



STANDARD ACUPUNCTURE NOMENCLATURE

Second Edition



WORLD HEALTH ORGANIZATION
Regional Office for the Western Pacific
MANILA

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*A Brief Explanation of
361 Classical Acupuncture Point Names
and their Multilingual Comparative List*



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FOREWORD

International academic exchange on acupuncture has increased with its widespread development and use in the world. There are now many acupuncture specialists, several international and national meetings have been held, and a multitude of publications have appeared.

Translations of the original Han (Chinese) texts and characters have proliferated. Numerous problems due to differences of spelling and pronunciation have arisen. Today, the same acupuncture points may have a wide variety of names because of these differences. Furthermore, to help those who do not read Han characters, a variety of alphanumeric codes have been given to meridian and acupuncture points. The need for standardization has become increasingly pressing.

In December 1982, the WHO Regional Office for the Western Pacific convened a working group meeting in Manila on the standardization of acupuncture. This was followed by a series of meetings between 1985 and 1989 which ratified the decisions of the working group and made it possible to present the material as it appears in this revised edition.

In this second edition, each of the 361 entries has three parts: (1) the standardized name of the classical point, (2) a brief explanation of the name of the point, and (3) a multilingual comparative list of the names of the point.

It is hoped that this publication on standard acupuncture nomenclature will contribute to further information exchange on acupuncture throughout the world.

A handwritten signature in black ink, appearing to read 'S. T. Han' in a cursive style.

S. T. Han, MD, Ph.D.
Regional Director

INTRODUCTION

Acupuncture as a medical science began more than 2500 years ago in the early Chinese dynasties, and has been constantly evolving ever since, but particularly during the last 30 years. Its development in China, with its many dialects, as well as in neighbouring countries where such languages as Japanese, Korean and Vietnamese are spoken, has given rise to a great many differences in nomenclature. Certain acupuncture points have a number of different names, while the different ways of pronouncing the same Han (Chinese) characters, and a variety of translations and transliterations have all added to the current confusion.

Efforts to develop a uniform nomenclature have been going on for some time. In 1965, the Japan Meridian and Points Committee was established, which recommended a tentative standard Japanese name for each acupuncture point, and an international numbering system. In China, the All China Acupuncture and Moxibustion Society established a committee which has developed a standard nomenclature. Since then, several other countries have formed national nomenclature committees.

With a view to achieving global agreement on a standard acupuncture nomenclature, the World Health Organization Regional Office for the Western Pacific has to date sponsored four regional meetings:

- Working Group on the Standardization of Acupuncture Nomenclature, Manila, December 1982.
- Regional Consultation Meeting on the Standardization of Acupuncture Nomenclature, Tokyo, May 1984.

- Second Working Group on the Standardization of Acupuncture Nomenclature, Hong Kong, July 1985.
- Third Working Group on the Standardization of Acupuncture Nomenclature, Seoul, June 1987.

After basic agreement at the regional level, a Scientific Group To Adopt A Standard International Acupuncture Nomenclature was held in Geneva in October-November 1989.

The working group in Manila agreed that there were a total of 361 classical acupuncture points and that the order of meridians and acupuncture points would be based on the circulation pattern of the meridians as currently perceived in China, Japan, Republic of Korea and Viet Nam.

It was proposed that the standard nomenclature should consist of three essential elements, as follows: (1) alphanumeric code; (2) the Chinese phonetic alphabet (Pinyin) name; and (3) the Han (Chinese) characters of the meridian and the acupuncture point.

The alphanumeric code facilitates international exchange but lacks meaning from a therapeutic point of view and can lead to ambiguity, as exemplified by the meridian code of H, which can stand for both heart and liver (hepar), depending on the sources used. Nonetheless, the working group, noting that international exchange on acupuncture, at least in the Western Pacific Region, is mainly conducted in English, recommended that the alphanumeric code should be derived from the English language translation of the meridian names.

The Han character is widely used in oriental medicine in China, Japan, Republic of Korea, Singapore and Hong Kong, and gives the meridian and the acupuncture point name a meaning of therapeutic value which often defies translation. It should therefore be an essential element of the standard acupuncture nomenclature. It was also agreed that by using the Han

characters, the original form of writing would be used with a simplified version of the characters in parentheses.

As we have observed, Ban characters are difficult for non-Ran-using readers, so it is important that their meaning should be expressed in other languages. The Chinese phonetic alphabet (Pinyin) names of the meridians and acupuncture points allow readers to pronounce them accurately. These names also facilitate the formation of an alphabetic index and thus make the study of acupuncture, especially the meaning of the Ban characters, easier for those who do not use the Han language.

At the Manila meeting in 1982, the principle for deciding alphabetic codes of meridians was as follows:

1. When the Ban character for a meridian consists of two characters, an alphabetic code consisting of two capital letters, one for each Ban character, is used.
2. When the Ban character for a meridian consists of one character, an alphabetic code of one capital letter is used.
3. When different meridians have the same alphabetic codes, a lower case letter is added to distinguish them. For example, Lis used for Lung meridian and Liv for liver meridian; S is used for Stomach meridian and Sp for Spleen meridian.

At the Geneva meeting in 1989, this was again reviewed. The system adopted at the Manila meeting was used for seven years. Members of WHO regions other than the Western Pacific were also present at this meeting. Some of the participants found the code adopted in Manila somewhat confusing and difficult to remember. After careful discussion, it was agreed that each alphabetic code should consist of two capital letters.

The former and revised codes are as follows:

Name of Meridian	Alphabetic Code	
	Former (Manila, 1982)	Revised (Geneva, 1989)
1. Lung Meridian	L	LU
2. Large Intestine Meridian	LI	LI
3. Stomach Meridian	S	ST
4. Spleen Meridian	Sp	SP
5. Heart Meridian	H	HT
6. Small Intestine Meridian	SI	SI
7. Bladder Meridian	B	BL
8. Kidney Meridian	K	KI
9. Pericardium Meridian	P	PC
10. Triple Energizer Meridian	TE	TE
11. Gallbladder Meridian	G	GB
12. Liver Meridian	Liv	LR
13. Governor Vessel	GV	GV
14. Conception Vessel	CY	CY

With regard to the last two, the working group in Hong Kong in 1985 studied the concept of the "Eight Extra Meridians". These are the Governor Vessel Meridians and Conception Vessel Meridian, adopted by the working group in Manila in 1982, plus six extra meridians. These were recognized and it was decided to omit the word "Meridians" after the Governor Vessel and Conception Vessel in order to standardize the nomenclature of the eight extra meridians. This was also adopted at the Geneva meeting in 1989.

The working group in Manila noted that if the acupuncture point name is accompanied by an explanation of the meaning of the Han character it would become more useful. Therefore the All China Acupuncture and Moxibustion Society has attempted to describe the acupuncture points briefly in terms of the basic theory of traditional Chinese medicine, such as Yin-Yang,

Zhang-Fu, Qi, blood and anatomy, the Five Elements, as well as the clinical effects of acupuncture.

The text was adopted at the Regional Consultation Meeting in Tokyo in 1984, subject to minor revision. The final version was accepted after a careful discussion, particularly among members from China and Japan, during the working group meeting in Hong Kong in 1985. Then careful editing was done to make the English as precise as possible without changing the original meaning.

The working group in Manila also recommended that the equivalent names and code names of the acupuncture points as used in various countries should be collected, collated, verified and published, together with the standard acupuncture nomenclature.

This multilingual comparative list of acupuncture nomenclature was developed by Dr Wang Deshen, a member of the working group, and published as *Standard Acupuncture Nomenclature*, WHO Regional Publications, Western Pacific Series No.1, in 1984.

This second edition of the *Standard Acupuncture Nomenclature*, consists of three parts for each of the classical acupuncture points:

(1) The standardized name of the classical point, has three elements, namely the alphanumeric code, the Chinese phonetic alphabet (Pinyin) name, and the Han (Chinese) characters. The original form of the writing is shown first, and the simplified form of the character is given in parentheses in the order of the use in China, Japan and Republic of Korea.

(2) A brief explanation of the point, i.e., the meaning of the characters in the first paragraph, and a brief explanation of the point in the second paragraph. These meanings have been

recommended by the All China Acupuncture and Moxibustion Society and presented during the Tokyo meeting in 1984.

(3) A multilingual comparative list of names of the point in English (American, British 1, and British 2), French, Japanese, Korean and Vietnamese.

It is abbreviated as follows:

A	English (American)
B1	English (British 1)
B2	English (British 2)
F	French
J	Japanese
K	Korean
V	Vietnamese

The figures appearing on the upper right side are reference numbers for quick index location of the points.

Two indexes have been included in this edition:

(1) The multilingual list of acupuncture points, including the standard (Pinyin) names, arranged in alphabetical order. The standard names appear in bold letters.

(2) The Han (Chinese) characters list of acupuncture points, arranged according to the number of strokes. The simplified characters also appear in the list, according to the number of strokes.

LU

Points of Lung Meridian

Shǒutàiyīn Fèijīng Xué

手太陰（阴）肺經（经，經）穴

LU 1 Zhōngfǔ

中府

001

Zhong : middle; fu : place.

Zhong refers to the Middle Jiao. The lung meridian originates from the Middle Jiao. The point is in the place where the Qi of the spleen and stomach in the Middle Jiao is gathered into the lung meridian.

A : Lu1	Ch'ung Fu (Central prefecture)	F : 1P	Tchong-fou
B1 : L1	Ch'ung-Fu	J : I1	Chufu
B2 : P1	Chung-fu	K : L1	Chungbu
		V : I1	Trung phũ

LU 2 Yúnmén

雲 (云) 門 (门)

002

Yun : cloud; men : door.

Yun refers to the Qi of the lung. The point is on the upper part of the chest and serves as a door for the Qi of the lung.

A : Lu2	Yun-Men (Cloud gate)	F : 2P	Iunn-menn
B1 : L2	Yün Men	J : I2	Unmon
B2 : P2	Yün-men	K : L2	Unmun
		V : I2	Vân môn

LU 3 Tiānfǔ 天府 **003**

Tian : heaven; fu : place.

Tian here means "upper". The point is on the upper arm, which is a confluence of the Qi of the lung.

A : Lu3	T'ien-Fu (Heaven prefecture)	F : 3P	Tienn-fou
B1 : L3	T'ien Fu	J : I3	Tenpu
B2 : P3	T'ien-fu	K : L3	Ch'ōnbu
		V : I3	Thiēn phū

LU 4 Xiábái 俠 (俠) 白 **004**

Xia : to press from both sides; bai : white.

White colour refers to the lung. When both arms are hanging freely, this point is precisely on both sides of the lung.

A : Lu4	Hsia-Pai (Chivalry white)	F : 4P	Sié-po (Sia-pae)
B1 : L4	Hsia Pai	J : I4	Kyohaku
B2 : P4	Hsieh-pai	K : L4	Hyōppaek
		V : I4	Hiệp bạch

LU 5 Chǐzé 尺澤 (泽, 沢) **005**

Chi : ruler, or ulnar; ze : marsh.

Chi refers to the ulnar aspect of the arm (from the wrist to the elbow). The point is in the depression of the elbow fossa at the ulnar aspect. The Qi of the meridian is infused here, like water flowing into a marsh.

A : Lu5	Ch'ih-Tze (Short narrow marsh)	F : 5P	Tchre-tsie (Marais du pied)
B1 : L5	Ch'ih Tse	J : I5	Shakutaku
B2 : P5	Ch'ih-che (Ch'ih-tse)	K : L5	Ch'ōkt'aek
		V : I5	Xích trạch

LU 6 Kǒngzùi 孔最 **006**

Kong : hole; zui : the most.

The hole of this point is the deepest of all.

A : Lu6	K'ung Tzuei (Supreme cave)	F : 6P	Krong-tsoe
B1 : L6	K'ung Tsui	J : I6	Kosai
B2 : P6	K'ung-tsui	K : L6	Kongch'oe
		V : I6	Khổng tối

LU 7 Lièquē 列缺 **007**

Lie : arrangement; que : depression.

Lightning and the rift in the sky were called Lieque in ancient times. The Hand-Taiyin meridian branches from this point to connect the Hand-Yangming meridian. The point is in the depression superior to the styloid process of the radius.

