
HANDOUT OF ACUPUNCTURE POINTS

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1. ACUPUNCTURE POINTS OF THE LUNG MERIDIAN OF HAND-TAIYIN

LU 1 (Front-Mu Point of the Lung,)

Chinese Name: **Zhongfu**

English Name: Central Treasury

Location: Laterosuperior to the sternum, 1 cun below Yunmen (LU 2), at the level of the first intercostal space, **6 cun lateral** to the anterior midline.

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

Method: Puncture obliquely 0.5-0.8 cun towards the lateral aspect of the chest. To avoid injuring the lung, never puncture deeply towards the medial aspect. Moxibustion is applicable.

Regional anatomy

Vasculature: Superolaterally, the axillary artery and vein, the thoracoacromial artery and vein.

Innervation: The intermediate supraclavicular nerve, the branches of the anterior thoracic nerve, and the lateral cutaneous branch of the first intercostal nerve.

LU 2

Chinese Name: **Yunmen**

English Name: Cloud Gate

Location: In the superior lateral part of the anterior thoracic wall, superior to the coracoid process of scapula, in the depression of the infraclavicular fossa, **6 cun lateral** to the anterior midline.

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

Method: Puncture obliquely 0.5-0.8 inch towards the lateral aspect of the chest. To avoid injuring the lung, never puncture deeply towards the medial aspect. Moxibustion is applicable.

Regional anatomy

Vasculature: The cephalic vein, the thoracoacromial artery and vein; inferiorly, the axillary artery.

Innervation: The intermediate and lateral supraclavicular nerve, the branches of the anterior thoracic nerve, and the lateral cord of the brachial plexus.

LU 3

Chinese Name: **Tianfu**

English Name:

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

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

Method: Puncture perpendicularly 0.5-1 inch.

Regional anatomy

Vasculature: The cephalic vein and muscular branches of the brachial artery and vein.

Innervation: The lateral brachial cutaneous nerve at the place where the musculocutaneous nerve passes through.

LU 4

Chinese Name: **Xiabai**

English Name:

Location: On the medial aspect of the upper arm, **4 cun** below the anterior end of the axillary fold, or 5 cun above the cubital crease, on the radial side of m. biceps brachii.

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

Method: Puncture perpendicularly 0.5-1 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The cephalic vein and muscular branches of the brachial artery and vein.

Innervation: The lateral brachial cutaneous nerve at the place where the musculo-cutaneous nerve passes through.

LU 5 (He-Sea Point)

Chinese Name: **Chize**

English Name:

Location: On the cubital crease, in the depression of the radial side of the tendon of m. biceps brachii. This point is located with the elbow slightly flexed.

Indications: Cough, hemoptysis, afternoon fever, asthma, sore throat, fullness in the chest, infantile convulsions, spasmodic pain of the elbow and arm, mastitis.

Method: puncture perpendicularly 0.5-1 inch.

Regional anatomy

Vasculature: The branches of the radial recurrent artery and vein, the cephalic vein.

Innervation: The lateral antebrachial cutaneous nerve and the radial nerve.

LU 6 (Xi-Cleft Point)

Chinese Name: **Kongzui**

English Name:

Location: On the palmar aspect of the forearm, on the line joining Taiyuan (LU 9) and Chize (LU 5), **7 cun above** the transverse crease of the wrist.

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

Method: Puncture perpendicularly 0.5-1 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The cephalic vein, the radial artery and vein.

Innervation: The lateral antebrachial cutaneous nerve and the superficial ramus of the radial nerve.

LU 7 (Luo-Connecting Point, Confluent Point)

Chinese Name: **Lieque**

English Name:

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

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

Method: Puncture 0.3-0.5 inch obliquely upward. Moxibustion is applicable.

Regional anatomy

Vasculature: The cephalic vein, branches of the radial artery and vein.

Innervation: The lateral antebrachial cutaneous nerve and the superficial ramus of the radial nerve.

LU 8 (Jing-River Point)

Chinese Name: **Jingqu**

English Name:

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

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

Method: Puncture perpendicularly 0.1-0.3 inch. Avoid puncturing the radial artery.

Regional anatomy

Vasculature: Laterally, the radial artery and vein.

Innervation: The lateral antebrachial cutaneous nerve and the superficial ramus of the radial nerve.

LU 9 (Shu-Stream and Yuan-Primary Point, Influential Point of Vessels)

Chinese Name: **Taiyuan**

English Name:

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

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

Method: Puncture perpendicularly 0.2-0.3 inch. Avoid puncturing the radial artery. Moxibustion is applicable.

Regional anatomy

Vasculature: The radial artery and vein.

Innervation: The lateral antebrachial cutaneous nerve and superficial ramus of the radial nerve.

LU 10 (Ying-Spring Point,)

Chinese Name: **Yuji**

English Name:

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

Indications: Cough hemoptysis, sore throat, loss of voice, fever, feverish sensation in the palm. .

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Venules of the thumb draining to the cephalic vein.

Innervation: The superficial ramus of the radial nerve.

LU 11 (Jing-Well Point)

Chinese Name: **Shaoshang**

English Name:

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

Indications: Sore throat, cough, asthma, epistaxis, fever, loss of consciousness, mania, spasmodic pain of the thumb.

Method: Puncture 0.1 inch, or prick the point to cause bleeding.

Regional anatomy

Vasculature: The arterial and venous network formed by the palmar digital proprial artery and veins.

Innervation: The terminal nerve network formed by the mixed branches of the lateral antebrachial cutaneous nerve and the superficial ramus of the radial nerve as well as the palmar digital proprial nerve of the median nerve.

2. ACUPUNCTURE POINTS OF THE LARGE INTESTINE

MERIDIAN OF HAND-YANGMING

LI 1 (Jing-Well Point)

Chinese Name: **Shangyang**

English Name:

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

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

Method: Puncture 0.1 inch, or prick the point to cause bleeding.

Regional anatomy

Vasculature: The arterial and venous network formed by the dorsal digital arteries and veins.

Innervation: The palmar digital proprial nerve derived from the median nerve.

LI 2 (Ying-Spring Point)

Chinese Name: **Erjian**

English Name:

Location: In the depression of the radial side of the index finger, distal to the 2nd metacarpal-phalangeal joint. The point is located with the finger slightly flexed.

Indications: Blurring of vision, Epistaxis, toothache, sore throat, febrile diseases.

Method: Puncture perpendicularly 0.2-0.3 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal digital and plamar digital propria 1 arteries and veins derived from the radial artery and vein.

Innervation: The dorsal digital nerve of the radial nerve, and the palmar digital proprial nerve of the median nerve.

LI 3 (Shu-Stream Point)

Chinese Name: **Sanjian**

English Name:

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

Indications: Toothache, ophthalmalgia, sore throat, redness and swelling of fingers and the dorsum of the hand.

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal venous network of the hand and the branch of the first dorsal metacarpal artery.

Innervation: The superficial ramus of the radial nerve.

LI 4 (Yuan-Primary Point)

Chinese Name: **Hegu**

English Name:

Location: On the dorsum of the hand, between the 1st and 2nd metacarpal bones; approximately in the

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

Indications: Headache, pain in the neck, redness, swelling and pain of the eye, epistaxis, nasal obstruction, rhinorrhea, toothache, deafness, swelling of the face, sore throat, parotitis, trismus, facial paralysis, febrile diseases with anhidrosis, hidrosis, abdominal pain, dysentery, constipation, amenorrhea, delayed labour, infantile convulsion, pain, weakness and motor impairment of the upper limbs.

Method: Puncture perpendicularly 0.5-1 inch. Moxibustion is applicable.

Acupuncture and moxibustion are contraindicated in pregnant women.

Regional anatomy

Vasculature: The venous network of the dorsum of the hand.

Innervation: The superficial ramus of the radial nerve.

LI 5 (Jing-River Point)

Chinese Name: **Yangxi**

English Name:

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

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The cephalic vein, the radial artery and its dorsal carpal branch.

Innervation: The superficial ramus of the radial nerve.

LI 6 (Luo-Connecting Point)

Chinese Name: **Pianli**

English Name:

Location: With the elbow flexed and the radial side of arm upward, the point is on the line joining Yangxi (LI 5) and Quchi (LI 11), **3 cun above** the crease of the wrist.

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

Method: Puncture perpendicularly or obliquely 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The cephalic vein.

Innervation: On the radial side, the lateral antebrachial cutaneous nerve and the superficial ramus of the radial nerve; on the ulnar side, the posterior antebrachial cutaneous nerve and the posterior antebrachial interosseous nerve.

LI 7 (Xi-Cleft Point)

Chinese Name: **Wenliu**

English Name:

Location: With the elbow flexed and the radial side of arm upward, the point is on the line connecting Yangxi (LI 5) and Quchi (LI 11), **5 cun above** the crease of the wrist.

Indications: Headache, swelling of the face, sore throat, borborygmus, abdominal pain, aching of the

shoulder and arm.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The muscular branch of the radial artery, the cephalic vein.

Innervation: The posterior antebrachial cutaneous nerve and the deep ramus of the radial nerve.

LI 8

Chinese Name: **Xialian**

English Name:

Location: On the line joining Yangxi (LI 5) and Quchi (LI 11), **4 cun below** the cubital crease.

Indications: Abdominal pain, borborygmus, pain in the elbow and arm, motor impairment of the upper limbs.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Wenliu (LI 7)

LI 9

Chinese Name: **Shanglian**

English Name:

Location: On the line joining Yangxi (LI 5) and Quchi (LI 11), **3 cun below** the cubital crease.

Indications: Aching of the shoulder and arm, motor impairment of the upper limbs, numbness of the hand and arm, borborygmus, abdominal pain.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Wenliu (LI 7).

LI 10

Chinese Name: **Shousanli**

English Name:

Location: On the line joining Yangxi (LI 5) and Quchi (LI 11), **2 cun below** the cubital crease.

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

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the radial recurrent artery and vein.

Innervation: See Wenliu (LI 7).

LI 11 (He-Sea Point)

Chinese Name: **Quchi**

English Name:

Location: When the elbow is flexed, the point is in the depression at the lateral end of the transverse cubital crease, midway between Chize (LU 5) and the lateral epicondyle of the humerus. (See Fig. 61)

Indications: Sore throat, toothache, redness and pain of the eye, scrofula, urticaria, motor impairment of the upper extremities, abdominal pain, vomiting, diarrhea, febrile diseases.

Method: Puncture perpendicularly 1.0-1.5 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the radial recurrent artery and vein.

Innervation: The posterior antebrachial cutaneous nerve; deeper, on the medial side, the radial nerve.

LI 12

Chinese Name: **Zhouliao**

English Name:

Location: When the elbow is flexed, the point is on the lateral side of the upper arm, **1 cun above Quchi (LI 11)**, on the border of humerus.

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The radial collateral artery and vein.

Innervation: The posterior antebrachial cutaneous nerve; deeper, on the medial side, the radial nerve.

LI 13

Chinese Name: **Shouwuli**

English Name:

Location: On the lateral side of the upper arm, on the line connecting Quchi (LI 11) and Jianyu (LI 15), **3 cun above Quchi (LI 11)**.

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

Method: Puncture perpendicularly 0.5-1.0 inch. Avoid injuring the artery.

Moxibustion is applicable.

Regional anatomy

Vasculature: The radial collateral artery and vein.

Innervation: The posterior antebrachial cutaneous nerve; deeper, the radial nerve.

LI 14

Chinese Name: **Binao**

English Name:

Location: On the lateral side of the upper arm, on the line joining Quchi (LI 11) and Jianyu (LI 15), **7 cun above Quchi (LI 11)**, at the insertion of m. deltoideus.

Indications: Pain in the shoulder and arm, rigidity of the neck, scrofula. Method: Puncture perpendicularly or obliquely upward 0.8-1.5 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of posterior circumflex humeral artery and vein, the deep brachial artery and vein.

Innervation: The posterior brachial cutaneous nerve; deeper, the radial nerve.

LI 15

Chinese Name: **Jianyu**

English Name:

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

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

Method: Puncture perpendicularly or obliquely 0.8-1.5 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior circumflex artery and vein.

Innervation: The lateral supraclavicular nerve and axillary nerve.

LI 16

Chinese Name: **Jugu**

English Name:

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

Indications: Pain and motor impairment of the upper extremities, pain in the shoulder and back.

Method: Puncture perpendicularly 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Deeper, the suprascapular artery and vein.

Innervation: Superficially, the lateral supraclavicular nerve, the branch of the accessory nerve; deeper, the suprascapular nerve.

LI 17

Chinese Name: **Tianding**

English Name:

Location: On the lateral side of the neck, at the posterior border of sternocleidomastoid muscle, beside the laryngeal protuberance, at the midpoint of the line connecting Futu (LI 18) and Quepen (ST 12).

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The external jugular vein.

Innervation: Superficially, the supraclavicular nerve. It is on the posterior border of m. sternocleidomastoideus just where the cutaneous cervical nerve emerges. Deeper, the phrenic nerve.

LI 18

Chinese Name: **Futu**

English Name:

Location: On the lateral side of the neck, level with the tip of Adam's apple, between the sternal head and clavicular head of m. sternocleidomastoideus.

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Deeper, on the medial side, the ascending cervical artery and vein.

Innervation: The great auricular nerve, cutaneous cervical nerve, lesser occipital nerve and accessory nerve.

LI 19

Chinese Name: **Kouheliao**

English Name:

Location: Right below the lateral margin of the nostril, level with Renzhong (Shuigou, GV 26).

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

Method: Puncture obliquely 0.2-0.3 inch.

Regional anatomy

Vasculature: The superior labial branches of the facial artery and vein.

Innervation: The anastomotic branch of the facial nerve and the infraorbital nerve.

LI 20

Chinese Name: **Yingxiang**

English Name:

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

Indications: Nasal obstruction, hyposmia, epistaxis, rhinorrhea, deviation of the mouth, itching and swelling of the face.

Method: Puncture obliquely or subcutaneously 0.3-0.5 inch.

Regional anatomy

Vasculature: The facial artery and vein, the branches of the infraorbital artery and vein.

Innervation: The anastomotic branch of the facial and infraorbital nerves.

3. ACUPUNCTURE POINTS OF THE STOMACH MERIDIAN OF FOOT - YANGMING

ST 1

Chinese Name: **Chengqi**

English Name:

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

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

Method: Push the eyeball upward with the left thumb and puncture perpendicularly and slowly 0.5-1.0 inch along the infraorbital ridge. It is not advisable to manipulate the needle with large amplitude.

Regional anatomy

Vasculature: The branches of the infraorbital and ophthalmic arteries and veins.

Innervation: The branch of the infraorbital nerve, the inferior branch of the oculomotor nerve and the muscular branch of the facial nerve.

ST 2

Chinese Name: **Sibai**

English Name:

Location: Directly below the pupil, in the depression at the infraorbital foramen.

Indications: Redness, pain and itching of the eye, facial paralysis, twitching of eye lids, pain in the face.

Method: Puncture perpendicularly 0.2-0.3 inch. It is not advisable to puncture deeply.

Regional anatomy

Vasculature: The branches of facial artery and vein, the infraorbital artery and vein.

Innervation: The branches of the facial nerve. The point is right on the course of the infraorbital nerve.

ST 3

Chinese Name: **Juliao**

English Name:

Location: Directly below the pupil, at the level of the lower border of ala nasi, on the lateral side of the nasolabial groove. (See Fig. 64)

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the facial and infraorbital arteries and veins.

Innervation: The branches of the facial and infraorbital nerves.

ST 4

Chinese Name: **Dicang**

English Name:

Location: Lateral to the corner of the mouth, directly below the pupil. (See Fig. 64)

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

Method: Puncture subcutaneously 1.0-1.5 inches with the tip of the needle directed towards Jiache (ST 6). Moxibustion is applicable.

Regional anatomy

Vasculature: The facial artery and vein.

Innervation: Superficially, the branches of the facial and infraorbital nerves; deeper, the terminal branch of the buccal nerve.

ST 5

Chinese Name: **Daying**

English Name:

Location: Anterior to the angle of mandible, on the anterior border of the attached portion of m. masseter where the pulsation of facial artery is palpable, in the groove-like depression appearing when the cheek is bulged. (See Col. Fig. 3)

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

Method: Avoid puncturing the artery. Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Anteriorly, the facial artery and vein.

Innervation: The facial and buccal nerves.

ST 6

Chinese Name: **Jiache**

English Name:

Location: One finger-breadth (middle finger) anterior and superior to the lower angle of the mandible where m. masseter is prominence when the teeth are clenched and depressive when it is pressed.

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

Method: Puncture perpendicularly 0.3-0.5 inch or subcutaneously with the tip of the needle directed

towards Dicang (ST 4). Moxibustion is applicable.

Regional anatomy

Vasculature: The masseteric artery.

Innervation: The great auricular nerve, facial nerve and masseteric nerve.

ST 7

Chinese Name: **Xiaguan**

English Name:

Location: On the face, anterior to the ear, in the depression between the zygomatic arch and the mandibular notch. This point is located with the mouth closed.

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

Method: Puncture perpendicularly 0.1- 0.5 cun. Moxibustion is applicable.

Regional anatomy

Vasculature: Superficially, the transverse facial artery and vein; in the deepest layer, the maxillary artery and vein.

Innervation: The zygomatic branch of the facial nerve and the branches of the auriculotemporal nerve.

ST 8

Chinese Name: **Touwei**

English Name:

Location: On the lateral side of the head, 0.5 cun above the anterior hairline at the corner of the forehead, and 4.5 cun lateral to the midline of the head.

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

Method: Puncture 0.5-1.0 inch subcutaneously.

Regional anatomy

Vasculature: The frontal branches of the superficial temporal artery and vein.

Innervation: The branch of the auriculotemporal nerve and the temporal branch of the facial nerve.

ST 9

Chinese Name: **Renying**

English Name:

Location: Level with the tip of Adam's apple where the pulsation of common carotid artery is palpable, on the anterior border of m. sternocleidomastoideus.

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

Method: Avoid puncturing the common carotid artery, puncture perpendicularly 0.3-0.5 inch.

Regional anatomy

Vasculature: The superior thyroid artery on the bifurcation of the internal and the external carotid artery.

Innervation: Superficially, the cutaneous cervical nerve, the cervical branch of the facial nerve; deeper, the sympathetic trunk; laterally, the descending branch of the hypoglossal nerve and the vagus nerve.

ST 10

Chinese Name: **Shuitu**

English Name:

Location: At the midpoint of the line joining Renying (ST 9) and Qishe (ST 11), on the anterior border of m. sternocleidomastoideus.

Indications: Sore throat, asthma, coughs.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The common carotid artery.

Innervation: Superficially, the cutaneous cervical nerve; deeper, the superior cardiac nerve issued from the sympathetic nerve and the sympathetic trunk.

