion Red, Eyelid Twitching, Facial Pain, Mouth And Eye Deviation, Toothache, Yellow Eyes.

SI19 Tinggong - Anterior to the tragus and posterior to the condyloid process of the mandible in a depression formed when mouth is opened. Indications: Abdominal Pain, Chest Pain, Deafness, Ear Disorders, Mental Disorders, Tinnitus, Toothache.

Bladder (BL, UB)



Bladder Meridian (BL, UB)

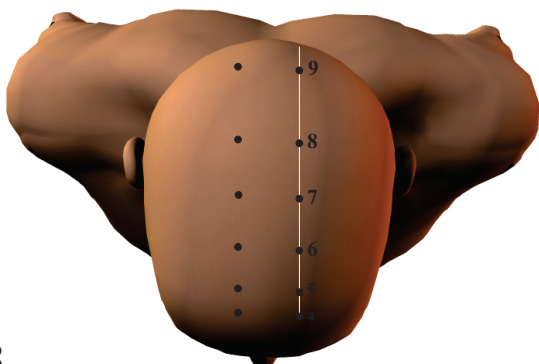
The Foot Greater Yang (Tai Yang) of the Bladder 67 points

The urinary bladder channel of the Foot-Taiyang originates from the inner canthus of the eye. Passing through the forehead, it flows up to the vertex. It bifurcates above the posterior hairline into two lines. One line runs from the posterior aspect of the neck downward along the medial border of the scapula (3 cun lateral to the back mid-line). Passing through the gluteal region. Another line runs straight downward (1.5 cun lateral to the mid-line of the back) to the lumbar region. From there it descends along the posterior aspect of the thigh to the popliteal fossa. Descending to the posterior aspect of the gastrocnemius muscle and further to the posterior inferior aspect of the lateral malleolus. Ending at lateral posterior side of the tip of the little toe.

BL1 Jingming - 0.1 cun superior to the inner canthus. of the eye in a depression
Indications: Chills, Dizziness, Eye Disorders, Color Blindness, Cataract, Headache, Lacrimation, Lacrimation Upon Wind Exposure, Visual Disturbances.

BL2 Zanzhu - In the supraorbital notch at the medial end of the eyebrow.
Indications: Common Cold, Dizziness, Eye Disorders, Eyelid Spasm, Facial Pain, Headache, Headache Frontal, Lacrimation, Lacrimation Upon Wind Exposure, Nasal Congestion, Superciliary Region Pain, Syncope, Syncopy, Visual Disturbances.

BL3 Meichong - 0.5 cun within the anterior hairline directly above BL2 and 0.5 cun lateral to GV24.
Indications: Dizziness, Epilepsy, Headache, Nasal Allergies, Nasal Congestion, Rhinitis, Vertigo.



BL4 Quchai - 1.5 cun lateral to GV24 and 0.5 cun within the anterior hairline.
Indications: Dizziness, Eye Pain, Headache, Headache Frontal, Nasal Congestion, Nosebleed, Rhinitis, Vertigo, Visual Disturbances.

BL5 Wuchu - 0.5 cun above BL4 or 1 cun above the anterior hairline and 1.5 cun lateral to GV23.
Indications: Convulsions, Headache, Mania, Seizures, Fever, Blurred Vision.

BL6 Chengguang - 1.5 cun posterior to BL5 and 2.5 cun above the anterior hairline, 1.5 cun lateral to the midline.
Indications: Headache, Nasal Congestion, Nasal Discharge Copious And Clear, Nausea And Vomiting, Vertigo.

BL7 Tongtian - 1.5 cun posterior to BL6 and 4 cun above the anterior hairline, 1.5 lateral to the midline.
Indications: Dizziness, Headache, Hemiplegia, Mouth Deviation, Nasal Congestion, Nosebleed, Respiratory Disorders.

BL8 Luoque - 1.5 cun posterior to BL7, 1.5 cun lateral to the midline. Indications: Mania And Depression, Tinnitus, Vertigo, Vomiting, Swollen Neck, Chronic Bronchitis.

BL9 Yuzhen - 1.3 cun lateral to GV 17, on the lateral side of the superior border of the external occipital protuberance.
Indications: Eye Pain, Heaviness Of The Head And Neck, Myopia, Tension Headache, Vertigo, Visual Disturbances.

BL10 Tianzhu - 1.3 cun lateral to GV15 and 0.5 cun above the posterior hairline, in a depression on the lateral aspect of the trapezius muscle.
Indications: Aversion To Cold, Back Pain, Dizziness, Eye Disorders, Fever Without Sweating, Headache, Headache Occipital, Nasal Congestion, Neck Muscle Stiffness And Tension, Seizures, Shoulder And Back Pain, Throat Soreness, Vertigo, Visual Disturbances.

BL11 Dazhu - 1.5 cun lateral to GV13 level with the spinous process of T1. (from the midline to the medial border of the scapula is considered 3 cun)
Indications: Abdominal Pain, Arthritis, Back Pain, Bone Disorders, Chest Discomfort, Chills, Cough, Dyspnea, Fever, Fever Tidal, Fever Without Sweating, Headache, Headache With Chills, Irritable, Knee Disorders, Lumbar Pain, Neck Mobility Decreased, Neck Pain, Respiratory Disorders, Scapular Pain, Spinal Pain.

BL12 Fengmen - 1.5 cun lateral to midline level with the spinous process of T2.
Indications: Asthma, Back Pain, Cough, Dyspnea, Fever, Headache, Lumbar Pain, Nasal Congestion, Nasal Discharge, Neck Stiffness, Respiratory Disorders, Shoulder Pain, Urticaria.

BL13 Feishu - 1.5 cun lateral to GV12 level with the spinous process of T3.
Indications: Agitation, Asthma, Back Pain, Back Stiffness, Bone Disorders, Chest Discomfort, Chest Pain, Cough, Coughing Blood, Dyspnea, Fever Afternoon, Perspiration At Night, Respiratory Disorders.

BL14 Jueyinshu - 1.5 cun lateral to midline level with the spinous process of T4.
Indications: Agitation, Cardiac Pain, Chest Discomfort, Chest Pain, Cough, Palpitations, Thoracic Discomfort, Toothache, Vomiting.

BL15 Xinshu - 1.5 cun lateral to GV11 level with the spinous process of T5.
Indications: Agitation, Anxiety, Cardiac Arrhythmia, Cardiac Conditions, Cardiac Pain, Chills, Chills And Fever, Cough, Coughing Blood, Depression, Dyspnea, Fever, Insomnia, Irritable, Memory Impaired, Mental Disorders, Nocturnal Emissions, Palpitations, Panic, Perspiration At Night, Seizures, Seminal Emissions, Vomiting, Vomiting Blood.

BL16 Dushu - 1.5 cun lateral to GV10 level with the spinous process of T6.
Indications: Abdominal Pain, Borborygmus, Cardiac Pain, Diaphragm Spasm, Hiccough, Alopecia, Psoriasis.

BL17 Geshu - 1.5 cun lateral to GV9 level with the spinous process of T7.
Indications: Abdominal Distention, Asthma, Bone Disorders, Cough, Eructations, Fever, Fever Tidal, Hiccough, Perspiration At Night, Swallowing Difficult, Throat Disorders, Urticaria, Vomiting, Vomiting Blood.

BL18 Gan Shu - 1.5 cun lateral to GV 8 level with the spinous process of T9.
Indications: Abdominal Masses, Abdominal Pain, Back Pain, Chest Lumps, Dizziness, Eye Disorders, Gastric Disorders, Hypochondriac Region Pain, Jaundice, Liver Disorders, Mental Disorders, Nosebleed, Seizures, Spinal Pain, Visual Disturbances, Vomiting Blood.

BL19 Danshu - 1.5 cun lateral to GV 7 level with the spinous process of T10.
Indications: Abdominal Distention, Axillary Swelling, Bitter Taste, Bone Disorders, Chest Discomfort, Chest Pain, Eyes Yellow, Fever, Gastric Disorders, Gastrointestinal Disorders, Headache, Hypochondriac Region Pain, Jaundice, Liver Disorders, Respiratory Disorders, Throat Soreness, Urine Turbid.

BL20 Pishu - 1.5 cun lateral to GV 6 level with the spinous process of T11.
 Indications: Abdominal Distention, Abdominal Pain, Appetite Absent, Back Pain, Diarrhea, Edema, Gastrointestinal Disorders, Hemorrhage Chronic, Intestinal Disorders, Jaundice, Menorrhagia, Stomach Prolapse, Stool With Blood, Stool With Undigested Food, Ulcer Gastric, Urticaria, Uterine Prolapse, Vomiting.

BL21 Weishu - 1.5 cun lateral to midline level with the spinous process of T12.
 Indications: Abdominal Distention, Abdominal Pain, Appetite Absent, Borborygmus, Chest Pain, Diarrhea, Edema, Gastric Disorders, Gastrointestinal Disorders, Hypochondriac Region Pain, Indigestion, Nausea, Stomach Pain, Stool With Undigested Food, Swallowing Difficult, Ulcer Gastric, Vomiting.

BL22 Sanjiaoshu - 1.5 cun lateral to GV5 level with the spinous process of L1.
 Indications: Abdominal Distention, Ascites, Borborygmus, Diarrhea, Digestive Disturbances, Dizziness, Edema, Gastrointestinal Disorders, Headache, Intestinal Disorders, Jaundice, Lumbar Pain, Lumbar Stiffness, Stool With Undigested Food, Urine Retention, Vomiting.

BL23 Shenshu - 1.5 cun lateral to GV4 level with the spinous process of L2.
 Indications: Asthma, Bone Disorders, Deafness, Diarrhea, Dizziness, Edema, Ejaculation Premature, Emaciation, Hematuria, Impotence, Knee Disorders, Leukorrhea, Lumbar Pain, Menses Irregular, Nephritis, Nocturnal Emissions, Seminal Emissions, Tinnitus, Urinary Dysfunction, Urinary Incontinence, Visual Disturbances.

BL24 Qihai - 1.5 cun lateral to midline level with the spinous process of L3.
 Indications: Asthma, Dysmenorrhea, Hemorrhoids, Lumbar Pain, Lumbar Spinal Pain, Menses Irregular.

BL25 Dachang - 1.5 cun lateral to GV3 level with the spinous process of L4.
 Indications: Abdominal Distention, Abdominal Pain, Borborygmus, Constipation, Diarrhea, Digestive Disturbances, Dysuria, Intestinal Disorders, Leg Numbness, Leg Pain, Leg Paralysis, Lumbar Pain, Lumbar Sprain, Sacral Pain.

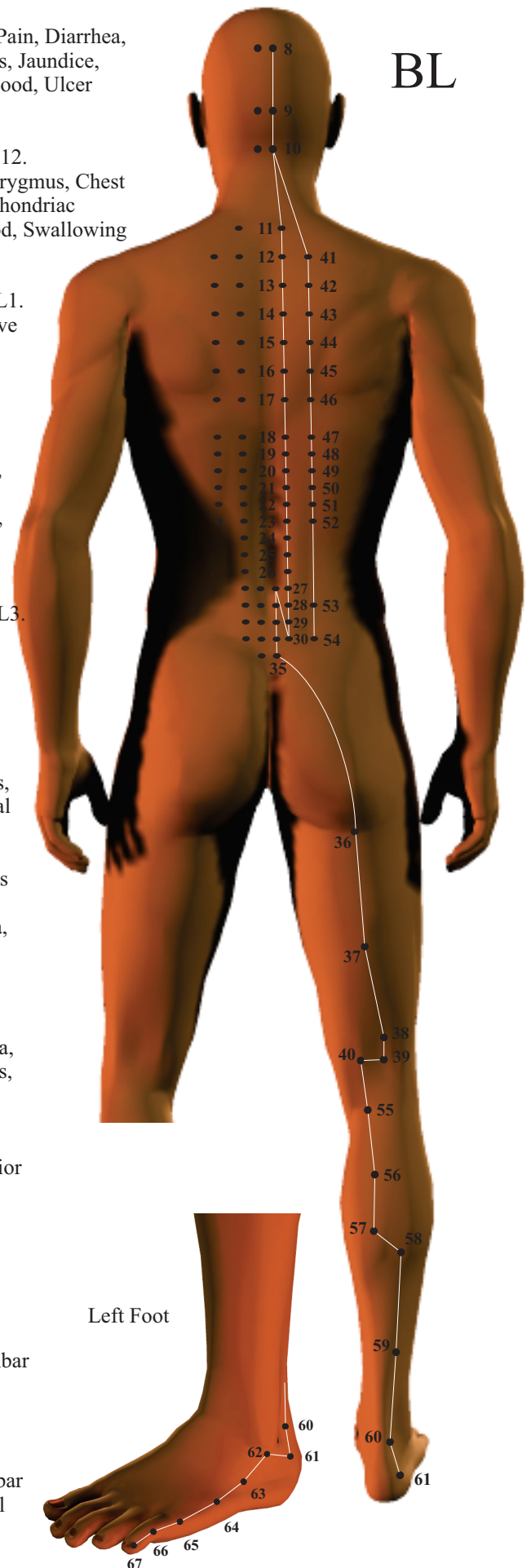
BL26 Guanyuan - 1.5 cun lateral to midline level with the spinous process of L5.
 Indications: Abdominal Distention, Diarrhea, Dysuria, Lumbar Pain, Sciatica, Thirst, Urinary Dysfunction, Urination Frequent.