A : Lu7	Lieh-Ch'üeh (Extreme shortcoming)	F : 7P	Lié-tsiue (Plusieurs creux)
B1 : L7	Lieh Ch'üeh	J : I7	Rekketsu
B2 : P7	Lieh-ch'üeh	K : L7	Yöigyöi
		V : I7	Liêt khuyêt

LU 8 Jingqú 經 (经, 経) 渠 **008**

Jing : to pass; qu : ditch.

A ditch where the meridian passes.

A : Lu8	Ching-Ch'ü (Meridian gutter)	F : 8P	Tsing-tsiu
B1 : L8	Ching Ch'ü	J : I8	Keikyo
B2 : P8	Ching-ch'ü	K : L8	Kyöng-gö
		V : I8	Kinh cür

LU 9 Tàiyuān 太淵 (渊, 淵) **009**

Tai : great; yuan : deep pool.

Tai means abundance. The Qi of the meridian in the local part of the point is abundant as water in a deep pool.

A : Lu9	T'ai-Yuan (Great gulf)	F : 9P	Traé-iuann (Suprême gouffre)
B1 : L9	T'ai Yuan	J : I9	Taien
B2 : P9	T'ai-yüan	K : L9	T'acy öñ
		V : I9	Thái uyên

LU 10 Yúji 魚 (鱼) 際 (际) **010**

Yu : fish; ji : border.

The muscoli flexor pollicis in the palm are prominent like a fish; the point is located just on its border. Yuji is now used as an anatomical word.

A : Lu10	Yü-Chi (Fish seam)	F : I0P	Iu-tsi
B1 : L10	Yü Chi	J : I10	Gyosai
B2 : P10	Yü-chi	K : L10	Öje
		V : I10	Ngư tẽ

LU 11 Shàoshāng

少商

011

Shào : immaturity; shang : one of the five sounds, pertaining to metal.

Shao here means less. The lung pertains to metal in the Five Elements and to the shang sound in the Five Sounds. This is the last point of the lung meridian, where the Qi is less.

A : Lu11	Shao-Shang (Young tradesman)	F : 11P	Chao-chang (Moindre marchand)
B1 : L11	Shao Shang	J : I11	Shosho
B2 : P11	Shao-shang	K : L11	Sosang
		V : I11	Thieu duong

LI

Points of Large Intestine Meridian

Shǒuyángmíng Dàchángjīng Xué

手陽（阳）明大腸（肠）經（经，經）穴

LU 11 Shàoshāng

少商

011

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A : Lu11	Shao-Shang (Young tradesman)	F : 11P	Chao-chang (Moindre marchand)
B1 : L11	Shao Shang	J : I11	Shosho
B2 : P11	Shao-shang	K : L11	Sosang
		V : I11	Thieu duong

LI

Points of Large Intestine Meridian

Shǒuyángmíng Dàchángjīng Xué

手陽（阳）明大腸（肠）經（经，經）穴

LI 1 Shāngyáng 商陽 (阳) **012**

Shang : one of the Five Sounds, pertaining to metal; yang : Yang of Yin-Yang.

The large intestine pertains to metal and is ascribed to the shang sound. Yang refers to the Yang meridian.

A : LI1	Shang-Yang (Tradesman Yang)	F : 1GI	Chang-iang
B1 : LI1	Shang Yang	J : II1	Shoyo
B2 : IG1	Shang-yang	K : LI1	Sang-yang
		V : II1	Thufng dufng

LI 2 Èrjiān 二間 (间) **013**

Er : two, second; jian : clearance.

Jian here means "point". This is the second point of the large intestine meridian.

A : LI2	Erh-Chien (Two intervals)	F : 2GI	Ei-tsienn
B1 : LI2	Erh Chien	J : II2	Jikan
B2 : IG2	Erh chien	K : LI2	Igan
		V : II2	Nhi gian

LI 3 Sānjiān 三間 (间) **014**

San : three, third; jian : clearance.

Jian here means "point". This is the third point of the large intestine meridian.

A : LI3	San-chien (Three intervals)	F : 3GI	Sann-tsienn (3e intervalle)
B1 : Li3	San Chien	J : II3	Sankan
B2 : IG3	San-chien	K : LI3	Samgan
		V : II3	Tam gian

LI 4 Hégǔ 合谷 **015**

He : junction; gu : valley.

This point lies between the 1st and the 2nd metacarpal bones. The location of the point is depressed as a valley.

A : LI4	Ho-Ku (Connecting valleys)	F : 4GI	Ro-kou (Fond de vallée)
B1 : Li4	Ho Ku	J : II4	Gokoku
B2 : IG4	Ho-ku	K : LI4	Hapkok
		V : II4	Hợp cốc

LI 5 Yángxī 陽 (阳) 谿 (溪) **016**

Yang : Yang of Yin-Yang; xi : brook.

Yang refers to the Yang meridian. The local depression is like a brook in the mountains.

A : LI5	Yang-Hsi (Sunny stream)	F : 5GI	Iang-tsi (Iang-Si)
B1 : Li5	Yang Hsi	J : II5	Yokei
B2 : IG5	Yang-ch'i (Yang-hsi)	K : LI5	Yang-gye
		V : II5	Dương Khê

LI 6 Piānlì 偏歷 (历, 歷) **017**

Pian : divergence; li : passway.

A collateral of the large intestine meridian separates from here and diverges to the lung meridian.

A : LI6	P'ien-Li (Isolated hashness)	F : 6GI	Pienn-li (Succession latérale)
B1 : Li6	P'ien Li	J : II6	Henreki
B2 : IG6	P'ien li	K : LI6	P'yōlyōk
		V : II6	Thiên lịch

LI 7 Wēnliū 溫 (温) 溜 **018**

Wen : to warm; liu : circulation.

This point is able to warm the meridian and promote its circulation, and is good for treating cold pain of the elbow and arm.

A : LI7	Wen-Liu (Warm stagnant)	F : 7GI	Oénn-leou
B1 : LI7	Wen Liu	J : II7	Onryu
B2 : IG7	Wen-liu	K : LI7	Onnyu
		V : II7	ôn lưu

LI 8 Xiàlián 下廉 **019**

Xia : inferior; lian : edge.

The point is inferior to Shanglian (LI9) at the dorsal side of the forearm, close to the radial aspect.

A : LI8	Hsia-Lien (Lower screen)	F : 8GI	Sia-lienn
B1 : LI8	Hsia Lien	J : II8	Geren
B2 : IG8	Hsia-lien	K : LI8	Haryǒm
		V : II8	Hạ liêm

LI 9 Shànglián 上廉 **020**

Shang : superior; lian : edge.

The point is superior to Xialian (LI8) at the dorsal side of the forearm, close to the radial aspect.

A : LI9	Shang-Lien (Upper screen)	F : 9GI	Chang-lienn
B1 : LI9	Shang Lien	J : II9	Joren
B2 : IG9	Shang-lien	K : LI9	Sangnyǒm
		V : II9	Thượng liêm

LI 10 Shǒusānlǐ 手三里 **021**

Shou : arm; san : three; li : taken as cun in ancient times.

The point is on the forearm. With the arm stretched, the point is 3 cun below Quchi (LI11).

A : LI10	San-Li (Three Li)	F : 10GI	Sann-li du bras (3e village)
B1 : LI10	Shou San Li	J : II10	Te no sanri
B2 : IG10	San-li	K : LI10	Susamni
		V : II10	Thủ tam lý

LI 11 Qūchí 曲池 **022**

Qu : crooked; chi : pond.

When the arm is bent, the depression at the elbow is like a pool and this point is inside it.

A : LI11	Ch'ü-Ch'ih (Bent pond)	F : 11GI	Tsiou-tchre (Étang courbe)
B1 : LI11	Ch'ü Ch'ih	J : II11	Kyokuchi
B2 : IG11	Ch'u-ch'ih	K : LI11	Kokchi
		V : II11	Khúc trì

LI 12 Zhǒuliáo 肘髎 (髎) **023**

Zhou : elbow; liao : foramen.

The point is at the elbow and close to the foramen.

A : LI12	Chou-Liao (Elbow bone)	F : 12GI	Tcheou-tsiao (Tcheou-liao)
B1 : LI12	Chou Liao	J : II12	Churyo
B2 : IG12	Chou-chiao (Chou-liao)	K : LI12	Churyo
		V : II12	Trừ liêu

LI 13 Shǒuwǔlǐ 手五里 **024**

Shou : arm; wu : five; li: taken as cun in ancient times.

The point is on the upper arm, 5 cun below Tianfu. (LU3)

A : LI13	Wu-Li (Five Li)	F : 13GI	Ou-li du bras
B1 : LI13	Shou Wu Li (Wu Li)	J : II13	Te no gori
B2 : IG13	Wu-li	K : LI13	Suori
		V : II13	Thủ ngũ lý

LI 14 Bìnào 臂臑 **025**

Bi : arm; nao : muscle prominence of the arm.

The point is at the muscle prominence of the arm.

A : LI14	Pi-Jiao (Elbow joint)	F : 14GI	Pi-nao
B1 : LI14	Pi Nao	J : II14	Hiju
B2 : IG14	Pei-nao	K : LI14	Pino
		V : II14	Tý nhu

LI 15 Jiānyú 肩髃 (髃) **026**

Jian : shoulder; yu : corner.

The point is at the corner of the shoulder.

A : LI15 Chien-Yü (Shoulder bone)	F : 15GI Tsienn-iu (Pointe d'épaule)
B1 : LI15 Chien Yü	J : II15 Kengu
B2 : IG15 Chien-yü	K : LI15 Kyōnu
	V : II15 Kiên ngung

LI 16 Jùgǔ 巨骨 (骨) **027**

Ju : huge; gu : bone.

The clavicle was called Jugu in ancient times. The point is close to its acromial end.

A : LI16 Chū-Ku (Huge bone)	F : 16GI Tsiu-kou
B1 : LI16 Chū Ku	J : II16 Kokotsu
B2 : IG16 Chū-ku	K : LI16 Kōgol
	V : II16 Cự cốt

LI 17 Tiāndǐng 天鼎 **028**

Tian : heaven; ding : an ancient cooking vessel with two loop handles.

Tian means "upper". The head looks like a Ding. The point is below the ear at the neck.

A : LI17 T'ien-Ting (Heavenly vessel)	F : 17GI Tienn-ting
B1 : LI17 T'ien Ting	J : II17 Tentei
B2 : IG17 T'ien-ting	K : LI17 Ch'ōnjǒng (Kyōng-ch'ōn jǒng)
	V : II17 Thiên đỉnh

LI 18 Fútū 扶突 **029**

Fu : side; tu : prominence.

Tu refers to the laryngeal prominence. The point is beside the Adam's apple.

A : LI18 Fu-Tu (Supporting prominence)	F : 18GI Fou-trou
B1 : LI18 Fu T'u	J : II18 Hutotsu
B2 : IG18 Fu-t'u	K : LI18 Pudol
	V : II18 Phù đột

LI 19 Kǒuhéliáo

口禾膠 (髎)

030

Kou : mouth; he : grain; liao: foramen.

The grain enters the stomach through the mouth. The point is in the foramen beside the mouth.

A : LI19 Ho-Liao
(Stalk bone)
B1 : Li19 Kou Ho Liao
B2 : IG19 Ho-chiao
(Ho-liao)

F : 19GI Ro-tsiao
(Ro-liao)
J : II19 Karyo
K : LI19 Hwaryo
(Pi-hwaryo)
V : II19 Hoà liêu

ST**Points of Stomach Meridian*****Zúyángmíng Wèijīng Xué***

足陽 (阳) 明胃經 (经, 經) 穴

LI 20 Yíngxiāng

迎 (迎) 香

031

Ying : to meet; xiang : fragrance.

This point is on either side of the nose and is used to treat disorders of the nose, to improve the sense of smell and enable the nose to sense fragrance.

A : LI20 Ying-Hsiang
(Welcome fragrance)
B1 : Li20 Ying Hsiang
B2 : IG20 Ying-hsiang

F : 20GI Ing-siang
J : II20 Geiko
K : LI20 Yǒnghyang
V : 1120 Nghênh hương

ST 1 Chéngqì

承泣

032

Cheng : to receive; qi : tears.

The point is below the eye, a place for receiving tears.

A : St1	Cheng-Ch'i (Lacrimation receiver)	F : 4E	Tcheng-tsri
B1 : S1	Ch'eng Ch'i	J : III1	Shokyu
B2 : V4	Ch'eng-ch'i	K : S1	Sǔng-ǔp
		V : III1	Thư khắp

ST 2 Sìbái

四白

033

Si : four directions; bai : brightness.