ST 11

Chinese Name: **Qishe**

English Name:

Location: At the superior border of the sternal extremity of the clavicle, between the sternal head and clavicular head of m. sternocleidomastoideus. (See Col. Fig. 3)

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Superficially, the anterior jugular vein; deeper, the common carotid artery.

Innervation: The medial supraclavicular nerve and the muscular branch of ansa hypoglossi.

ST 12

Chinese Name: **Quepen**

English Name:

Location: In the midpoint of the supraclavicular fossa, 4 cun lateral to the anterior midline.

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

Method: Avoid puncturing the artery. Puncture perpendicularly 0.3-0.5 inch.

Deep puncture is not advisable. Moxibustion is applicable.

Regional anatomy

Vasculature: Superiorly, the transverse cervical artery.

Innervation: Superficially, the intermediate supraclavicular nerve; deeper, the supraclavicular portion of brachial plexus.

ST 13

Chinese Name: **Qihu**

English Name:

Location: At the lower border of the middle of the clavicle, **4 cun** lateral to the anterior midline.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the thoracoacromial artery and vein; superiorly, the subclavicular vein.

Innervation: The branches of the supraclavicular nerve and the anterior thoracic nerve. .

ST 14

Chinese Name: **Kufang**

English Name:

Location: In the **1st** intercostal space, 4 cun lateral to the anterior midline.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The thoracoacromial artery and vein and the branches of the lateral thoracic artery and vein.

Innervation: The branch of the anterior thoracic nerve.

ST 15

Chinese Name: **Wuyi**

English Name:

Location: In the **2nd** intercostal space, 4 cun lateral to the anterior midline.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: See Kufang (ST 14).

Innervation: On the course of the branch of m. pectoralis major derived from the anterior thoracic nerve.

ST 16

Chinese Name: **Yingchuang**

English Name:

Location: In the **3rd** intercostal space, 4 cun lateral to the anterior midline.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The lateral thoracic artery and vein.

Innervation: The branch of the anterior thoracic nerve.

ST 17

Chinese Name: **Ruzhong**

English Name:

Location: In the **4th** intercostal space, in the centre of the nipple, 4 cun lateral to the anterior midline.

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

Regional anatomy Innervation: The anterior and lateral cutaneous branches of the fourth intercostal nerve.

ST 18

Chinese Name: **Rugen**

English Name:

Location: On the chest, directly below the nipple, on the lower border of breast, in the 5th intercostal space, 4 cun laterals to the anterior midline.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the intercostal artery and vein.

Innervation: The branch of the fifth intercostal nerve.

ST 19

Chinese Name: **Burong**

English Name:

Location: **6 cun above the umbilicus, 2 cun lateral** to Juque (CV 14).

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

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the seventh intercostal artery and vein, the branches of the superior epigastric artery and vein.

Innervation: The branch of the seventh intercostal nerve.

ST 20

Chinese Name: **Chengman**

English Name:

Location: 5 cun above the umbilicus, 2 cun lateral to Shangwan (CV 13).

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Burong (ST 19)

ST 21

Chinese Name: **Liangmen**

English Name:

Location: 4 cun above the umbilicus, 2 cun lateral to Zhongwan (CV 12).

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

Method: Puncture perpendicularly 0.8-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the eighth intercostal and superior epigastric arteries and veins.

Innervation: The branch of the eighth intercostal nerve.

ST 22

Chinese Name: **Guanmen**

English Name:

Location: 3 cun above the umbilicus, 2 cun lateral to Jianli (CV 11).

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

Method: Puncture perpendicularly 0.8-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Liangmen (ST 21)

ST 23

Chinese Name: **Taiyi**

English Name:

Location: 2 cun above the umbilicus, 2 cun lateral to Xiawan (CV 10).

Indications: Gastric pain, irritability, mania, indigestion.

Method: Puncture perpendicularly 0.7-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the eighth and ninth intercostal and inferior epigastric arteries and veins.

Innervation: The branches of the eighth and ninth intercostal nerves.

ST 24

Chinese Name: **Huaroumen**

English Name:

Location: 1 cun above the umbilicus, 2 cun lateral to Shuifen (CV 9).

Indications: Gastric pain, vomiting, mama.

Method: Puncture perpendicularly 0.7-1.0 inch. Moxibustion is applicable.

Regional anatomy Vasculature: The branches of the ninth intercostal and inferior epigastric arteries and veins.

Innervation: The branch of the ninth intercostal nerve.

ST 25 (Front-Mu Point of the Large Intestine,)

Chinese Name: **Tianshu**

English Name:

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

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

Method: Puncture perpendicularly 0.7-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the tenth intercostal and inferior epigastric arteries and veins.

Innervation: The branch of the tenth intercostal nerve.

ST 26

Chinese Name: **Wailing**

English Name:

Location: 1 cun below the umbilicus, 2 cun lateral to Yinjiao (CV 7).

Indications: Abdominal pain, hernia, dysmenorrhea.

Method: Puncture perpendicularly 0.7-1.2 inches. Moxibustion is applicable.

Regional anatomy: See Tianshu (ST 25)

ST 27

Chinese Name: **Daju**

English Name:

Location: 2 cun below the umbilicus, 2 cun lateral to Shimen (CV 5).

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

Method: Puncture perpendicularly 0.7-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the eleventh intercostal artery and vein; laterally, the inferior epigastric artery and vein.

Innervation: The eleventh intercostal nerve.

ST 28

Chinese Name: **Shuidao**

English Name:

Location: 3 cun below the umbilicus, 2 cun lateral to Guanyuan (CV 4).

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

Method: Puncture perpendicularly 0.7-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the subcostal artery and vein; laterally, the inferior epigastric artery and vein.

Innervation: A branch of the subcostal nerve.

ST 29

Chinese Name: **Guilai**

English Name:

Location: 4 cun below the umbilicus, 2 cun lateral to Zhongji (CV 3).

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

Method: Puncture perpendicularly 0.7-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: Laterally, the inferior epigastric artery and vein.

Innervation: The iliohypogastric nerve.

ST 30

Chinese Name: **Qichong**

English Name:

Location: 5 cun below the umbilicus, 2 cun lateral to Qugu (CV 2).

Indications: Abdominal pain, borborygmus, hernia, swelling and pain of the external genitalia, impotence, dysmenorrhea, irregular menstruation.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the superficial epigastric artery and vein; laterally, the inferior epigastric artery and vein.

Innervation: The pathway of the ilioinguinal nerve.

ST 31

Chinese Name: **Diguan**

English Name:

Location: On the anterior side of the thigh and on the line connecting the anterosuperior iliac spine and the superiolateral corner of the patella, on the level of the perineum when the thigh is fixed, in the depression lateral to the sartorius muscle. (See Fig. 69)

Indications: Pain in the thigh, muscular atrophy, motor impairment, numbness and pain of the lower extremities.

Method: Puncture perpendicularly 1.0-1.5 inches. Moxibustion is applicable.

Regional anatomy Vasculature: Deeper, the branches of the lateral circumflex femoral artery and vein.
Innervation: The lateral femoral cutaneous nerve.

Futu (ST 32)

Chinese Name:

English Name:

Location: On the line connecting the anterior superior iliac spine and lateral border of the patella, 6 cun above the laterosuperior border of the patella. (See Col. Fig. 4)

Indications: Pain in the lumbar and iliac region, coldness of the knee, paralysis or motor impairment and pain of the lower extremities, beriberi.

Method: Puncture perpendicularly 1.0-1.5 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the lateral circumflex femoral artery and vein.

Innervation: The anterior and lateral femoral cutaneous nerves.

ST 33

Chinese Name: **Yinshi**

English Name:

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

Indications: Numbness, soreness, motor impairment of the leg and knee, motor impairment of the lower extremities.

Method: Puncture perpendicularly 0.7-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The descending branch of the lateral circumflex femoral artery.

Innervation: The anterior and lateral femoral cutaneous nerves.

ST 34 (Xi-Cleft Point)

Chinese Name: **Liangqiu**

English Name:

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

Indications: Pain and numbness of the knee, gastric pain, mastitis, motor impairment of the lower extremities.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Yinshi (ST 33)

ST 35

Chinese Name: **Dubi**

English Name:

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

Indications: Pain, numbness and motor impairment of the knee, beriberi.

Method: Puncture perpendicularly 0.7-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The arterial and venous network around the knee joint.

Innervation: The lateral sural cutaneous nerve and the articular branch of the common peroneal nerve.

ST 36 (He-Sea Point)

Chinese Name: **Zusanli**

English Name:

Location: 3 cun below Dubi (ST 35), one finger-breadth (middle finger) from the anterior border of the tibia.

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

Method: Puncture perpendicularly 0.5-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The anterior tibial artery and vein.

Innervation: Superficially, the lateral sural cutaneous nerve and the cutaneous branch of the saphenous nerve; deeper, the deep peroneal nerve.

ST 37 (The Lower He-Sea Point of the Large Intestine)

Chinese Name: **Shangjuxu**

English Name:

Location: 6 cun below Dubi (ST 35), and one finger breadth (middle finger) from the anterior border of the tibia.

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

Method: Puncture perpendicularly 0.5-1.2 inches. Moxibustion is applicable.

Regional anatomy: See Zusanli (ST 36)

ST 38

Chinese Name: **Tiaokou**

English Name:

Location: 8 cun below Dubi (ST 35) and on finger breadth (middle finger) from the anterior border of the tibia.

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Zusanli (ST 36)

ST 39 (The Lower He-Sea Point of the Small Intestine)

Chinese Name: **Xiajuxu**

English Name:

Location: 9 cun below (Dubi (ST 35) and one finger breadth (middle finger) from the anterior border of the tibia.

Indications: Lower abdominal pain, backache referring to the testis, mastitis, numbness and paralysis of the lower extremities.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The anterior tibial artery and vein.

Innervation: The branches of the superficial peroneal nerve and the deep peroneal nerve.

ST 40 (Luo-Connecting Point,)

Chinese Name: **Fenglong**

English Name:

Location: 8 cun superior to the tip of the external malleolus, lateral to Tiaokou (ST 38) about two finger-breadth lateral to the anterior border of the tibia.

Indications: Headache, dizziness and vertigo, cough, asthma, excessive sputum, pain in the chest, constipation, mania, epilepsy, muscular atrophy, motor impairment, pain, swelling or paralysis of the lower extremities.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the anterior tibial artery and vein.

Innervation: The superficial peroneal nerve.

ST 41 (Jing-River Point,)

Chinese Name: **Jiexi**

English Name:

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

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

Method: Puncture perpendicularly 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The anterior tibial artery and vein.

Innervation: The superficial and deep peroneal nerves.

ST 42 (Yuan-Primary Point,)

Chinese Name: **Chongyang**

English Name:

Location: On the dome of the instep of the foot, between the tendons of long extensor muscle of the great toe and long extensor muscle of toes, where the pulsation of the dorsal artery of foot is palpable.

Indications: Pain of the upper teeth, redness and swelling of the dorsum of the foot, facial paralysis, muscular atrophy and motor impairment of the foot.

Method: Avoid puncturing the artery.

Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal artery and vein of foot, the dorsal venous network of foot.

Innervation: Superficially, the medial dorsal cutaneous nerve of foot derived from the superficial peroneal nerve; deeper, the deep peroneal nerve.

ST 43 (Shu-Stream Point,)

Chinese Name: **Xiangu**

English Name:

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

Indications: Facial or general edema, abdominal pain, borborygmus, swelling and pain of the dorsum of the foot.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal venous network of foot.

Innervation: The medial dorsal cutaneous nerve of foot.

ST 44 (Ying-Spring Point,)

Chinese Name: **Neiting**

English Name:

Location: Proximal to the web margin between the 2nd and 3rd toes, in the depression distal and lateral to the 2nd metatarsodigital joint.

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal venous network of foot.

Innervation: Just where the lateral branch of the medial dorsal cutaneous nerve divides into dorsal digital nerves.

ST 45 (Jing-Well Point,)

Chinese Name: **Lidui**

English Name:

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

Indications: Facial swelling, deviation of the mouth, epistaxis, toothache, sore throat and hoarse voice, abdominal distension, coldness in the leg and foot, febrile diseases, dream-disturbed sleep, mania.

Method: Puncture subcutaneously 0.1 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The arterial and venous network formed by the dorsal digital artery and vein of foot.

Innervation: The dorsal digital nerve derived from the superficial peroneal nerve.

4. ACUPUNCTURE POINTS OF THE SPLEEN MERIDIAN OF FOOT-TAIYIN

SP 1 (Jing-Well Point)

Chinese Name: **Yinbai**

English Name:

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

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

Method: Puncture subcutaneously 0.1 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal digital artery.

Innervation: On the anastomosis of the dorsal digital nerve derived from the superficial peroneal nerve and the plantar digital proprial nerve.

SP 2 (Ying-Spring Point)

Chinese Name: **Dadu**

English Name:

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

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

Method: Puncture perpendicularly 0.1-0.3 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the medial plantar artery and vein.

Innervation: The plantar digital proprial nerve derived from the medial plantar nerve.

SP 3 (Shu-Stream and Yuan-Primary Point)

Chinese Name: **Taibai**

English Name:

Location: Proximal and inferior to the 1st metatarsophalangeal joint, in the depression of the junction of the red and white skin.

Indications: Gastric pain, abdominal distension, constipation, dysentery, vomiting diarrhea, borborygmus, sluggishness, beriberi.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal venous network of the foot, the medial plantar artery and the branches of the medial tarsal artery.

Innervation: The branches of the saphenous nerve and superficial peroneal nerve.

SP 4 (Luo-Connecting Point, Confluent Point)

Chinese Name: **Gongsun**

English Name:

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

red and white skin.

Indications: Gastric pain, vomiting, abdominal pain and distension, diarrhea, dysentery, borborygmus.

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The medial tarsal artery and the dorsal venous network of the foot.

Innervation: The saphenous nerve and the branch of the superficial peroneal nerve.

SP 5 (Jing-River Point)

Chinese Name: **Shangqiu**

English Name:

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

Indications: Abdominal distension, constipation, diarrhea, borborygmus, pain and rigidity of the tongue, pain in the foot and ankle, hemorrhoid.

Method: Puncture perpendicularly 0.2-0.3 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The medial tarsal artery and the great saphenous vein.

Innervation: The medial crural cutaneous nerve and the branch of the superficial peroneal nerve.

SP 6

Chinese Name: **Sanyinjiao**

English Name:

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

Indications: Abdominal pain, borborygmus, abdominal distension, diarrhea, dysmenorrhea, irregular menstruation, uterine bleeding, morbid leukorrhea, prolapse of the uterus, sterility, delayed labour, nocturnal emission, impotence, enuresis, dysuria, edema, hernia, pain in the external genitalia, muscular atrophy, motor impairment, paralysis and pain of the lower extremities, headache, dizziness and vertigo, insomnia.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable. Acupuncture on this point is contraindicated in pregnant women.

Regional anatomy

Vasculature: The great saphenous vein, the posterior tibial artery and vein.

Innervation: Superficially, the medial crural cutaneous nerve; deeper, in the posterior aspect, the tibial nerve.

SP 7

Chinese Name: **Lougu**

English Name:

Location: 6 cun from the tip of the medial malleolus, on the line connecting the tip of the medial malleolus and Yinlingquan (SP 9), posterior to the medial border of the tibia.

Indications: Abdominal distension, borborygmus, coldness, numbness and paralysis of the knee and leg.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Sanyinjiao (SP 6).

SP 8 (Xi-Cleft Point)

Chinese Name: Diji

English Name:

Location: 3 cun below Yinlingquan (SP 9), on the line connecting Yinlingquan (SP 9) and the medial malleolus.

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Anteriorly, the great saphenous vein and the branch of the genu suprema artery; deeper, the posterior tibial artery and vein.

Innervation: See Sanyinjiao (SP 6).

SP 9 (He-Sea Point)

Chinese Name: Yinlingqnan

English Name:

Location: On the lower border of the medial condyle of the tibia, in the depression posterior and inferior to the medial condyle of the tibia.

Indications: Abdominal pain and distension, diarrhea, dysentery, edema, jaundice, dysuria, enuresis, incontinence of urine, pain in the external genitalia, dysmenorrhea, pain in the knee.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Anteriorly, the great saphenous vein, the genu suprema artery; deeper, the posterior tibial artery and vein.

Innervation: Superficially, the medial crural cutaneous nerve; deeper, the tibial nerve.

SP 10

Chinese Name: Xuehai

English Name:

Location: When the knee is flexed, the point is 2 cun above the mediosuperior border of the patella, on the bulge of the medial portion of m. quadriceps femoris. Or when the patient's knee is flexed, cup your right palm to his left knee, with the thumb on the medial side and with the other four fingers directed proximally, and the thumb forming an angle of 45° with the index finger. The point is where the tip of your thumb rests.

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

Method: Puncture perpendicularly 0.5-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The muscular branches of the femoral artery and vein.

Innervation: The anterior femoral cutaneous nerve and the muscular branch of the femoral nerve.

SP 11

Chinese Name: Jimen

English Name:

Location: 6 cun above Xuehai (SP 10), on the line drawn from Xuehai (SP 10) to Chongmen (SP 12).

Indications: Dysuria, enuresis, pain and swelling in the inguinal region, muscular atrophy, motor

impairment, pain and paralysis of the lower extremities.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Superficially, the great saphenous vein; deeper on the lateral side, the femoral artery and vein.

Innervation: The anterior femoral cutaneous nerve; deeper, the saphenous nerve.

SP 12

Chinese Name: **Chongmen**

English Name:

Location: Superior to the lateral end of the inguinal groove, lateral to the pulsating external iliac artery, at the level of the upper border of symphysis pubis, 3.5 cun lateral to Qugu (CV 2).

Indications: Abdominal pain, hernia, dysuria.

Method: Avoid puncturing the artery.

Puncture perpendicularly 0.5-1.0 inch.

Moxibustion is applicable.

Regional anatomy

Vasculature: On the medial side, the femoral artery.

Innervation: Just where the femoral nerve traverses.

SP 13

Chinese Name: **Fushe**

English Name:

Location: 4 cun below the centre of the umbilicus, 0.7 cun superior to Chongmen (SP 12), 4 cun lateral to the anterior midline.

Indications: Lower abdominal pain, hernia.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Innervation: The ilioinguinal nerve.

SP 14

Chinese Name: **Fujie**

English Name:

Location: 1.3 cun below Daheng (SP 15), 4 cun lateral to the anterior midline, on the lateral side of m. rectus abdominis.

Indications: Pain around the umbilical region, abdominal distension, hernia, diarrhea, constipation.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The eleventh intercostal artery and vein.