BL27 Xiaochang - 1.5 cun lateral to midline level with the first posterior sacral foramen.
 Indications: Abdominal Distention, Abdominal Pain, Constipation, Hematuria, Hemorrhoids, Intestinal Disorders, Leukorrhea, Lumbar pain, Mouth Dryness, Nocturnal Emissions, Sacral Pain, Seminal Emissions, Stool With Blood, Urinary Dysfunction, Urine Dark.

BL28 Pangguang - 1.5 cun lateral to midline level with the second posterior sacral foramen.
 Indications: Constipation, Diarrhea, Dysuria, Genital Swelling, Leg Muscle Weakness, Lumbosacral Pain, Sciatica, Seminal Emissions, Urinary Dysfunction, Urinary Incontinence, Urination Frequent, Urine Dark, Urine Retention, Urogenital Disorders.

BL29 Zhonglu - 1.5 cun lateral to midline level with the third posterior sacral foramen. Indications: Dysenteric Disorder, Hemorrhoids, Hernia, Lumbar Spine Pain And Stiffness, Sciatica, Leg Weakness.

BL30 Baihuanshu - 1.5 cun lateral to midline level with the fourth posterior sacral foramen. Indications: Anal Diseases, Constipation, Dysuria, Endometriosis, Hernia, Hip Pain, Leukorrhea, Lumbar Cold Sensation, Lumbar Pain, Lumbosacral Pain, Menses Irregular, Rectal Prolapse, Sciatica, Seminal Emissions.



BL31 Shangliao - In the first posterior sacral foramen. Indications: Constipation, Dysuria, Impotence, Leg Paralysis, Leukorrhea, Lumbar Pain, Lumbosacral Joint Diseases, Menses Irregular, Orchitis, Sciatica, Uterine Prolapse.

BL32 Ciliao - In the second posterior sacral foramen. Indications: Constipation, Dysmenorrhea, Dysuria, Hernia, Impotence, Labor Difficult, Leg Pain, Leg Paralysis, Leukorrhea, Lumbar Pain, Lumbosacral Joint Diseases, Menses Irregular, Orchitis, Sacral Pain, Uterine Prolapse.

BL33 Zhongliao - In the third posterior sacral foramen. Indications: Constipation, Dysuria, Labor Difficult, Leg Paralysis, Leukorrhea, Lumbar Pain, Lumbosacral Joint Diseases, Menses Irregular, Orchitis, Sacral Pain, Uterine Prolapse.

BL34 Xialiao - In the fourth posterior sacral foramen. Indications: Abdominal Pain, Constipation, Dysuria, Labor Difficult, Leukorrhea, Lumbar Pain, Lumbosacral Joint Diseases, Menses Irregular, Orchitis, Sacral Pain, Sciatica, Uterine Prolapse.

BL35 Huiyang - 0.5 cun lateral to either side of the tip of the coccyx.

Indications: Anal and Rectal Conditions, Coccyx Pain, Diarrhea, Dysenteric Disorder, Hemorrhoids, Impotence, Leukorrhea, Lumbar And Leg Pain, Menstrual Lumbar Pain.

BL36 Fufen (AKA BL50) - On the posterior side of the thigh at the midpoint of the inferior gluteal crease.

Indications: Constipation, Dysuria, Genital Pain, Gluteal Muscle Pain, Hemorrhoids, Leg Muscle Atrophy, Leg Paralysis, Lumbar Pain, Sacral Pain, Sciatica, Thigh Pain, Uterine Prolapse.

BL37 Pohu (AKA BL51) - On the posterior thigh, 6 cun inferior to BL50, on a line joining BL50 and BL54.

Indications: Leg Muscle Atrophy, Leg Numbness, Leg Pain, Leg Paralysis, Lumbar Pain, Sciatica, Thigh Lateral Distention, Thigh Pain.

BL38 Gaohuanshu (AKA BL52) - With the knee in slight flexion, in the popliteal fossa, 1 cun superior to BL53 and on the medial side of biceps femoris tendon

Indications: Thigh Lateral Distention, Thigh Pain, Constipation, Gastroenteritis.

BL39 Shentang (AKA BL53) - Lateral to BL54 at the popliteal crease and medially to the biceps femoris tendon.

Indications: Anuria, Dysuria, Edema, Foot Pain, Intestinal Disorders, Leg Muscle Cramp, Leg Paralysis, Lumbar Pain, Lumbar Stiffness, Urinary Obstruction.

BL40 Yixi (AKA BL54) - Midpoint of the transverse crease of the popliteal fossa between the biceps femoris and semitendinosus tendons.

Indications: Abdominal Pain, Diarrhea, Hemiplegia, Hemorrhoids, Hip Joint Mobility Decreased, Knee Disorders, Leg Numbness, Leg Pain, Leg Paralysis, Lumbar Pain, Skin Disorders, Urinary Incontinence, Vomiting.

BL41 Geguan (AKA BL36) - 3 cun lateral to the midline level with the spinous process of T2 on the spinal border of the scapula.

Indications: Arm Upper And Elbow Numbness, Neck Pain And Stiffness, Shoulder and Neck Pain.

BL42 Hunmen (AKA BL37) - 3 cun lateral to GV12 level with the spinous process of T3 on the spinal border of the scapula.

Indications: Dyspnea, Grief, Neck Stiffness, Respiratory Disorders, Shoulder, Scapula And Back Pain.

BL43 Yanggang (AKA BL38) - 3 cun lateral to midline level with the spinous process of T4

Indications: Asthma, Cough, Coughing Blood, Memory Impaired, Nocturnal Emissions, Perspiration At Night, Respiratory Disorders, Seminal Emissions, Stool With Undigested Food, General Weakness.

BL44 Yishe (AKA BL39) - 3 cun lateral to GV11 level with the spinous process of T5 Indications: Back Pain And Stiffness, Cardiac Conditions, Chest Fullness, Respiratory Disorders.

BL45 Weicang (AKA BL40) - 3 cun lateral to GV10 level with the spinous process of T6

Indications: Abdominal Discomfort, Asthma, Chest Discomfort, Cough, Dyspnea, Shoulder and Back Pain.

BL46 Huangmen (AKA BL41) - 3 cun lateral to GV9 level with the spinous process of T7

Indications: Back Pain and Stiffness, Chest and Diaphragm Discomfort, Dysphagia, Eructations, Hiccough, Vomiting.

BL47 Zhishi (AKA BL42) - 3 cun lateral to GV8 level with the spinous process of T9 Indications: Anger, Back Pain, Chest And

Lateral Costal Region Discomfort, Diarrhea, Liver Disorders, Vomiting.

BL48 Baohuang (AKA BL43) - 3 cun lateral to GV7 level with the spinous process of T10

Indications: Abdominal Pain, Borborygmus, Diarrhea, Dysphagia, Irregular Defecation, Jaundice, No Pleasure In Eating.

BL49 Zhibian (AKA BL44) - 3 cun lateral to GV6 level with the spinous process of T11

Indications: Abdominal Discomfort, Back Pain, Diarrhea, Dysphagia, Jaundice, Liver Disorders, Spleen Disorders, Vomiting.

BL50 Chengfu (AKA BL45) - 3 cun lateral to midline level with the spinous process of T12 Indications: Abdominal Fullness, Back Pain, Digestive Disturbances.

BL51 Yinmen (AKA BL46) - 3 cun lateral to GV 5 level with the spinous process of L1 Indications: Constipation, Epigastric Hardness Below The Heart, Epigastric Pain.

BL52 Fuxi (AKA BL47) - 3 cun lateral to GV4 level with the spinous process of L2 Indications: Dysuria, Edema, Genital Pain, Genital Swelling, Impotence, Knee Disorders, Lumbar Pain, Menses Irregular, Nocturnal Emissions, Seminal Emissions, Urinary Dysfunction, Urination Frequent, Vomiting.

BL53 Weiyang (AKA BL48) - 3 cun lateral to the midline, at the level of the second sacral foramen. Indications: Abdominal Distention, Borborygmus, Hip Movement Decreased, Sciatica, Urinary Dysfunction.

BL54 Weizhong (AKA BL49) - 3 cun lateral to the midline, at the level of the fourth sacral foramen. Indications: Constipation, Dysuria, Genital Pain, Gluteal Muscle Pain, Hemorrhoids, Leg Muscle Atrophy, Leg Paralysis, Lumbosacral Pain, Sciatica.

BL55 Heyang - 2 cun directly below BL54 between the medial and lateral heads of the gastrocnemius muscle on line connecting BL54 and BL57.

Indications: Leg Muscle Cramp, Leg Pain, Leg Paralysis, Lumbar Pain, Tidal Fever, Hemiplegia, Heat Exhaustion, Twisting Pain in Chest.

BL56 Chengjin - On the posterior leg, 5 cun inferior to BL54, in the center of the gastrocnemius muscle, along the line connecting BL54 and BL57.

Indications: Constipation, Headache With Dizziness, Hemorrhoids, Intestinal Cramping, Leg Pain, Lumbar Pain.

BL57 Chengshan - In a depression below the gastrocnemius muscle, 8 cun inferior to BL54.

Indications: Constipation, Heel Pain, Hemorrhoids, Leg Muscle Cramping, Lumbar Pain, Rectal Prolapse.

BL58 Feiyang - 7 cun above BL60 on the posterior border of the fibula about 1 cun lateral and inferior to BL57.

Indications: Cystitis, Dizziness, Headache, Hemorrhoids, Leg Muscle Weakness, Leg Pain, Lumbar Pain, Nasal Congestion, Nosebleed, Seizures, Visual Disturbances.

BL59 Fuyang - 3 cun directly above BL60.

Indications: Headache, Heaviness Of The Head, Lateral Malleolus Edema, Lumbar Pain, Paralysis.

BL60 Kunlun - In a depression between the tip of the lateral malleolus and the achilles tendon. Contraindicated to needle during pregnancy.

Indications: Ankle Pain, Foot Pain, Headache, Heel Pain, Labor Difficult Or Prolonged, Lumbar Pain, Neck Stiffness, Nosebleed, Shoulder And Back Contraction, Thoracic Pain, Visual Dizziness.

BL61 Pucan - Posterior and inferior to the lateral malleolus, directly below BL60, In a depression on the lateral calcaneus.

Indications: Heel Pain, Knee Pain, Leg Atrophy, Leg Pain And Swelling, Mania, Urogenital Disorders.

BL62 Shenmai - In a depression directly below the lateral malleolus.

Indications: Ankle Conditions, Aphasia From Stroke, Dizziness, Eye Deviation, Eye Disorders, Headache, Headache Lateral, Headache Midline, Insomnia, Leg Pain, Lumbar Pain, Meniere's Disease, Mental Disorders, Mouth Deviation, Nosebleed, Palpitations, Seizures, Tinnitus.

BL63 Jinmen - Anterior and inferior to BL 62, In the depression posterior to the fifth metatarsal bone.

Indications: Epilepsy, External Malleolus Pain, Lumbar Pain, Headache, Infantile Convulsions.

BL64 Jinggu - Below the tuberosity of the 5th metatarsal bone at the junction of the red and white skin.

Indications: Eye Disorders, Fever, Fever Tidal, Headache, Leg Pain, Lumbar Pain, Mental Disorders, Neck Stiffness, Palpitations, Seizures, Thigh Pain.

BL65 Shugu - Posterior to the head of the 5th metatarsal bone at the junction of the red and white skin.

Indications: Aversion To Wind And Cold, Back Pain, Dizziness, Headache, Lumbar Pain, Mania And Depression, Neck Stiffness, Visual Dizziness.

BL66 Zutonggu - In a depression anterior to the 5th metatarsophalangeal joint. Indications: Epistaxis, Headache, Neck Pain, Visual Dizziness, Torticollis, Uterine Congestion.

BL67 Zhiyin - 0.1 cun posterior to the corner of the nail on the lateral side of the small toe. contraindicated to needle during pregnancy. Indications: Eye Pain, Headache, Heat In The Soles Of The Feet, Labor Difficult Or Prolonged, Malposition Of Fetus, Nasal Congestion, Nosebleed, Retention Of Placenta, Itching over the Entire Body.

Kidney (KI)



KI1 Yongquan - On the sole of the foot, in a depression when the foot is in plantar flexion at the junction of the anterior 1/3 and posterior 2/3 of line connecting base of 2nd and 3rd toes and the heel.