This point is below the eye and is indicated in treating diseases of the eyes. It is said to improve the vision and give one sharp eyes in all four directions.

A : St2	Ssu-Pai (Four white)	F : 5E	Se-pae
B1 : S2	Szu Pai	J : III2	Shihaku
B2 : V5	Szu-pai	K : S2	Sabaek
		V : III2	Tứ bạch

ST 3 Jùliáo 巨髎 (髎) **034**

Ju : huge; liao : foramen.

The point is in the big foramen at the junction of the superior maxillary bone and the zygomatic bone.

A : St3	Chü-Liao (Big bone)	F : 6E	Tsiu-tsiao (Tsiu-liao)
B1 : S3	Chü Liao	J : III3	Koryo
B2 : V6	Chü-chiao (Chü-liao)	K : S3	Kōryo (Myōn-Kōryo)
		V : III3	Cự liêu

ST 4 Dìcāng 地倉 (倉) **035**

Di : earth; cang : granary.

The five grains grow on the earth. The grain enters the stomach through the mouth, as if going into a granary. The point is at the corner of the mouth.

A : St4	Ti-Ts'ang (Terrestrial granary)	F : 7E	Ti-tsrang
B1 : S4	Ti Ts'ang	J : III4	Chiso
B2 : V7	Ti-ts'ang	K : S4	Chich'ang
		V : III4	Địa thương

ST 5 Dàyíng 大迎 (迎) **036**

Da : large; ying : to receive.

The point lies beside the Daying artery (the extramaxillary artery).

A : St5	Ta-Ying (The great welcome)	F : 8E	Ta-ing
B1 : S5	Ta Ying	J : III5	Daigei
B2 : V8	Ta-ying	K : S5	Tacyōng
		V : III5	Đại nghênh

ST 6 Jiáchē 頰 (頰) 車 (車) **037**

Jia : cheek; che : vehicle.

Che refers to the mandible. The point is on the cheek, close to the angle of the mandible.

A : St6	Chia-Ch'e (Cheek chariot)	F : 3E	Tsia-tché
B1 : S6	Chia Ch'e	J : III6	Kyosha
B2 : V3	Chia-ch'e	K : S6	Hyōpkō
		V : III6	Giáp xa

ST 7 Xiàguān 下關 (关, 関, 関) **038**

Xia : lower; guan : pass.

Guan indicates the zygomatic arch; the point is below it.

A : St7	Hsia-Kuan (Lower pass)	F : 2E	Sia-koann
B1 : S7	Hsia Kuan	J : III7	Gekan
B2 : V2	Hsia-kuan	K : S7	Hagwan
		V : III7	Hạ quan

ST 8 Tóuwéi 頭 (头) 維 (维) **039**

Tou : head; wei : corner.

The point is at the corner between two hairlines at the forehead.

A : St8	T'ou-Wei (Head support)	F : 1E	Treou-oc
B1 : S8	T'ou Wei	J : III8	Zui
B2 : V1	T'ou-wei	K : S8	Tuyu
		V : III8	Đầu duy

ST 9 Rényíng 人迎 (迎) **040**

Ren : mankind; ying : to meet.

The point lies beside Rénying artery (common carotid artery).

A : St9	Jen-Ying (Welcomed by man)	F : 9E	Jen-ying
B1 : S9	Jen Ying	J : III9	Jingei
B2 : V9	Jen-ying	K : S9	lryōng
		V : III9	Nhân nghênh

ST 10 Shuǐtū 水突 **041**

Shui : water; tu : passing through.

The point is at the neck, close to the esophagus, where water and food pass.

A : St10	Shuei-Tu (Rushing water)	F : 10E	Choe-trou
B1 : S10	Shui-T'u	J : III10	Suitotsu
B2 : V10	Shui-t'u	K : S10	Sudot
		V : III10	Thủy đột

ST 11 Qìshè 氣 (气, 氣) 舍 (舍) **042**

Qi : Qi (vital energy); she : residence.

Qi refers to the vital energy of the lung and stomach. The point is beside the trachea, like a residence for the Qi.

A : St11	Ch'i-Sheh (Energy house)	F : 11E	Tsri-che
B1 : S11	Ch'i Shen	J : III11	Kisha
B2 : V11	Ch'i-she	K : S11	Kisa
		V : III11	Khí xá

ST 12 Quēpén 缺盆 **043**

Que : depression; pen : basin.

Quepen refers to the supraclavicular fossa, where the point is located.

A : St12	Ch'üeh-P'en (Broken basin)	F : 12E	Tsiue-prenn
B1 : S12	Ch'üeh P'en	J : III12	Ketsubon
B2 : V12	Ch'üeh-p'en	K : S12	Kyóibun
		V : III12	Khuyét bôn

ST 13 Qìhù 氣 (气, 氣) 戶 **044**

Qi : Qi (vital energy); hu : door.

The point is on the upper part of the chest, like a door for the Qi, the vital energy of the lung and stomach.

A : St13	Ch'i-Hu (Energy window)	F : 13E	Tsri-rou
B1 : S13	Ch'i Hu	J : III13	Kiko
B2 : V13	Ch'ih-hu	K : S13	Kiho
		V : III13	Khí hò

ST 14 Kùfáng 庫 (库) 房 **045**

Ku : storehouse; fang : side room.

Inhaled air is stored in the lungs as if in a storehouse, going downwards as if from a door into a side room.

A : St14	Ku-Fang (Storage house)	F : 14E	Krou-fang
B1 : S14	K'u Fang	J : III14	Kobo
B2 : V14	K'u-fang	K : S14	Kobang
		V : III14	Khô phông

ST 15 Wūyì 屋翳 **046**

Wu : room; yi : concealment.

The point is in the middle of the chest; when the inhaled air reaches this point, it "conceals" itself in the underlying room.

A : St15	Wu-i (Chamber screen)	F : 15E	Ou-i
B1 : S15	Wu Yi	J : III15	Okuei
B2 : V15	Wu-i	K : S15	Ogye
		V : III15	ôc é

ST 16 Yingchuāng 膺窗 (窓) **047**

Ying : chest; chuang : window.

The point is on the chest, like a window into it.

A : St16	Yung-Ch'uang (Ying-Ch'uang) (Window ornaments)	F : 16E	Ing-tchroang
B1 : S16	Ying Ch'uang	J : III16	Yoso
B2 : V16	Ying-ch'uang	K : S16	Ũngch'ang
		V : III16	ung song

ST 17 Rǔzhōng 乳 (乳) 中 **048**

Ru : breast; zhong : centre.

The point is at the centre of the nipple.

A : St17	Ju-Chung (Center of breast)	F : 17E	Jou-tchong
B1 : S17	Ju Chung	J : III17	Nyuchu
B2 : V17	Ju-chung	K : S17	Yujung
		V : III17	Nhũ trung

ST 18 Rǔgēn 乳 (乳) 根 **049**

Ru : breast; gen : root.

The point is at the root of the breast.

A : St18	Ju-Ken (Breast base)	F : 18E	Jou-kenn
B1 : S18	Ju Ken	J : III18	Nyukon
B2 : V18	Ju-ken	K : S18	Yugŭn
		V : III18	Nhũ căn

ST 19 Bùróng 不容 **050**

Bu : not; rong : to contain.

The point is on the upper abdomen, it indicates that the level of the point is the limit of where the stomach receives water and food.

A : St19	Ju-Jung (Pu-Jung) (No containment)	B2 : V19	Pu-jung
B1 : S19	Pu Jung	F : 19E	Pou-jong
		J : III19	Fuyo
		K : S19	Puryong
		V : III19	Bát dung

ST 20 Chéngmǎn 承滿 (满, 滿) **051**

Cheng : to receive; man : fullness.

The point is on the upper abdomen. The stomach is full when the water and food it takes in have reached this level.

A : St20	Ch'eng-Man (Full receiving)	F : 20E	Tchreng-mann
B1 : S20	Ch'eng Man	J : III20	Shoman
B2 : V20	Ch'eng-man	K : S20	Sǔngman
		V : III20	Thùs mǎn

ST 21 Liángmén 梁門 (门) **052**

Liang : grain or food; men : door.

The point is on the upper epigastric region and is the door for passage of food to stomach.

A : St21	Liang-Men (Beam gate)	F : 21E	Leang-menn
B1 : S21	Liang Men	J : III21	Ryomon
B2 : V21	Liang-men	K : S21	Yangmun
		V : III21	Lương môn

ST 22 Guānmén 關 (关, 関, 関) 門 (门) **053**

Guan : pass; men : door.

The point is close to the lower stomach and correspond to the junction between the stomach and the intestines, closings and opening like a door.

A : St22	Kuan-Men (Pass gate)	F : 22E	Koann-menn
B1 : S22	Kuan Men	J : III22	Kanmon
B2 : V22	Kuan-men	K : S22	Kwanmun
		V : III22	Quan môn

ST 23 Tàiyī

太乙

054

Tai : great; yi : one of the Ten Heavenly Stems.

The centre was considered Taiyi in ancient times. Taiyi is the Central Palace of Hetu (the Eight Diagrams). The spleen is at the centre, of the abdomen and is likened to Taiyi. The point is on the stomach, corresponding to the centre of the abdomen.

A : St23	T'ai-Yi (Great Yi)	F : 23E	Traé-i
B1 : S23	T'ai Yi	J : III23	Taiitsu
B2 : V23	T'ai-i	K : S23	T'aeül
		V : III23	Thái át

ST 24 Huáròumén

滑(滑)肉門(門)

055

Hua : good; rou : muscle; men : door.

Huarou refers to preliminarily digested fine food. The point is on the level 1 cun above the navel; the stomach contents are clear above and turbid below it. This is like a door through which the fine food passes.

A : St24	Hua-Jou-Men (Slippery flesh gate)	F : 24E	Roa-jeou (Roa-jeou-menn)
B1 : S24	Hua Jou Men	J : III24	Katsunikumon
B2 : V24	Hua-jou(ju) (Hua-jou-men)	K : S24	Hwaryungmun
		V : III24	Hoat nhuc môn

ST 25 Tiānshū

天樞(樞)

056

Tian : heaven; shu : pivot.

The region above the navel is considered as the heaven, pertaining to Yang, and the region below it as the earth, pertaining to Yin. The point is on the level with the navel, like a pivot between heaven and earth.

A : St25	T'ien-Shu (Celestial pivot)	F : 25E	Tienn-tchrou (Tienn-chou)
B1 : S25	T'ien Shu	J : III25	Tensu
B2 : V25	T'ien-ch'u (T'ien-shu)	K : S25	Ch'ŏnch'u
		V : III25	Thiên khu

ST 26 Wàilíng

外陵

057

Wai : exterior; ling : hill.

The local prominence of the point is like a hill.

A : St26	Wai-Ling (Outer mound)	F : 26E	Oaé-ling
B1 : S26	Wai Ling	J : III26	Gairoy
B2 : V26	Wai-ling	K : S26	Oenŭng
		V : III26	Ngoai lǎng

ST 27 Dàjù

大巨

058

Da : large; ju : huge.

The point is on the greatest prominence of the abdominal wall.

A : St27	Ta-Chü (Super great)	F : 27E	Ta-tsiu
B1 : S27	Ta Chü	J : III27	Daiko
B2 : V27	Ta-chü	K : S27	Taegō
		V : III27	Dai cy

ST 28 Shuǐdào

水道 (道)

059

Shui : water; dao : passage.

The deep region of the point corresponds to the small intestines and is close to the bladder, pertaining to the lower Jiao, where waterway passes.

A : St28	Shuei-Tao (Water pathway)	F : 28E	Chóe-tao
B1 : S28	Shui Tao	J : III28	Suido
B2 : V28	Shui-tao	K : S28	Sudo
		V : III28	Thúy đạo

ST 29 Guilái

歸 (归, 帰) 來 (来)

060

Gui : return; lai : arrival.

This point is indicated in prolapse of the uterus and hernia for returning them to their original places.

A : St29	Kuei-Lai (Return)	F : 29E	Koé-laé
B1 : S29	Kuei Lai	J : III29	Kirai
B2 : V29	Kuei-lai	K : S29	Kwirae
		V : III29	Quy lai

ST 30 Qìchōng

氣 (气, 氣) 衝 (冲)

061

Qi : Qi of the meridian; chong : gushing.