Innervation: The eleventh intercostal nerve.

SP 15

Chinese Name: **Daheng**

English Name:

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

Indications: Abdominal pain and distension, diarrhea, dysentery, constipation.

Method: Puncture perpendicularly 0.7-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The tenth intercostal artery and vein.

Innervation: The tenth intercostal nerve.

SP 16

Chinese Name: **Fuai**

English Name:

Location: 3 cun above the centre of the umbilicus, and 4 cun lateral to the anterior midline.

Indications: Abdominal pain, indigestion, constipation, dysentery.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The eighth intercostal artery and vein.

Innervation: The eighth intercostal nerve.

SP 17

Chinese Name: **Shidou**

English Name:

Location: In the **5th intercostal space, 6 cun lateral** to the anterior midline.

Indications: Fullness and pain in the chest and hypochondriac region.

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The thoracoepigastric vein.

Innervation: The lateral cutaneous branch of the fifth intercostal nerve.

SP 18

Chinese Name: **Tianxi**

English Name:

Location: In the **4th intercostal space, 6 cun lateral** to the anterior midline.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the lateral thoracic artery and vein, the thoracoepigastric artery and vein, the fourth intercostal artery and vein.

Innervation: The lateral cutaneous branch of the fourth intercostal nerve.

SP 19

Chinese Name: **Xionxiang**

English Name:

Location: In the **3rd intercostal space, 6 cun lateral** to the anterior midline.

Indications: Fullness and pain in the chest and hypochondriac region.

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The lateral thoracic artery and vein, the third intercostal artery and vein.

Innervation: The lateral cutaneous branch of the third intercostal nerve.

SP 20

Chinese Name: **Zhourong**

English Name:

Location: In the **2nd intercostal space, 6 cun lateral** to the anterior midline.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The lateral thoracic artery and vein, the second intercostal artery and vein.

Innervation: The muscular branch of the anterior thoracic nerve, the lateral cutaneous branch of the second intercostal nerve.

SP 21 (Major Luo-Connecting Point of the Spleen)

Chinese Name: **Dabao**

English Name:

Location: On the lateral side of the chest and on the middle axillary line, in the **6th intercostal space**.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The thoracodorsal artery and vein, the seventh intercostal artery and vein.

Innervation: The seventh intercostal nerve and the terminal branch of the long thoracic nerve.

5. ACUPUNCTURE POINTS OF THE HEART MERIDIAN OF HAND-SHAOYIN

HT 1

Chinese Name: **Jiquan**

English Name:

Location: When the upper arm is abducted, the point is in the centre of the axilla, on the medial side of the axillary artery.

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

Method: Avoid puncturing the axillary artery. Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Laterally, the axillary artery.

Innervation: The ulnar nerve, median nerve and medial brachial cutaneous nerve.

HT 2

Chinese Name: **Qingling**

English Name:

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

Indications: Pain in the cardiac and hypochondriac regions, shoulder and arm.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The basilic vein, the superior ulnar collateral artery.

Innervation: The medial antebrachial cutaneous nerve, the medial brachial cutaneous nerve and the ulnar nerve.

HT 3 (He-Sea Point)

Chinese Name: **Shaohai**

English Name:

Location: With the elbow flexed, at the midpoint of the line connecting the medial end of the cubital crease and the medial epicondyle of humerus.

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The basilic vein, the inferior ulnar collateral artery, the ulnar recurrent artery and vein.

Innervation: The medial antebrachial cutaneous nerve.

HT 4 (Jing-River Point)

Chinese Name: **Lingdao**

English Name:

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

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The ulnar artery.

Innervation: The medial antebrachial cutaneous nerve; on the ulnar side, the ulnar nerve.

HT5 (Luo-Connecting Point)

Chinese Name: **Tongli**

English Name:

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

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy: See Lingdao (HT 4)

HT 6 (Xi-Cleft Point)

Chinese Name: **Yinxi**

English Name:

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

Indications: Cardiac pain, hysteria, night sweating, hemoptysis, epistaxis, sudden loss of voice.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy: See Lingdao (HT 4).

HT 7 (Shu-Stream and Yuan-Primary Point)

Chinese Name: **Shenmen**

English Name:

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

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy: See Lingdao (HT 4)

HT8 (Ying-Spring Point)

Chinese Name: **Shaofu**

English Name:

Location: When the palm faces upward, the point is between the 4th and 5th metacarpal bones. When a fist is made, the point is where the tip of the little finger rests.

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy Vasculature: The common palmar digital artery and vein.

Innervation: The fourth common palmar digital nerve derived from the ulnar nerve.

HT9 (Jing-Well Point)

Chinese Name: **Shaochong**

English Name:

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

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

Method: Puncture subcutaneously 0.1 inch, or prick with a three-edged needle to cause bleeding.

Moxibustion is applicable.

Regional anatomy

Vasculature: The arterial and venous network formed by the palmar digital proprial artery and vein.

Innervation: The palmar digital proprial nerve derived from the ulnar nerve.

6. ACUPUNCTURE POINTS OF THE SMALL INTESTINE

MERIDIAN OF HAND-TAIYANG

SI 1 (Jing-Well Point)

Chinese Name: **Shaoze**

English Name:

Location: On the ulnar side of the little finger, about 0.1 cun from the corner of the nail. (See Fig. 78)

Indications: Headache, febrile diseases, loss of consciousness, insufficient lactation, sore throat, redness of the eye, cloudiness of the cornea.

Method: Puncture subcutaneously 0.1 inch, or prick the point to cause bleeding. Moxibustion is applicable.

Regional anatomy

Vasculature: The arterial and venous network formed by the palmar digital proprial artery and vein and the dorsal digital artery and vein.

Innervation: The palmar digital proprial nerve and the dorsal digital nerve derived from the ulnar nerve.

SI 2 (Ying-Spring Point)

Chinese Name: **Qiangou**

English Name:

Location: When a loose fist is made, the point is on the ulnar end of the crease in front of the metacarpophalangeal joint of the little finger, at the junction of the red and white skin.

Indications: Numbness of the fingers, febrile diseases, tinnitus, headache, reddish urine.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy Vasculature: The dorsal digital artery and vein arising from the ulnar artery and vein.

Innervation: The dorsal digital nerve and palmar digital propria 1 nerve derived from the ulnar nerve.

SI 3 (Shu-Stream Point, One of the Eight Confluent Points)

Chinese Name: **Houxi**

English Name:

Location: When a loose fist is made, the point is on the ulnar end of the distal palmar crease, proximal to the fifth metacarpophalangeal joint, at the end of the transverse crease and the junction of the red and white skin. (See Fig. 78)

Indications: Pain and rigidity of the neck, tinnitus, deafness, sore throat, mania, malaria, acute lumbar sprain, night sweating, febrile diseases, contracture and numbness of the fingers, pain in the shoulder and elbow.

Method: Puncture perpendicularly 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal digital artery and vein, the dorsal venous network of the hand.

Innervation: The dorsal branch derived from the ulnar nerve.

SI 4 (Yuan-Primary Point)

Chinese Name: **Wangu**

English Name:

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

and the hamate bone. (See Fig. 78)

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior carpal artery (the branch of the ulnar artery), the dorsal venous network of the hand.

Innervation: The dorsal branch of the ulnar nerve.

SI 5 (Jing-River Point)

Chinese Name: **Yanggu**

English Name:

Location: At the ulnar end of the transverse crease on the dorsal aspect of the wrist, in the depression between the styloid process of the ulna and the triquetral bone. (See Fig. 78)

Indications: Swelling of the neck and submandibular region, pain of the hand and wrist, febrile diseases.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior carpal artery.

Innervation: The dorsal branch of the ulnar nerve.

SI 6 (Xi-Cleft Point)

Chinese Name: **Yanglao**

English Name:

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

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The terminal branches of the posterior interosseous artery and vein, the dorsal venous network of the wrist.

Innervation: The anastomotic branches of the posterior antebrachial cutaneous nerve and the dorsal branch of the ulnar nerve.

SI 7 (Luo-Connecting Point)

Chinese Name: **Zhizheng**

English Name:

Location: On the line joining Yanggu (SI 5) and Xiaohai (SI 8), 5 cun proximal to the dorsal crease of the wrist. (See Fig. 80)

Indications: Neck rigidity, headache, dizziness, spasmodic pain in the elbow and fingers, febrile diseases, mania.

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The terminal branches of the posterior interosseous artery and vein.

Innervation: Superficially, the branch of the medial antebrachial cutaneous nerve; deeper, on the radial

side, the posterior interosseous nerve.

SI 8 (He-Sea Point)

Chinese Name: **Xiaohai**

English Name:

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

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The superior and inferior ulnar collateral arteries and veins, the ulnar recurrent artery and vein.

Innervation: The branches of the medial antebrachial cutaneous nerve, the ulnar nerve.

SI 9

Chinese Name: **Jianzhen**

English Name:

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

Indications: Pain in the scapular region, motor impairment of the hand and arm.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The circumflex scapular artery and vein.

Innervation: The branch of the axillary nerve; deeper in the superior aspect, the radial nerve.

SI 10

Chinese Name: **Naoshu**

English Name:

Location: When the arm is adducted, the point is directly above the posterior end of the axillary fold, in the depression inferior to the scapular spine

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior circumflex humeral artery and vein; deeper, the suprascapular artery and vein.

Innervation: The posterior cutaneous nerve of the arm, the axillary nerve; deeper, the suprascapular nerve.

SI 11

Chinese Name: **Tianzong**

English Name:

Location: On the scapula, in the depression of the center of the subscapular fossa, and at the level of the 4th thoracic vertebra. (See Fig. 82)

Indications: Pain in the scapular region, pain in the lateroposterior aspect of the elbow and arm, asthma.

Method: Puncture perpendicularly or obliquely 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy Vasculature: The muscular branches of the circumflex scapular artery and vein.

Innervation: The suprascapular nerve.

SI 12

Chinese Name: **Bingfeng**

English Name:

Location: In the centre of the suprascapular fossa, directly above Tianzong (SI 11). When the arm is lifted, the point is at the site of the depression.

Indications: Pain in the scapular region, numbness and aching of the upper extremities, motor impairment of the shoulder and arm.

Method: Puncture perpendicularly 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy Vasculature: The suprascapular artery and vein.

Innervation: The lateral suprascapular nerve and accessory nerve; deeper, the suprascapular nerve.

SI 13

Chinese Name: **Quyuan**

English Name:

Location: On the medial extremity of the suprascapular fossa, about midway between Naoshu (SI 10) and the spinous process of the 2nd thoracic vertebra.

Indications: Pain and stiffness of the scapular region.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy Vasculature: Superficially, the descending branches of the transverse cervical artery and vein; deeper, the muscular branch of the suprascapular artery and vein.

Innervation: Superficially, the lateral branch of the posterior ramus of the second thoracic nerve, the accessory nerve; deeper, the muscular branch of the suprascapular nerve.

SI 14

Chinese Name: **Jianwaishu**

English Name:

Location: 3 cun lateral to the lower border of the spinous process of the 1st thoracic vertebra where Taodao (GV 13) is located.

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

Method: Puncture obliquely 0.3-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Deeper, the transverse cervical artery and vein.

Innervation: Superficially, the medial cutaneous branches of the posterior rami of the first and second thoracic nerves, the accessory nerve; deeper, the dorsal scapular nerve.

SI 15

Chinese Name: **Jianzhongshu**

English Name:

Location: 2 cun lateral to the lower border of the spinous process of the seventh cervical vertebra (Dazhui, GV 14).

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

Method: Puncture obliquely 0.3-0.6 inch. Moxibustion is applicable.

Regional anatomy: See lianwaishu (SI 14).

SI 16

Chinese Name: **Tianchuang**

English Name:

Location: In the lateral aspect of the neck, posterior to m. sternocleidomastoideus and Futu (LI 18), on the level of the laryngeal protuberance.

Indications: Sore throat, sudden loss of voice, deafness, tinnitus, stiffness and pain of the neck.

Method: Puncture perpendicularly 0.3-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The ascending cervical artery.

Innervation: The cutaneous cervical nerve, the emerging portion of the great auricular nerve.

SI 17

Chinese Name: **Tianrong**

English Name:

Location: Posterior to the angle of mandible, in the depression on the anterior border of m. sternocleidomastoideus.

Indications: Deafness, tinnitus, sore throat, swelling of the cheek, foreign body sensation in the throat, goiter.

Method: Puncture perpendicularly 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Anteriorly, the external jugular vein; deeper, the internal carotid artery and internal jugular vein.

Innervation: Superficially, the anterior branch of the great auricular nerve, the cervical branch of the facial nerve; deeper, the superior cervical ganglion of the sympathetic trunk.

SI 18

Chinese Name: **Quanliao**

English Name:

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

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

Method: Puncture perpendicularly 0.5-0.8 inch.

Regional anatomy

Vasculature: The branches of the transverse facial artery and vein.

Innervation: The facial and infraorbital nerves.

SI 19

Chinese Name: **Tinggong**

English Name:

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

Indications: Deafness, tinnitus, otorrhea, motor impairment of the mandibular joint, toothache.

Method: Puncture perpendicularly 0.5-1.0 inch when the mouth is open. Moxibustion is applicable.

Regional anatomy

Vasculature: The auricular branches of the superficial temporal artery and vein

Innervation: The branch of the facial nerve, the auriculotemporal nerve.

7. ACUPUNCTURE POINTS OF THE BLADDER MERIDIAN OF FOOT-TAIYANG

BL 1

Chinese Name: **Jingming**

English Name:

Location: In the depression slightly above the inner canthus.

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

Method: Ask the patient to close his eyes when pushing gently the eyeball to the lateral side. Puncture slowly perpendicularly 0.3-0.7 inch along the orbital wall. It is not advisable to twist or lift and thrust the needle vigorously. To avoid bleeding, press the puncturing site for a few seconds after withdrawal of the needle. Moxibustion is forbidden.

Regional anatomy

Vasculature: The angular artery and vein, deeper, superiorly, the ophthalmic artery and vein.

Innervation: Superficially, the supratrochlear and infratrochlear nerves; deeper, the branches of the oculomotor nerve, the ophthalmic nerve.

BL 2

Chinese Name: **Zanzhu**

English Name:

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

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

Method: Puncture subcutaneously 0.3-0.5 inch, or prick with three-edged needle to cause bleeding.

Regional anatomy

Vasculature: The frontal artery and vein.

Innervation: The medial branch of the frontal nerve.

BL 3

Chinese Name: **Meichong**

English Name:

Location: **Directly above Zanzhu, 0.5 cun** within the anterior hairline, between Shenting (GV 24) and Quchai (BL 4).

Indications: Headache, giddiness, epilepsy, nasal obstruction.

Method: Puncture subcutaneously 0.3-0.5 inch.

Regional anatomy: See Zanzhu (BL 2).

BL 4

Chinese Name: **Qucha**

English Name:

Location: **0.5 cun directly above** the midpoint of the anterior hairline and **1.5 cun lateral** to the midline, at the junction of the medial third and lateral two-thirds of the distance from Shenting (GV 24) to Touwei (ST

8).

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

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The frontal artery and vein.

Innervation: The lateral branch of the frontal nerve.

BL 5

Chinese Name: **Wuchu**

English Name:

Location: **1 cun directly above** the midpoint of the anterior hairline and 1.5 cun lateral to the midline.

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

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy: See Quchai (BL 4).

BL 6

Chinese Name: **Chengguang**

English Name:

Location: **2.5 cun directly above** the midpoint of the anterior hairline and 1.5 cun lateral to the midline.

Indications: Headache, blurring of vision, nasal obstruction.

Method: Puncture subcutaneously 0.3-0.5 inch.

Regional anatomy

Vasculature: The anastomotic network of the frontal artery and vein, the superficial temporal artery and vein, the occipital artery and vein.

Innervation: The anastomotic branch of the lateral branch of the frontal nerve and the great occipital nerve.

BL 7

Chinese Name: **Tongtian**

English Name:

Location: **4 cun directly above** the midpoint of the anterior hairline and 1.5 cun lateral to the midline.

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

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The superficial temporal artery and vein and the occipital artery and vein.

Innervation: The branch of the great occipital nerve.

BL 8

Chinese Name: **Luoque**

English Name:

Location: **5.5 cun directly above** the midpoint of the anterior hairline and 1.5 cun lateral to the midline.

Indications: Dizziness, blurring of vision, tinnitus, mania.

Method: Puncture subcutaneously 0.3-0.5 inch.

Regional anatomy

Vasculature: The branches of the occipital artery and vein.

Innervation: The branch of the great occipital nerve.

BL 9

Chinese Name: **Yuzhen**

English Name:

Location: **2.5 cun directly above** the midpoint of the **posterior hairline** and **1.3 cun lateral** to the midline, in the depression on the level of the upper border of the external occipital protuberance.

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

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The occipital artery and vein.

Innervation: The branch of the great occipital nerve.

BL 10

Chinese Name: **Tianzhu**

English Name:

Location: 1.3 cun lateral to the midpoint of the **posterior hairline** and in the depression on the lateral aspect of m. trapezius.

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

Method: Puncture perpendicularly 0.5-0.8 inch.

Regional anatomy

Vasculature: The occipital artery and vein.

Innervation: The great occipital nerve.

BL 11 (Influential Point of Bone)

Chinese Name: **Dazhu**

English Name:

Location: 1.5 cun lateral to Taodao (GV 13), at the level of the lower border of the spinous process of the first thoracic vertebra.

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

Method: Puncture obliquely 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The medial cutaneous branches of the posterior branches of the intercostal artery and vein.

Innervation: The medial cutaneous branches of the posterior rami of the first and second thoracic nerves; deeper, their lateral cutaneous branches.

BL 12

Chinese Name: **Fengmen**

English Name:

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

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

Method: Puncture obliquely 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy Vasculature: The medial cutaneous branches of the posterior branches of the intercostal artery and vein.

Innervation: Superficially, the medial cutaneous branches of the posterior rami of the second and third thoracic nerves; deeper, their lateral cutaneous branches.

BL 13 (Back-Shu Point of the Lung)

Chinese Name: **Feishu**

English Name:

Location: 1.5 cun lateral to Shenzhu (GV 12), at the level of the lower border of the spinous process of the third thoracic vertebra.

Indications: Cough, asthma, chest pain, spitting of blood, afternoon fever, night sweating.

Method: Puncture obliquely 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The medial cutaneous branches of the posterior branches of the intercostal artery and vein.

Innervation: The medial cutaneous branches of the posterior rami of the third and fourth thoracic nerves; deeper, their lateral branches.

BL 14 (Back-Shu Point of the Pericardium)

Chinese Name: **Jueyinshu**

English Name:

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

Indications: Cough, cardiac pain, palpitation, stuffy chest, vomiting.