Indications: Constipation, Dizziness, Dry Tongue, Dysuria, Edema, Foot Cold, Headache Vertex, Heat Stroke, Hypertension, Infertility, Leg Paralysis, Loss Of Consciousness, Loss Of Voice, Mental Disorders, Nosebleed, Seizures, Shock, Soles Hot, Throat Constriction, Throat Soreness, Toe Pain, Vertigo, Visual Disturbances, Windstroke.

KI2 Rangu - Anterior and Inferior to the medial malleolus in a depression on the lower border of the tuberosity of the navicular bone.

Indications: Coughing Blood, Cystitis, Diarrhea, Dorsal Foot Painful Swelling, Genital Itching, Infertility, Jaundice, Menses Irregular, Seminal Emissions, Throat Soreness, Uterine Prolapse.

KI3 Taixi - In depression midway between the tip of the medial malleolus and the attachment of the achilles tendon, level with the tip of the medial malleolus.

Indications: Asthma, Cardiac Pain, Cough, Coughing Blood, Deafness, Dizziness, Impotence, Insomnia, Lumbar Pain, Mastitis, Menses Irregular, Nephritis, Nocturnal Emissions, Seminal Emissions, Throat Soreness, Tinnitus, Toothache, Urinary Dysfunction, Urination Frequent.

KI4 Dazhong - Posterior and inferior to the medial malleolus in a depression anterior to the medial attachment of the achilles tendon.

Indications: Anger, Fear, Fright, Unhappiness, Asthma, Cough, Decreased Energy, Difficult Urination, Dyspnea, Heel Pain, Hemoptysis, Lumbar Spine Pain And Stiffness.

KI5 Shuiquan - 1 cun directly below KI3 in a depression anterior and superior to the medial tuberosity of the calcaneus.

Indications: Cloudy Vision, Difficult Urination, Dysmenorrhea, Menses Irregular, Uterine Prolapse.

KI6 Zhaohai - In a depression 1 cun below the tip of the medial malleolus.

Indications: Constipation, Edema, Genital Itching, Hemiplegia, Insomnia, Leukorrhea, Menses Irregular, Seizures, Throat Dryness, Throat Soreness, Urination Frequent, Uterine Prolapse.

KI7 Fuli - 2 cun above KI3 on the anterior border of the achilles tendon.

Indications: Abdominal Distention, Borborygmus, Diarrhea, Dry Tongue, Edema, Fever Without Sweating, Leg Muscle Atrophy, Lumbar Pain, Lumbar Spinal Pain, Orchitis, Perspiration Absent, Perspiration At Night, Perspiration Spontaneous, Stool With Blood, Stool With Pus, Thigh Swelling, Urinary Tract Infection, Abnormal Uterine Bleeding.

KI8 Jiaoxin - 0.5 cun anterior to KI7, 2 cun above KI3, posterior to the medial border of the tibia.

Indications: Diarrhea, Menorrhagia, Menses Irregular, Testicular Swelling And Pain, Urination And Defecation Difficult, Uterine Prolapse.

Kidney Meridian (KI)

The Foot Lesser Yin (Shao Yin) of the Kidney 27 points

The kidney channel of the Foot-Shaoyin starts from the interior aspect of the little toe (On the sole of the foot, depending on the text.), and runs through a depression in the lower aspect of the tuberosity of the navicular bone. It travels behind the medial malleolus and encircles the malleolus. Ascending along the medial side of the leg, it passes the medial side of the popliteal fossa and goes further upward along the posterior-medial aspect of the thigh. Traveling to the superior border of the symphysis pubis forming a straight line 0.5 cun from the midline. It ascends diverging at the diaphragm, ending in a depression on lower border of clavicle 2 cun from the midline.

KI9 Zhubin - 5 cun above KI3 on the line drawn from KI3 to KI10 at the lower border of the gastrocnemius muscle.
Indications: Hernia, Leg Pain Medial, Mental Disorders, Pelvic Problems.

KI10 Yingu - at the medial side of the popliteal fossa when the knee is flexed, between the tendons of semitendinosus and semimembranosus muscles level with BL54.
Indications: Abdominal Pain, Dysuria, Hernia, Impotence, Knee Disorders, Mental Disorders, Saliva Excessive, Thigh Medial Pain, Urogenital Disorders, Uterine Bleeding Abnormal.

KI11 Henggu - At the superior border of the symphysis pubis, 5 cun below CV8, 0.5 cun lateral to CV2. (CV8 is at the center of the umbilicus)
Indications: Genital Pain, Genital Pain And Retraction, Hypogastric Pain, Impotence, Lower Abdominal Distention, Pelvic And Reproductive Conditions, Retention Of Urine, Seminal Emissions.

KI12 Dahe - 4 cun below CV8, 0.5 cun lateral to CV3. Indications: Genital Pain, Impotence, Leukorrhea, Seminal Emissions, Urogenital Disorders.

KI13 Qixue - 3 cun below CV8, 0.5 cun lateral to CV4.
Indications: Diarrhea, Difficult Urination, Infertility, Leukorrhea, Lumbar Pain, Menses Irregular.

KI14 Siman - 2 cun below CV8, 0.5 cun lateral to CV5.
Indications: Diarrhea, Digestive Disturbances, Menses Irregular, Metrorrhagia, Postpartum Abdominal Pain.

KI15 Zhongzhu - 1 cun below CV8, 0.5 cun lateral to CV7.
Indications: Abdominal Distention, Constipation, Dry Stools, Inner Canthus Redness And Pain, Lack Of Energy, Lower Abdominal Pain, Menses Irregular.

KI16 Huanshu - 0.5 cun lateral to CV8 at the umbilicus.
Indications: Abdominal Distention, Abdominal Pain, Constipation, Vomiting.

KI17 Shangqu - 2 cun above CV8, 0.5 cun lateral to CV10. Indications: Abdominal Pain, Appetite Absent, Constipation, Diarrhea, Eye Redness, Sadness.

KI18 Shiguan - 3 cun above CV8, 0.5 cun lateral to CV11.
Indications: Abdominal Pain, Constipation, Hiccough, Hypersalivation, Infertility, Postpartum Abdominal Pain, Vomiting.

KI19 Yindu - 4 cun above CV8, 0.5 cun lateral to Cv12. Indications: Lateral Leg Cramping, Lateral Leg Pain.

KI20 Futonggu - 5 cun above CV8, 0.5 cun lateral to CV13.
Indications: Abdominal Distention And Pain, Cough And Dyspnea, Respiratory Disorders, Vomiting.

KI21 Youmen - 6 cun above CV8, 0.5 cun lateral to CV14. Avoid liver when needling!
Indications: Abdominal Pain, Agitation And Fullness Below The Heart, Cardiac Pain, Chest Pain, Diarrhea, Hypersalivation, Nausea And Vomiting, Vomiting.

KI22 Bulang - In 5th intercostal space 2 cun lateral to CV16. Avoid heart when needling!
Indications: Asthma, Chest And Lateral Costal Region Pain And Fullness, Cough, Dyspnea, Nasal Obstruction, No Pleasure In Eating, Respiratory Disorders.

KI23 Shenfeng - In 4th intercostal space 2 cun lateral to CV17. Avoid heart when needling!
Indications: Asthma, Breast Abscess, Chest And Lateral Costal Region Fullness, Cough, Dyspnea.

KI24 Lingxu - In 3rd intercostal space 2 cun lateral to CV18. Avoid heart when needling!
Indications: Asthma, Breast Abscess, Chest Fullness, Cough, Lateral Costal Region Fullness, No Appetite.

KI25 Shencang - In 2nd intercostal space 2 cun lateral to CV19. Avoid heart when needling!
Indications: Asthma, Chest Pain And Oppression, Cough.

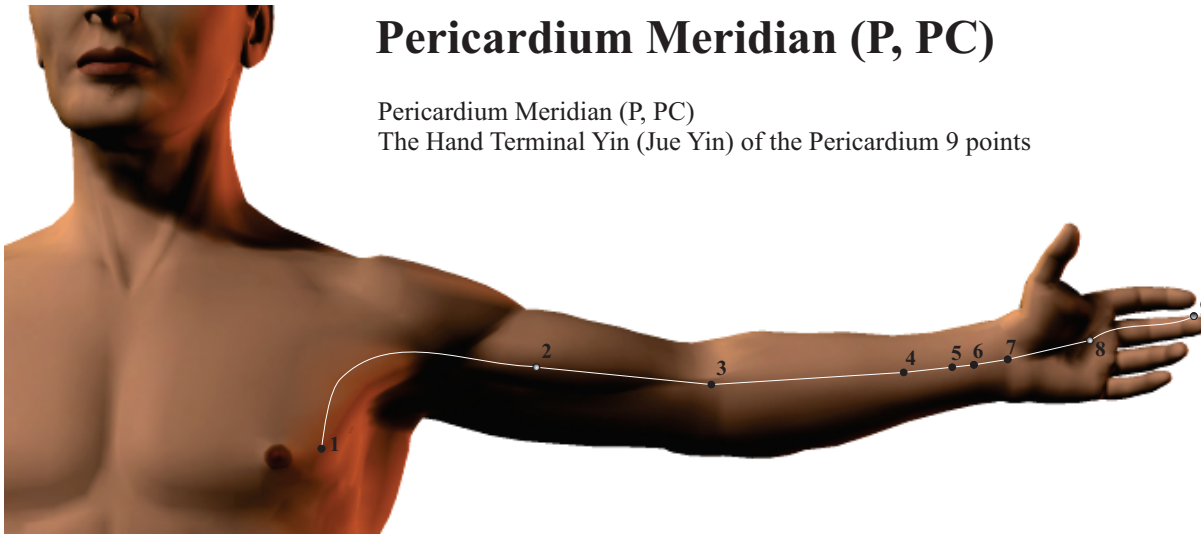
KI26 Yuzhong - In 1st intercostal space 2 cun lateral to CV20.
Indications: Asthma, Chest Fullness And Distention, Cough, Lateral Costal Region Fullness And Distention, Nausea, Vomiting.

KI27 Shufu - In depression on lower border of clavicle, 2 cun lateral to the midline.
Indications: Chest Pain, Cough, Asthma, Bronchitis, Anorexia.

Pericardium Meridian (P, PC)

Pericardium Meridian (P, PC)

The Hand Terminal Yin (Jue Yin) of the Pericardium 9 points



The pericardium channel of the Hand-Jueyin originates in the chest lateral to the nipple. It then ascends to the axillary fossa and runs along the medial aspect of the upper arm, passing through the cubital fossa. It goes further downward to the forearm between the tendons of the m. palmaris longus and m. flexor carpi radialis. It enters the palm and passes along the middle finger to its tip.

PC1 Tianchi - 5 cun lateral to the anterior midline or 1 cun lateral to the nipple in the fourth intercostal space. Deep needle not advised. Indications: Axillary Pain And Swelling, Chest Agitation, Cough With Copious Phlegm, Headache, Lateral Costal Region Pain, Shortness Of Breath, Thoracic Oppression, Uprising Qi.

PC2 Tianquan - 2 cun below the anterior axillary fold between the 2 heads of the biceps brachii.

Indications: Arm Pain, Cardiac Pain, Chest Pain, Cough, Lateral Costal Region Pain, Posterior Shoulder Pain, Shoulder Movement Limited.

PC3 Quze - On the transverse cubital crease, at the ulnar side of the biceps brachii tendon.

Indications: Agitation, Arm Pain, Arm Tremor, Cardiac Pain, Elbow Problems, Fear, Fever, Gastrointestinal Disorders Acute, Hand Tremor, Heat Stroke, Irritable, Palpitations, Skin Disorders, Stomach Pain, Vomiting.

PC4 Ximen - 5 cun above the transverse crease of the wrist PC7, between the palmaris longus and flexor carpi radialis tendons, on the line connecting PC3 and PC7.

Indications: Agitation, Cardiac Pain, Chest Pain, Coughing Blood, Fear, Insomnia, Mastitis, Melancholy, Nosebleed, Palpitations, Respiratory Disorders, Retching Blood, Seizures.

PC5 Jianshi - 3 cun above the transverse crease of the wrist PC 7, between palmaris longus and flexor carpi radialis tendons, on the line connecting PC3 and PC7.

Indications: Agitation, Apprehension, Arm Pain, Axillary Swelling, Cardiac Pain, Chest Pain, Elbow Problems, Eyes Yellow, Fear, Fever, Hysteria, Insomnia, Malaria, Menses Irregular, Mental Disorders, Nausea, Palpitations, Saliva Excessive, Seizures, Stomach Pain, Vomiting.

PC6 Neiguan - 2 cun above the transverse crease of the wrist PC7, between palmaris longus and flexor carpi radialis tendons, on the line connecting PC3 and PC7.