The point is located in a Qi "street" and is a passageway for the Qi of the meridian to circulate.

A : St30	Ch'i-Ch'ung (Rushing energy)	F : 30E	Tsri-tchrong
B1 : S30	Ch'i Ch'ung	J : III30	Kisho
B2 : V30	Ch'i-ch'ung	K : S30	Kich'ung
		V : III30	Khí xung

ST 31 Bìguān 髀 (髀) 關(关, 関, 関) **062**

Bi : thigh; guan : joint.

The point is at the femoral joint.

A : St31	Pi-Kuan (Thigh pass)	F : 31E	Pi-koann
B1 : S31	Pi Kuan	J : III31	Hikan
B2 : V31	Pi-kuan	K : S31	Pigwan
		V : III31	Bé quan

ST 32 Fútù 伏兔 (兔) **063**

Fu : lying prostrate; tu : rabbit.

The prominence of the local muscle of the point looks like a prostrate rabbit.

A : St32	Fu-T'u (Conquered rabbit)	F : 32E	Fou-trou
B1 : S32	Fu T'u	J : III32	Fukuto
B2 : V32	Fu-t'u	K : S32	Pok'to
		V : III32	Phục thỏ

ST 33 Yīnshì 陰 (阴) 市 **064**

Yin : Yin of Yin-Yang; shi : market.

Yin refers to pathogenic cold, and shi means dispersion. The point is used to disperse pathogenic cold from the knee.

A : St33	Yin-Shih (Fair in shade)	F : 33E	Inn-che
B1 : S33	Yin Shih	J : III33	Inshi
B2 : V33	Yin-shin	K : S33	Ūmshi
		V : III33	âm thị

ST 34 Liángqiū 梁丘 **065**

Liang : ridge; qiu : hills.

The prominent muscle above the knee where this point is located, looks like a ridge and hill.

A : St34	Liang-Ch'ü (Beam mound)	F : 34E	Leang-tsiou
B1 : S34	Liang Ch'iu	J : III34	Ryokyu
B2 : V34	Liang-ch'iu	K : S34	Yang-gu
		V : III34	Lương khâu

ST 35 Dúbí 犢 (犊) 鼻 066

Du : calf; bi : nose.

The depressions on both sides below the kneecap look like the nostrils of a calf and the point is at the external foramen.

A : St35 Tu-Pi
(Nose of calf)
B1 : S35 Tu Pi
B2 : V35 Tu-pi

F : 35E Tou-pi
J : III35 Tokubi
K : S35 Tokpi
V : III35 Độc ty

ST 36 Zúsānlǐ 足三里 067

Zu : lower limbs; san : three; li : taken as cun in ancient times.

The point is on the legs, 3 cun below the knee.

A : St36 Tsu-San-Li
(Walking three miles)
B1 : S36 Tsu San Li
B2 : V36 San-li

F : 36E Sann-li de jambe
(Troisième village)
J : III36 Ashi no Sanri
K : S36 Chok-samni
V : III36 Túc tam lý

ST 37 Shàngjùxū 上巨虛 (虛) 068

Shang : upper; ju : great; xu : void.

A large void lies between the tibia and fibula. The point is in the upper part of the void.

A : St37 Shang-Chü-Hsü
(Super great void)
B1 : S37 Shang Chü Hsü
B2 : V37 Shang-lien

F : 37E Chang-lienn
J : III37 Jokokyo
K : S37 Sang-gōhō
V : III37 Thương cự hư

ST 38 Tiáokǒu 條 (条) 口 069

Tiao : strip; kou : space.

The point is in the strip space between the fibula and tibia.

A : St38 T'iao-Kou
(Strip mouth)
B1 : S38 T'iao K'ou
B2 : V38 T'iao-k'ou

F : 38E Tiao-kreou
J : III38 Joko
K : S38 Cho-gu
V : III38 Diêu khẩu

ST 39 Xiàjùxū 下巨虛 (虛) **070**

Xia : lower; ju : great; xu : void.

A large void is formed between the tibia and the fibula. The point lies in the lower part of the void.

A : St39	Ksio-Chü-Hsü (Inferior great void)	F : 39E	Sia-liann
B1 : S39	Hsia Chü Hsü	J : III39	Gekokyo
B2 : V39	Hsia-lien	K : S39	Hagōhō
		V : III39	Hạ cự hư

ST 40 Fēnglóng 豐 (丰, 豊) 隆 (隆) **071**

Feng : plentiful; long : abundance.

The plentiful grain Qi of the stomach meridian is abundant; at this point it overflows into its major collateral.

A : St40	Fung-Lung (Rich and prosperous)	F : 40E	Fong-long (Abondance et prospérité)
B1 : S40	Feng Lung	J : III40	Horyu
B2 : V40	Feng-lung	K : S40	P'ungnyung
		V : III40	Phong long

ST 41 Jiěxī 解谿 (溪) **072**

Jie : separation; xi : stream.

Xi refers to a minor depression on the body surface. The point is in the anterior articular depression of the ankle joint.

A : St41	Chieh-Hsi (Dissolving brook)	F : 41E	Tsié-tsi (Tsié-si)
B1 : S41	Chieh Hsi	J : III41	Kaiki
B2 : V41	Chieh-ch'i (Chieh-hsi)	K : S41	Haegye
		V : III41	Giải Khê

ST 42 Chōngyáng 衝 (冲) 陽 (阳) **073**

Chong : important place; yang : Yang of Yin-Yang.

The point is where the Chongyang pulse is located (arteria dorsalis pedis).

A : St42	Ch'ung-Yang (Flushing Yang)	F : 42E	Tchrong-iang (Solaire assaillant)
B1 : S42	Ch'ung Yang	J : III42	Shoyo
B2 : V42	Ch'ung-yang	K : S42	Ch'ungnyang
		V : III42	Xung dương

ST 43 Xiàngǔ 陷 (陷) 谷 **074**

Xian : depression; gu : valley.

Gu refers to a depression on the body surface. The point is in the depression between the second and third metatarsals.

A : St43	Hsien-Ku (Sinking valley)	F : 43E	Sienn-kou
B1 : S43	Hsien Ku	J : III43	Kankoku
B2 : V43	Hsien-ku	K : S43	Hamgok
		V : III43	Hām cōc

ST 44 Nèitíng 內庭 **075**

Nei : interior; ting : courtyard.

This point lies next to Lidui (ST45), as if it were a courtyard to it.

A : St44	Nei-T'ing (Inner court)	F : 44E	Nei-ting
B1 : S44	Nei T'ing	J : III44	Naitei
B2 : V44	Nei-t'ing	K : S44	Naejǒng
		V : III44	Nội đình

ST 45 Lìduì 厲 (厉) 兌 (兑) **076**

Li : stomach; dui : door.

This point is at the end of the second toe, like a door of the stomach meridian.

A : St45	Li-Tuei (Strict exchange)	F : 45E	Li-toé (Paiement cruel)
B1 : S45	Li Tui	J : III45	Reida
B2 : V45	Li-tui	K : S45	Yŏt'ae
		V : III45	Lê doài

SP

Points of Spleen Meridian

Zútàiyīn Píjīng Xué

足太陰（陰）脾經（经，經）穴

SP 1 Yínbái

隱 (隱, 隱) 白

077

Yin : hidden; bai : white.

The point is in a hidden region, where the colour is white.

A : Sp1 Yin-Pai

A : Sp3 Tai-Pai
(Hidden white)

B1 : Sp1 Yin Pai

B2 : LP1 Yin-pai

F : 1RP Inn-po

J : IV1 Impaku

K : Sp1 Ūnbaek

V : IV1 ǎn bach

SP 2 Dàdū

大都 (都)

078

Da : big; du : assembling.

The point is at the big toe, where the Qi of the meridian gathers.

A : Sp2 Ta-Tu
(Great metropolis)

B1 : Sp2 Ta Tu

B2 : LP2 Ta-tu

F : 2RP Ta-tou du pied
(Grande capitale)

J : IV2 Daito

K : Sp2 Taedo

V : IV2 Dài dō

SP 3 Tàibái 太白 **079**

Tai : great; bai : white.

The point is in the white skin of the big toe, where the white skin is the widest.

A : Sp3	T'ai Pai (Too white)	F : 3RP	Traé-po (Suprême blancheur)
B1 : Sp3	T'ai Pai	J : IV3	Taihaku
B2 : LP3	T'ai-pai	K : Sp3	T'aeback
		V : IV3	Thái bạch

SP 4 Gōngsūn 公孫 (孙) **080**

Gong : connection; sun : reticular collateral.

Sun here means "collateral"; from this point the collateral of the spleen meridian connects with the stomach meridian.

A : Sp4	Kung-Sun (Generation gap)	F : 4RP	Kong-soun (Fils du prince)
B1 : Sp4	Kung Sun	J : IV4	Koson
B2 : LP4	Kung-sun	K : Sp4	Kongson
		V : IV4	Công tôn

SP 5 Shāngqiū 商丘 **081**

Shang : one of the Five Sounds, pertaining to metal; qiu : hills.

This is the Jing-River point of the spleen meridian and pertains to metal. The point is below the medial malleolus, which looks like a hill.

A : Sp5	Shang-Ch'iu (Trades hill)	F : SRP	Chang-tsiou (Tertre des marchands)
B1 : Sp5	Shang Ch'iu	J : IV5	Shokyu
B2 : LP5	Shang-ch'iu	K : Sp5	Sang-gu
		V : IV5	Thương khâu

SP 6 Sānyīnjiāo 三陰 (阴) 交 **082**

Sanyin : three Yin meridians; jiao : crossing.

This is an intersecting point of the spleen meridian, the liver meridian and the kidney meridian.

A : Sp6	San-Yin-Chiao (Crossroad of 3 Yin)	F : 6RP	Sann-inn-tsiou (Croisement de 3 inn)
B1 : Sp6	San Yin Chiao	J : IV6	Saninko
B2 : LP6	San-yin-chiao	K : Sp6	Samŭngyo
		V : IV6	Tam âm giao

SP 7 Lòugǔ 漏谷 **083**

Lou : aperture; gu : valley.

The point is located in the depression posterior to the tibia, like in a valley.

A : Sp7	Lou-ku (Leaking valley)	F : 7RP	Lóu-kou
B1 : Sp7	Lou Ku	J : IV7	Rokoku
B2 : LP7	Lou-ku	K : Sp7	Nugok
		V : IV7	Lâu cồc

SP 8 Dìjī 地機 (机) **084**

Di : earth; ji : importance.

Di refers to the lower limbs where the point is located. The local muscle is very thick and is an important region for leg movement.

A : Sp8	Ti-Chi (Terrestrial machine)	F : 8RP	Ti-tsi
B1 : Sp8	Ti Chi	J : IV8	Chiki
B2 : LP8	Ti-chi	K : Sp8	Chigi
		V : IV8	Dja co'

SP 9 Yīnlíngquán 陰 (阴) 陵 泉 **085**

Yin : Yin of Yin-Yang; ling : hill; quan : spring.

Yin here means "interior". The point lies in the depression at the interior border of the medial epicondyle of the tibia, like a spring at the foot of a hill.

A : Sp9	Yin-Ling-Ch'üan (Spring in shady mound)	F : 9RP	Inn-ling-tsiuann
B1 : Sp9	Yin Ling Ch'üan	J : IV9	Inryosen
B2 : LP9	Yin-ling-ch'üan	K : Sp9	Ŭmnŭngch'ŏn
		V : IV9	âm lǎng tuyềñ

SP 10 Xuèhǎi 血海 (海) **086**

Xue : blood; hai : sea.

This point is indicated in blood diseases, in the sense of returning overflowed blood into the sea.

A : Sp10	Hsüeh-Hai (Sea of blood)	F : 10RP	Siuc-raé
B1 : Sp10	Hsüeh Hai	J : IV10	Kekkai
B2 : LP10	Hsüeh-hai	K : Sp10	Hýŏlhae
		V : IV10	Huyết hải

SP 11 Jímén 箕門 (門) **087**

Ji : dustpan; men : door.

A man sitting with both legs outstretched is reminiscent of a dustpan in shape. The point is on the medial aspect of both thighs, just like the opening of the dustpan.