Method: Puncture obliquely 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The medial cutaneous branches of the posterior branches of the intercostal artery and vein.

Innervation: The medial cutaneous branches of the posterior rami of the fourth or fifth thoracic nerves; deeper, their lateral branches.

BL 15 (Back-Shu Point of the Heart)

Chinese Name: **Xinshu**

English Name:

Location: 1.5 cun lateral to Shendao (GV 11), at the level of the lower border of the spinous process of the fifth thoracic vertebra.

Indications: Cardiac pain, panic, loss of memory, palpitation, cough, spitting of blood, nocturnal emission, night sweating, mania, epilepsy.

Method: Puncture obliquely 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The medial cutaneous branches of the posterior branches of the intercostal artery and vein.

Innervation: The medial cutaneous branches of the posterior rami of the fifth and sixth thoracic nerves; deeper, their lateral branches.

BL 16

Chinese Name: **Dushu**

English Name:

Location: 1.5 cun lateral to Lingtai (GV 10), at the level of the lower border of the spinous process of the sixth thoracic vertebra.

Indications:

Method: Puncture obliquely 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The medial branches of the posterior branches of the intercostal artery and vein, the descending branch of the transverse cervical artery.

Innervation: The dorsal scapular nerve, the medial cutaneous branches of the dorsal rami of the sixth and seventh thoracic nerves; deeper, their lateral branches.

BL 17 (Influential Point of Blood)

Chinese Name: **Geshu**

English Name:

Location: 1.5 cun lateral to Zhiyang (GV 9), at the level of the lower border of the spinous process of the seventh thoracic vertebra.

Indications: Vomiting, hiccup, belching, difficulty in swallowing, asthma, cough, spitting of blood, afternoon fever, night sweating, measles.

Method: Puncture obliquely 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The medial branches of the posterior branches of the intercostal artery and vein.

Innervation: The medial branches of the posterior rami of the seventh and eighth thoracic nerves; deeper, their lateral branches.

BL 18 (Back-Shu Point of the Liver)

Chinese Name: **Ganshu**

English Name:

Location: 1.5 cun lateral to Jinsuo (GV 8), at the level of the lower border of the spinous process of the 9th thoracic vertebra.

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

Method: Puncture obliquely 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The medial branches of the posterior branches of the intercostal artery and vein.

Innervation: The medial cutaneous branches of the posterior rami of the ninth and tenth thoracic nerves; deeper, their lateral branches.

BL 19 (Back-Shu Point of the Gallbladder)

Chinese Name: **Danshu**

English Name:

Location: 1.5 cun lateral to Zhongshu (GV 7), at the level of the lower border of the spinous process of the tenth thoracic vertebra.

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

Method: Puncture obliquely 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Musculature: M. latissimus dorsi, the site between m. longissimus and m. ilio~ costalis.

Vasculature: The medial branches of the posterior branches of the intercostal artery and vein.

Innervation: The medial cutaneous branches of the posterior rami of the tenth and eleventh thoracic nerves; deeper, their lateral branches.

BL 20 (Back-Shu Point of the Spleen)

Chinese Name: **Pishu**

English Name:

Location: 1.5 cun lateral to Jizhong (GV 6), at the level of the lower border of the spinous process of the eleventh thoracic vertebra.

Indications: Epigastric pain, abdominal distension, jaundice, vomiting, diarrhea, dysentery, bloody stools, profuse menstruation, edema, anorexia, backache.

Method: Puncture obliquely 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The medial branches of the posterior branches of the intercostal artery and vein.

Innervation: The medial cutaneous branches of the posterior rami of the eleventh and twelfth thoracic nerves; deeper, their lateral branches.

BL 21 (Back-Shu Point of the Stomach)

Chinese Name: **Weishu**

English Name:

Location: 1.5 cun lateral to the Govern or Vessel, at the level of the lower border of the spinous process of the twelfth thoracic vertebra.

Indications: Pain in the chest and hypochondriac and epigastric regions, anorexia, abdominal distension, borborygmus, diarrhea, nausea, vomiting.

Method: Puncture obliquely 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The medial branches of the posterior branches of the subcostal artery and vein.

Innervation: The medial cutaneous branch of the posterior ramus of the twelfth thoracic nerve; deeper, its lateral branch.

BL 22 (Back-Shu Point of Triple Energizer)

Chinese Name: **Sanjiaoshu**

English Name:

Location: 1.5 cun lateral to Xuanshu (GV 5), at the level of the lower border of the spinous process of the first lumbar vertebra.

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the first lumbar artery and vein.

Innervation: The lateral cutaneous branch of the posterior ramus of the tenth thoracic nerve; deeper, the

lateral branch of the posterior ramus of the first lumbar nerve.

BL 23 (Back-Shu Point of the Kidney)

Chinese Name: **Shenshu**

English Name:

Location: 1.5 cun lateral to Mingmen (GV 4), at the level of the lower border of the spinous process of the second lumbar vertebra.

Indications: Nocturnal emission, impotence, enuresis, irregular menstruation, leukorrhea, low back pain, weakness of the knee, blurring of vision, dizziness, tinnitus, deafness, edema, asthma, diarrhea.

Method: Puncture perpendicularly 1-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the second lumbar artery and vein.

Innervation: The lateral branch of the posterior ramus of the first lumbar nerve; deeper, its lateral branch.

BL 24

Chinese Name: **Qihuishu**

English Name:

Location: 1.5 cun lateral to the Governor Vessel, at the level of the lower " border of the spinous process of the third lumbar vertebra.

Indications: Low back pain, irregular menstruation, dysmenorrhea, asthma.

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy Vasculature: The posterior branch of the third lumbar artery and vein.

Innervation: The lateral cutaneous branch of the posterior ramus of the second lumbar nerve.

BL 25 (Back-Shu Point of the Large Intestine)

Chinese Name: **Dachangshu**

English Name:

Location: 1.5 cun lateral to Yaoyangguan (GV 3), at the level of the lower border of the spinous process of the fourth lumbar vertebra.

Indications: Low back pain, borborygmus, abdominal distension, diarrhea, constipation, muscular atrophy, pain, numbness and motor impairment of the lower extremities, sciatica.

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branch of the fourth lumbar artery and vein.

Innervation: The posterior ramus of the third lumbar nerve.

BL 26

Chinese Name: **Guanyuanshu**

English Name:

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

Indications: Low back pain, abdominal distension, diarrhea, enuresis, sciatica, frequent urination.

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the lowest lumbar artery and vein.

Innervation: The posterior ramus of the fifth lumbar nerve.

BL 27 (Back-Shu Point of the Small Intestine)

Chinese Name: **Xiaochangshu**

English Name:

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

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

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the lateral sacral artery and vein.

Innervation: The lateral branch of the posterior ramus of the first sacral nerve.

BL 28 (Back-Shu Point of the Bladder)

Chinese Name: **Panguangshu**

English Name:

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

Indications: Retention of urine, enuresis, frequent urination, diarrhea, constipation, stiffness and pain of the lower back.

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the lateral sacral artery and vein.

Innervation: The lateral branches of the posterior rami of the first and second sacral nerves.

BL 29

Chinese Name: **Zhonglushu**

English Name:

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

Indications: Dysentery, hernia, stiffness and pain of the lower back. Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the lateral sacral artery and vein, the branches of the inferior gluteal artery and vein.

Innervation: The lateral branches of the posterior rami of the third and fourth sacral nerves.

BL 30

Chinese Name: **Baihuanshu**

English Name:

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

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

Method: Puncture perpendicularly 0.8-1.2 inches.

Regional anatomy

Vasculature: The inferior gluteal artery and vein; deeper, the internal pudendal artery and vein.

Innervation: The lateral branches of the posterior rami of the third and fourth sacral nerves, the inferior gluteal nerve.

BL 31

Chinese Name: **Shangliao**

English Name:

Location: On the sacrum, at the midpoint between the posteriosuperior iliac spine and the posterior midline, just at the first posterior sacral foramen.

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

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the lateral sacral artery and vein.

Innervation: At the site where the posterior ramus of the first sacral nerve passes.

BL 32

Chinese Name: **Chiliao**

English Name:

Location: On the sacrum, medial and inferior to the posteriosuperior iliac spine, just at the second posterior sacral foramen.

Indications: Low back pain, hernia, irregular menstruation, leukorrhea, dysmenorrhea, nocturnal emission, impotence, enuresis, dysuria, muscular atrophy, pain, numbness and motor impairment of the lower extremities.

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the lateral sacral artery and vein.

Innervation: The posterior ramus of the second sacral nerve.

BL 33

Chinese Name: **Zhongliao**

English Name:

Location: On the sacrum, medial and inferior to Ciliao (BL 32), just at the third posterior sacral foramen.

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

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the lateral sacral artery and vein.

Innervation: On the course of the posterior ramus of the third sacral nerve.

BL 34

Chinese Name: **Xialiao**

English Name:

Location: On the sacrum, medial and inferior to Zhongliao (BL 33), just at the fourth posterior sacral foramen.

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

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the inferior gluteal artery and vein.

Innervation: On the course of the posterior ramus of the fourth sacral nerve.

BL 35

Chinese Name: **Huiyang**

English Name:

Location: On the sacrum, 0.5 cun lateral to the tip of the coccyx.

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the inferior gluteal artery and vein.

Innervation: The coccygeal nerve.

BL 36

Chinese Name: **Chengfu**

English Name:

Location: On the posterior side of the thigh, at the midpoint of the inferior gluteal crease.

Indications: Pain in the lower back and gluteal region, constipation, muscular atrophy, pain, numbness and motor impairment of the lower extremities.

Method: Puncture perpendicularly 1.0-1.5 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The artery and vein running alongside the sciatic nerve.

Innervation: The posterior femoral cutaneous nerve; deeper, the sciatic nerve.

BL 37

Chinese Name: **Yinmen**

English Name:

Location: 6 cun below Chengfu (BL 36) on the line joining Chengfu (BL 36) and Weizhong (BL 40).

Indications: Pain in the lower back and thigh, muscular atrophy, pain, numbness and motor impairment of the lower extremities, hemiplegia.

Method: Puncture perpendicularly 1.0-2.0 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: Laterally, the third perforating branches of the deep femoral artery and vein.

Innervation: The posterior femoral cutaneous nerve; deeper, the sciatic nerve.

BL 38

Chinese Name: **Fuxi**

English Name:

Location: 1 cun above Weiyang (BL 39) on the medial side of the tendon of m. biceps femoris. The point is located with the knee slightly flexed.

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The superolateral genicular artery and vein.

Innervation: The posterior femoral cutaneous nerve and the common peroneal nerve.

BL 39 (Lower He-Sea Point of Triple Energizer)

Chinese Name: **Weiyang**

English Name:

Location: Lateral to Weizhong (BL 40), on the medial border of the tendon of m. biceps femoris.

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Fuxi (BL 38)

BL 40 (He-Sea Point)

Chinese Name: **Weizhong**

English Name:

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

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

Method: Puncture perpendicularly 0.5-1.0 inch, or prick the popliteal vein with three-edged needle to cause bleedmg.

Regional anatomy

Vasculature: Superficially, the femoro-popliteal vein; deeper and medially, the popliteal vein; deepest, the popliteal artery.

Innervation: The posterior femoral cutaneous nerve, the tibial nerve.

BL 41

Chinese Name: **Fufen**

English Name:

Location: 3 cun lateral to the Governor Vessel, at the level of the lower border of the spinous process of the 2nd thoracic vertebra, on the spinal border of the scapula.

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The descending branch of the transverse cervical artery, the posterior branches of the intercostal artery and vein.

Innervation: The lateral branches of the posterior rami of the first and second thoracic nerves; deeper, the dorsal scapular nerve.

BL 42

Chinese Name: **Pohu**

English Name:

Location: 3 cun lateral to the Governor Vessel, at the level of the lower border of the spinous process of the 3rd thoracic vertebra, on the spinal border of the scapula.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branch of the intercostal artery, the descending branch of the transverse cervical artery.

Innervation: The medial cutaneous branches of the posterior rami of the second and third thoracic nerves; deeper, their lateral branches and the dorsoscapular nerve.

BL 43

Chinese Name: **Gaohuang**

English Name:

Location: 3 cun lateral to the Governor Vessel, at the level of the lower border of the spinous process of the 4th thoracic vertebra, on the spinal border of the scapula.

Indications: Pulmonary tuberculosis, cough, asthma, spitting of blood, night sweating, poor memory, nocturnal emission.

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branch of the intercostal artery and the descending branch of the transverse cervical artery.

Innervation: The medial cutaneous branches of the posterior rami of the second and third thoracic nerves; deeper, their lateral branches and the dorsoscapular nerve.

BL 44

Chinese Name: **Shentang**

English Name:

Location: 3 cun lateral to Shendao (GV 11), at the level of the lower border of the spinous process of the 5th thoracic vertebra, on the spinal border of the scapula.

Indications: Asthma, cardiac pain, palpitation, stuffy chest, cough, stiffness and pain of the back.

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the intercostal artery and vein, the descending branch of the transverse cervical artery.

Innervation: The medial cutaneous branches of the posterior rami of the fourth and fifth thoracic nerves; deeper, their lateral branches and the dorsoscapular nerve.

BL 45

Chinese Name: **Yixi**

English Name:

Location: 3 cun lateral to Lingtai (GV 10), at the level of the lower border of the spinous process of the 6th thoracic vertebra, on the spinal border of the scapula.

Indications: Cough, asthma, pain of the shoulder and back.

Method: Puncture obliquely downward 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the intercostal artery and vein.

Innervation: The medial cutaneous branches of the posterior rami of the fifth and sixth thoracic nerves; deeper, their lateral branches.

BL 46

Chinese Name: **Geguan**

English Name:

Location: 3 cun lateral to Zhiyang (GV 9), at the level of the lower border of the spinous process of the 7th thoracic vertebra, approximately at the level of the inferior angle of the scapula.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the intercostal artery and vein.

Innervation: The medial cutaneous branches of the posterior rami of the sixth and seventh thoracic nerves; deeper, their lateral branches.

BL 47

Chinese Name: **Hunmen**

English Name:

Location: 3 cun lateral to Jinsuo (GV 8), at the level of the lower border of the spinous process of the 9th thoracic vertebra.

Indications: Pain in the chest and hypochondriac region, back pain, vomiting, diarrhea.

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the intercostal artery and vein. Innervation: The lateral cutaneous branches of the posterior rami of the seventh and eighth thoracic nerves.

BL 48

Chinese Name: **Yanggang**

English Name:

Location: 3 cun lateral to Zhongshu (GV 7), at the level of the lower border of the spinous process of the tenth thoracic vertebra. (See CoI. Fig. 9)

Indications: Borborygmus, abdominal pain, diarrhea, pain in the hypochondriac region, jaundice.

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the intercostal artery and vein. Innervation: The lateral cutaneous branches of the posterior rami of the eighth and ninth thoracic nerves.

BL 49

Chinese Name: **Yishe**

English Name:

Location: 3 cun lateral to Jizhong (GV 6), at the level of the lower border of the spinous process of the eleventh thoracic vertebra.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the intercostal artery and vein.

Innervation: The lateral branches of the posterior rami of the tenth and eleventh thoracic nerves.

BL 50

Chinese Name: **Weicang**

English Name:

Location: 3 cun lateral to the Governor Vessel, at the level of the lower border of the spinous process of the twelfth thoracic vertebra. (See Col. Fig. 9)

Indications: Abdominal distension, pain in the epigastric region and back, infantile indigestion.

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the subcostal artery and vein.

Innervation: The lateral cutaneous branches of the posterior ramus of the eleventh thoracic nerve.

BL 51

Chinese Name: **Huangmen**

English Name:

Location: 3 cun lateral to Xuanshu (GV 5), at the level of the lower border of the spinous process of the 1st lumbar vertebra.

Indications: Abdominal pain, constipation, abdominal mass.

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the first lumbar artery and vein.

Innervation: The lateral branch of the posterior ramus of the twelfth thoracic nerve.

BL 52

Chinese Name: **Zhishi**

English Name:

Location: 3 cun lateral to Mingmen (GV 4), at the level of the lower border of the spinous process of the 2nd lumbar vertebra.

Indications: Nocturnal emission, impotence, enuresis, frequency of urination, dysuria, irregular menstruation, pain in the back and knee, edema.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branches of the second lumbar artery and vein.

Innervation: The lateral branch of the posterior ramus of the twelfth thoracic nerve and the lateral branch of the first lumbar nerve.

BL 53

Chinese Name: **Baohuang**

English Name:

Location: 3 cun lateral to the median sacral crest, at the level of the 2nd sacral posterior foramen.

Indications: Borborygmus, abdominal distension, pain in the lower back, anuria.

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The superior gluteal artery and vein.

Innervation: The superior cluneal nerves; deeper, the superior gluteal nerve.

BL 54

Chinese Name: **Zhibian**

English Name:

Location: On the level of the 4th posterior sacral foramen, 3 cun lateral to the median sacral crest.

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

Method: Puncture perpendicularly 1.5-2.0 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The inferior gluteal artery and vein.

Innervation: The inferior gluteal nerve, the posterior femoral cutaneous nerve and the sciatic nerve.

BL 55

Chinese Name: **Heyang**

English Name:

Location: **2 cun directly below Weizhong (BL 40)**, between the medial and lateral heads of m. gastrocnemius, on the line joining Weizhong (BL 40) and Chengshan (BL 57).

Indications: Low back pain, pain and paralysis of the lower extremities.

Method: Puncture perpendicularly 0.7- 1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The small saphenous vein; deeper, the popliteal artery and vein.

Innervation: The medial sural cutaneous nerve; deeper, the tibial nerve.

BL 56

Chinese Name: **Chengjin**

English Name:

Location: On the line connecting Weizhong (BL 40) and Chengshan (BL 57) in the centre of the belly of m. gastrocnemius, 5 cun below Weizhong (BL 40).

Indications: Spasm of the gastrocnemius, hemorrhoids, acute lower back pain.

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The small saphenous vein; deeper, the posterior tibial artery and vein.

Innervation: The medial sural cutaneous nerve; deeper, the tibial nerve.

BL 57

Chinese Name: **Chengshan**

English Name:

Location: On the posterior midline of the leg, between Weizhong (BL 40) and Kunlun (BL 60), in a pointed depression formed below the gastrocnemius muscle belly when the leg is stretched or the heel is lifted.

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

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy: See Chengjin (BL 56).

BL 58 (Luo-Connecting Point)

Chinese Name: **Feiyang**

English Name:

Location: 7 cun directly above Kunlun (BL 60), on the posterior border of fibula, about 1 cun lateral and inferior to Chengshan (BL 57).

Indications: Headache, blurring of vision, nasal obstruction, epistaxis, back pain, hemorrhoids, weakness of the leg.