Indications: Abdominal Fullness, Abdominal Pain, Arm Contraction, Arm Pain, Asthma, Cardiac Arrhythmia, Cardiac Conditions, Cardiac Pain, Chest Discomfort, Chest Pain, Elbow Problems, Fever, Headache Migraine, Hiccough, Hypochondriac Region Pain, Hysteria, Insomnia, Jaundice, Malaria, Memory Impaired, Menses Irregular, Mental Disorders, Metabolic Disturbances, Nausea, Palpitations, Rectal Prolapse, Seizures, Stomach Pain, Surgical Pain Or Post Surgical Shock, Vomiting, Windstroke.

PC7 Daling - In the middle of the transverse crease of the wrist between palmaris longus and flexor carpi radialis tendons.

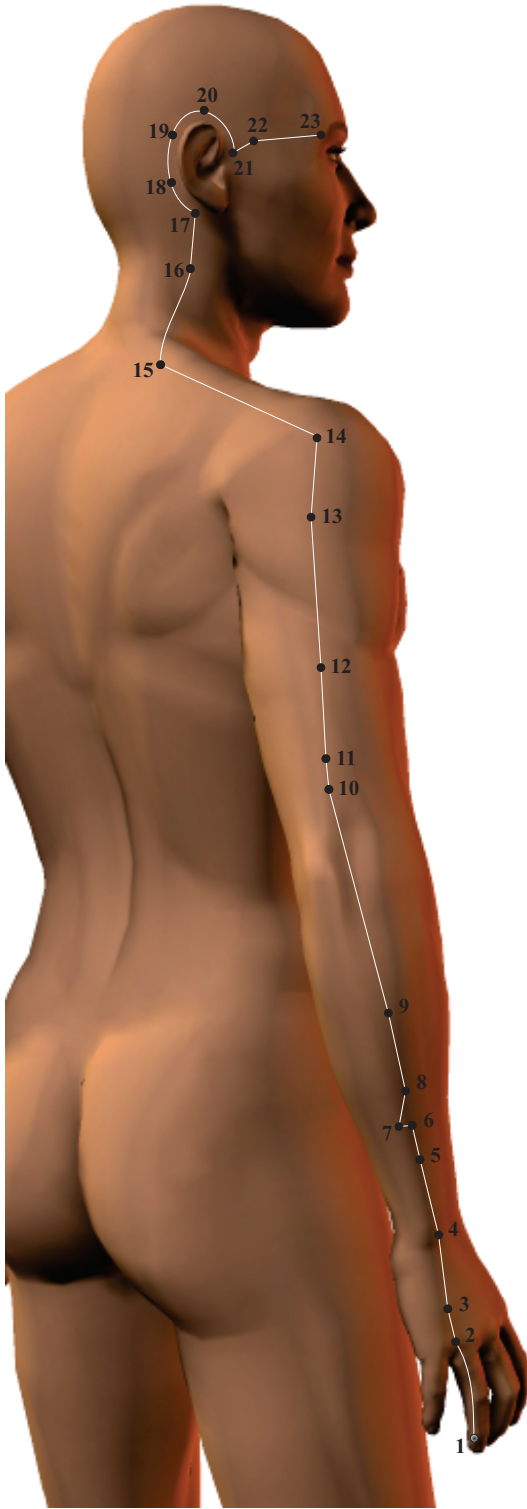
Indications: Cardiac Conditions, Cardiac Pain, Chest Pain, Coughing Blood, Eructations, Fear, Gastrointestinal Disorders, Hypochondriac Region Pain, Insomnia, Mental Disorders, Palm Heat, Palpitations, Seizures, Skin Disorders, Stomach Pain, Throat Infections, Vomiting, Wrist Pain.

PC8 Laogong - On the transverse crease of the palm just below where the tip of the middle finger rest when a fist is made. Between the 2nd and 3rd metacarpal bones.

Indications: Anger, Cardiac Pain, Coma, Fear, Fever, Halitosis, Inability To Swallow Food, Mental Disorders, Mouth Ulcers, Nosebleed, Perspiration Excessive in Palms, Seizures, Skin Disorders, Ulcers, Vomiting, Windstroke.

PC9 Zhongchong - In the center of the tip of the middle finger. For graphing measurement, 0.1 cun posterior lateral to the corner of the nail. Indications: Cardiac Pain, Fever, Headache, Loss Of Consciousness, Palm Heat, Seizures, Shock, Stiff Tongue, Tinnitus, Windstroke.

Triple Warmer (TW, SJ)



Triple Warmer (San Jiao) Meridian (TW, TB, SJ)

The Hand Lesser Yang (Shao Yang) of the San Jiao 23 points

The sanjiao channel of the Hand-Shaoyang originates from the tip of the ring finger. It travels upward between the fourth and fifth metacarpal bones and along the dorsal side of the wrist and the lateral side of the forearm between the radius and ulna, it passes through the olecranon. Then it runs along the lateral aspect of the upper arm and reaches the shoulder region. Crossing over the shoulder, it enters the supraclavicular fossa. It then ascends to the neck, running along the posterior border of the ear. It crosses from the superior aspect of the ear to the corner of the forehead. Then it turns downward to the cheek and terminates in the depression at the lateral end of the eyebrow.

TW1 Guanchong - 0.1 cun posterior to the corner of the nail on the ulnar side of the fourth digit.

Indications: Elbow Problems, Eye Disorders, Fever, Headache, Irritable, Loss Of Voice, Mouth Dryness, Stiff Tongue, Throat Soreness.

TW2 Yemen - 0.5 cun proximal to the margin of the web between the fourth and fifth digit. Indications: Arm Pain, Deafness Sudden, Ear Disorders, Eye Disorders, Gum Disorders, Hand Pain, Headache, Loss Of Voice, Malaria, Throat Constriction, Throat Soreness, Tinnitus, Toothache.

TW3 Zhongzhu - With fist clenched, on the dorsum of the hand between the fourth and fifth metacarpal bones in a depression proximal to the fourth metacarpophalangeal joint.

Indications: Arm Pain, Deafness, Ear Disorders, Elbow Problems, Eye Disorders, Fever, Finger Movement Inhibited, Headache, Shoulder Pain, Throat Soreness, Tinnitus, Vertigo.

TW4 Yangchi - On the transverse crease of the dorsum of the wrist between the tendons of muscles extensor digitorum and extensor digiti minimi. Indications: Arm Pain, Deafness, Eye Disorders, Malaria, Mouth Dryness, Respiratory Disorders, Shoulder Pain, Thirst, Throat Infections, Throat Soreness, Wrist Joint Soft Tissue Diseases, Wrist Pain.

TW5 Waiguan - On the dorsum of the forearm, 2 cun above TW4 between the radius and the ulna.

Indications: Abdominal Pain, Arm Motor Impairment, Arthritis Shoulder, Chest Pain, Constipation, Deafness, Ear Disorders, Elbow Problems, Facial Pain, Fever, Fever High, Finger Pain, Hand Tremor, Headache, Hemiplegia, Hypertension, Hypochondriac Region Pain, Neck Stiffness, Parotitis, Respiratory Disorders, Tinnitus.

TW6 Zhigou - On the dorsum of the forearm, 3 cun above the TW4 between the radius and the ulna.

Indications: Arm Pain, Axillary Pain, Back Heaviness, Back Pain, Cardiac Pain, Chest Pain, Constipation, Deafness, Fever, Fever Without Sweating, Hypochondriac Region Pain, Intercostal Neuralgia, Lateral Costal Region Pain, Loss Of Voice Sudden, Shoulder Heaviness, Shoulder Pain, Throat Constriction, Tinnitus, Vomiting.

TW7 Huizong - One finger width lateral to TW6 on the radial side of the ulna.

Indications: Deafness, Epilepsy, Hearing Loss, Tennis Elbow, Upper Extremity Pain.

TW8 Sanyangluo - On the dorsum of the forearm 4 cun above TW4 between the radius and the ulna.

Indications: Aphasia From Stroke, Arm Pain, Deafness, Forearm Pain, Hand Pain, Lassitude, Toothache.

TW9 Sidu - On the dorsum of the forearm, 5 cun below the olecranon between the radius and the ulna.

Indications: Deafness, Forearm Pain, Headache Migraine, Loss Of Voice Sudden, Throat Infections, Toothache.

TW10 Tianjing - 1 cun superior to the olecranon in a depression formed with the elbow flexed.

Indications: Arm Pain, Deafness, Elbow Problems, Eye Disorders, Fever, Fever Tidal, Goiter, Headache Migraine, Headache Unilateral, Hypochondriac Region Pain, Mental Disorders, Neck Pain, Seizures, Shoulder Pain, Skin Disorders, Somnolence, Urticaria.

TW11 Qinglengyuan - With the elbow flexed, 1 cun above TW10.

Indications: Shoulder And Arm Pain.

TW12 Xiaoluo - 5 cun superior to the olecranon on a line midway between TW10 and TW14. Indications: Headache, Neck Stiffness And Pain, Shoulder And Arm Pain, Toothache.

TW13 Naohui - 3 cun below TW14 on the posterior border of the deltoid muscle, on the line joining the olecranon and TW14.

Indications: Goiter, Scapular Pain, Shoulder And Arm Pain.

TW14 Jianliao - In the depression posterior and inferior to the acromion process, about 1 cun posterior to LI15. Indications: Arm Motor Impairment, Arm Pain, Arm Paralysis, Shoulder Heaviness, Shoulder Joint Soft Tissue Diseases, Shoulder Movement Limited, Shoulder Pain.

TW15 Tianliao - Midway between GB21 and SI13 on the superior angle of the scapula.

Indications: Chest Oppression, Fever With Absence Of Sweating, Neck Pain And Stiffness, Scapular Pain, Shoulder And Arm Pain.

TW16 Tianyou - Posterior and inferior to the mastoid process, on the posterior border of the SCM muscle and level with BL10.

Indications: Dizziness, Dream Disturbed Sleep, Eye Disorders, Facial Edema, Headache, Hearing Loss Sudden, Neck Stiffness, Skin Disorders, Throat Constriction, Throat Soreness, Visual Disturbances.

TW17 Yifeng - Posterior to the lobule of the ear in a depression between the mandible and the mastoid process.

Indications: Deafness, Ear Disorders, Eye Deviation, Eye Disorders, Facial Edema, Facial Muscle Paralysis, Jaw Disorders, Mouth Deviation, Parotitis, Tinnitus, Toothache, Trismus, Visual Disturbances.

TW18 Qimai - In the center of the mastoid process at the junction of the middle and lower third of the curve formed by TW17 and TW20, posterior to the helix.

Indications: Headache, Hearing Loss, Tinnitus.

TW19 Luxi - Posterior to the ear at the junction of the upper and middle third of the curve formed by TW17 and TW20, posterior to the helix.

Indications: Ear Disorders, Fear And Fright, Headache, Hearing Loss, Nausea And Vomiting, Tinnitus.

TW20 Jiaosun - Directly above the ear apex just above the hairline.

Indications: Ear Disorders, Eye Redness And Swelling, Toothache.

TW21 Ermen - With the mouth open, in the depression anterior to the supratragic notch and posterior to the mandibular condyloid process.

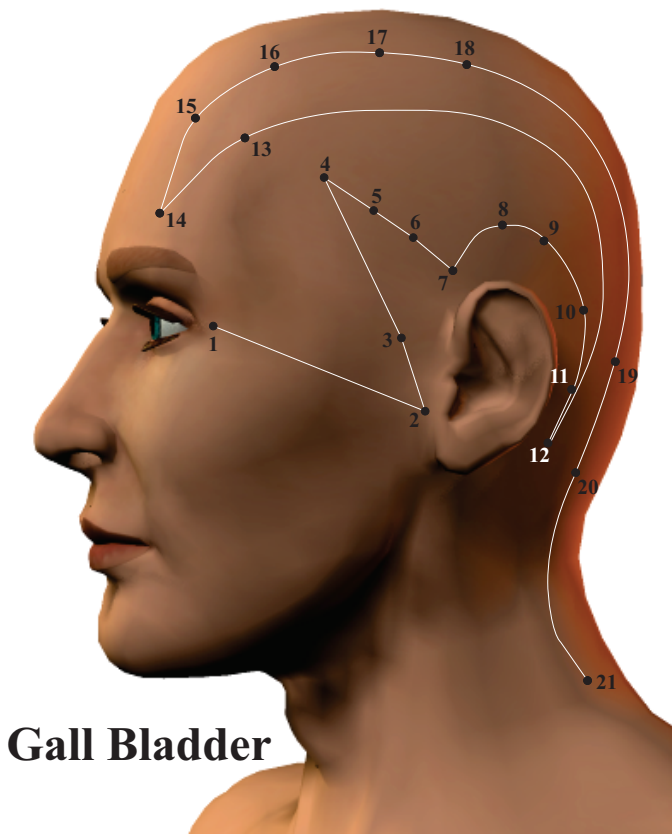
Indications: Deafness, Ear Disorders, Headache, Jaw Disorders, Lip Stiffness, Tinnitus, Toothache.