A : Sp11 Ch'i-Men
(Windowing gate)
B1 : Sp11 Ch'i Men
B2 : LP11 Chi-men

F : 11RP Tsi-enn
J : IV11 Kimon
K : Sp11 Kimun
(Kak-Kimun)
V : IV11 Co' môn

SP 12 Chōngmén 衝 (冲) 門 (門) **088**

Chong : pass; men : door.

The point is in Qi "Street" and is an important door for the passage of the Qi of the meridian.

A : Sp12 Ch'ung-Men
(Flushing gate)
B1 : Sp12 Ch'ung Men
B2 : LP12 Ch'ung-men

F : 12RP Tchrong-menn
J : IV12 Shomon
K : Sp12 Ch'ungmun
V : IV12 Xung môn

SP 13 Fūshè 府舍 (舍) **089**

Fu : Zang-fu organs; she : dwelling.

The deep region of this point is the abdominal cavity, which is the dwelling place of the Zang-fu organs.

A : Sp13 Fu-Sheh
(Prefecture house)
B1 : Sp13 Fu She
B2 : LP13 Fu-she

F : 13RP Fou-che
J : IV13 Fusha
K : Sp13 Pusa
V : IV13 Phũ xũ

SP 14 Fùjié 腹結 (结) **090**

Fu : abdomen; jie : stagnation.

This point is indicated in treating abdominal stagnation.

A : Sp14 Fu-Chieh
(Knot of belly)
B1 : Sp14 Fu Chieh
B2 : LP14 Fu-chieh

F : 14RP Fou-tsié
J : IV14 Fukketsu
K : Sp14 Pokkyǒl
V : IV14 Phũc kêt

SP 15 Dàhéng 大橫 **091**

Da : large; heng : horizontal.

This point is on the large part of the abdomen horizontal to the navel.

<p>A : Sp15 Ta-Heng (Great cross)</p> <p>B1 : Sp15 Ta Heng</p> <p>B2 : LP15 Ta-heng</p>	<p>F : 15RP Ta-rong</p> <p>J : IV15 Daio</p> <p>K : Sp15 Taehoeng</p> <p>V : IV15 Đại hoành</p>
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SP 16 Fù'ái 腹哀 **092**

Fu : abdomen; ai : pain.

This point is good for treating abdominal pain.

<p>A : Sp16 Fu-Ai (Sorrow belly)</p> <p>B1 : Sp16 Fu Ai</p> <p>B2 : LP16 Fu-ai</p>	<p>F : 16RP Fou-ngae</p> <p>J : IV16 Fukuai</p> <p>K : Sp16 Pogae</p> <p>V : IV16 Phúc ai</p>
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SP 17 Shí dòu 食竇 (竅) **093**

Shi : food; dou : sinus

The point is infero-lateral to the nipple and in its deep region there is a sinus in which milk is stored. This point is used to promote absorption of food and for tonification.

<p>A : Sp17 Shih-Tou (Food cave)</p> <p>B1 : Sp17 Shih Tou</p> <p>B2 : LP17 Shih-tou</p>	<p>F : 17RP Che-teou</p> <p>J : IV17 Shokutoku</p> <p>K : Sp17 Shiktu</p> <p>V : IV17 Thực dậu</p>
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SP 18 Tiān xī 天谿 (溪) **094**

Tian : heaven; xi : valley.

Tian here means "upper". The point is in the stream-like intercoastal space.

<p>A : Sp18 Tien-Hsi (Celestial stream)</p> <p>B1 : Sp18 T'ien Hsi</p> <p>B2 : LP18 T'ien-ch'i</p>	<p>F : 18RP Tienn-tsri</p> <p>J : IV18 Tenkei</p> <p>K : Sp18 Ch'õn-gye</p> <p>V : IV18 Thiên Khê</p>
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SP 19 Xiōngxiāng 胸鄉 (乡, 郷) **095**

Xiong : chest; xiang : vast place.

This point is located on the vast part of the upper chest.

<p>A : Sp19 Hsiung-Hsiang (Chest country) B1 : Sp19 Hsiung-Hsiang B2 : LP19 Hsiung-hsiang</p>	<p>F : 19RP Siong-siang J : IV19 Kyokyo K : Sp19 Hyunghyang V : IV19 Hung hương</p>
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SP 20 Zhōuróng 周榮 (荣, 榮) **096**

Zhou : general; rong : nourishment.

The point functions to harmonize the nutrient Qi and to nourish the whole body.

<p>A : Sp20 Chou-Jung (Full glory) B1 : Sp20 Chou Jung (Chou Yung) B2 : LP20 Chou-jung</p>	<p>F : 20RP Tcheou-iong J : IV20 Shuei K : Sp20 Chuyǒng V : IV20 Chu Vinh</p>
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SP 21 Dàbāo 大包 (包) **097**

Da : large; bao : containing.

This point pertains to the major collateral of the spleen meridian. The spleen (earth) lies in the center and is related to all the Zang-Fu organs.

<p>A : Sp21 Ta-Pao (Great bundle) B1 : Sp21 Ta Pao B2 : LP21 Ta-pao</p>	<p>F : 21RP Ta-pao J : IV21 Daiho K : Sp21 Taep'o V : IV21 Dại bao</p>
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HT

Points of Heart Meridian

Shǒushàoyīn Xīnjīng Xué

手少陰（阴）心經（经，經）穴

HT 1 Jíquán

極 (极) 泉

098

Ji : summit; quan : spring.

The point is in the centre of the armpit; the local depression is like a spring.

A : He1	Chi-Chüan (Extreme spring)	F : 1C	Tsi-tsiuann
B1 : H1	Chi Ch'üan	J : V1	Kyokusen
B2 : C1	Chi-chüan	K : H1	Kükch'ön
		V : V1	Cực tuyến

HT 2 Qinglíng

青 (青) 靈 (灵 , 靈)

099

Qing : the colour signifying origination; ling : mind.

The heart is an official monarch with the functions of resuscitation, and housing the mind. This point is the source of the Qi of the meridian.

A : He2	Ch'ing-Ling (Green ghost)	F : 2C	Tspring-ling
B1 : H2	Ch'ing Ling	J : V2	Seirei
B2 : C2	Ch'ing-ling	K : H2	Ch'öngnyöng
		V : V2	Thanh linh

HT 3 Shàohǎi 少海 (海) **100**

Shao : young; hai : sea.

Shao refers to the Hand-Shaoyin meridian. This is the He-sea point of the heart meridian. The Qi of the meridian circulates to this point, like water flowing into the sea.

A : He3	Shao-Hai (Young sea)	F : 3C	Chao-raé
B1 : H3	Shao Hai	J : V3	Shokai
B2 : C3	Shao-hai	K : H3	Sohae (Ŭm-Sohae)
		V : V3	Thieu hái

HT 4 Língdào 靈 (灵, 靈) 道 (道) **101**

Ling : mind; dao : pathway.

The heart dominates the mind. This point is in the depression on the radial side of the tendon of m. flexor carpi ulnaris; it is like a pathway leading toward the mind.

A : He4	Ling-Tao (Ghost path)	F : 4C	Ling-tao
B1 : H4	Ling Tao	J : V4	Reido
B2 : C4	Ling-tao	K : H4	Yǒngdo
		V : V4	Linh đạo

HT 5 Tōnglǐ 通 (通) 里 **102**

Tong : leading to; li : interior.

From this point the collateral of this meridian branches to the small intestine meridian.

A : He5	T'ung-Li (Inner communication)	F : 5C	Trong-li (Village communicant)
B1 : H5	T'ung Li	J : V5	Tsuri
B2 : C5	T'ung-li	K : H5	T'ongni
		V : V5	Thông lý

HT 6 Yīnxì 陰 (阴) 郄 **103**

Yin : Yin of Yin-Yang; xi : cleft.

This is the Xi-cleft point of the Hand-Shaoyin Meridian.

A : He6	Yin-Chieh (Yin tortuosity)	F : 6C	Inn-tsri
B1 : H6	Yin Hsi	J : V6	Ingeki
B2 : C6	Yin-ch'i (Yin-hsi)	K : H6	Ŭngük
		V : V6	âm khích

HT 7 Shénmén 神 (神) 門 (門) **104**

Shen : mind; men : door.

The heart houses the mind. This point is a door for the mind.

A : He7	Shen-Men (God's door)	F : 7C	Chinn-menn (Porte du conscient)
B1 : H7	Shen Men	J : V7	Shinmon
B2 : C7	Shen-men	K : H7	Shinmun
		V : V7	Thần môn

HT 8 Shàofǔ 少府 **105**

Shao : young; fu : place.

The point belongs to the Hand-Shaoyin Meridian and is where the Qi of the meridian flows in.

A : He8	Shao-Fu (Young prefecture)	F : 8C	Chao-fou
B1 : H8	Shao Fu	J : V8	Shofu
B2 : C8	Shao-fu	K : H8	Sobu
		V : V8	Thiểu phủ

HT 9 Shàochōng 少衝 (冲) **106**

Shao : young; chong : gushing.

The point is on the little finger on the Hand-Shaoyin Meridian, where the Qi of the meridian originates and gushes upwards along the meridian.

A : He9	Shao-Ch'ung (Little flush)	F : 9C	Chao-tchrong (Moindre assaut)
B1 : H9	Shao Ch'ung	J : V9	Shosho
B2 : C9	Shao-ch'ung	K : H9	Soch'ung
		V : V9	Thiểu xung

SI

Points of Small Intestine Meridian

Shǒutàiyáng Xiǎochángjīng Xué

手太陽（阳）小腸（肠）經（经，經）穴

SI 1 Shàozé 少澤 (泽 , 沢) **107**

Shao : young; ze : marsh.

The point is located on the little finger, just where the Qi of the meridian originates; it is like a small marsh.

A : SI1	Shao-Tze (Young marsh)	F : 1IG	Chao-tsre
B1 : Si1	Shao Tse	J : VI1	Shotaku
B2 : IT1	Shao-ch'e (Shao-tse)	K : SI1	Sor'aek
		V : VI1	Thiếu Trạch

SI 2 Qiángǔ 前谷 **108**

Qian : front; gu : valley.

This point lies in the depression in front of the 5th metacarpophalangeal joint, which is like a valley.

A : SI2	Ch'ien-Ku (Front valley)	F : 2IG	Tsienn-kou
B1 : Si2	Ch'ien Ku	J : VI2	Zenkoku
B2 : IT2	Ch'ien-ku	K : SI2	Chồn-gok
		V : VI2	Tiền cốc

SI 3 Hòuxī 後(后)谿(溪) **109**

Hou : back; xi : brook.

This point lies in the brook-like depression at the back of the 5th metacarpophalangeal joint.

A : SI3	Hou-Hsi (Back stream)	F : 3IG	Réou-tsri (Reou-si) (Vallon supérieur)
B1 : SI3	Hou Hsi	J : VI3	Gokei
B2 : IT3	Hou-ch'i (Hou-hsi)	K : SI3	Hugye
		V : VI3	Hậu Khê

SI 4 Wàngǔ 腕骨(骨) **110**

Wan : wrist; gu : bone.

The point is between the bones of the wrist.

A : SI4	Wan-Ku (Wrist bone)	F : 4IG	Oann-kou de la main
B1 : SI4	Wan Ku	J : VI4	Wankotsu
B2 : IT4	Wan-ku	K : SI4	Wan-gol (Su-wan-gol)
		V : VI4	Uyển cốt

SI 5 Yángǔ 陽(阳)谷 **111**

Yang : Yang of Yin-Yang; gu : valley.

Yang means the "exterior". The seam on the exterior aspect of the wrist, where the point is located, is like a valley.

A : SI5	Yang-Ku (Sunny village)	F : 5IG	Iang-kou
B2 : IT5	Yang-ku	J : VI5	Yokoku
B1 : SI5	Yang Ku	K : SI5	Yang-gok
		V : VI5	Dương cốc

SI 6 Yǎnglǎo 養(养)老 **112**

Yang : to support; lao : old people.

This point is good for treating geriatric diseases such as blurring of vision, deafness, lumbago, shoulder pain, etc.

A : SI6	Yang-Lao (Nourishing the old)	F : 6IG	Iang-lao
B1 : SI6	Yang Lao	J : VI6	Yoro
B2 : IT6	Yang-lao	K : SI6	Yangno
		V : VI6	Dưỡng lão

SI 7 Zhizhèng 支正 **113**

Zhi : divergence; zheng : regular meridian.