Method: Puncture perpendicularly 0.7-1.0 inch. Moxibustion is applicable.

Regional anatomy

Inervation: The lateral sural cutaneous nerve.

BL 59 (Xi-Cleft Point of the Yang Heel Vessel)

Chinese Name: **Fuyang**

English Name:

Location: 3 cun directly above Kunlun (BL 60).

Indications: Heavy sensation of the head, headache, low back pain, redness and swelling of the external malleolus, paralysis of the lower extremities.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The small saphenous vein; deeper, the terminal branch of the peroneal artery.

Innervation: The sural nerve.

BL 60 (Jing-River Point)

Chinese Name: **Kunlun**

English Name:

Location: In the depression between the tip of the external malleolus and Achilles' tendon.

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The small saphenous vein, the posteroexternal malleolar artery and vein.

Innervation: The sural nerve.

BL 61

Chinese Name: **Pucan**

English Name:

Location: Posterior and inferior to the external malleolus, directly below Kunlun (BL 60), lateral to

calcaneum, at the junction of the red and white skin.

Indications: Muscular atrophy and weakness of the lower extremities, pain in the heel.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The external calcaneal branches of the peroneal artery and vein.

Innervation: The external calcaneal branch of the sural nerve.

BL 62 (Confluent Point)

Chinese Name: **Shenmai**

English Name:

Location: In the depression directly below the external malleolus. (See Fig. 88)

Indications: Epilepsy, mania, headache, dizziness, insomnia, backache, aching of the leg.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The external malleolar arterial network.

Innervation: The sural nerve.

BL 63 (Xi-Cleft Point)

Chinese Name: **Jinmen**

English Name:

Location: On the lateral side of the foot, directly below the anterior border of the external malleolus, on the lower border of the cuboid bone.

Indications: Mania, epilepsy, infantile convulsion, backache, pain the external malleolus, motor impairment and pain of the lower extremities.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The lateral plantar artery and vein.

Innervation: The lateral dorsal cutaneous nerve of foot; deeper, the lateral plantar nerve.

BL 64 (Yuan-Primary Point)

Chinese Name: **Jinggu**

English Name:

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

Indications: Headache, neck rigidity, pain in the lower back and thigh, epilepsy.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy: See Jinmen (BL 63).

BL 65 (Shu-Stream Point)

Chinese Name: **Shugu**

English Name:

Location: Posterior to the fifth metatarsophalangeal joint, at the junction of the red and white skin.

Indications: Mania, headache, neck rigidity, blurring of vision, backache, pain in the lower extremities.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The fourth common plantar digital artery and vein.

Innervation: The fourth common plantar digital nerve and the lateral dorsal cutaneous nerve of foot.

BL 66 (Ying-Spring Point)

Chinese Name: **Zutonggu**

English Name:

Location: Anterior to the fifth metatarsophalangeal joint, at the junction of the red and white skin.

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

Method: Puncture perpendicularly 0.2-0.3 inch. Moxibustion is applicable.

Regional anatomy Vasculature: The plantar digital artery and vein.

Innervation: The plantar digital proprial nerve and the lateral dorsal cutaneous nerve of foot.

BL 67 (Jing-Well Point)

Chinese Name: **Zhiyin**

English Name:

Location: On the lateral side of the small toe, about 0.1 cun from the corner of the nail. (See Fig. 88)

Indications: Headache, nasal obstruction, epistaxis, ophthalmalgia, malposition of fetus, difficult labour, detention of after birth, feverish sensation in the sole.

Method: Puncture superficially 0.1 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The network formed by the dorsal digital artery and plantar digital propriar artery.

Innervation: The plantar digital propriar nerve and the lateral dorsal cutaneous nerve of foot.

8. ACUPUNCTURE POINTS OF THE KIDNEY MERIDIAN OF FOOT-SHAOYIN

KI 1 (Jing-Well Point)

Chinese Name: **Yongquan**

English Name:

Location: On the sole, in the depression when the foot is in plantar flexion, approximately at the junction of the anterior one-third and posterior two-thirds of the line connecting the base of the 2nd and 3rd toes and the heel.

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Deeper, the plantar arterial arch.

Innervation: The second common plantar digital nerve.

KI 2 (Ying-Spring Point)

Chinese Name: **Rangu**

English Name:

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

Indications: Pruritus vulvae, prolapse of uterus, irregular menstruation, nocturnal emission, hemoptysis, thirst, diarrhea, swelling and pain of the dorsum of foot, acute infantile omphalitis.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the medial plantar and medial tarsal arteries.

Innervation: The terminal branch of the medial crural cutaneous nerve, the medial plantar nerve.

KI 3 (Shu-Stream and Yuan-Primary Point)

Chinese Name: **Taixi**

English Name:

Location: In the depression between the tip of the medial malleolus and Achilles' tendon.

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Anteriorly, the posterior tibial artery and vein.

Innervation: The medial crural cutaneous nerve, on the course of the tibial nerve.

KI 4 (Luo-Connecting Point)

Chinese Name: **Dazhong**

English Name:

Location: Posterior and inferior to the medial malleolus, in the depression anterior to the medial side of the attachment of Achilles' tendon.

Indications: Spitting of blood, asthma, stiffness and pain of the lower back, dysuria, constipation, pain in the heel, dementia.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The medial calcaneal branch of the posterior tibial artery.

Innervation: The medial crural cutaneous nerve, on the course of the medial calcaneal ramus derived from the tibial nerve.

KI 5 (Xi-Cleft Point)

Chinese Name: **Shuiquan**

English Name

Location: 1 cun directly below Taixi (KI 3) in the depression of the medial side of the tuberosity of the calcaneum.

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy: See Dazhong (KI 4).

KI 6 (The Eight Confluent Point)

Chinese Name: **Zhaohai**

English Name

Location: In the depression below the tip of the medial malleolus.

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Posteriorly, the posterior tibial artery and vein.

Innervation: The medial crural cutaneous nerve; deeper, the tibial nerve.

KI 7 (Jing-River Point)

Chinese Name: **Fuliu**

English Name

Location: 2 cun directly above Taixi (KI 3), on the anterior border of Achilles' tendon.

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

Method: Puncture perpendicularly 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Deeper, anteriorly, the posterior tibial artery and vein.

Innervation: The medial sural and medial crural cutaneous nerves; deeper, the tibial nerve.

KI 8 (Xi-Cleft Point of the Yin Heel Vessel)

Chinese Name: **Jiaoxin**

English Name

Location: 0.5 cun anterior to Fuliu (KI 7), 2 cun above Taixi (KI 3) posterior to the medial border of tibia.

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

Method: Puncture perpendicularly 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Deeper, the posterior tibial artery and vein.

Innervation: The medial crural cutaneous nerve; deeper, the tibial nerve.

KI 9 (Xi-Cleft Point of the Yin Link Vessel)

Chinese Name: **Zhubin**

English Name

Location: 5 cun directly above Taixi (KI 3) at the lower end of the belly of m. gastrocnemius, on the line drawn from Taixi (KI 3) to Yingu (KI 10).

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

Method: Puncture perpendicularly 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Deeper, the posterior tibial artery and vein.

Innervation: The medial sural and medial crural cutaneous nerves, deeper, the tibial nerve.

KI 10 (He-Sea Point)

Chinese Name: **Yingu**

English Name

Location: When the knee is flexed, the point is on the medial side of the popliteal fossa, between the tendons of m. semitendinosus and semimembranosus, at the level with Weizhong (BL 40).

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

Method: Puncture perpendicularly 0.8-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The medial superior genicular artery and vein.

Innervation: The medial femoral cutaneous nerve.

KI 11

Chinese Name: **Henggu**

English Name

Location: 5 cun below the umbilicus, on the superior border of symphysis pubis, 0.5 cun lateral to Qugu (CV 2).

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The inferior epigastric artery and external pudendal artery.

Innervation: The branch of the iliohypogastric nerve.

KI 12

Chinese Name: **Dahe**

English Name

Location: 4 cun below the umbilicus, 0.5 cun lateral to Zhongji (CV 3).

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The muscular branches of the inferior epigastric artery and vein.

Innervation: The branches of subcostal nerve and the iliohypogastric nerve.

KI 13

Chinese Name: **Qixue**

English Name

Location: 3 cun below the umbilicus, 0.5 cun lateral to Guanyuan (CV 4).

Indications: Irregular menstruation, dysmenorrhea, dysuria, abdominal pain, diarrhea.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: See Dahe (KI 12).

Innervation: The subcostal nerve.

KI 14

Chinese Name: **Siman**

English Name

Location: 2 cun below the umbilicus, 0.5 cun lateral to Shimen (CV 5).

Indications: Abdominal pain and distension, diarrhea, nocturnal emission, irregular menstruation, dysmenorrhea, postpartum abdominal pain.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: See Dahe (KI 12)

Innervation: The eleventh intercostal nerve.

KI 15

Chinese Name: **Zhongzhu**

English Name

Location: 1 cun below the umbilicus, 0.5 cun lateral to Yinjiao (CV 7).

Indications: Irregular menstruation, abdominal pain, constipation.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: see Oahe (KI 12).

Innervation: The tenth intercostal nerve.

KI 16

Chinese Name: **Huangshu**

English Name

Location: 0.5 cun lateral to the umbilicus, level with Shenque (CV 8).

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature; See Dahe (KI 12)

Innervation: The tenth intercostal nerve.

KI 17

Chinese Name: **Shangqu**

English Name

Location: 2 cun above the umbilicus, 0.5 cun lateral to Xiawan (CV 10).

Indications: Abdominal pain, diarrhea, constipation.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the superior and inferior epigastric arteries and veins.

Innervation: The ninth intercostal nerve.

KI 18

Chinese Name: **Shiguan**

English Name

Location: 3 cun above the umbilicus, 0.5 cun lateral to Jianli (CV 11).

Indications : Vomiting, abdominal pain, constipation, postpartum abdominal pain, sterility.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy Vasculature: The branches of the superior epigastric artery and vein.

Innervation: The eighth intercostal nerve.

KI 19

Chinese Name: **Yindu**

English Name

Location: 4 cun above the umbilicus, 0.5 cun lateral to Zhongwan (CV 12).

Indications: Borborygmus, abdominal pain, epigastric pain, constipation, vomiting.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Shiguan (KI 18).

KI 20

Chinese Name: **Futonggu**

English Name

Location: 5 cun above the umbilicus, 0.5 cun lateral to Shangwan (CV 13).

Indications: Abdominal pain and distension, vomiting, indigestion.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Shiguan (KI 18).

KI 21

Chinese Name: Youmen

English Name

Location: 6 cun above the umbilicus, 0.5 cun lateral to Juque (CV 14).

Indications: Abdominal pain and distension, indigestion, vomiting, diarrhea, nausea, morning sickness..

Method: Puncture perpendicularly 0.3-0.7 inch. To avoid injuring the liver, deep insertion is not advisable.

Moxibustion is applicable.

Regional anatomy Vasculature: See Shiguan (KI 18).

Innervation: The seventh intercostal nerve.

KI 22

Chinese Name: Bulang

English Name

Location: In the fifth intercostal space, 2 cun lateral to the Conception Vessel.

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

Method: Puncture obliquely 0.3-0.5 inch. To avoid injuring the heart, deep insertion is not advisable.

Moxibustion is applicable.

Regional anatomy

Vasculature: The fifth intercostal artery and vein.

Innervation: The anterior cutaneous branch of the fifth intercostal nerve; deeper, the fifth intercostal nerve.

KI 23

Chinese Name: Shengfeng

English Name

Location: .In the fourth intercostal space, 2 cun lateral to the anterior midline.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The fourth intercostal artery and vein.

Innervation: The anterior cutaneous branch of the fourth intercostal nerve; deeper, the fourth intercostal nerve.

KI 24

Chinese Name: Lingxu

English Name

Location: In the third intercostal space, 2 cun lateral to the anterior midline.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The third intercostal artery and vein.

Innervation: The anterior cutaneous branch of the third intercostal nerve; deeper, the third intercostal nerve.

KI 25

Chinese Name: **Shencang**

English Name

Location: In the second intercostal space, 2 cun lateral to the anterior midline.

Indications: Cough, asthma, chest pain.

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The second intercostal artery and vein.

Innervation: The anterior cutaneous branch of the second intercostal nerve; deeper, the second intercostal nerve.

KI 26

Chinese Name: **Yuzhong**

English Name

Location: In the first intercostal space, 2 cun lateral to the anterior midline.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The first intercostal artery and vein.

Innervation: The anterior cutaneous branch of the first intercostal nerve, the medial supraclavicular nerve; the first intercostal nerve.

KI 27

Chinese Name: **Shufu**

English Name

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

Indications: Cough, asthma, chest pain.

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The anterior perforating branches of the internal mammary artery and vein.

Innervation: The medial supraclavicular nerve.

9. ACUPUNCTURE POINTS OF THE PERICARDIUM MERIDIAN OF HAND-JUEYIN

PC 1

Chinese Name: **Tianchi** 天池

English Name

Location: In the fourth intercostal space, 1 cun lateral to the nipple and 5 cun lateral to the anterior midline.

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

Method: Puncture obliquely 0.2-0.4 inch. Deep puncture is not advisable.

Moxibustion is applicable.

Regional anatomy

Vasculature: The thoracoepigastric vein, the branches of the lateral thoracic artery and vein.

Innervation: The muscular branch of the anterior thoracic nerve, the fourth intercostal nerve

PC 2

Chinese Name: **Tianquan** 天泉

English Name

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

Indications: Cardiac pain, distension of the hypochondriac region, cough, pain in the chest, back and the medial aspect of the arm.

Method: Puncture perpendicularly 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The muscular branches of the brachial artery and vein.

Innervation: The medial brachial cutaneous nerve and the musculocutaneous nerve.

PC 3 (He-Sea Point)

Chinese Name: **Quze**

English Name

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

Indications: Cardiac pain, palpitation, febrile diseases, irritability, stomachache, vomiting, pain in the elbow and arm, tremor of the hand and arm.

Method: Puncture perpendicularly 0.5-0.7 inch, or prick with a three-edged needle to cause bleeding. Moxibustion is applicable.

Regional anatomy

Vasculature: On the pathway of the brachial artery and vein.

Innervation: The median nerve.

PC 4 (Xi-Cleft Point)

Chinese Name: **Ximen**

English Name

Location: 5 cun above the transverse crease of the wrist, on the line connecting Quze (PC 3) and Daling (PC 7), between the tendons of m. palmaris longus and m. flexor carpi radialis.

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The median artery and vein; deeper, the anterior interosseous artery and vein.

Innervation: The medial antebrachial cutaneous nerve; deeper, the median nerve; deepest, the anterior interosseous nerve.

PC 5 (Jing-River Point)

Chinese Name: **Jianshi**

English Name

Location: 3 cun above the transverse crease of the wrist, between the tendons of m. palmaris longus and m. flexor carpi radialis. (See Fig. 93)

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The median artery and vein; deeper, the anterior interosseous artery and vein.

Innervation: The medial and lateral antebrachial cutaneous nerves, the palmar cutaneous branch of the median nerve; deeper, the anterior interosseous nerve.

PC 6 (Luo-Connecting Point, the Eight Confluent Point)

Chinese Name: **Neiguan**

English Name

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

Indications: Cardiac pain, palpitation, stuffy chest, pain in the hypochondriac region, stomachache, nausea, vomiting, hiccup, mental disorders epilepsy, insomnia, febrile diseases, irritability, malaria, contracture and pain of the elbow and arm.

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy: See Jianshi (PC 5).

PC 7 (Shu-Stream and Yuan-Primary Point)

Chinese Name: **Dating**

English Name

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

Indications: Cardiac pain, palpitation, stomachache, vomiting, mental disorders, epilepsy, stuffy chest, pain in the hypochondriac region, convulsion, insomnia, irritability, foul breath.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The palmar arterial and venous network of the wrist.

Innervation: Deeper, the median nerve.

PC 8 (Ying-Spring Point)

Chinese Name: Laogong

English Name

Location: At the center of the palm, between the 2nd and 3rd metacarpal bones, but close to the latter, and in the part touching the tip of the middle finger when a fist is made.

Indications: Cardiac pain, mental disorder, epilepsy, gastritis, foul breath, fungus infection of the hand and foot, vomiting, nausea.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The Common palmar digital artery.

Innervation: The second common palmar digital nerve of the median nerve.

PC 9 (Jing-Well Point)

Chinese Name: Zhongchong

English Name

Location: In the centre of the tip of the middle finger. (See Fig. 94)

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

Method: Puncture superficially 0.1 inch or prick with a three-edged needle to cause bleeding. Moxibustion is applicable.

Regional anatomy

Vasculature: The arterial and venous network formed by the palmar digital proprial artery and vein.

Innervation: The palmar digital proprial nerve of the median nerve.

10. ACUPUNCTURE POINTS OF TRIPLE ENERGIZER MERIDIAN OF HAND-SHAOYANG

TE 1 (Jing-Well Point)

Chinese Name: **Guanchong**

English Name

Location: On the lateral side of the ring finger, about 0.1 cun from the corner of the nail. (See Fig. 95)

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

Method: Puncture superficially 0.1 inch, or prick with a three-edged needle to cause bleeding.

Moxibustion is applicable.

Regional anatomy

Vasculature: The arterial and venous network formed by the palmar digital proprial artery and vein.

Innervation: The palmar digital proprial nerve derived from the ulnar nerve.

TE 2 (Ying-Spring Point)

Chinese Name: **Yemen**

English Name

Location: When the fist is clenched, the point is located in the depression proximal to the margin of the web between the ring and small fingers, at the junction of the red and white skin. (See Fig. 95)

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

Method: Puncture obliquely 0.3-0.5 inch towards the interspace of the metacarpal bones. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal digital artery of the ulnar artery.

Innervation: The dorsal branch of the ulnar nerve.

TE 3 (Shu-Stream Point)

Chinese Name: **Zhongzhu**

English Name

Location: When the fist is clenched, the point is on dorsum of the hand between the fourth and fifth metacarpal bones, in the depression proximal to the fourth metacarpophalangeal joint. (See Fig. 95)

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal venous network of hand and the fourth dorsal metacarpal artery.

Innervation: The dorsal branch of the ulnar nerve.

TE 4 (Yuan-Primary Point)

Chinese Name: **Yangchi**

English Name

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

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal venous network of the wrist and the posterior carpal artery.

Innervation: The terminal branch of the posterior antebrachial cutaneous nerve and the dorsal branch of the ulnar nerve.

TE 5 (Luo-Connecting Point, the Eight Confluent Point)

Chinese Name: **Waiguan**

English Name

Location: 2 cun proximal to the dorsal crease of the wrist, on the line connecting Yangchi (TE 4) and the tip of olecranon, between the radius and ulna.