TW22 Erheliao - Anterior and superior to TW21, level with the root of the auricle on the posterior border of the hairline of the temple where the superficial temporal artery passes. Avoid artery when needling!

Indications: Facial Neuralgia, Headache, Headache With Heaviness, Hypertonicity Of The Jaws, Tinnitus.

TW23 Sizhukong - In the depression at the lateral end of the eyebrow.

Indications: Dizziness, Eye Disorders, Eyelid Spasm, Facial Muscle Paralysis, Headache, Mental Disorders, Seizures, Toothache, Vertigo, Visual Disturbances.



Gall Bladder

Gall Bladder Meridian (GB)

The Foot Lesser Yang (Shao Yang) of the Gall bladder 44 points
 The gall bladder channel of the Foot-Shaoyang starts from the outer canthus of the eye, and descends to the anterior aspect of the ear. Then ascends to the corner of the forehead, and then winds downward posterior to the ear. Then arches forward to the forehead at the midpoint of the eyebrow. It then runs above the hairline to the lateral side of the neck. Travels highest point of the trapezius muscle. From there it further descends to the axilla and enters the chest. It then travels inferiorly in the hypochondriac region, emerging at the lateral side of the lower abdomen near the femoral artery in the inguinal region. Then it curves along the margin of the pubic hair and runs transversely into the hip region. It then travels downward along the lateral side of thigh to the lateral side of the knee. Further descending along the anterior aspect of the fibula, it reaches the lower end of the fibula, and the anterior aspect of the lateral malleolus. Following the dorsum of the foot, it terminates at the lateral side of the fourth toe's tip.

GB1 Tongziliao - 0.5 cun lateral to the outer canthus of the eye in a depression on the lateral side of the orbit.

Indications: Eye Deviation, Eye Disorders, Headache, Lacrimation, Mouth Deviation, Optic Nerve Atrophy, Visual Disturbances.

GB2 Tinghui - Anterior to the intertragic notch at the posterior border of the condyloid process of the mandible with the mouth open.

Indications: Deafness, Ear Disorders, Eye Deviation, Facial Muscle Paralysis, Hemiplegia, Jaw Disorders, Mouth Deviation, Parotitis, Tinnitus, Toothache.

GB3 Shangguan - Anterior to the ear, in the depression directly above ST7 on the upper border of the zygomatic arch.

Indications: Aversion To Wind And Cold, Deafness, Facial Pain, Headache, Mouth And Eye Deviation, Tinnitus, Toothache.

GB4 Hanyan - Within the hairline at the junction of the upper 1/4 and lower 3/4 distance between ST8 and GB7.

Indications: Facial Muscle Paralysis, Joint Wind With Sweating, One Sided Headache, Outer Canthus Pain, Temporal Headache, Tinnitus, Visual Dizziness, Wrist Pain.

GB5 Xuanlu - Within the hairline midway between ST8 and GB7.

Indications: Epistaxis, Headache, One Sided Headache, Outer Canthus Pain, Rhinitis, Toothache.

GB6 Xuanli Within the hairline at the junction of the lower 1/4 and upper 3/4 distance between ST8 and GB7.

Indications: Facial Redness And Swelling, Fever With Absence Of Sweating, Headache, One Sided Headache, Outer Canthus Pain.

GB7 Qubin - Within the hairline, anterior and superior to the auricle, about 1 cun anterior to TW20.

Indications: Cheek And Submandible Swelling, Facial Tetany, Headache.

GB8 Shuaigu - Superior to the apex of the auricle, 1.5 cun within the hairline.

Indications: Heaviness Of The Head, One Sided Headache, Temporal Headache, Vertigo.

GB9 Tianchong - 0.5 cun posterior to GB8, 2 cun within the hairline directly above the posterior border of the auricle.

Indications: Epilepsy, Fear And Fright, Gum Pain And Swelling, Headache, Mania, Toothache.

GB10 Fubai - Posterior and superior to the mastoid process at the junction of the middle 1/3 and upper 1/3 of the curve between GB9 and Gb12.

Indications: Deafness, Headache, Neck Pain And Stiffness, Tinnitus.

GB11 Touqiaoyin - Posterior and superior to the mastoid process at the junction of the middle 1/3 and lower 1/3 of the curve between GB9 and GB12 .

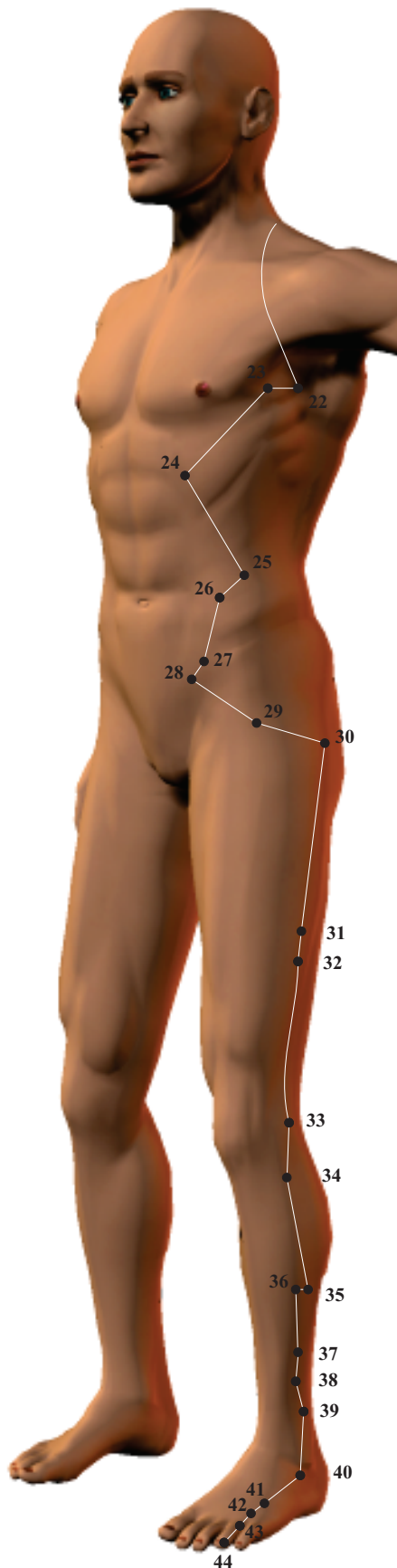
Indications: Agitation And Heat Of The Hands And Feet, Bitter Taste, Deafness, Ear Pain, Eye Pain, Four Limbs Contraction, Headache, Neck Pain And Stiffness, Stiff Tongue, Tinnitus.

GB12 Wangu - In the depression posterior and inferior to the mastoid process.

Indications: Cheek Swelling, Dark Urine, Ear Disorders, Headache, Insomnia, Mouth And Eye Deviation, Neck Pain And Stiffness, Throat Pain, Toothache.

GB13 Benshen - 0.5 cun within the hairline on the forehead, 3 cun lateral to GV4. Midway between ST8 and BL4.

Indications: Chest Pain, Epilepsy, Headache, Neck Pain And Stiffness, Visual Dizziness.



GB14 Yangbai - On the forehead directly above the pupil, 1 cun above the midpoint of the eyebrow.

Indications: Dizziness, Eye Disorders, Eyelid Itching, Eyelid Spasm, Facial Muscle Paralysis, Headache Frontal, Lacrimation, Lacrimation Upon Wind Exposure, Ptosis, Supraorbital Neuralgia, Vertigo, Visual Disturbances.

GB15 Toulinqi - Directly above GB14, within the hairline, midway between GV24 and ST8.

Indications: Aversion To Wind And Cold, Epilepsy, Eye Pain, Headache, Lacrimation Upon Wind Exposure, Nasal Congestion, Outer Canthus Pain, Visual Dizziness, Windstroke.

GB16 Muchuang - 1.5 cun posterior to GB15, 2 cun above the hairline and 2.25 cun lateral to GV22.

Indications: Eye Pain And Redness With Swelling, Headache, Myopia, Visual Dizziness.

GB17 Zhengying - 1.5 cun posterior to GB16, 3.5 cun above the hairline and 2.25 cun lateral to GV21.

Indications: Dizziness, Headache One-Sided, Toothache, Visual Dizziness.

GB18 Chengling - 1.5 cun posterior to GB17, 5 cun above the hairline and 2.25 cun lateral to GV20.

Indications: Epistaxis, Headache, Nasal Congestion, Rhinitis.

GB19 Naokong - At the upper border of the external occipital protuberance, 2.5 cun lateral and level to GV 17. directly above GB20.

Indications: Dizziness, Eye Pain, Headache, Neck Pain And Stiffness.

GB20 Fengchi - In the depression created between the origins of the Sternocleidomastoid and Trapezius muscles, at the junction of the occipital and nuchal regions. Lateral and level with GV16.

Indications: Back Pain, Deafness, Dizziness, Eye Disorders, Fever, Headache, Headache Midline, Hearing Loss, Hemiplegia, Hypertension, Insomnia, Nasal Congestion, Neck Nodular Growths, Neck Pain, Neck Stiffness, Respiratory Disorders, Seizures, Shoulder Pain, Tinnitus, Urticaria, Vertigo, Visual Disturbances.

GB21 Jianjing - Midway between the spinous process of C7 (GV14) and the acromion process at the highest point of the trapezius muscle.

Indications: Arm Motor Impairment, Back Pain, Dyspnea, Hemiplegia, Labor Difficult, Lactation Insufficient, Mastitis, Neck Pain, Neck Stiffness, Shoulder Pain, Skin Disorders, Uterine Bleeding Abnormal, Windstroke.

GB22 Yuanye - With the arm raised, 3 cun below the axilla on the midline in the 4th intercostal space, below HT1.

Indications: Axillary Adenopathy, Axillary Edema, Chest Fullness, Lateral Costal Region Pain.

GB23 Zhejin - 1 cun anterior to GB 22 in the 4th intercostal space, level with the nipple.

Indications: Chest Fullness, Dyspnea, Gastroesophageal Reflux, Hiccough, Insomnia, Jaundice, Vomiting.

GB24 Riyue - Directly below the nipple in the 7th intercostal space, inferior to LV14.

Indications: Abdominal Distention, Digestive Disturbances, Gastroesophageal Reflux, Hepatobiliary Disorders, Jaundice, Lateral Costal Region Pain, Lumbar Pain, Vomiting.

GB25 Jingmen - On the lateral side of the abdomen, at the lower border of the free end of the 12th rib.

Indications: Abdominal Distention, Back Pain, Borborygmus, Diarrhea, Failure Of The Water Passages To Flow, Lateral Costal Region.

GB26 Daimai - Directly below LV 13 at the free end of the 11th rib level with the umbilicus (CV8)

Indications: Abdominal Pain, Amenorrhea, Cystitis, Endometriosis, Hernia, Hypochondriac Region Pain, Intestinal Disorders, Leukorrhea, Lumbar Pain, Menses Irregular, Uterine Prolapse.

GB27 Wushu - On the lateral side of the abdomen, anterior to the ASIS, 3 cun below the level of umbilicus, lateral to CV4.

Indications: Abdominal Pain, Constipation, Endometriosis, Hernia, Leukorrhea, Lumbar Pain, Orchitis, Scrotal Conditions.

GB28 Weidao - Anterior and inferior to the ASIS, 0.5 cun anterior and inferior to GB27.

Indications: Back Pain, Leukorrhea, Lower Abdominal Pain, Lumbar Pain, Uterine Prolapse.

GB29 Juliao - In a depression at the midpoint between the ASIS and the greater trochanter of the femur.

Indications: Cystitis, Diarrhea, Endometriosis, Leg Pain, Leg Paralysis, Lumbar Pain, Orchitis, Paralysis, Sciatica.

GB30 Huantiao - At the junction of the lateral 1/3 and medial 2/3 of the distance between the greater trochanter and the hiatus of the sacrum (Gv2)

Indications: Edema, Groin Pain, Hemiplegia, Hip Pain, Leg Muscle Atrophy, Leg Pain, Leg Paralysis, Lumbar Pain, Sciatica, Skin Disorders, Thigh Pain.

GB31 Fengshi - 7 cun above the transverse popliteal crease on the lateral midline of thigh, where the tip of the middle finger touches when the patient is standing and hands are at their sides.

Indications: Headache, Hemiplegia, Itching, Leg Muscle Atrophy, Leg Muscle Weakness, Leg Pain, Leg Paralysis, Lumbar Pain, Sciatica, Urticaria.

GB32 Zhongdu - At the lateral side of the thigh 5 cun above the transverse popliteal crease between vastus lateralis and biceps femoris muscles, 2 cun below GB31.