The collateral of the small intestine meridian diverges from this point to the heart meridian.

A : SI7	Chih-Cheng (Supporting the upright)	F : 7IG	Tche-tcheng (Correction des membres)
B1 : SI7	Chih Cheng	J : VI7	Shisei
B2 : IT7	Chih-cheng	K : SI7	Chijǒng
		V : VI7	Chi chính

SI 8 Xiǎohǎi 小海 (海) **114**

Xiao : small; hai : sea.

Xiao refers to the small intestine meridian, and this is the He-sea point of the meridian. When the Qi and blood arrive at this point, it is just like water flowing into the sea.

A : SI8	Hsiao-Hai (Small sea)	F : 8IG	Siao-raé (Petite mer)
B1 : SI8	Hsiao Hai	J : VI8	Shokai
B2 : IT8	Hsiao-hai	K : SI8	Sohae (Yang-Sohae)
		V : VI8	Tiểu hải

SI 9 Jiǎnzhen 肩貞 (貞) **115**

Jian : shoulder; zhen : upright.

This is the point where the small intestine meridian goes on to the shoulder.

A : SI9	Chih-Cheng (Chien Cheng) (Shoulder chastity)	F : 9IG	Tsienn-tchenn
B1 : SI9	Chien Chen	J : VI9	Kentei
B2 : IT9	Chien-chen	K : SI9	Kyǒnjǒng (Sojang-Kyǒnjǒng)
		V : VI9	Kiên trinh

SI 10 Nàoshū 臑俞 (俞) **116**

Nao : muscle prominence of the upper arm; shu : point.

The point is on the upper arm, where the Qi of the meridian is infused in.

A : SI10	Nao-Shu (Nao locus)	F : 10IG	Nao-iu (Nao-chou)
B1 : SI10	Nao Shu	J : VI10	Juyu
B2 : IT10	Nao-yü (Nao-shu)	K : SI10	Nosu
		V : VI10	Nhu du

SI 11 Tiānzōng 天宗 **117**

Tian : upper part; zong : respect.

Tianzong means an important point on the upper part of the body.

A : SI11	Tien-Tsung (Celestial ancestor)	F : 11IG	Tienn-tsong
B1 : Si11	Tien Tsung	J : VI11	Tenso
B2 : IT11	T'ien-tsung	K : SI11	Ch'ōnjong
		V : VI11	Thiēn tōng

SI 12 Bǐngfēng 秉風 (风) **118**

Bing : to receive; feng : pathogenic wind.

The point is located at a place where it is easily invaded by the pathogenic wind.

A : SI12	Ping-Fung (Straight wind)	F : 12IG	Tchreng-fong (Ping-fong)
B1 : Si12	Ping Feng	J : VI12	Heifu
B2 : IT12	Ch'eng-feng (Ping-feng)	K : SI12	Pyōngp'ung
		V : VI12	Binh phong

SI 13 Qūyuán 曲垣 **119**

Qu : curved; yuan : wall.

The spine of the scapula is like a curved wall, and this point is located on it.

A : SI13	Ch'ü-Huan (Tortuous wall)	F : 13IG	Tsiou-iuann
B1 : Si13	Ch'ü Yuan	J : VI13	Kyokuen
B2 : IT13	Ch'ü-yuan	K : SI13	Kogwon
		V : VI13	Khúc viên

SI 14 Jiǎnwàishū 肩外俞 (俞) **120**

Jian : shoulder; wai : lateral aspect; shu : point.

The point is on the shoulder, slightly lateral to the vertebral border of the scapula.

A : SI14	Chien-Wai-Shu (Outside of shoulder)	F : 14IG	Tsienn-oae (Tsienn-oae-chou)
B1 : Si14	Chien Wai Shu	J : VI14	Kengaiyu
B2 : IT14	Chien-wai (Chien-wai-shu)	K : SI14	Kyōnoesu
		V : VI14	Kiên ngoại du

SI 15 Jiānzhōngshū 肩中俞 (俞) **121**

Jian : shoulder; zhong : central; shu : point.

The point is on the shoulder and is in the centre of the vertebral border of the scapula.

A : SI15	Chien-Chung-Shu (Middle of shoulder)	F : 15IG	Tsienn-tchong (Tsienn-tchong-chou)
B1 : Si15	Chien Chung Shu	J : VI15	Kenchuyu
B2 : IT15	Chien-chung (Chien-chung-shu)	K : SI15	Kyōnjungsu
		V : VI15	Kiên trung du

SI 16 Tiānchuāng 天窗 (窗) **122**

Tian : upper part; chuang : window.

This point is on the neck and indicated in treating otological diseases. Its function is to restore hearing loss, as if a window were being opened.

A : SI16	Tien-Ch'uang (Celestial window)	F : 16IG	Tienn-tchroang
B1 : Si16	T'ien Ch'uang	J : VI16	Tenso
B2 : IT16	T'ien-ch'uang	K : SI16	Ch'ōnch'ang
		V : VI16	Thiên song

SI 17 Tiānróng 天容 **123**

Tian : upper part; rong : abundance.

The point is on the head, where the Qi of the meridian is abundant.

A : SI17	Tien-Jung (Celestial acceptance)	F : 17IG	Tienn-jong
B1 : Si17	T'ien Jung	J : VI17	Tenyo
B2 : IT17	T'ien-jung	K : SI17	Ch'ōnyong
		V : VI17	Thiên dung

SI 18 Quánliáo 顴 (顴) 髎 (髎) **124**

Quan : zygoma; liao : foramen.

The point is on the raphe of the zygomatic bone.

A : SI18	Chüan-Lao (Cheek bone)	F : 18IG	Tsiuann-tsiao (Tsiuann-liao)
B1 : Si18	Chuan Liao	J : VI18	Kenryo
B2 : IT18	Chuan-chiao (Chuan-liao)	K : SI18	Kwallyo
		V : VI18	Quyền liêu

SI 19 Tinggōng聽 (听 , 聽) 宮 (宫) **125**

Ting : hearing; gong : palace.

Tinggong refers to the ear. The point is located in front of the ear and is indicated in treating otological diseases.

A : SI19 Ting-Kung
(Listening palace)
B1 : Si19 Ting Kung
B2 : IT19 Ting-kung

F : 19IG Ting-kong
J : VI19 Chokyu
K : SI19 Ch'ōng-gung
V : VI19 Thính cung

BL*Points of Bladder Meridian**Zútàiyáng Pángguāngjīng Xué*

足太陽 (阳) 膀胱經 (经 , 經) 穴

SI 19 Tinggōng聽 (听 , 聽) 宮 (宫) **125**

Ting : hearing; gong : palace.

Tinggong refers to the ear. The point is located in front of the ear and is indicated in treating otological diseases.

A : SI19 Ting-Kung
(Listening palace)
B1 : Si19 Ting Kung
B2 : IT19 Ting-kung

F : 19IG Ting-kong
J : VI19 Chokyu
K : SI19 Ch'ōng-gung
V : VI19 Thính cung

BL*Points of Bladder Meridian**Zútàiyáng Pángguāngjīng Xué*

足太陽 (阳) 膀胱經 (经 , 經) 穴

BL 1 Jingmíng

睛 (睛) 明

126

Jing : eye; ming : brightness.

The point is located near the eye and its function is to clear the eye.

A : B1 Ching-Ming
(Eye bright)
B1 : B1 Ching Ming
B2 : VU1 Ching-ming

F : IV Tsing-ming
J : VII1 Seimei
K : B1 Ch'ōngmyōng
V : VII1 Tinh minh

BL 2 Cuánzhú (Zǎnzhú) 攢 (攢 , 攢) 竹**127**

Cuan : to assemble; zhu : bamboo.

The point is at the end of the eyebrow, which looks like a luxuriant bamboo plant.

A : B12 Tsuan-Chu
(Drilling bamboo)
B1 : B2 Tsuan Chu
B2 : VU2 Tsuan-chu

F : 2V Tsroann-tchou
J : VII2 Sanchiku
K : B2 Ch'anjúk
V : VII2 Toàn trúc

BL 3 Méichōng 眉衝 (冲) **128**

Mei : eyebrow; chong : upward.

The point is at the anterior hairline, directly above the eyebrow.

A : B13	Mei-Ch'ung (Eyebrow flush)	F : 3V	Mei-tchrong
B1 : B3	Mei Ch'ung	J : VII3	Bisho
B2 : VU3	Mei-ch'ung	K : B3	Mich'ung
		V : VII3	Mi xung

BL 4 Qūchā (Qūchāi) 曲差 (差) **129**

Qu : crooked; cha : unevenness.

The meridian runs crooked laterally from Meichong (BL 3) and then runs posteriorly from this point. It is marked by unevenness.

A : B14	Ch'ü-Ch'a (Crooked and inferior)	F : 4V	Tsiou-tchrae
B1 : B4	Ch'u Cha	J : VII4	Kyokusa
B2 : VU4	Ch'ü-ch'a	K : B4	Kokch'a
		V : VII4	Khúc sai

BL 5 Wǔchù 五處 (处, 処) **130**

Wu : fifth; chu : place.

This is the fifth point of the bladder meridian of Foot-Taiyang.

A : B15	Wu-Ch'u (Five locations)	F : 5V	Ou-tchrou
B1 : B5	Wu Ch'u	J : VII5	Gosho
B2 : VU5	Wu-ch'u	K : B5	Och'ō
		V : VII5	Ngū xū

BL 6 Chéngguāng 承光 **131**

Cheng : to receive; guang : brightness.

The point is at the vertex of the head, where brightness is easily perceived.

A : B16	Ch'eng-Kuang (Receiving light)	F : 6V	Tchreng-koang
B1 : B6	Ch'eng Kuang	J : VII6	Shoko
B2 : VU6	Ch'eng-kuang	K : B6	Sūng-gwang
		V : VII6	Thưa quang

BL 7 Tōngtiān 通 (通) 天 **132**

Tong : reaching; tian : heaven.

The upper part of the head is likened as the heaven. The point is at the head and connects upwards with vertex.

A : B17	T'ung-T'ien (Reaching heaven)	F : 7V	Trong-tienn
B1 : B7	T'ung T'ien	J : VII7	Tsuten
B2 : VU7	T'ung-t'ien	K : B7	T'ongch'ôn
		V : VII7	Thông thiên

BL 8 Luòquè 絡 (络) 卻 (却) **133**

Luo : linking; que : return

The collateral of the bladder meridian returns to the body surface from this point after linking with the brain.

A : B18	Lo-Ch'üeh (Discard refute)	F : 8V	Lo-tsi (Lo-tsiue)
B1 : B8	Lo Ch'ueh	J : VII8	Rakkyaku
B2 : VU8	Lo-ch'i (Luo-ch'ueh)	K : B8	Naggak
		V : VII8	Lạc khước

BL 9 Yùzhěn 玉枕 **134**

Yu : jade; zhen : pillow.

The ancient name of the occipital bone is "Yuzhengu" (jade pillow bone), and the point is on it.

A : B19	Yü-Chen (Jade pillow)	F : 9V	Iu-tchenn
B1 : B9	Yu Chen	J : VII9	Gyokuchin
B2 : VU9	Yü-chen	K : B9	Okch'im
		V : VII9	Ngọc chẩm

BL 10 Tiānzhù 天柱 **135**

Tian : heaven; zhu : pillar.

Heaven here means "upper". The cervical spine was called "Zhugu" (pillar bone) in ancient times and the point is lateral to it.

A : B110	T'ien-Chu (Celestial pillar)	F : 10V	Tienn-tchou
B1 : B10	T'ien Chu	J : VII10	Tenchu
B2 : VU10	T'ien-chu	K : B10	Ch'ōnju
		V : VII10	Thiên trụ

BL 11 Dàzhù 大杼 **136**

Da : big; zhu : shuttle.

The first thoracic vertebra is bigger; the spinous process is like a shuttle, and the point is lateral to it.

<p>A : B11 Ta-Chu (Great slaughter) B1 : B11 Ta Chu B2 : VU11 Ta-chu</p>	<p>F : 11V Ta-tchrou J : VII11 Daijo K : B11 Taejō V : VII11 Dại trũ</p>
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BL 12 Fēngmén 風 (风) 門 (门) **137**

Feng : pathogenic wind; men : door.

This point is located where it is easily invaded by the pathogenic wind and is good for treating the diseases caused by the wind. The point is therefore considered as the door of the pathogenic wind.