Indications: Febrile diseases, headache, pain in the cheek, strained neck, deafness, tinnitus, pain in the hypochondriac region, motor impairment of the elbow and arm, pain of the fingers, hand tremor.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Deeper, the posterior and anterior antebrachial interosseous arteries and veins.

Innervation: The posterior antebrachial cutaneous nerve; deeper, the posterior interosseous nerve and the anterior interosseous nerve.

TE 6 (Jing-River Point)

Chinese Name: **Zhigou**

English Name

Location: 3 cun proximal to the dorsal crease of the wrist, on the line connecting Yangchi (TE 4) and the tip of olecranon, between the radius and ulna, on the radial side of m. extensor digitorum. (See Fig. 96)

Indications: Tinnitus, deafness, pain in the hypochondriac region, vomiting, constipation, febrile diseases, aching and heavy sensation of the shoulder and back, sudden hoarseness of voice.

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy: See Waiguan (TE 5).

TE 7 (Xi-Cleft Point)

Chinese Name: **Huizong**

English Name

Location: At the level with Zhigou (TE 6), on the ulnar side of Zhigou (TE 6), on the radial border of the ulna.

Indications: Deafness, pain in the ear, , epilepsy, pain of the arm.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy .

Vasculature: The posterior antebrachial interosseous artery and vein.

Innervation: The posterior and medial antebrachial cutaneous nerves; deeper, the posterior and anterior interosseous nerves.

TE 8

Chinese Name: **Sanyangluo**

English Name

Location: 4 cun proximal to the dorsal crease of the wrist, between the radius and ulna. (See Col. Fig. 14)

Indications: Deafness, sudden hoarseness of voice, pain in the chest and hypochondriac region, pain in the hand and arm, toothache.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Huizong (TE 7).

TE 9

Chinese Name: **Sidu**

English Name

Location: On the lateral side of the forearm, 5 cun below the olecranon, between the radius and ulna. (See Col. Fig. 14)

Indications: Deafness, toothache, migraine, sudden hoarseness of voice, pain in the forearm.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Huizong (TE 7).

TE 10 (He-Sea Point)

Chinese Name: **Tianjing**

English Name

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

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The arterial and venous network of the elbow.

Innervation: The posterior brachial cutaneous nerve and the muscular branch of the radial nerve.

TE 11

Chinese Name: **Qinglengyuan**

English Name

Location: 1 cun above Tianjing (TE 10) when the elbow is flexed. (See Col. Fig.)

Indications: Motor impairment and pain of the shoulder and arm, migraine.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The terminal branches of the median collateral artery and vein.

Innervation: The posterior brachial cutaneous nerve and the muscular branch of the radial nerve.

TE 12

Chinese Name: **Xiaoluo**

English Name

Location: On the line joining the olecranon and Jianliao (TE 14), midway between Qinglengyuan (TE 11) and Naohui (TE 13).

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

Method: Puncture perpendicularly 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The median collateral artery and vein.

Innervation: The posterior brachial cutaneous nerve and the muscular branch of the radial nerve.

TE 13

Chinese Name: **Naohui**

English Name

Location: On the line joining Jianliao (TE 14) and the olecranon, on the posterior border of m. deltoideus.

Indications: Goiter, pain in the shoulder and arm.

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The median collateral artery and vein.

Innervation: The posterior brachial cutaneous nerve, the muscular branch of the radial nerve; deeper, the radial nerve.

TE 14

English Name: **Jianliao**

Location: On the shoulder, posterior to Jianyu (LI 15), in the depression inferior and posterior to the acromion when the arm is abducted.

Indications: Pain and motor impairment of the shoulder and upper arm.

Method: Puncture perpendicularly 0.7-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The muscular branch of the posterior circumflex humeral artery.

Innervation: The muscular branch of the axillary nerve.

TE 15

Chinese Name: **Tianliao**

English Name

Location: Midway between Jianjing (GB 21) and Quyuan (S I 13), on the superior angle of the scapula.

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The descending branch of the transverse cervical artery; deeper, the muscular branch of the suprascapular artery.

Innervation: The accessory nerve and the branch of the suprascapular nerve.

TE 16

Chinese Name: **Tianyou**

English Name

Location: On the lateral side of the neck, directly below the posterior border of mastoid process, on the level of the mandibular angle, and on the posterior border of sternocleido mastoid muscle.

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior auricular artery.

Innervation: The lesser occipital nerve.

TE 17

Chinese Name: **Yifeng**

English Name

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

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior auricular artery and vein, the external jugular vein.

Innervation: The great auricular nerve; deeper, the site where the facial nerve perforates out of the stylomastoid foramen.

TE 18

Chinese Name: **Qimai**

English Name

Location: In the centre of the mastoid process, at the junction of the middle and lower third of the curve formed by Yifeng (TE 17) and Jiaosun (TE 20) posterior to the helix.

Indications: Headache, tinnitus, deafness, infantile convulsion.

Method: Puncture subcutaneously 0.3-0.5 inch or prick with a three-edged needle to cause bleeding. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior auricular artery and vein.

Innervation: The posterior auricular branch of the great auricular nerve.

TE 19

Chinese Name: **Luxi**

English Name

Location: Posterior to the ear, at the junction of the upper and middle third of the curve formed by Yifeng (TE 17) and Jiaosun (TE 20) behind the helix.

Indications: Headache, tinnitus, deafness, pain in the ear, infantile convulsion.

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior auricular artery and vein.

Innervation: The anastomotic branch of the great auricular nerve and the lesser occipital nerve.

TE 20

Chinese Name: **Jiaosun**

English Name

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

Indications: Tinnitus, redness, pain and swelling of the eye, swelling of gum, toothache, parotitis.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the superficial temporal artery and vein. Innervation: The branches of the auriculotemporal nerve.

TE 21

Chinese Name: **Ermen**

English Name

Location: In the depression anterior to the supratragic notch and behind the posterior border of the condyloid process of the mandible. The point is located with the mouth open. (See Co!. Fig. 14)

Indications: Tinnitus, deafness, otorrhea, toothache, stiffness of the lip.

Method; Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The superficial temporal artery and vein.

Innervation: The branches of the auriculotemporal nerve and facial nerve.

TE 22

Chinese Name: **Erheliao**

English Name

Location: Anterior and superior to Ermen (TE 21), at the level with the root of the auricle, on the posterior border of the hairline of the temple where the superficial temporal artery passes.

Indications: Migraine, tinnitus, lockjaw.

Method: Avoid puncturing the artery, puncture obliquely 0.1-0.3 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The superficial temporal artery and vein.

Innervation: The branch of the auriculotemporal nerve, on the course of the temporal branch of the facial nerve.

TE 23

Chinese Name: **Sizhukong**

English Name

Location: In the depression at the lateral end of the eyebrow (See Fig. 98)

Indications: Headache, redness and pain of the eye, blurring of vision, twitching of the eyelid, toothache, facial paralysis.

Method: Puncture subcutaneously 0.3-0.5 inch.

Regional anatomy

Vasculature: The frontal branches of the superficial temporal artery and vein.

Innervation: The zygomatic branch of the facial nerve and the branch of the auriculotemporal nerve.

11. ACUPUNCTURE POINTS OF THE GALLBLADDER

MERIDIAN OF FOOT-SHAOYANG

GB 1

Chinese Name: **Tongziliao**

English Name

Location: 0.5 cun lateral to the outer canthus, in the depression on the lateral side of the orbit. (See Fig. 99)

Indications: Headache, redness and pain of the eyes, failing of vision, lacrimation, deviation of the eye and mouth.

Method: Puncture subcutaneously 0.3-0.5 inch.

Regional anatomy

Vasculature: The zygomaticoorbital artery and vein.

Innervation: The zygomaticofacial and zygomaticotemporal nerve, the temporal branch of the facial nerve.

GB 2

Chinese Name: **Tinghui**

English Name

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

Indications: Deafness, tinnitus, toothache, motor impairment of the temporomandibular joint, mumps, deviation of the eye and mouth.

Method: Puncture perpendicularly 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The superficial temporal artery.

Innervation: The great auricular nerve and facial nerve.

GB 3

Chinese Name: **Shangguan**

English Name

Location: In the front of the ear, on the upper border of the zygomatic arch, in the depression directly above Xiaguan (ST 7). (See Col. Fig. 15)

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

Method: Puncture perpendicularly 0.3-0.5 inch. Deep puncture is not advisable. Moxibustion is applicable.

Regional anatomy

Vasculature: The zygomaticoorbital artery and vein.

Innervation: The zygomatic branch of the facial nerve and the zygomaticofacial nerve.

GB 4

Chinese Name: **Hanyan**

English Name

Location: Within the hairline of the temporal region, at the junction of the upper 1/4 and lower 3/4 of the distance between Touwei (ST 8) and Qubin (GB 7).

Indications: Migraine, vertigo, tinnitus, pain in the outer canthus, toothache, convulsion, epilepsy.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The parietal branches of the superficial temporal artery and vein.

Innervation: The temporal branch of the auriculotemporal nerve.

GB 5

Chinese Name: **Xuanlu**

English Name

Location: Within the hairline of the temporal region, midway of the border line connecting Touwei (ST 8) and Qubin (GB 7).

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

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy: See Hanyan (GB 4).

GB 6

Chinese Name: **Xuanli**

English Name

Location: Within the hairline, at the junction of the lower 1/4 and upper 3/4 of the distance between Touwei (ST 8) and Qubin (GB 7).

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

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy: See Hanyan (GB 4).

GB 7

Chinese Name: **Qubin**

English Name

Location: On the head, at a crossing point of the vertical posterior border of the temple and horizontal line through the ear apex.

Indications: Headache, swelling of the cheek, trismus, pain in the temporal region, infantile convulsion.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy: See Hanyan (GB 4).

GB 8

Chinese Name: **Shuaigu**

English Name

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

Indications: Migraine, vertigo, vomiting, infantile convulsion.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The parietal branches of the superficial temporal artery and vein.

Innervation: The anastomotic branch of the auriculotemporal nerve and great occipital nerve.

GB 9

Chinese Name: **Tianchong**

English Name

Location: Directly above the posterior border of the auricle, 2 cun within the hairline, about 0.5 cun posterior to Shuaigu (GB 8). (See Col. Fig. 15)

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

Method: Puncture subcutaneously 0.3-0.5 inch.

Regional anatomy

Vasculature: The posterior auricular artery and vein.

Innervation: The branch of the great occipital nerve.

GB 10

Chinese Name: **Fubai**

English Name

Location: Posterior and superior to the mastoid process, at the junction of the middle third and upper third of the curve line connecting Tianchong (GB 9) and Wangu (GB 12).

Indications: Headache, tinnitus, deafness.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy: See Tianchong (GB 9)

GB 11

Chinese Name: **Touqiaoyin**

English Name

Location: Posterior and superior to the mastoid process, at the junction of middle third and lower third of the curved line connecting Tianchong (GB 9) and Wangu (GB 12).

Indications: Pain of the head and neck, tinnitus, deafness, pain in the ears.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the posterior auricular artery and vein.

Innervation: The anastomotic branch of the great and lesser occipital nerves.

GB 12

Chinese Name: **Wangu**

English Name

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

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior auricular artery and vein.

Innervation: The lesser occipital nerve.

GB 13

Chinese Name: **Benshen**

English Name

Location: 0.5 cun within the hairline of the forehead, 3 cun lateral to Shenting (GV 24).

Indications: Headache, insomnia, vertigo, epilepsy.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The frontal branches of the superficial temporal artery and vein, and the lateral branches of the frontal artery and vein.

Innervation: The lateral branch of the frontal nerve.

GB 14

Chinese Name: **Yangbai**

English Name

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

Indications: Headache in the frontal region, pain of the orbital ridge, eye pain, vertigo, twitching of the eyelids, ptosis of the eyelids, lacrimation.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The lateral branches of the frontal artery and vein.

Innervation: The lateral branch of the frontal nerve.

GB 15

Chinese Name: **Toulinqi**

English Name

Location: On the head, directly above the pupil and 0.5 cun above the anterior hairline, at the midpoint of the line connecting Shenting (GV 24) and Touwei (ST 8).

Indications: Headache, vertigo, lacrimation, pain in the outer canthus, rhinorrhea, nasal obstruction.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The frontal artery and vein.

Innervation: The anastomotic branch of the medial and lateral branches of the frontal nerve.

GB 16

Chinese Name: **Muchuang**

English Name

Location: On the head, 1.5 cun above the anterior hairline and 2.25 cun lateral to the midline of the head.

Indications: Headache, vertigo, red and painful eyes, nasal obstruction.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The frontal branches of the superficial temporal artery and vein.

Innervation: The anastomotic branch of the medial and lateral branches of the frontal nerve.

GB 17

Chinese Name: **Zhengying**

English Name

Location: On the head, 2.5 cun above the anterior hairline and 2.25 cun lateral to the midline of the head.

Indications: Migraine, vertigo.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The anastomotic plexus formed by the parietal branches of the superficial temporal artery and vein and the occipital artery and vein.

Innervation: The anastomotic branch of the frontal and great occipital nerves.

GB 18

Chinese Name: **Chengling**

English Name

Location: On the head, 4 cun above the anterior hairline and 2.25 cun lateral to the midline of the head.
(See Col.Fig. 15)

Indications: Headache, vertigo, epistaxis, rhinorrhea.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the occipital artery and vein.

Innervation: The branch of the great occipital nerve.

GB 19

Chinese Name: **Naokong**

English Name

Location: On the head and on the level of the upper border of external occipital protuberance or Naohu (GV 17), 2.25 cun lateral to the midline of the head.

Indications: Headache, stiffness of the neck, vertigo, painful eyes, tinnitus, epilepsy.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy: See Chengling (GB 18).

GB 20

Chinese Name: **Fengchi**

English Name

Location: In the depression between the upper portion of m. sternocleidomastoideus and m. trapezius, on the same level with Fengfu (GV 16).

Indications: Headache, vertigo, insomnia, pain and stiffness of the neck, blurred vision, glaucoma, red and painful eyes, tinnitus, convulsion, epilepsy, infantile convulsion, febrile diseases, common cold, nasal obstruction, rhinorrhea.

Method: Puncture 0.5-0.8 inch towards the tip of the nose. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the occipital artery and vein.

Innervation: The branch of the lesser occipital nerve.

GB 21

Chinese Name: **Jianjing**

English Name

Location: On the shoulder, directly above the nipple, at the midpoint of the line connecting Dazhui (GV 14) and the acromion, at the highest point of the shoulder.

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The transverse cervical artery and vein.

Innervation: The posterior branch of the supraclavicular nerve, the accessory nerve.

GB 22

Chinese Name: **Yuanye**

English Name

Location: On the mid-axillary line when the arm is raised, 3 cun below the axilla, in the 4th intercostal space.

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

Method: Puncture obliquely 0.3-0.5 inch.

Regional anatomy

Vasculature: The thoracoepigastric vein, the lateral thoracic artery and vein, the fifth intercostal artery and vein.

Innervation: The lateral cutaneous branch of the fifth intercostal nerve, the branch of the long thoracic nerve.

GB 23

Chinese Name: **Zhejin**

English Name

Location: 1 cun anterior to Yuanye (GB 22), at the level of the nipple, in the 4th intercostal space.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The lateral thoracic artery and vein, the fifth intercostal artery and vein.

Innervation: The lateral cutaneous branch of the fifth intercostal nerve.

GB 24 (Front-Mu Point of the Gallbladder)

Chinese Name: **Riyue**

English Name

Location: Directly below the nipple, in the 7th intercostal space, 4 cun lateral to the anterior midline.

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

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The seventh intercostal artery and vein.

Innervation: The seventh intercostal nerve.

GB 25 (Front-Mu Point of the Kidney)

Chinese Name: **Jingmen**

English Name

Location: On the lateral side of the abdomen, on the lower border of the free end of the 12th rib.

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

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy Vasculature: The eleventh intercostal artery and vein.

Innervation: The eleventh intercostal nerve.

GB 26

Chinese Name: **Daimai**

English Name

Location: Directly below Zhangmen (LR 13), at the crossing point of a vertical line through the free end of the 11th rib and a horizontal line through the umbilicus.

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

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The subcostal artery and vein.

Innervation: The subcostal nerve.

GB 27

Chinese Name: **Wushu**

English Name

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

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The superficial and deep circumflex iliac arteries and veins.

Innervation: The iliohypogastric nerve.

GB 28

Chinese Name: **Weidao**

English Name

Location: Anterior and inferior to the anterior superior iliac spine, 0.5 cun anterior and inferior to Wushu (GB 27).

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The superficial and deep circumflex iliac arteries and veins.

Innervation: The ilioinguinal nerve.

GB 29

Chinese Name: **Juliao**

English Name

Location: In the depression of the midpoint between the anterosuperior iliac spine and the prominence of

the great trochanter.

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the superficial circumflex iliac artery and vein, the ascending branches of the lateral circumflex femoral artery and vein.

Innervation: The lateral femoral cutaneous nerve.

GB 30

Chinese Name: **Huantiao**

English Name

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

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

Method: Puncture perpendicularly 1.5-2.5 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: Medially, the inferior gluteal artery and vein.

Innervation: The inferior gluteal cutaneous nerve, the inferior gluteal nerve; deeper, the sciatic nerve.

GB 31

Chinese Name: **Fengshi**

English Name

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

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

Method: Puncture perpendicularly 0.7-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The muscular branches of the lateral circumflex femoral artery and vein.

Innervation: The lateral femoral cutaneous nerve, the muscular branch of the femoral nerve.

GB 32

Chinese Name: **Zhongdu**

English Name

Location: On the lateral aspect of the thigh, 2 cun below Fengshi (GB 31), or 5 cun above the transverse popliteal crease, between m. vastus lateralis and m. biceps femoris.

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

Method: Puncture perpendicularly 0.7-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Fengshi (GB 31).

GB 33

Chinese Name: **Xiyangguan**

English Name

Location: 3 cun above Yangliangquan (GB 34), lateral to the knee joint, in the depression above the external epicondyle of femur.

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

Method: Puncture perpendicularly 0.5-1.0 inch.

Regional anatomy

Vasculature: The superior lateral genicular artery and vein.

Innervation: The terminal branch of the lateral femoral cutaneous nerve.

GB 34 (He-Sea Point, Influential Point of Tendon)

Chinese Name: **Yanglingquan**

English Name

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

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

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The inferior lateral genicular artery and vein.

Innervation: Just where the common peroneal nerve bifurcates into the superficial and deep peroneal nerves.

GB 35 (Xi-Cleft Point of the Yang Link Vessel)

Chinese Name: **Yangjiao**

English Name

Location: 7 cun above the tip of the external malleolus, on the posterior border of the fibula. (See Fig. 107)

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

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the peroneal artery and vein.