Indications: Hemiplegia, Lower Limb Atrophy, Lower Limb Numbness, Sciatica.

GB33 Xiyangguan - On the lateral side of the thigh 3 cun above the transverse popliteal crease in a depression superior and posterior to the lateral condyle of the femur, between the femur and the tendon of biceps femoris.

Indications: Knee Disorders, Leg Numbness, Leg Paralysis.

GB34 Yanglingquan - In a depression anterior and inferior to the head of the fibula.

Indications: Bitter Taste, Chest Discomfort, Constipation, Facial Edema, Gastric Disorders, Hemiplegia, Hypertension, Hypochondriac Region Pain, Jaundice, Knee Disorders, Leg Muscle Atrophy, Leg Numbness, Leg Pain, Leg Paralysis, Liver Disorders, Sciatica, Throat Constriction, Urinary Incontinence, Vomiting.

GB35 Yangjiao - 7 cun above the tip of the lateral malleolus on the posterior border of the fibula.

Indications: Chest Fullness And Distention, Knee Pain And Swelling, Lateral Costal Region Fullness And Distention, Lower Limb Atrophy With Painful Obstruction.

GB36 Waiqui - 7 cun above the tip of the lateral malleolus on the anterior border of the fibula.

Indications: Chest Pain, Lateral Costal Region Pain, Leg Pain, Lower Limb Atrophy With Painful Obstruction, Neck Pain.

GB37 Guangming - 5 cun above the tip of the lateral malleolus on the anterior border of the fibula.

Indications: Breast Pain, Breast Swelling, Chills And Fever without Sweating, Eye Disorders, Fever Without Sweating, Headache, Headache Migraine, Knee Disorders, Leg Muscle Pain Lateral, Leg Pain, Leg Paralysis, Optic Nerve Atrophy, Teeth Grinding, Visual Disturbances.

GB38 Yangfu - 4 cun above and slightly anterior to the tip of the lateral malleolus on the anterior border of the fibula.

Indications: Ankle Conditions, Axillary Pain, Axillary Swelling, Bitter Taste, Chest Pain, Eye Disorders, Headache Migraine, Headache Unilateral, Hemiplegia, Hypochondriac Region Pain, Leg Pain, Leg Pain Lateral, Lumbar Pain, Malaria, Skin Disorders, Supraclavicular Fossa Pain.

GB39 Xuanzhong - 3 cun above the tip of the lateral malleolus in a depression between the posterior border of the fibula and the tendons of peroneus longus and brevis muscles.

Indications: Abdominal Distention, Abdominal Fullness, Ankle Conditions, Body Aches General, Cough, Headache, Headache Migraine, Hemiplegia, Hemorrhoids, Hypochondriac Region Pain, Knee Disorders, Leg Muscle Atrophy, Leg Pain, Neck Stiffness, Nosebleed, Sciatica.

GB40 Qiuxu - Anterior and inferior to the lateral malleolus in a depression on the lateral side of the extensor digitorum longus tendon.

Indications: Ankle Conditions, Axillary Swelling, Chest Pain, Dyspnea, Gastric Disorders, Herpes Zoster, Hypochondriac Region Pain, Indigestion, Leg Muscle Cramp, Leg Pain, Malaria, Neck Pain, Vomiting.

GB41 Zulinqi - On the dorsum of the foot, in the depression between the fourth and fifth metatarsal bones.

Indications: Breast Pain, Breast Swelling, Dizziness, Dorsal Foot Painful Swelling, Eye Disorders, Foot Pain, Foot Swelling, Headache, Headache Occipital, Hypochondriac Region Pain, Leg Pain, Malaria, Mastitis, Menses Irregular, Skin Disorders, Vertigo.

GB42 Diwuhui - Posterior to the 4th metatarsophalangeal joint between the fourth and fifth metatarsal bones, on the medial side of the tendon of extensor digiti minimi.

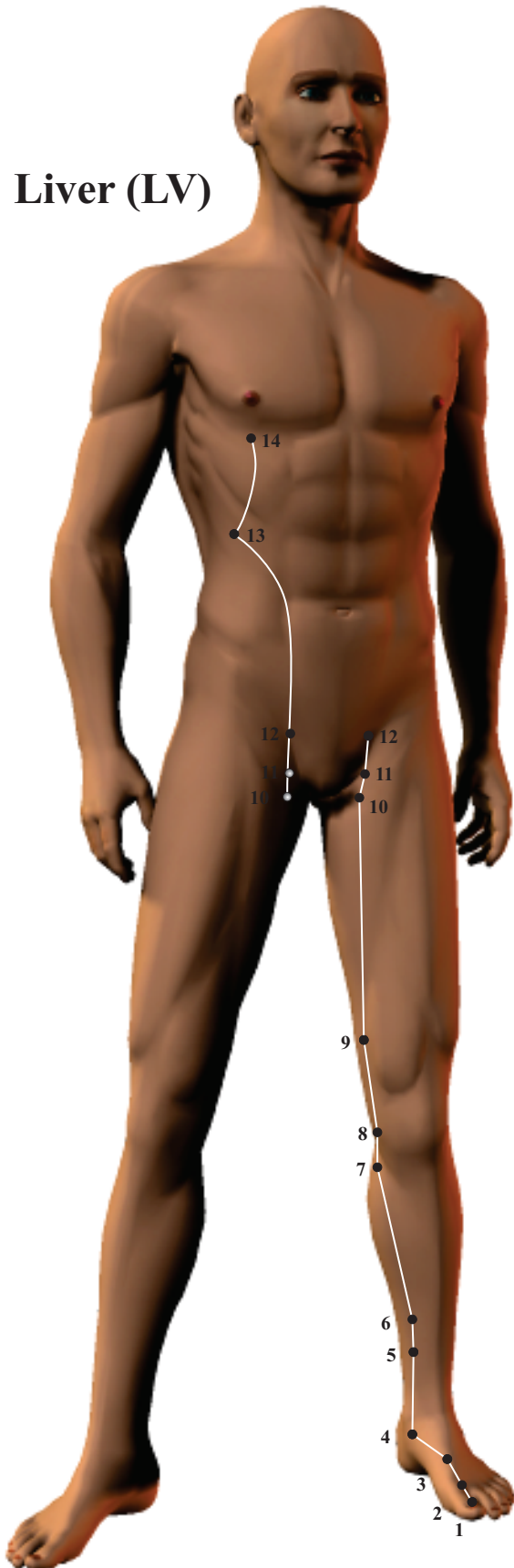
Indications: Axillary Pain And Swelling, Breast Pain And Distention, Dorsal Foot Pain And Swelling, Eye Pain And Redness, Tinnitus.

GB43 Xiashi - On the dorsum of the foot between the fourth and fifth metatarsals 0.5 cun proximal to the margin of the web at the junction of the red and white skin.

Indications: Chest Pain, Deafness, Dizziness, Eye Disorders, Facial Edema, Facial Pain, Headache, Headache Migraine, Hearing Loss, Hypertension, Hypochondriac Region Pain, Intercostal Neuralgia, Jaw Disorders, Tinnitus, Vertigo.

GB44 Zuqiaoyin - 0.1 cun posterior to the corner of the nail on the lateral side of the fourth toe. Indications: Deafness, Dream Disturbed Sleep, Eye Disorders, Fever, Headache, Hypertension, Hypochondriac Region Pain, Insomnia, Stiff Tongue, Tinnitus.

Liver (LV)



Liver Meridian (LV)

The Foot Terminal Yin (Jue Yin) of the Liver 14 points

The liver channel of the Foot-Jueyin originates on the lateral side of the great toe. Ascending along the dorsum of the foot, it flows further upward to the anterior aspect of the medial malleolus. Then it runs upward to the medial side of the knee and along the medial aspect of the thigh into the pubic region. From there it curves around the external genitalia and up to the lower abdomen. Ending directly below the nipple.

LV1 Dadun - On the lateral side of the great toe, 0.1 cun from the corner of the nail.

Indications: Dysuria, Genital Pain, Genital Swelling, Hematuria, Hernia Pain, Menses Irregular, Seizures, Urinary Dysfunction, Urinary Incontinence, Uterine Bleeding Abnormal, Uterine Prolapse.

LV2 Xingjian - On dorsum of the foot between the 1st and 2nd toes, proximal to the margin of the web at the junction of the red and white skin.

Indications: Abdominal Distention, Agitation, Anger, Bitter Taste, Constipation, Dizziness, Dysuria, Eye Disorders, Headache, Hernia Pain, Hypertension, Hypochondriac Region Pain, Insomnia, Lacrimation, Leukorrhea, Menses Early, Mouth Deviation, Nosebleed, Palpitations, Perspiration At Night, Seizures, Thirst, Throat Dryness, Urethral Discharge, Urinary Incontinence, Urinary Tract Pain, Urine Retention, Urine Turbid, Uterine Bleeding Abnormal, Vertigo, Visual Disturbances, Vomiting.

LV3 Taichong - On dorsum of the foot in a depression distal to the junction of the 1st and 2nd metatarsal bones.

Indications: Abdominal Pain, Ankle Conditions, Depression, Diarrhea, Dizziness, Endocrine Disorders, Eye Disorders, Foot Cold, Genital Pain, Headache, Hernia, Hypertension, Hypochondriac Region Pain, Hypochondriac Region Swelling, Insomnia, Jaundice, Liver Disorders, Lumbar Pain, Menses Irregular, Mouth Deviation, Nausea, Perspiration Continuous Postpartum, Seizures, Testicular Swelling, Throat Soreness, Urinary Dysfunction, Urine Retention, Uterine Bleeding Abnormal, Vertigo, Visual Disturbances, Vomiting.

LV4 Zhongfeng - 1 cun anterior to the medial malleolus, midway between SP5 and ST41, in a depression on the medial side of the tendon of tibialis anterior.

Indications: Abdominal Pain, Ankle Conditions, Genital Pain, Hernia Pain, Jaundice, Lumbar Pain, Nocturnal Emissions, Urine Retention.

LV5 Ligou - 5 cun above the tip of the medial malleolus on the medial side of the tibia.

Indications: Depression, Dysmenorrhea, Dysuria, Endometriosis, Fear, Genital Itching, Genital Pain, Hernia Pain, Itching, Leg Pain, Leukorrhea, Lumbar Pain, Menses Irregular, Orchitis, Sexual Dysfunction, Testicular Pain, Testicular Swelling, Urinary Dysfunction, Urine Retention, Uterine Bleeding Abnormal, Uterine Prolapse.

LV6 Zhongdu - 7 cun above the tip of the medial malleolus and posterior to the medial tibia. Indications: Damp Painful Obstruction With Inability To Walk, Hypogastric Pain, Joint Pain, Lochia Persistent Flow, Lower Extremity Arthralgia, Postpartum Uterine Hemorrhage, Uterine Bleeding Abnormal.

LV7 Xiguan - 1 cun posterior to SP9, posterior and inferior to the medial condyle of the tibia in the upper portion of the medial head of the gastrocnemius muscle. In the depression of the medial border of the tibia.

Indications: Medial Knee Pain, Swelling And Inflammation.

LV8 Ququan - When the knee is flexed, the point is found above the medial end of the transverse popliteal crease, posterior to the medial epicondyle of the tibia in a depression on the anterior border of the insertions of the semimembraneous and semitendoneous muscles.

Indications: Abdominal Pain, Dizziness, Dysuria, Fright Mania, Genital Itching, Genital Pain, Genital Swelling, Headache, Impotence, Knee Disorders, Leg Pain, Nocturnal Emissions, Seminal Emissions, Thigh Medial Pain, Urine Retention, Uterine Prolapse, Vaginitis.

LV9 Yinbao - 4 cun above the medial epicondyle of the femur, between vastus medialis and sartorius muscles.

Indications: Difficult Urination, Lumbo-Sacral Pain Radiates To Hypogastrium, Menses Irregular, Retention Of Urine.

LV10 Zuwuli - 3 cun below ST30 at the proximal end of the thigh on the lateral border of adductor longus muscle.

Indications: Abdominal Fullness, Difficult Urination, Enuresis, Hip Movement Decreased, Hypogastric Fullness, Retention Of Urine.

LV11 Yinlian - 2 cun below ST30, 2 cun from the midline at the proximal end of the thigh and on the lateral border of adductor longus muscle.

Indications: Hip Movement Decreased, Infertility, Menses Irregular.

LV12 Jimai - 2.5 cun lateral and inferior to the superior border of the pubic symphysis. In the inguinal groove lateral and inferior to ST30.

Indications: Genital Pain, Hernia Pain, Hypogastric Pain, Penis Pain, Uterine Prolapse.

LV13 Zhangmen - On the lateral side of the abdomen below the free end of the 11th rib.

Indications: Abdominal Distention, Abdominal Masses, Abdominal Pain, Borborygmus, Cardiac Pain, Chest Pain, Diarrhea, Digestive Disturbances, Edema, Hypochondriac Region Pain, Jaundice, Liver Disorders, Lumbar Pain, Stool With Undigested Food, Vomiting.