<p>A : B112 Fung-Men (Windy door) B1 : B12 Feng Men B2 : VU12 Feng-men</p>	<p>F : 12V Fong-menn J : VII12 Fumon K : B12 P'ungmun V : VII12 Phong môn</p>
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BL 13 Fèishū 肺俞 (俞) **138**

Fei : lung; shu : point.

This point is the place where the Qi of the lung is infused into the back.

<p>A : B113 Fei-Shu (Lung locus) B1 : B13 Fei Shu B2 : VU13 Fei-yü (Fei-shu)</p>	<p>F : 13V Fei-iu (Fei-chou) (Assentiment des poumons) J : VII13 Haiyu K : B13 P'yesu V : VII13 Phế du</p>
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BL 14 Juéyīnshū 厥陰 (阴) 俞 (俞) **139**

Jueyin : the end of Yin meridians, here referring to the Back-Shu point of pericardium.

This point is the place where the Qi of the pericardium is infused into the back.

<p>A : B114 Ch'üeh-Yin-Shu (Yin in equilibrium locus) B1 : B14 Ch'üeh Yin Shu B2 : VU14 Ch'üeh-yin-yü (Ch'üeh-yin-shu)</p>	<p>F : 14V Tsiue-inn-iu (Tsiue-inn-chou) J : VII14 Ketsuinyu K : B14 Kwǒrũmsu V : VII14 Quyét âm du</p>
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BL 15 Xīnshū 心俞 (俞) **140**

Xin : heart; shu : point.

This point is the place where the Qi of the heart is infused into the back.

A : B115	Hsin-Shu (Heart locus)	F : 15V	Sinn-iu (Sinn-chou)
B1 : B15	Hsin Shu	J : VII15	Shinyu
B2 : VU15	Hsin-yü (Hsin-shu)	K : B15	Shimsu
		V : VII15	Tâm du

BL 16 Dūshū 督俞 (俞) **141**

Du : Governor Vessel; shu : point.

This point is the place where the Qi of the governor vessel is infused.

A : B116	Tu-Shu (Governing locus)	F : 16V	Tou-iu (Tou-chou)
B1 : B16	Tu Shu	J : VII16	Tokuyu
B2 : VU16	Tu-yü (Tu shu)	K : B16	Toksu
		V : VII16	Dôc du

BL 17 Géshū 膈俞 (俞) **142**

Ge : diaphragm; shu : point.

This point is the place where the Qi of the diaphragm is infused into the back.

A : B117	Ke-Shu (Diaphragm locus)	F : 17V	Ko-iu (Ko-chou) (Assentiment diaphragme)
B1 : B17	Ke Shu	J : VII17	Kakuyu
B2 : VU17	Ko-yü (Ko-shu)	K : B17	Kyôksu
		V : VII17	Cách du

BL 18 Gānshū 肝俞 (俞) **143**

Gan : liver; shu : point.

This point is the place where the Qi of the liver is infused into the back.

A : B118	Kan-Shu (Liver locus)	F : 18V	Kann-iu (Kann-chou)
B1 : B18	Kan Shu	J : VII18	Kanyu
B2 : VU18	Kan-yü (Kan-shu)	K : B18	Kansu
		V : VII18	Can du

BL 19 Dǎnshū 膽 (胆) 俞 (俞) **144**

Dan : gallbladder; shu : point.

This point is the place where the Qi of the gallbladder is infused into the back.

A : B19 Tan-Shu (Gallbladder locus)	F : 19V Tann-iu (Tann-chou)
B1 : B19 Tan Shu	J : VII19 Tanyu
B2 : VU19 Tan-yü (Tan-shu)	K : B19 Tamsu
	V : VII19 Đóm du

BL 20 Píshū 脾 俞 (俞) **145**

Pi : spleen; shu : point.

This is the place where the Qi of the spleen is infused into the back.

A : B120 P'i-Shu (Spleen locus)	F : 20V Pi-iu (Pi-chou)
B1 : B20 P'i Shu	J : VII20 Hiyu
B2 : VU20 P'i-yü (Pi-shu)	K : B20 Pisu
	V : VII20 Tỳ du

BL 21 Wèishū 胃 俞 (俞) **146**

Wei : stomach; shu : point.

This is the place where the Qi of the stomach is infused into the back.

A : B121 Wei-Shu (Stomach locus)	F : 21V Oé-iu (Oé-chou) (Assentiment estomac)
B1 : B21 Wei Shu	J : VII21 Iyu
B2 : VU21 Wei-yü (Wei-shu)	K : B21 Wisu
	V : VII21 Vj du

BL 22 Sānjiāoshū 三焦 俞 (俞) **147**

Sanjiao : three regions of the body cavity; shu : point.

This is the place where the Qi of the Sanjiao is infused into the back.

A : B122 San-Chiao-Shu (Triple burner locus)	F : 22V Sann-tsiao-iu (Sann-tsiao-chou)
B1 : B22 San Chiao Shu	J : VII22 Sanshoyu
B2 : VU22 San-chiao-yü	K : B22 Samch'osu
	V : VII22 Tam tiêu du

BL 23 Shènshū 腎(腎)俞(俞) 148

Shen : kidney; shu : point.

This is the place where the Qi of the kidney is infused into the back.

A : B123	Shen-Shu (Kidney locus)	F : 23V	Chenn-iu (Chenn-chou) (Assentiment reins)
B1 : B23	Shen Shu	J : VII23	Jinyu
B2 : VU23	Shen-yü (Shen-shu)	K : B23	Shinsu
		V : VII23	Thân du

BL 24 Qihăishū 氣(气, 氣)海(海)俞(俞) 149

Qihai : sea of the primary Qi; shu : point.

This point is opposite to Qihai (CV6), where the primary Qi is infused into the back.

A : B124	Ch'i-Hai-Shu (Energy sex locus)	F : 24V	Tsri-raé-iu (Tsri-raé-chou)
B1 : B24	Ch'i Hai Shu	J : VII24	Kikaiyu
B2 : VU24	Ch'i-hai-yü (Ch'i-hai-shu)	K : B24	Kihaesu
		V : VII24	Khí hải du

BL 25 Dàchángshū 大腸(腸)俞(俞) 150

Dachang : large intestine; shu : point.

This point is the place where the Qi of the large intestine is infused into the back.

A : B125	Ta-Ch'ang-Shu (Large intestine locus)	F : 25V	Ta-tchrang-iu
B1 : B25	Ta Ch'ang Shu	J : VII25	Daichoyu
B2 : VU25	Ta-chang-yü (Ta-chang-shu)	K : B25	Taejangsu
		V : VII25	Đại trường du

BL 26 Guănyuánshū 關(关, 関, 関)元俞(俞) 151

Guan : storage; yuan : primary Qi; shu : point.

This point is opposite to Guanyuan (CV4), where the stored Qi of primary Yin and primary Yang is infused into the back.

A : B126	Kuan-Yüan-Shu (Kuan-Yüan locus)	F : 26V	Koann-iuann-iu (Koann-iuann-chou)
B1 : B26	Kuan Yüan Shu	J : VII26	Kangenyu
B2 : VU26	Kuan-yüan-yü (Kuan-yüan-shu)	K : B26	Kwanwonsu
		V : VII26	Quan nguyên du

BL 27 Xiǎochángshū 小腸 (肠) 俞 (俞) **152**

Xiaochang : small intestine; shu : point.

This is the place where the Qi of the small intestine is infused into the back.

A : BL27	Hsiao-Chang-Shu (Small intestine locus)	F : 27V	Siao-tchrang-iu (Siao-tchrang-chou)
B1 : B27	Hsiao Chang Shu	J : VII27	Shochoyu
B2 : VU27	Hsiao-ch'ang-yü (Hsiao-ch'ang-shu)	K : B27	Sojangsu
		V : VII27	Tiểu trường du

BL 28 Pángguāngshū 膀胱 俞 (俞) **153**

Panguan : bladder; shu : point.

This point is the place where the Qi of the bladder is infused into the back.

A : BL28	P'ang-Kuang-Shu (Bladder locus)	F : V28	Prang-koang-iu (Prang-koang-chou)
B1 : B28	P'ang Kuang Shu	J : VII28	Bokoyu
B2 : VU28	P'ang-jzang-yü (Pang-kuang-shu)	K : B28	Pang-gwangsu
		V : VII28	Bàng quang du

BL 29 Zhōnglǚshū 中膂 俞 (俞) **154**

Zhong : centre; lü : muscles on both sides of the spine; shu : point.

This point is in the centre of the body, where the Qi of the muscles on both sides of the spine is infused into the back.

A : BL29	Chung-Lü-Shu (Middle of spine locus)	F : 29V	Tchong-liu-iu (Tchong-liu-chou)
B1 : B29	Chong Lü Shu	J : VII29	Churoyu
B2 : VU29	Chong-lu-yü (Chong-lü-shu)	K : B29	Chungnyōsu
		V : VII29	Trung lư du

BL 30 Báihuánshū 白環 (环) 俞 (俞) **155**

Bai : white; huan : ring; shu : point.

This point is indicated in leukorrhoea.

A : BL30	Pai-Huan-Shu (White circle locus)	F : 30V	Paé-roann-iu (Paé-roann-chou)
B1 : B30	Pai Huan Shu	J : VII30	Hakkanyu
B2 : VU30	Pai-huan-yü (Pai-huan-shu)	K : B30	Paek'wansu
		V : VII30	Bạch hoàn du

BL 31 Shàngliáo 上髎 (髎) **156**

Shang : upper; liao : foramen.

This point is at the first dorsal sacral foramen.

A : B131	Shang-Liao (Superior bone)	F : 31V	Chang-tsiao (liao) (Trou supérieur)
B1 : B31	Shang Liao	J : VII31	Joryo
B2 : VU31	Shang-chiao (Shang-liao)	K : B31	Sangnyo
		V : VII31	Thượng liêu

BL 32 Cìliáo 次髎 (髎) **157**

Ci : second; liao : foramen.

This point is at the second posterior sacral foramen.

A : B132	T'ze-Liao (Secondary bone)	F : 32V	Tsre-tsiao (Tsre-liao)
B1 : B32	Tzu Liao	J : VII32	Jiryō
B2 : VU32	T'zu-chiao (T'si-liao)	K : B32	Ch'aryo
		V : VII32	Thứ liêu

BL 33 Zhōngliáo 中髎 (髎) **158**

Zhong : middle; liao : foramen.

This point is at the third posterior sacral foramen, approximately at the middle part.

A : B133	Chung-Liao (Middle bone)	F : 33V	Tchong-tsiao (Tchong-liao)
B1 : B33	Chung Liao	J : VII33	Churyo
B2 : VU33	Chung-chiao (Chung-liao)	K : B33	Chungnyo
		V : VII33	Trung liêu

BL 34 Xiàliáo 下髎 (髎) **159**

Xia : lower; liao : foramen.

This point is at the fourth posterior sacral foramen.

A : B134	Hsia-Liao (Inferior bone)	F : 34V	Sia-tsiao (Siao-liao)
B1 : B34	Hsia Liao	J : VII34	Geryo
B2 : VU34	Hsia-chiao (Hsia-liao)	K : B34	Haryo
		V : VII34	Hạ liêu

BL 35 Huìyáng 會 (会) 陽 (阳) **160**

Hui : crossing; yang : Yang of Yin-Yang.

This point pertains to the Yang meridian where it crosses the Governor Vessel (Dumai), which is considered as the sea of the Yang meridians.

<p>A : B135 Hui-Yang (Meeting of the Yang) B1 : B35 Hui Yang B2 : VU35 Hui-yang</p>	<p>F : 35V Roé-iang J : VII35 Eyo K : B35 Hoeyang V : VII35 Hôi dương</p>
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BL 36 Chéngfú 承扶 **161**

Cheng : sustaining; fu : support.

This point is on the upper part of the femur at the midpoint of the gluteofemoral crease; its function is to enable the lower limbs to sustain the body weight.

<p>A : B136 Cheng-Fu (Great support) B1 : B50 Chen Fu B2 : VU50 Ch'eng-fu</p>	<p>F : 50V Tchreng-fou (Support) J : VII50 Shofu K : B50 Sŭngbu V : VII36 Thừa phò</p>
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BL 37 Yīnmén 殷門 (门) **162**

Yin : thickness; men : door.