Innervation: The lateral sural cutaneous nerve.

GB 36 (Xi-Cleft Point)

Chinese Name: **Waiqiu**

English Name

Location: 7 cun above the tip of the external malleolus, on the anterior border of the fibula. (See Fig. 107)

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

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the anterior tibial artery and vein.

Innervation: The superficial peroneal nerve.

GB 37 (Luo-Connecting Point)

Chinese Name: **Guangming**

English Name

Location: 5 cun directly above the tip of the external malleolus, on the anterior border of the fibula. (See Fig. 107)

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

Method: Puncture perpendicularly 0.7-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the anterior tibial artery and vein.

Innervation: The superficial peroneal nerve.

GB 38 (Jing-River Point)

Chinese Name: **Yangfu**

English Name

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

Indications: Migraine, pain of the outer canthus, pain in the axillary region, scrofula, lumbar pain, pain in the chest, hypochondriac region and lateral aspect of the lower extremities, malaria.

Method: Puncture perpendicularly 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy: See Guangming (GB 37).

GB 39 (Influential Point of the Marrow)

Chinese Name: **Xuanzhong**

English Name

Location: 3 cun above the tip of the external malleolus, on the anterior border of fibula. (See Fig. 107)

Indications: Apoplexy, hemiplegia, pain of the neck, abdominal distension, pain in the hypochondriac region, muscular atrophy of the lower limbs, spastic pain of the leg, beriberi.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy: See Guangming (GB 37).

GB 40 (Yuan-Primary Point)

Chinese Name: **Qiuxu**

English Name

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

Indications: Pain in the neck, swelling in the axillary region, pain in the hypochondriac region, vomiting, acid regurgitation, muscular atrophy of the lower limbs, pain and swelling of the external malleolus, malaria.

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branch of the anterolateral malleolar artery.

Innervation: The branches of the intermediate dorsal cutaneous nerve and superficial peroneal nerve.

GB 41 (Shu-Stream Point, the Eight Confluent Point)

Chinese Name: **Zulinqi**

English Name

Location: Posterior to the 4th metatarsophalangeal joint, in the depression lateral to the tendon of m. extensor digiti minimi of the foot.

Indications: Headache, vertigo, pain of the outer canthus, scrofula, pain in the hypochondriac region, distending pain of the breast, irregular menstruation, pain and swelling of the dorsum of foot, spastic pain of the foot and toe.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal arterial and venous network of foot, the fourth dorsal metatarsal artery and vein.

Innervation: The branch of the intermediate dorsal cutaneous nerve of the foot.

GB 42

Chinese Name: **Diwuhui**

English Name

Location: Posterior to the 4th metatarsophalangeal joint, between the fourth and fifth metatarsal bones, on the medial side of the tendon of m. extensor digiti minimi of foot.

Indications: Pain of the canthus, tinnitus, distending pain of the breast, swelling and pain of the dorsum of foot.

Method: Puncture perpendicularly 0.3-0.5 inch.

Regional anatomy: See Foot-Linqi (GB 41).

GB 43 (Ying-Spring Point)

Chinese Name: **Xiaxi**

English Name

Location: On the dorsum of foot, between the 4th and fifth toe, proximal to the margin of the web, at the junction of the red and white skin.

Indications: Headache, dizziness and vertigo, pain of the outer canthus, tinnitus, deafness, swelling of the cheek, pain in the hypochondriac region, distending pain of the breast, febrile diseases.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal digital artery and vein.

Innervation: The dorsal digital nerve.

GB 44 (Jing-Well Point)

Chinese Name: **Zuqiaoyin**

English Name

Location: On the lateral side of the 4th toe, about 0.1 cun from the corner of the nail.

Indications: Migraine, deafness, tinnitus, ophthalmalgia, dream-disturbed sleep, febrile diseases.

Method: Puncture superficially about 0.1 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The arterial and venous network formed by the dorsal digital artery and vein and plantar digital artery and vein.

Innervation: The dorsal digital nerve.

12. ACUPUNCTURE POINTS OF THE LIVER MERIDIAN OF FOOT-JUEYIN

LR 1 (Jing-Well Point)

Chinese Name: **Dadun**

English Name

Location: On the lateral side of the terminal phalanx of the great toe, 0.1 cun from the corner of the nail.

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

Method: Puncture subcutaneously 0.1-0.2 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal digital artery and vein.

Innervation: The dorsal digital nerve derived from the deep peroneal nerve.

LR 2 (Ying-Spring Point)

Chinese Name: **Xingjian**

English Name

Location: On the dorsum of the foot between the first and second toe, proximal to the margin of the web at the junction of the red and white skin.

Indications: Pain in the hypochondrium, abdominal distension, headache, dizziness and vertigo, congestion, swelling and pain of the eye, deviation of the mouth, hernia, painful urination, retention of urine, irregular menstruation, epilepsy, insomnia, convulsion.

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal venous network of the foot and the first dorsal digital artery and vein.

Innervation: The site where the dorsal digital nerves split from the lateral dorsal metatarsal nerve of the deep peroneal nerve.

LR 3 (Shu-Stream and Yuan-Primary Point)

Chinese Name: **Taichong**

English Name

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

Indications: Headache, dizziness and vertigo, insomnia, congestion, swelling and pain of the eye, depression, infantile convulsion, deviation of the mouth, pain in the hypochondriac region, uterine bleeding, hernia, enuresis, retention of urine, epilepsy, pain in the anterior aspect of the medial malleolus.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal venous network of the foot, the first dorsal metatarsal artery.

Innervation: The branch of the deep peroneal nerve.

LR 4 (Jing-River Point)

Chinese Name: **Zhongfeng**

English Name

Location: Anterior to the medial malleolus, midway between Shangqiu (SP 5) and Jiexi (ST 41), in the depression on the medial side of the tendon of m. tibialis anterior.

Indications: Hernia, pain in the external genitalia, nocturnal emission, retention of urine, distending pain in the hypochondrium.

Method: Puncture perpendicular 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The dorsal venous network of the foot and the anterior medial malleolar artery.

Innervation: The branch of the medial dorsal cutaneous nerve of the foot and the saphenous nerve.

LR 5 (Luo-Connecting Point)

Chinese Name: **Ligou**

English Name

Location: 5 cun above the tip of the medial malleolus, on the midline of the medial surface of the tibia.

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

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Posteriorly, the great saphenous vein.

Innervation: The branch of the saphenous nerve.

LR 6 (Xi-Cleft Point)

Chinese Name: **Zhongdu**

English Name

Location: 7 cun above the tip of the medial malleolus, on the midline of the medial surface of the tibia.

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

Method: Puncture subcutaneously 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The great saphenous vein.

Innervation: The branch of the saphenous nerve.

LR 7

Chinese Name: **Xiguan**

English Name

Location: Posterior and inferior to the medial condyle of the tibia, in the upper portion of the medial head of m. gastrocnemius, 1 cun posterior to Yinlingquan (SP 9).

Indication: Pain of the knee.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Deeper, the posterior tibial artery.

Innervation: The branch of the medial sural cutaneous nerve; deeper, the tibial nerve.

LR 8 (He-Sea Point)

Chinese Name: **Ququan**

English Name

Location: When knee is flexed, the point is at the medial end of the transverse popliteal crease, posterior to the medial epicondyle of the tibia, in the depression of the anterior border of the insertions of m. semimembranosus and m. semitendinosus.

Indications: Prolapse of uterus, lower abdominal pain, retention of urine, nocturnal emission, pain in the external genitalia, pruritus vulvae, pain in the medial aspect of the knee and thigh.

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Anteriorly, the great saphenous vein, on the pathway of the genu su prema artery.

Innervation: The saphenous.

LR 9

Chinese Name: **Yinbao**

English Name

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

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

Method: Puncture perpendicularly 0.5-0.7 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Deeper, on the lateral side, the femoral artery and vein, the superficial branch of the medial circumflex femoral artery.

Innervation: The anterior femoral cutaneous nerve, on the pathway of the anterior branch of the obturator nerve.

LR 10

Chinese Name: **Zuwuli**

English Name

Location: 3 cun directly below Qichong (ST 30), at the proximal end of the thigh, below the pubic tubercle and on the lateral border of m. abductor longus.

Indications: Lower abdominal distention and fullness, retention of urine.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The superficial branches of the medial circumflex femoral artery and vein.

Innervation: The genitofemoral nerve, the anterior femoral cutaneous nerve; deeper, the anterior branch of the obturator nerve.

LR 11

Chinese Name: **Yinlian**

English Name

Location: 2 cun directly below Qichong (ST 30), at the proximal end of the thigh, below the pubic tubercle and on the lateral border of m. abductor longus.

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the medial circumflex femoral artery and vein.

Innervation: The genitofemoral nerve, the branch of the medial femoral cutaneous nerve; deeper, the anterior branch of the obturator nerve.

LR 12

Chinese Name: **Jimai**

English Name

Location: Lateral to the pubic tubercle, lateral and inferior to Qichong (ST 30), in the inguinal groove where the pulsation of femoral artery is palpable, 2.5 cun lateral to the anterior midline.

Indications: Lower abdominal pain, hernia, pain in the external genitalia.

Method: Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the external pudendal artery and vein, the pubic branches of the inferior epigastric artery and vein; laterally, the femoral vein.

Innervation: The ilioinguinal nerve; deeper, in the inferior aspect, the anterior branch of the obturator nerve.

LR 13 (Front-Mu Point of the Spleen, Influential Point of Zang Organs)

Chinese Name: **Zhangmen**

English Name

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

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

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The terminal branch of the tenth intercostal artery.

Innervation: Slightly inferiorly, the tenth intercostal nerve.

LR 14 (Front-Mu Point of the Liver)

Chinese Name: **Qimen**

English Name

Location: Directly below the nipple, in the sixth intercostal space, 4 cun lateral to the anterior midline.

Indications: Hypochondriac pain, abdominal distention, hiccup, acid regurgitation, mastitis, depression, febrile diseases.

Method: Puncture obliquely 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The sixth intercostal artery and vein.

Innervation: The sixth intercostal nerve.

13. THE DU CHANNEL

Du 1 (Luo-Connecting Point)

Chinese Name: **Changqiang**

English Name

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

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

Method: Puncture perpendicularly 0.5-0.1 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the inferior hemorrhoid artery and vein.

Innervation: The posterior ramus of the coccygeal nerve, the hemorrhoid nerve.

Du 2

Chinese Name: **Yaoshu**

English Name

Location: In the hiatus of the sacrum. (See Co!. Fig. 19)

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

Method: Puncture obliquely upward 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the median sacral artery and vein.

Innervation: The branch of the coccygeal nerve.

Du 3

Chinese Name: **Yaoyangguan**

English Name

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

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branch of the lumbar artery.

Innervation: The medial branch of the posterior ramus of the lumbar nerve.

Du 4 Mingmen

Chinese Name:

English Name

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

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Yaoyangguan (GY 3).

Du 5

Chinese Name: **Xuanshu**

English Name

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

Indications: Pain and stiffness of the lower back, diarrhea, indigestion.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy: See Yaoyangguan (GY 3).

Du 6

Chinese Name: **Jizhong**

English Name

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

Indications: Pain in the epigastric region, diarrhea, jaundice, epilepsy, stiffness and pain of the back.

Method: Puncture perpendicularly 0.5-1.0 inch.

Regional anatomy

Vasculature: The posterior branch of the eleventh intercostal artery.

Innervation: The medial branch of the posterior ramus of the eleventh thoracic nerve.

Du 7

Chinese Name: **Zhongshu**

English Name

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

Indications: Pain in the epigastric region, low back pain, stiffness of the back.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branch of the tenth intercostal artery.

Innervation: The medial branch of the posterior ramus of the tenth thoracic nerve.

Du 8

Chinese Name: **Jinsuo**

English Name

Location: Below the spinous process of the ninth thoracic vertebra. (See Figs. 113 and 114)

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branch of the ninth intercostal artery.

Innervation: The medial branch of the posterior ramus of the ninth thoracic nerve.

Du 9

Chinese Name: **Zhiyang**

English Name

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

Indications: Jaundice, cough, asthma, stiffness of the back, pain in the chest and back.

Method: Puncture obliquely upward 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branch of the seventh intercostal artery.

Innervation: The medial branch of the posterior ramus of the seventh thoracic nerve.

Du 10

Chinese Name: **Lingtai**

English Name

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

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

Method: Puncture obliquely upward 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branch of the sixth intercostal artery.

Innervation: The medial branch of the posterior ramus of the thoracic nerve.

Du 11

Chinese Name: **Shendao**

English Name

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

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

Method: Puncture obliquely upward 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branch of the fifth intercostal artery.

Innervation: The medial branch of the posterior ramus of the fifth thoracic nerve.

Du 12

Chinese Name: **Shenzhu**

English Name

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

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

Method: Puncture obliquely upward 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branch of the third intercostal artery.

Innervation: The medial branch of the posterior ramus of the third thoracic nerve.

Du 13

Chinese Name: **Taodao**

English Name

Location: Below the spinous process of the first thoracic vertebra. (See Figs. 113 and 114)

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

Method: Puncture obliquely upward 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The posterior branch of the first intercostal artery.

Innervation: The medial branch of the posterior ramus of the first thoracic nerve.

Du 14

Chinese Name: **Dazhui**

English Name

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

Indications: Neck pain and rigidity, malaria, febrile diseases, epilepsy, afternoon fever, cough, asthma, common cold, back stiffness.

Method: Puncture obliquely upward 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branch of the transverse cervical artery.

Innervation: The posterior ramus of the eighth cervical nerve and the medial branch of the posterior ramus of the first thoracic nerve.

Du 15

Chinese Name: **Yamen**

English Name

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

Indications: Mental disorders, epilepsy, deafness and mute, sudden hoarseness of voice, apoplexy, stiffness of the tongue and aphasia, occipital headache, neck rigidity.

Method: Puncture perpendicularly 0.5-0.8 inch. Neither upward obliquely nor deep puncture is advisable. It is near the medullary bulb in the deep layer, and the depth and angle of the puncture should be paid strict attention to.

Regional anatomy

Vasculature: The branches of the occipital artery and vein.

Innervation: The third occipital nerve.

Du 16

Chinese Name: **Fengfu**

English Name

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

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

Method: Puncture perpendicularly 0.5-0.8 inch. Deep puncture is not advisable. Medullary bulb is in the deep layer, special attention should be paid in acupuncture.

Regional anatomy Vasculature: The branch of the occipital artery.

Innervation: The branches of the third cervical nerve and the great occipital nerve.

Du 17

Chinese Name: **Naohu**

English Name

Location: **2.5 cun directly above** the midpoint of the posterior hairline, 1.5 cun directly above Fengfu (GV 16), in the depression on the upper border of the external occipital protuberance.

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

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the occipital arteries and veins of the both sides.

Innervation: The branch of the great occipital nerve.

Du 18

Chinese Name: **Qiangjian**

English Name

Location: 4 cun directly above the midpoint of the posterior hairline and 1.5 cun above Naohu (GV 17).

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

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy: See Naohu (GV 17).

Du 19

Chinese Name: **Houding**

English Name

Location: 5.5 cun directly above the midpoint of the posterior hairline, 1.5 cun directly above Qiangjian (GV 18).

Indications: Headache, vertigo, mania, epilepsy.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable. .

Regional anatomy: See Naohu (GV 17).

Du 20

Chinese Name: **Baihui**

English Name

Location: On the midline of the head, **5 cun directly above the midpoint of the anterior hairline**, approximately on the midpoint of the line connecting the apexes of both ears.

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

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The anastomotic network formed by the superficial temporal arteries and veins and the occipital arteries and veins on both sides.

Innervation: The branch of the great occipital nerve.

Du 21

Chinese Name: **Qianding**

English Name

Location: 3.5 cun directly above the midpoint of the anterior hairline and 1.5 cun anterior to Baihui (GV 20).

Indications: Epilepsy, dizziness, blurring of vision, vertical headache, rhinorrhea.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The anastomotic network formed by the right and left superficial temporal arteries and veins.

Innervation: On the communicating site of the branch of the frontal nerve with the branch of the great occipital nerve.

Du 22

Chinese Name: **Xinhui**

English Name

Location: 2 cun posterior to the midpoint of the anterior hairline, 3 cun anterior to Baihui (GV 20).

Indications: Headache, blurring of vision, rhinorrhea, infantile convulsion.

Method: Puncture subcutaneously 0.3-0.5 inch. This point is prohibited in infants with metopism. Moxibustion is applicable.

Regional anatomy

Vasculature: The anastomotic network formed by the right and left superficial temporal artery and vein and the frontal artery and vein.

Innervation: The branch of the frontal nerve.

Du 23

Chinese Name: **Shangxing**

English Name

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

Indications: Headache, ophthalmalgia, epistaxis, rhinorrhea, mental disorders.

Method: Puncture subcutaneously 0.3-0.5 inch or prick to cause bleeding. This point is prohibited in infants with metopism. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the frontal artery and vein, and the branches of the superficial temporal artery and vein.

Innervation: The branch of the frontal nerve.

Du 24

Chinese Name: **Shenting**

English Name

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

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

Method: Puncture subcutaneously 0.3-0.5 inch, or prick to cause bleeding.

Moxibustion is applicable.

Regional anatomy

Vasculature: The branch of the frontal artery and vein.

Innervation: The branch of the frontal nerve.

Du 25

Chinese Name: **Suliao**

English Name

Location: On the tip of the nose.

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

Method: Puncture perpendicularly 0.2-0.3 inch, or prick to cause bleeding.

Regional anatomy

Vasculature: The lateral nasal branches of the facial artery and vein.

Innervation: The external nasal branch of the anterior ethmoidal nerve.

Du 26

Chinese Name: **Shuigou (also known as Renzhong)**

English Name

Location: At the junction of the upper third and middle third of the philtrum.

Indications: Mental disorders, epilepsy, hysteria, infantile convulsion, coma, apoplexy-faint, trismus, deviation of the mouth and eyes, puffiness of the face, pain and stiffness of the lower back.

Method: Puncture obliquely upward 0.2-0.5 inch.

Regional anatomy

Vasculature: The superior labial artery and vein.

Innervation: The buccal branch of the facial nerve, and the branch of the intraorbital nerve.

Du 27

Chinese Name: **Duiduan**

English Name

Location: On the labial tubercle of the upper lip, on the vermilion border between the philtrum and upper lip.

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

Method: Puncture obliquely upward 0.2-0.3 inch.

Regional anatomy

Vasculature: The superior labial artery and vein.

Innervation: The buccal branch of the facial nerve, and the branch of the infraorbital nerve.