LV14 Qimen - Directly below the nipple, 4 cun lateral to the midline in the 6th intercostal groove.

Indications: Abdominal Distention, Breast Pain, Breast Swelling, Chest Discomfort, Chest Pain, Diarrhea, Gastric Disorders, Hiccough, Hypochondriac Region Pain, Indigestion, Lateral Costal Region Swelling, Liver Disorders, Malaria, Mastitis, Postpartum Disorders, Vomiting.

Conception Vessel Meridian (CV, Ren)

The Directing Channel has 28 points

The Ren channel starts on the midline between the anus and the scrotum in males. Between the anus and the posterior labial commissure in females. It ascends anteriorly to the pubic region. Along the midline of the abdomen, it flows upward reaches the throat. Flowing further upward, it ends in the depression in the center of the mentolabial groove.

CV1 Huiyin - On the midline between the anus and the scrotum in males. Between the anus and the posterior labial commissure in females.

Indications: Coma, Enuresis, Genital Diseases, Hemorrhoids, Mania And Depression, Menses Irregular, Pain Of The Anus And Urethra, Perineum Pain And Itching, Seminal Emissions, Urethritis, Urination Difficult, Uterine Prolapse.

CV2 Qugu - On top of the notch in the center of the superior border of the pubic symphysis.

Indications: Dribbling And Hesitant Flow Of Urine, Dysmenorrhea, Enuresis, Genital Pain, Gynecological Disorders, Impotence, Leukorrhea, Menses Irregular, Seminal Emissions, Urinary Dysfunction, Urination Difficult.

CV3 Zhongji - 1 cun above CV2, on the midline, 4 cun inferior to the umbilicus.

Indications: Abdominal Pain, Amenorrhea, Anuria, Dysmenorrhea, Edema, Genital Itching, Genital Pain, Impotence, Infertility, Leukorrhea, Menorrhagia, Menses Irregular, Nephritis, Nocturnal Emissions • Retention Of Placenta, Seminal Emissions, Urinary Dysfunction, Urine Retention, Uterine Bleeding Abnormal, Uterine Prolapse, Vaginal Pain, Vaginitis.

CV4 Guanyuan - On the midline, 3 cun inferior to the umbilicus.

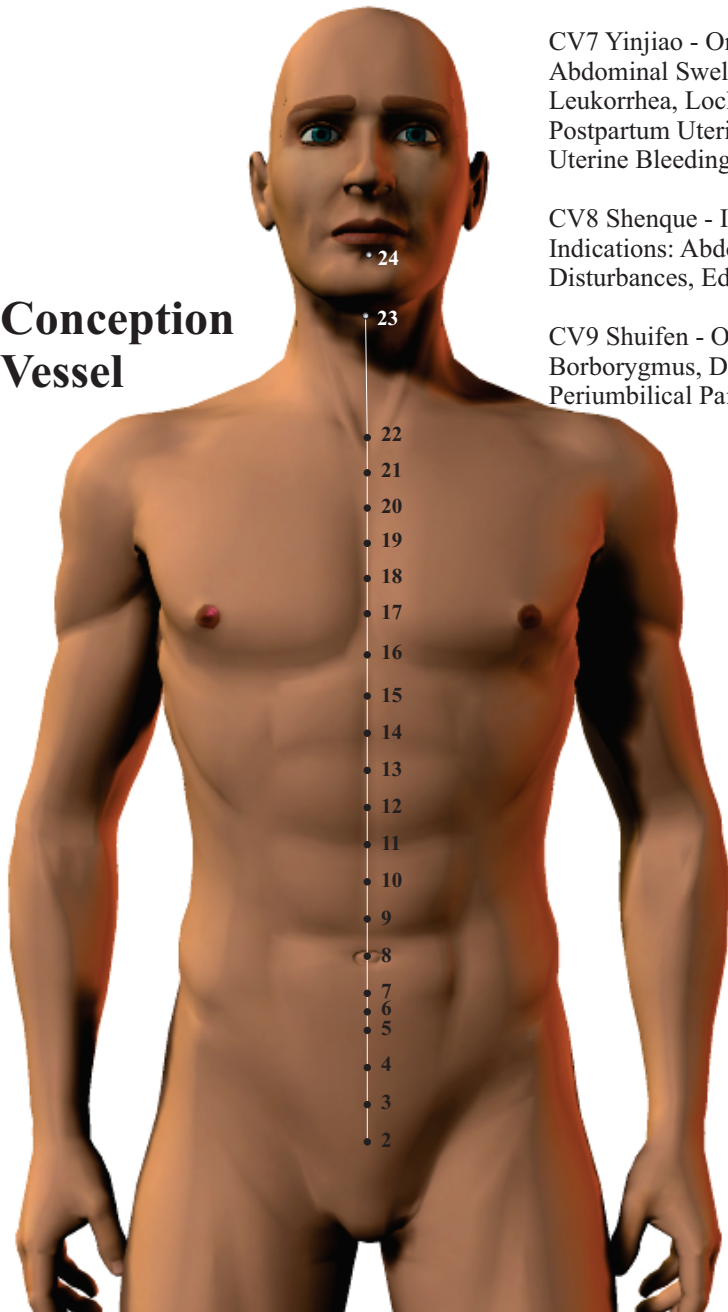
Indications: Abdominal Pain, Amenorrhea, Diarrhea, Dysmenorrhea, Dysuria, Hematuria, Hemorrhage Postpartum, Hernia, Hypogastric Pain Twisting, Impotence, Infertility, Intestinal Disorders, Leukorrhea, Menses Irregular, Menses Painful, Nocturnal Emissions, Seminal Emissions, Stool With Blood, Urinary Dysfunction, Urination Frequent, Urine Retention, Uterine Bleeding Abnormal, Uterine Prolapse, Windstroke.

CV5 Shimen - On the midline, 2 cun inferior to the umbilicus. Indications: Abdominal Pain, Amenorrhea, Ascites, Diarrhea, Edema, Hernia, Leukorrhea, Postpartum Uterine Hemorrhage, Retention Of Urine, Urination Difficult, Vaginal Discharge.

CV6 Qihai - On the midline, 1.5 cun inferior to the umbilicus. Indications: Abdominal Distention, Abdominal Masses, Abdominal Pain, Cardiac Pain, Constipation, Diarrhea, Dysmenorrhea, Edema, Heat Stroke, Hemorrhage Postpartum, Hernia, Impotence, Infertility, Intestinal Disorders, Leukorrhea, Menses Irregular, Urinary Dysfunction, Urinary Incontinence, Urine Retention,

Uterine Bleeding Abnormal, Uterine Prolapse.

Conception Vessel



CV7 Yinjiao - On the midline, 1 cun inferior to the umbilicus. Indications: Abdominal Swelling, Amenorrhea, Genitals Itch, Inability To Urinate, Infertility, Leukorrhea, Lochia Persistent Flow, Menses Irregular, Periumbilical Pain, Postpartum Uterine Hemorrhage, Retention Of Urine And Feces, Running Piglet Qi, Uterine Bleeding Abnormal.

CV8 Shenque - In the center of the umbilicus
Indications: Abdominal Pain, Anal Prolapse, Borborygmus, Diarrhea, Digestive Disturbances, Edema, Shock, Windstroke.

CV9 Shuifen - On the midline, 1 cun superior to the umbilicus. Indications: Ascites, Borborygmus, Digestive Disturbances, Edema, Gastroesophageal Reflux, Periumbilical Pain.

CV10 Xiawan - On the midline, 2 cun superior to the umbilicus. Indications: Abdominal Distention, Borborygmus, Dark Urine, Digestive Disturbances, Nausea And Vomiting, No Pleasure In Eating, Stomach Pain, Undigested Food In Stool.

CV11 Jianliao - On the midline, 3 cun superior to the umbilicus. Indications: Abdominal Distention, Edema, Heart Pain, Intestinal Pain, No Pleasure In Eating.

CV12 Zhongwan - On the midline, 4 cun superior to the umbilicus. Indications: Abdominal Distention, Abdominal Pain, Constipation, Diarrhea, Digestive Disturbances, Dyspnea, Gastric Ulcer, Gastrointestinal Disorders, Indigestion, Intestinal Disorders, Jaundice, Mental Disorders, Nausea, Neurasthenia, Stomach Pain, Urine Dark, Vomiting.

CV13 Shangwan - On the midline, 5 cun superior to the umbilicus. Indications: Abdominal Distention, Abdominal Masses, Borborygmus, Cardiac Pain, Fever Without Sweating, Gastrointestinal Disorders, Indigestion, Jaundice, Nausea, Seizures, Stomach Dilated, Stomach Pain, Stomach Spasms, Vomiting.

CV14 Jique - On the midline, 6 cun superior to the umbilicus. Indications: Cardiac Pain, Chest Discomfort, Cough, Indigestion, Jaundice, Memory Impaired, Mental Disorders, Nausea, Palpitations, Seizures, Throat Disorders, Vomiting.

CV15 Jiuwei - On the midline, 7 cun superior to the umbilicus and inferior to the xiphoid process. Indications: Cardiothoracic Pain, Dyspnea, Epilepsy, Esophageal Disorders, Gastric Reflux, Mania And Depression, Oppressive Sensation In The Heart, Palpitations.

CV16 Zhongting - On the midline level with the 5th intercostal space at the sternocostal angle.
Indications: Chest Pain And Lateral Costal Region Fullness, Esophageal Constriction, Respiratory Disorders.

CV 17 Shanzhong - On the midline level with the 4th intercostal space midway between the nipples.
Indications: Asthma, Chest Discomfort, Chest Pain, Cough, Coughing Blood, Dyspnea, Hiccough, Intercostal Neuralgia, Lactation Insufficient, Mastitis, Palpitations, Respiratory Disorders, Throat Disorders, Wheezing.

CV18 Yutang - On the midline level with the 3rd intercostal space. Indications: Cardiac Pain, Chest And Sternal Pain, Cough With Agitation, Dyspnea, Lateral Costal Region Pain, Respiratory Disorders, Vomiting.

CV19 Zigong - On the midline level with the 2nd intercostal space.
Indications: Chest Pain, Cough, Dysphagia, Dyspnea, Saliva Like White Glue, Vomiting With Uprising Qi.

CV20 Huagai - On the midline level with the 1st intercostal space.
Indications: Asthma, Chest Pain, Cough, Dysphagia, Dyspnea, Respiratory Disorders.

CV21 Xuanji - On the manubrium midline, 1 cun below CV22
Indications: Asthma, Chest Discomfort, Chest Pain, Cough, Dyspnea, Throat Disorders, Throat Infections, Throat Soreness, Wheezing.

CV22 Tiantu - 0.5 cun superior to the suprasternal notch, in the center of the depression. Indications: Asthma, Chest Discomfort, Cough, Dyspnea, Goiter, Hiccough, Loss Of Voice Sudden, Neck Nodular Growths, Neck Swelling Posterior, Sputum with Blood and Pus, Throat Constriction, Throat Disorders, Throat Dryness, Throat Infections, Throat Soreness, Voice Hoarse, Vomiting.

CV23 Lianquan - On the midline, in the depression superior to the hyoid bone. Indications: Cough, Excessive Production Of Watery Saliva, Loss Of Voice Sudden, Mouth Ulcers, Swollen Tongue, Thirst, Throat Disorders,

CV24 Chengjiang - In the depression in the center of the mentolabial groove, below the middle of the lower lip.
Indications: Eye Deviation, Facial Edema, Facial Muscle Paralysis, Facial Numbness, Facial Pain, Gum Disorders, Hemiplegia, Loss Of Voice Sudden, Mental Disorders, Mouth Deviation, Mouth Ulcers, Neck Stiffness, Saliva Excessive, Thirst, Toothache.

Governing Vessel Meridian (GV, Du)

The Governing Channel has 28 points

The Du channel starts midway between the tip of the coccyx bone and the anus with patient lying prone. It then flows upward inside the spinal column to the nape of the neck, and ascends to the vertex. Along the forehead, it descends to the nose bridge, then to the lips. Ending at the labial frenulum inside the upper lip.

GV1 Changqiang - Midway between the tip of the coccyx bone and the anus with patient lying prone.
Indications: Anal Prolapse, Clonic Spasm, Constipation, Diarrhea, Hemorrhoids, Impotence, Lumbar Pain, Lumbar Spinal Pain, Mental Disorders, Sacral Pain, Seizures, Stool With Blood, Tetany, Urinary Dysfunction.

GV2 Yaoshu - In the sacral hiatus. Indications: Epilepsy, Hemorrhoids, Lumbar Pain, Menses Irregular, Sacral Pain, Spinal Pain.

GV3 Yaoyangguan - Below the spinous process of L4 Indications: Impotence, Knee Disorders, Leg Numbness, Leg Paralysis, Leukorrhea, Lumbar Pain, Menses Irregular, Seminal Emissions, Vomiting.

GV4 Mingmen - Below the spinous process of L2 Indications: Abdominal Pain, Anal Prolapse, Bone Disorders, Diarrhea, Headache, Headache Splitting, Impotence, Intestinal Disorders, Leukorrhea, Lumbar Pain, Lumbar Sprain, Menses Irregular, Sciatica, Seminal Emissions, Spinal Pain, Uterine Bleeding Abnormal.

GV5 Xuanshu - Below the spinous process of L1 Indications: Diarrhea, Lumbar Spinal Pain And Stiffness, Undigested Food In Stool.

GV6 Jizhong - Below the spinous process of T11
Indications: Diarrhea, Epilepsy, Hemorrhoids, Jaundice, Lumbar Spinal Stiffness, Rectal Prolapse.

GV7 Zhongshu - Below the spinous process of T10 Indications: Abdominal Fullness, Lumbar And Back Pain, No Desire To Eat, Spinal Stiffness.

GV8 Jinsuo - Below the spinous process of T9
Indications: Anger Injuring The Liver, Epilepsy, Spinal Stiffness And Contraction, Stomach Pain.

GV9 Zhiyang - Below the spinous process of T7
Indications: Appetite Absent, Asthma, Back Pain, Borborygmus, Chest Discomfort, Chest Pain, Cough, Dyspnea, Emaciation, Gastric Disorders, Hypochondriac Region Fullness, Intercostal Neuralgia, Jaundice, Limb Heaviness, Liver Disorders, Spinal Pain, Stomach Cold.

GV10 Lingtai - Below the spinous process of T6
Indications: Asthma, Back Pain, Carbuncles And Furuncles, Cough, Dyspnea, Neck Stiffness, Respiratory Disorders, Spleen Heat.

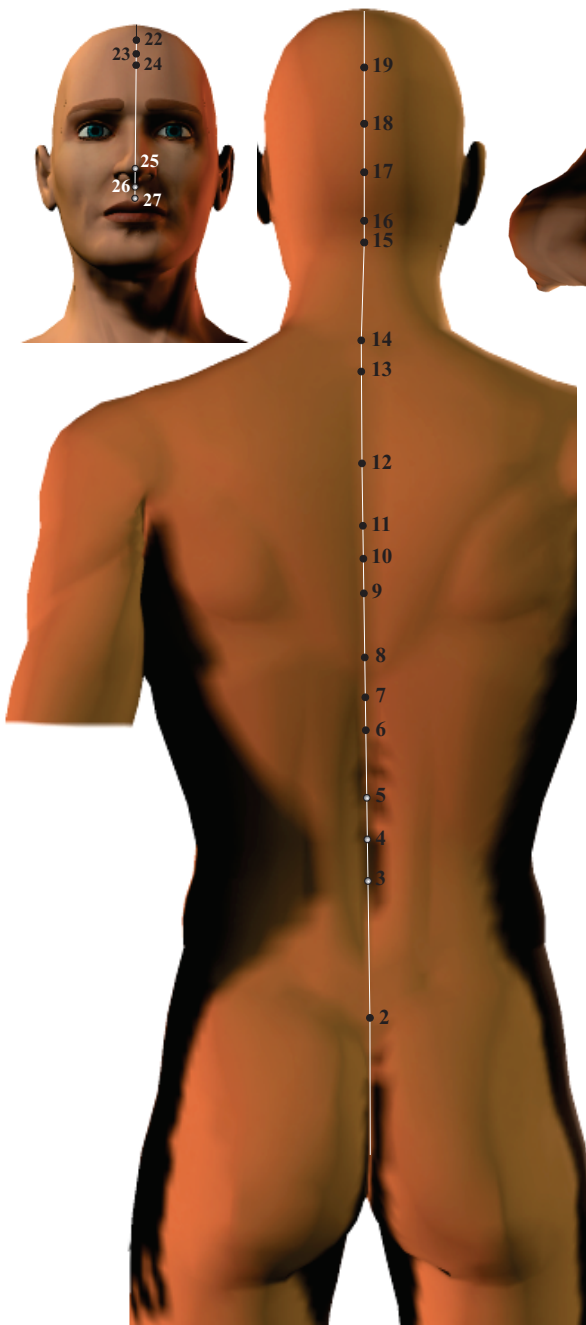
GV11 Shendao - Below the spinous process of T5
Indications: Back Pain, Cardiac Conditions, Cough, Disorientation, Fright Palpitations, Poor Memory, Sadness, Spinal Pain, Worry.

GV12 Shenzhu - Below the spinous process of T3
Indications: Agitation, Aphasia From Stroke, Asthma, Back Pain, Carbuncles And Furuncles, Cardiac Conditions, Cough, Dyspnea, Hysteria, Lumbar Stiffness, Mental Disorders, Mouth Dryness, Respiratory Disorders, Seizures.

GV13 Taodao - Below the spinous process of T1
Indications: Bone Disorders, Dizziness, Fever, Fever And Chills, Headache, Malaria, Mental Disorders, Perspiration Absent, Seizures, Spinal Pain.

GV14 Dazhui - Below the spinous process of C7
Indications: Asthma, Bone Disorders, Chest Discomfort, Cough, Dyspnea, Eczema, Fever, Fever And Chills, Heat Stroke, Hypertension, Insomnia, Malaria, Mental Disorders, Neck Pain, Neck Stiffness, Nosebleed, Perspiration At Night, Respiratory Disorders, Rib Constriction, Seizures, Shoulder Pain, Speech Impaired, Spinal Pain.

Governing Vessel (GV, DU)



GV15 Yamen - 0.5 cun above the midpoint of the posterior hairline in a depression below the spinous process of C1

Indications: Deafness, Fever And Chills, Flaccid Tongue, Headache, Headache Occipital, Loss Of Voice Sudden, Mental Disorders, Neck Stiffness, Nosebleed, Seizures, Stiff Tongue, Windstroke.

GV16 Fengfu - 1 cun directly above the midpoint of the posterior hairline directly below the external occipital protuberance. In the depression between the trapezius muscles of both sides.

Indications: Epistaxis, Headache, Hemiplegia, Loss Of Voice Sudden, Mania, Neck Pain, Neck Stiffness, Sudden Inability To Speak Following Windstroke, Suicidal Tendencies, Throat Pain And Swollen, Upper Respiratory Conditions, Vertigo, Visual Dizziness, Windstroke.

GV17 Naohu - Midway between GV16 and GV18, 1.5 cun above Gv16

Indications: Dizziness, Epilepsy, Facial Pain, Headache, Heaviness Of The Head, Neck Pain And Stiffness.

GV18 Qiangjian - Midway between GV16 and GV20, 1.5 cun above Gv17

Indications: Epilepsy, Headache, Insomnia, Mania And Depression, Neck Stiffness With Inability To Rotate, Vertigo With Agitation, Visual Dizziness.

GV19 Houding - 5.5 cun above the midpoint of the posterior hairline. Midway between GV18 and GV20, 1.5 cun above Gv18

Indications: Aversion To Wind And Cold, Epilepsy, Headache, Insomnia, Mania, Visual Dizziness.

GV20 Baihui - 7 cun above the midpoint of the posterior hairline, 5 cun above midpoint of anterior hairline, miway on a line connecting the apex of both ears. Indications: Agitation, Anal Prolapse, Deafness, Dizziness, Headache, Headache Vertex, Hemiplegia, Hemorrhoids, Hypertension, Jaw Disorders, Memory Impaired, Mental Disorders, Nasal Congestion, Nosebleed, Seizures, Shock, Tinnitus, Uterine Prolapse, Vertigo, Windstroke.

GV21 Qianding - 1.5 cun anterior to GV20. Midway between GV20 and GV22.

Indications: Dizziness, Epilepsy, Facial Redness And Swelling, Nasal Congestion, Vertex Headache.

GV22 Xinhui - 2 cun posterior to the anterior hairline, 3 cun anterior to GV20

Indications: Headache, Loss Of Sense Of Smell, Nasal Congested, Vertigo, Visual Dizziness.

GV23 Shangxing - 1 cun posterior to the anterior hairline, 0.5 cun posterior to GV24 Indications: Dizziness, Eye Disorders, Facial Edema, Headache, Mental Disorders, Nasal Congestion, Nasal Polyps, Nosebleed, Respiratory Disorders.

GV24 Shenting - 0.5 cun above the midpoint of the anterior hairline.

Indications: Epilepsy, Fright Palpitations, Frontal Headache, Insomnia, Nasal Congestion And Discharge, Rhinitis, Vertigo, Visual Dizziness.

GV25 Suliao - On tip of nose

Indications: Hypotension, Nasal Congestion, Nasal Polyps, Nosebleed, Respiratory Disorders.

GV26 Renzhong - At junction of the upper and middle third of philtrum.

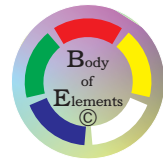
Indications: Abdominal Pain, Cardiac Pain, Coma, Edema, Eye Deviation, Facial Edema, Jaw Disorders, Lip Tremor, Loss Of Consciousness, Lumbar Pain, Lumbar Spinal Pain, Lumbar Sprain, Lumbar Stiffness, Mental Disorders, Mouth Deviation, Nasal Congestion, Nosebleed, Seizures, Shock, Syncope.

GV27 Duiduan - At junction of upper lip and philtrum.

Indications: Epistaxis Ceaseless, Gums Painful, Lips Swelling And Stiffness, Mania And Depression, Nasal Congested.

GV28 Yinjiao - At junction of gum and frenulum of upper lip.

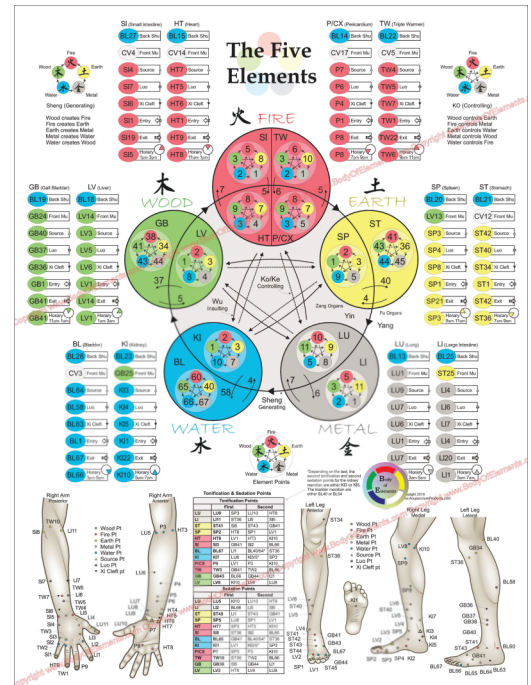
Indications: Erosion Of The Gums, Gum Pain And Swelling And Redness, Gums Bleeding, Mania And Depression, Nasal Congested, Nasal Sores.



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Les Méridiens et Points d'Acupuncture
La théorie des 5 éléments & Cycles horaires

The poster is a comprehensive reference tool for acupuncturists, organized into several sections:

- Top Section:** "La théorie des 5 éléments" (The theory of the five elements) featuring a central diagram with the Five Elements (Wood, Fire, Earth, Metal, Water) and their corresponding organs and meridians. It includes the "Cycles Horaires" (Hourly Cycles) wheel.
- Organ System Diagrams:** Detailed diagrams for each organ system, including:
 - POUMONS (P) - Lungs
 - MAÎTRE COEUR (MC) - Heart
 - COEUR (C) - Heart
 - GROS INTESTIN (GI) - Large Intestine
 - RATE (et PANCRÉAS) (R) - Spleen/Pancreas
 - FOIE (F) - Liver
 - REINS (R) - Kidneys
 - VESSIE (V) - Bladder
 - VESSIE CONCEPTION (REN MAI) (VC) - Conception Meridian
 - VESSIE BILIAIRE (VB) - Gallbladder
 - TRIPLE RICHASSEUR (TR) - Triple Burner
 - INTESTIN GRêle (IG) - Small Intestine
 - VESSIE URINAIRE (V) - Urinary Bladder
 - VESSIE CONCEPTION (REN MAI) (VC) - Conception Meridian
- Meridian Maps:** Human figures showing the location of 14 meridians: Lung, Heart, Small Intestine, Liver, Gallbladder, Spleen/Pancreas, Stomach, Large Intestine, Bladder, Kidney, Pericardium, Triple Burner, Gallbladder, and Conception Meridian.
- Acupoint Lists:** Tables listing acupoints for each meridian, including their names in French and English, and their corresponding Five Elements.
- Diagrams:** Various diagrams illustrating the relationships between the elements, organs, and meridians, including the "La théorie des 5 éléments" diagram and the "Cycles Horaires" wheel.