Du 28

Chinese Name: **Yinjiao**

English Name

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

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

Method: Puncture obliquely upward 0.1 -0.2 inch, or prick to cause bleeding.

Regional anatomy

Vasculature: The superior labial artery and vein.

Innervation: The branch of the superior alveolar nerve.

14. THE REN CHANNEL

RN 1

Chinese Name: **Huiyin**

English Name

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

Indications: Vaginitis, retention of urine hemorrhoids, nocturnal emission, enuresis, irregular menstruation, mental disorders.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the perineal artery and vein.

Innervation: The branch of the perineal nerve.

RN 2

Chinese Name: **Qugu**

English Name

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

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

Method: Puncture perpendicularly 0.5-1.0 inch. Great care should be taken to puncture the points from Qugu (CV 2) to Shangwan (CV 13) of this meridian in pregnant women. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the inferior epigastric artery and the obturator artery.

Innervation: The branch of the iliohypogastric nerve.

RN 3 (Front-Mu Point of the Bladder)

Chinese Name: **Zhongji**

English Name

Location: On the anterior midline, 4 cun below the umbilicus.

Indications: Enuresis, nocturnal emission, impotence, hernia, uterine bleeding, irregular menstruation, dysmenorrhea, morbid leukorrhea, frequency of urination, retention of urine, pain in the lower abdomen, prolapse of the uterus, vaginitis.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of superficial epigastric artery and vein, and the branches of inferior epigastric artery and vein.

Innervation: The branch of the iliohypogastric nerve.

RN 4 (Front-Mu Point of the Small Intestine)

Chinese Name: **Guanyuan**

English Name

Location: On the anterior midline, 3 cun below the umbilicus.

Indications: Enuresis, nocturnal emission, frequency of urination, retention of urine, hernia, irregular

menstruation, morbid leukorrhea, dysmenorrhea, uterine bleeding, postpartum hemorrhage, lower abdominal pain, indigestion, diarrhea, prolapse of the rectum, flaccid type of apoplexy.

Method: Puncture perpendicularly 0.8-1.2 inches. This is one of the important points for tonification. Moxibustion is applicable.

Regional anatomy

Vasculature: See Zhongji (CV 3).

Innervation: The medial branch of the anterior cutaneous branch of the twelfth intercostal nerve.

RN 5 (Front-Mu Point of Triple Energizer)

Chinese Name: **Shimen**

English Name

Location: On the anterior midline, 2 cun below the umbilicus.

Indications: Abdominal pain, diarrhea, edema, hernia, anuria, enuresis, amenorrhea, morbid leukorrhea, uterine bleeding, postpartum hemorrhage.

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: See Zhongji (CV 3).

Innervation: The anterior cutaneous branch of the eleventh intercostal nerve.

RN 6

Chinese Name: **Qihai**

English Name

Location: On the anterior midline, 1.5 cun below the umbilicus.

Indications: Abdominal pain, enuresis, nocturnal emission, impotence, hernia, edema, diarrhea, dysentery, uterine bleeding, irregular menstruation, dysmenorrhea, amenorrhea, morbid leukorrhea, postpartum hemorrhage, constipation, flaccid type of apoplexy, asthma.

Method: Puncture perpendicularly 0.8-1.2 inches. This is one of the important points for tonification. Moxibustion is applicable.

Regional anatomy: See Shimen (CV 5).

RN 7

Chinese Name: **Yinjiao**

English Name

Location: On the anterior midline, 1 cun below the umbilicus.

Indications: Abdominal distention, edema, hernia, irregular menstruation, uterine bleeding, morbid leukorrhea, pruritus vulvae, postpartum hemorrhage, abdominal pain around the umbilicus.

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

Regional anatomy Vasculature: See Zhongji (CV 3).

Innervation: The anterior cutaneous branch of the tenth intercostal nerve.

RN 8

Chinese Name: **Shenque**

English Name

Location: In the centre of the umbilicus.

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

Method: Puncture is prohibited. Moxibustion is applicable.

Regional anatomy

Vasculature: The inferior epigastric artery and vein.

Innervation: The anterior cutaneous branch of the tenth intercostal nerve.

RN 9

Chinese Name: **Shuifen**

English Name

Location: On the anterior midline, 1 cun above the umbilicus.

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

Method: Puncture perpendicularly 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy Vasculature: See Shenque (CV 8).

Innervation: The anterior cutaneous branch of the eighth and ninth intercostal nerves.

RN 10

Chinese Name: **Xiawan**

English Name

Location: On the anterior midline, 2 cun above the umbilicus.

Indications: Epigastric pain, abdominal pain, borborygmus, indigestion, vomiting, diarrhea.

Method: Puncture perpendicularly 0.5-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: See Shenque (CV 8).

Innervation: The anterior cutaneous branch of the eighth intercostal nerve.

RN 11

Chinese Name: **Jianli**

English Name

Location: On the anterior midline, 3 cun above the umbilicus.

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

Method: Puncture perpendicularly 0.5-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the superior and inferior epigastric arteries.

Innervation: The anterior cutaneous branch of the eighth intercostal nerve.

RN 12 (Front-Mu Point of the Stomach, Influential Point of the Fu Organs)

Chinese Name: **Zhongwan**

English Name

Location: On the anterior midline, 4 cun above the umbilicus.)

Indications: Stomachache, abdominal distention, borborygmus, nausea, vomiting, acid regurgitation, diarrhea, dysentery, jaundice, indigestion, insomnia.

Method: Puncture perpendicularly 0.5-1.2 inches. Moxibustion is applicable.

Regional anatomy

Vasculature: The superior epigastric artery and vein.

Innervation: The anterior cutaneous branch of the seventh intercostal nerve.

RN 13

Chinese Name: **Shangwan**

English Name

Location: On the anterior midline, 5 cun above the umbilicus.

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

Method: Puncture perpendicularly 0.5-1.2 inches. Moxibustion is applicable.

Regional anatomy: See Zhongwan (CV 12).

RN 14 (Front-Mu Point of the Heart)

Chinese Name: **Juque**

English Name

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

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

Method: Puncture perpendicularly 0.3-0.8 inch. Moxibustion is applicable.

Regional anatomy: See Zhongwan (CV 12).

RN 15 (Luo-Connecting Point)

Chinese Name: **Jiuwei**

English Name

Location: On the anterior midline, 1 cun below the xiphosternal synchondrosis. Locate the point in supine position with the arms uplifted.

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

Method: Puncture obliquely downward 0.4-0.6 inch. Moxibustion is applicable.

Regional anatomy: See Zhongwan (CV 12).

RN 16

Chinese Name: **Zhongting**

English Name

Location: On the anterior midline, at the level with the 5th intercostal space, on the xiphosternal synchondrosis.

Indications: Distension and fullness in the chest and intercostal region, hiccup, nausea, anorexia.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The anterior perforating branches of the internal mammary artery and vein.

Innervation: The medial branch of the anterior cutaneous branch of the sixth intercostal nerve.

RN 17 (Front-Mu Point of the Pericardium, Influential Point of Qi)

Chinese Name: **Tanzhong**

English Name

Location: On the anterior midline, at the level with the 4th intercostal space, midway between the nipples.

Indications: Asthma, pain in the chest, fullness in the chest, palpitation, insufficient lactation, hiccup, difficulty in swallowing.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: See Zhongting (CV 16).

Innervation: The anterior cutaneous branch of the fourth intercostal nerve.

RN 18

Chinese Name: **Yutang**

English Name

Location: On the anterior midline, at the level with the 3rd intercostal space.

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

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: See Zhongting (CV 16).

Innervation: The anterior cutaneous branch of the third intercostal nerve.

RN 19

Chinese Name: **Zigong**

English Name

Location: On the anterior midline, at the level with the 2nd intercostal space.

Indications: Pain in the chest, asthma, cough.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: See Zhongting (CV 16).

Innervation: The anterior cutaneous branch of the second intercostal nerve.

RN 20

Chinese Name: **Huagai**

English Name

Location: On the anterior midline, at the midpoint of the sternal angle, at the level with the 1st intercostal space.

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

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: See Zhongting (CV 16).

Innervation: The anterior cutaneous branch of the first intercostal nerve.

RN 21

Chinese Name: **Xuanji**

English Name

Location: On the anterior midline, in the centre of the sternal manubrium, 1 cun below Tiantu (CV 22).

Indications: Pain in the chest, cough, asthma.

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: See Zhongting (CV 16).

Innervation: The anterior branch of the supraclavicular nerve and the anterior cutaneous branch of the first intercostal nerve.

RN 22

Chinese Name: **Tiantu**

English Name

Location: In the centre of the suprasternal fossa.

Indications: Asthma, cough, sore throat, dry throat, hiccup, sudden hoarseness of the voice, difficulty in swallowing, goiter.

Method: First puncture perpendicularly 0.2 inch and then insert the needle tip downward along the posterior aspect of the sternum 0.5-1.0 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: Superficially, the jugular arch and the branch of the inferior thyroid artery; deeper, the trachea; inferiorly, at the posterior aspect of the sternum, the innominate vein at aortic arch.

Innervation: The anterior branch of the supraclavicular nerve.

RN 23

Chinese Name: **Lianquan**

English Name

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

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

Method: Puncture obliquely 0.5-1.0 inch toward the tongue root. Moxibustion is applicable.

Regional anatomy

Vasculature: The anterior jugular vein.

Innervation: The branch of the cutaneous cervical nerve, the hypoglossal nerve, and the branch of the glossopharyngeal nerve.

RN 24

Chinese Name: **Chengjiang**

English Name

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

Indications: Facial puffiness, swelling of the gums, toothache, salivation, mental disorders, deviation of the eyes and mouth.

Method: Puncture obliquely upward 0.2-0.3 inch. Moxibustion is applicable.

Regional anatomy

Vasculature: The branches of the inferior labial artery and vein.

Innervation: The branch of the facial nerve.

15. THE EXTRA POINTS

1. Taiyang

English Name:

Location: In the depression about one finger breadth posterior to the midpoint between the lateral end of the eyebrow and the outer canthus.

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

Method: Puncture perpendicularly 0.3-0.5 inch, or prick to cause bleeding.

2. Yintang

English Name:

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

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

Method: Puncture subcutaneously 0.3-0.5 inch. Moxibustion is applicable.

3. Shanglianquan

English Name:

Location: 1 cun below the midpoint of the lower jaw, in the depression between the hyoid bone and the lower border of the jaw.

Indications: Alalia, salivation with stiff tongue, sore throat, difficulty in swallowing, loss of voice.

Method: Puncture obliquely 0.8-1.2 inches toward the tongue root.

4. Erjian

English Name:

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

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

Method: Puncture perpendicularly 0.1-0.2 inch or prick to cause bleeding.

Moxibustion is applicable.

5. Yuyao

English Name:

Location: At the midpoint of the eyebrow, directly above the pupil.

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

Method: Puncture subcutaneously 0.3-0.5 inch.

6. Sishencong

English Name:

Location: A group of 4 points, at the vertex, 1 cun respectively posterior, anterior and lateral to Baihui (GV 20). (See Fig. 119)

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

Method: Puncture subcutaneously 0.5-1.0 inch. Moxibustion is applicable.

7. Qiuhou

English Name:

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

Indications: Eye diseases.

Method: Push the eyeball upward gently, then puncture perpendicularly 0.5-1.2 inches along the orbital margin slowly without movements of lifting, thrusting, twisting and rotating.

8. Jiachengjiang

English Name:

Location: 1 cun lateral to Chengjiang (CV 24).

Indications: Pain in the face, deviation of the eyes and mouth, spasm of facial muscle.

Method: Puncture obliquely 0.5-1.0 inch..

9. Jinjing, Yuye

English Name:

Location: On the veins on both sides of the frenulum of the tongue, Jinjin is on the left, Yuye, on the right.

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

Method: Prick to cause bleeding.

10. Bitong

English Name:

Location: At the highest point of the nasolabial groove.

Indications: Rhinitis, nasa] obstruction, nasa] boils.

Method: Puncture subcutaneously upward 0.3-0.5 inch.

11. Qianzheng

English Name:

Location: 0.5-1.0 cun anterior to the auricular lobe.

Indications: Deviation of the eyes and mouth, ulceration on tongue and mouth.

Method: Puncture obliquely 0.5- 1.0 inch.

12. Yiming

English Name:

Location: 1 cun posterior to Yifeng (TE 17).

Indications: Eye diseases, tinnitus, insomna.

Method: Puncture perpendicularly 0.5-0.8 inch.

13. Anmian

English Name:

Location: Midpoint between Yifeng (TE 17) and Fengchi (GB 20).

Indications: Insomnia, vertigo, headache, palpitation, mental disorders.

Method: Puncture perpendicularly 0.5-0.8 inch.

14. Dingchuan

English Name:

Location: 0.5 cun lateral to Dazhui (GV 14).

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

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

15. Huatuojiaji

English Name:

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

Indications: See the following table 8.

Method: Puncture perpendicularly 0.5-1.0 inch in the cervical and chest region, puncture perpendicularly 1.0-1.5 inches in the lumbar region. Moxibustion is applicable.

16. Bailao

English Name:

Location: 2 cun above Dazhui (GV 14), 1 cun lateral to the midline.
Indications: Scrofula, cough, asthma, whooping cough, neck rigidity.
Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

17. Weiwaniashu

English Name:

Location: 1.5 cun lateral to the lower border of the spinous process of the eighth thoracic vertebra. (See Fig. 123)

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

Method: Puncture obliquely 0.5-0.7 inch. Moxibustion is applicable.

18. Shiqizhui

English Name:

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

Indications: Lumbar Pain, thigh pain, paralysis of the lower extremities, irregular menstruation, dysmenorrhea.

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

19. Yaoqi

English Name:

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

Indications: Epilepsy, headache, inomnia, constipation.

Method: Puncture subcutaneously upward 1.0-2.0 inches. Moxibustion is applicable.

20. Pigen

English Name:

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

Indications: Hepatosplenomegaly, lumbar pain.

Method: Puncture perpendicularly 0.5-0.8 inch. Moxibustion is applicable.

21. Yaoyan

English Name:

Location: About 3.5-4 cun lateral to the lower border of the spinous process of the fourth lumbar vertebra. The point is in the depression appearing in prone position.

Indications: Lumbar pain, frequency of urine, irregular menstruation.

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

22. Zigongxue

English Name:

Location: 3 cun lateral to Zhongji (CV 3).

Indications: Prolapse of the uterus, irregular menstruation.

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

23. Jianqian (also known as Jianning)

English Name:

Location: Midway between the end of the anterior axillary fold and Jianyu (L I 15).

Indications: Pain in the shoulder and arm, paralysis of the upper extremities.

Method: Puncture perpendicularly 0.8-1.2 inches. Moxibustion is applicable.

24. Shixuan

English Name:

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

Indications: Apoplexy, coma, epilepsy, high fever, acute tonsillitis, infantile convulsion, numbness of the

finger tips.

Method: Puncture 0.1-0.2 inch superficially, or prick to cause bleeding.

25. Sifeng

English Name:

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

Indications: Malnutrition and indigestion syndrome in children, whooping cough.

Method: Prick to cause bleeding, or squeeze out a small amount of yellowish viscous fluid locally.

26. Zhongkui

English Name:

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

Indications: Nausea, vomiting, hiccup.

Method: Moxibustion is applied with three moxa cones.

English Name:

27. Baxie

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

Indications: Excessive heat, finger numbness, spasm and contracture of the fingers, redness and swelling of the dorsum of the hand.

Method: Puncture obliquely 0.3-0.5 inch, or prick to cause bleeding. Moxibustion is applicable.

28. Luozhen

English Name:

Location: On the dorsum of the hand, between the second and third metacarpal bones, about 0.5 cun posterior to metacarpophalangeal joint.

Indications: Sore neck, pain in the shoulder and arm.

Method: Puncture perpendicularly 0.5-0.8 inch.

29. Yaotongxue

English Name:

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

Indication: Acute lumbar sprain.

Method: Puncture obliquely 0.5-1.0 inch toward the centre of metacarpus from both sides.

30. Zhongquan

English Name:

Location: On the dorsal crease of the wrist, in the depression on the radial side of the tendon of common extensor muscle of fingers between Yangxi (LI 5) and Yangchi (TE 4).

Indications: Stuffy chest, gastric pain, spitting of blood.

Method: Puncture perpendicularly 0.3-0.5 inch. Moxibustion is applicable.

31. Erbai

English Name:

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

Indications: Hemorrhoids, prolapse of the rectum.

Method: Puncture perpendicularly 0.5- 1.0 inch. Moxibustion is applicable.

32. Bizhong

English Name:

Location: On the lateral aspect of the forearm, midway between the transverse wrist crease and elbow crease, between the radius and the ulna.

Indications: Paralysis, spasm and contracture of the upper extremities, pain of the forearm.

Method: Puncture perpendicularly 1.0-1.2 inches. Moxibustion is applicable.

33. Zhoujian

English Name:

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

Indication: Scrofula Method: Moxibustion is applied with seven to fourteen moxa cones.

34. Huanzhong

English Name:

Location: Midway between Huantiao (GB 30) and Yaoshu (GV 2).

Indications: Lumbar pain, thigh pain.

Method: Puncture perpendicularly 1.5-2.0 inches. Moxibustion is applicable.

35. Baichongwo

English Name:

Location: 1 cun above Xuehai (SP 10).

Indications: Rubella, eczema, gastrointestinal parasitic diseases.

Method: Puncture perpendicularly 1.0-1.2 inches. Moxibustion is applicable.

36. Xiyian

English Name:

Location: A pair of points in the two depressions, medial and lateral to the patellar ligament, locating the point with the knee flexed. These two points are also termed medial and lateral Xiyian respectively. Lateral Xiyian overlaps with Dubi (ST 35).

Indications: Knee pain, weakness of the lower extremities.

Method: Puncture perpendicularly 0.5- 1.0 inch. Moxibustion is applicable.

37. Lanweixue

English Name:

Location: The tender spot about 2 cun below Zusanli (ST 36).

Indications: Acute and chronic appendicitis, indigestion, paralysis of the lower extremities.

Method: Puncture perpendicularly 1.0-1.2 inches.

38. Heding

English Name:

Location: In the depression of the midpoint of the superior patellar border.

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

Method: Puncture perpendicularly 0.5 inch. Moxibustion is applicable.

39. Dannangxue

English Name:

Location: The tender spot 1-2 cun directly below Yanglingquan (GB 34).

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

Method: Puncture perpendicularly 0.8-1.2 inches.

40. Bafeng

English Name:

Location: On the dorsum of foot, in the depressions on the webs between toes, proximal to the margins of the webs, at the junction of the red and white skin, eight points in all.

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

Method: Puncture obliquely 0.5-0.8 inch. Moxibustion is applicable.