The local muscle of the point is thick, and the point is a door where the Qi of the bladder meridian passes through.

<p>A : B137 Yin-Men (Great gate) B1 : B51 Yin Men B2 : VU51 Yin-men</p>	<p>F : 51V Inn-menn J : VII51 Inmon K : B51 Ūnmun V : VII37 ân môn</p>
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BL 38 Fúxì 浮 (浮) 郤 **163**

Fu : floating; xi : seam.

This point is on the upper border of the popliteus.

<p>A : B138 Fu-Chieh (Fu Hsi) (Superficial tortuosity) B1 : B52 Fu Hsi B2 : VU52 Fu-ch'i (Fu-hsi)</p>	<p>F : 52V Feou-tsri (Fou-si) J : VII52 Fugeki K : B52 Pugŭk V : VII38 Phù khích</p>
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BL 39 Wěiyáng 委陽 (阳) **164**

Wei : crooked; yang : Yang of Yin-Yang.

Yang means "exterior". The point is lateral to Weizhong (BL40) on the transverse crease of the popliteal fossa.

A : B139 Wei-Yang (Delegating Yang)	F : 53V Oé-iang
B1 : B53 Wei Yang	J : VII53 Iyo
B2 : VU53 Wei-yang	K : B53 Wiyang
	V : VII39 ùy dương

BL 40 Wěizhōng 委中 **165**

Wei : crooked; zhong : middle.

The point is at the midpoint of the transverse crease of the popliteal fossa.

A : B140 Wei-Chung (Commanding median)	F : 54V Oé-tchong
B1 : B54 Wei Chung	J : VII54 Ichu
B2 : VU54 Wei-chung	K : B54 Wijung
	V : VII40 ùy trung

BL 41 Fùfēn 附分 **166**

Fu : attached; fen : separation.

The bladder meridian runs downward bilaterally from the neck. This point is at the beginning of the second line and attached to the first line.

A : B141 Fu-Fen (Small supplementation)	F : 36V Fou-fenn
B1 : B36 Fu Fen	J : VII36 Fubun
B2 : VU36 Fu-fen	K : B36 Pubun
	V : VII41 Phụ phần

BL 42 Pòhù 魄戶 **167**

Po : spirit; hu : door

The lung stores the spirit. The point is at the level of Feishu (BL13), like a door for the Qi of the lung.

A : B142 P'o-Hu (Soul shelter)	F : 37V Pro-rou
B1 : B37 P'o Hu	J : VII37 Hakko
B2 : VU37 P'o-hu	K : B37 Paek'o
	V : VII42 Phách hộ

BL 43 Gāohuāng 膏育 **168**

Gao : fat; huang : membrane.

Gaohuang refers to the fat and membrane below the heart and above the diaphragm. Since this part is close to the pericardium, it is considered as the component of the pericardium. The point is at the level of the Jueyinshu (BL14).

A : BL43 Kao-Mang (Kao-Huang) (Vital organs)	F : 38V Kao-roang (Centre vital)
B1 : B38 Kao Hoang	J : VII38 Koko
B2 : VU38 Kao-huang	K : B38 Kohwang
	V : VII43 Cao hoang

BL 44 Shéntáng 神(神)堂 **169**

Shen : mind; tang : hall.

The heart houses the mind. The point is at the level of Xinshu (BL15), like a hall in which the mind is housed.

A : BL44 Shen-Tang (God's temple)	F : 39V Chenn-trang
B1 : B39 Shen T'ang	J : VII39 Shindo
B2 : VU39 Shen-t'ang	K : B39 Shindang
	V : VII44 Thần du'ong

BL 45 Yìxǐ 讒(讒)譖(譖) **170**

Yixi : a sighing sound.

If the patient is asked to say "Yixi" when the point is being located, the doctor's fingers may feel the vocal fremitus.

A : BL45 Yi-Hsi (Happy giggling)	F : 40V I-si
B1 : B40 Yi Hsi	J : VII40 Iki
B2 : VU40 I-hsi	K : B40 Ūihūi
	V : VII45 Y hi

BL 46 Géguān 隔關(关, 関, 関) **171**

Ge : diaphragm; guan : pass.

The point is at the level of Geshu (BL17) and is therefore likened to a pass for treating disorders of the diaphragm.

A : BL46 Ke-Kuan (Diaphragm pass)	F : 41V Ko-koann
B1 : B41 Ke Kuan	J : VII41 Kakukan
B2 : VU41 Ko-kuan	K : B41 Kyōkkwan
	V : VII46 Cách quan

BL 47 Húnmén 魂門 (门) **172**

Hun : soul; men : door.

The liver stores the soul. The point is at the level of Ganshu, (BL18) like a door for the Qi of the liver.

<p>A : B147 Hun-Men (Soul gate) B1 : B42 Hun Men B2 : VU42 Hun-men</p>	<p>F : 42V Roun-menn J : VII42 Konmon K : B42 Honmun V : VII47 Hôn môn</p>
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BL 48 Yánggāng 陽 (阳) 綱 (纲) **173**

Yang : Yang of Yin-Yang; gang : key link.

The gallbladder pertains to Yang. The point is at the level of Danshu (BL19) and is important in treating gallbladder diseases.

<p>A : B148 Yang-Kang (Yang principles) B1 : B43 Yang Kang B2 : VU43 Yang-kang</p>	<p>F : 43V lang-kang J : VII43 Yoko K : B43 Yang-gang V : VII48 Dương cương</p>
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BL 49 Yìshè 意舍 (舍) **174**

Yi : ideas; she : residence.

The spleen stores ideas. The point is at the level of Pishu, (BL20) like a residence for the Qi of the spleen.

<p>A : B149 Yi-She (Thought refuge) B1 : B44 Yi She B2 : VU44 I-she</p>	<p>F : 44V I-che J : VII44 Isha K : B44 Ūisa V : VII49 ý xá</p>
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BL 50 Wèicāng 胃倉 (仓) **175**

Wei : stomach; cang : storehouse.

The point is at the level of Weishu (BL21) . The stomach receives food, just like a storehouse.

<p>A : B150 Wei-Ts'ang (Stomach granary) B1 : B45 Wei Tsang B2 : VU45 Wei-ts'ang</p>	<p>F : 45V Oè-tsrang J : VII45 Iso K : B45 Wich'ang V : VII50 Vj thương</p>
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BL 51 Huāngmén 育門 (门) **176**

Huang : membrane; men : door.

The point is at the level of Sanjiaoshu (BL22), like a door for the Qi of the Sanjiao.

A : BL51	Man-Men (Huang-Men) (Organ gate)	F : 46V	Roang-menn
B1 : B46	Huang Men	J : VII46	Komon
B2 : VU46	Huang-men	K : B46	Hwangmun
		V : VII51	Hoang môn

BL 52 Zhìshì 志室 **177**

Zhi : will; shi : chamber.

The kidney stores the will. The point is at the level of Shenshu (BL23), like a chamber where the Qi of the kidney gathers.

A : BL52	Chih-Shih (Room of determination)	F : 47V	Tche-che
B1 : B47	Chih Shih	J : VII47	Shishitsu
B2 : VU47	Chih-shih	K : B47	Chishih
		V : VII52	Chí thất

BL 53 Bāohuāng 胞 (胞) 育 **178**

Bao : bladder; huang : membrane.

Bao refers to the bladder. The point is at the level of Panguangshu (BL30).

A : BL53	P'ao-Mang (P'ao-Huang) (Placenta & organ)	F : 48V	Pao-roang
B1 : B48	Pao Huang	J : VII48	Hoko
B2 : VU48	Pao-huang	K : B48	P'ohwang
		V : VII53	Bào hoang

BL 54 Zhìbiān 秩邊 (边 , 辺) **179**

Zhi : order; bian : edge.

The back-Shu points of the bladder meridian are arranged in order. This point is at the lowest among them.

A : BL54	Chih-Pian (Orderly edge)	F : 49V	Tche-piann
B1 : B49	Chih Pian	J : VII49	Chippen
B2 : VU49	Chih-pian	K : B49	Chilbyôn
		V : VII54	Trật biên

BL 55 Héyáng 合陽 (阳) **180**

He : confluence; yang : Yang of Yin-Yang.

The meridian runs downwards from the neck, where it branches out into two lines. After meeting at Weizhong (BL40), it travels downwards and gradually descends along the muscle. The higher point is considered as Yang.

A : B155 Ho-Yang (Meeting of the Yang)	F : 55V Ro-iang (Milieu du délégué)
B1 : B55 Yo Yang	J : VII55 Goyo
B2 : VU55 Ho-yang	K : B55 Habyang
	V : VII55 Hop duong

BL 56 Chéngjīn 承筋 **181**

Cheng : sustain; jin : tendon and muscle.

The point is on the gastrocnemius muscle, which is an important leg muscle helping to sustain the upper part of the body.

A : B156 Ch'eng-Chin (Supporting ligaments)	F : 56V Tchreng-tsinn
B1 : B56 Ch'eng Chin	J : VII56 Shokin
B2 : VU56 Ch'eng-chin	K : B56 Sŭng-gŭn
	V : VII56 Thừa cân

BL 57 Chéngshān 承山 **182**

Cheng : sustain; shan : mountain.

The two bellies of the gastrocnemius muscle are so prominent as a mountain; the point is below them, as if sustaining the mountain.

A : B157 Ch'eng-Shan (Supporting hill)	F : 57V Tchreng-chann
B1 : B57 Cheng Shan	J : VII57 Shozan
B2 : VU57 Ch'eng-shan	K : B57 Sŭngsan
	V : VII57 Thừa sơn

BL 58 Fēiyáng 飛 (飞) 揚 (扬) **183**

Fei : to fly; yang : lifting.

The point is a Luo-connecting point on the lateral aspect of leg and the collateral of this meridian flies out from this point to the kidney meridian.

A : B158 Fei-Yang (Flying and expanding)	F : 58V Fei-iang (Vol plané)
B1 : B58 Fei Yang	J : VII58 Hiyo
B2 : VU58 Fei-yang	K : B58 Piyang
	V : VII58 Phi duong

BL 59 Fūyáng 附陽 (阳) 184

Fu : tarsus; yang : Yang of Yin-Yang.

Yang here means "exterior and superior". The point is on the superior aspect of the tarsus and on the lateral aspect of the leg.

A : B159 Fu-Yang (Foot Yang)	F : 59V Fou-iang
B1 : B59 Fu Yang	J : VII59 Fuyo
B2 : VU59 Fu-yang	K : B59 Puyang
	V : VII59 Phụ dương

BL 60 Kūnlún 崑 (昆) 崙 (侖 , 仑) 185

Kunlun : name of a mountain in West China.

The lateral malleolus is shaped like a mountain. The point is located next to it.

A : B160 K'un-Lun (K'un Lun mountains)	F : 60V Kroun-loun
B1 : B60 K'un Lun	J : VII60 Konron
B2 : VU60 K'un-lun	K : B60 Kollyun
	V : VII60 Côn lôn

BL 61 Púcān (Púshēn) 僕 (仆) 参 (参) 186

Pu : servant; can : paying respects.

The point is at the lateral aspect of the heel, and is therefore exposed when a servant pays his respects.

A : B161 Pu-Shen (Supporting personal)	F : 61V Prou-chenn
B1 : B61 P'u Shen	J : VII61 Bokushin
B2 : VU61 P'u-shen	K : B61 Poksam
	V : VII61 Bộc tham

BL 62 Shēnmài 申脈 (脉) 187

Shen : to extend; mai : meridian.

The point pertains to the bladder meridian, from where the meridian extends to the Yang Heel Vessel (Yangqiaomai).

A : B162 Shen-Mai (Stretching vessel)	F : 62V Chenn-mo (lang-tsiao)
B1 : B62 Shen Mai	J : VII62 Shinmyaku
B2 : VU62 Shen-mo	K : B62 Shinmaek
	V : VII62 Thân mạch

BL 63 Jīnmén

金門 (門)

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Jin : gold; men : door.

The point pertains to the bladder meridian of Foot-Taiyang and is the starting point of the Yang Link Vessel (Yangweimai), like a door to enter the Yang Link Vessel.

A : Bl63 Chin-Men
(Golden gate)
B1 : B63 Chin Men
B2 : VU63 Chin-men

F : 63V Tsinn-menn
J : VII63 Kinmon
K : B63 Kūmmun
V : VII63 Kim môn

BL 64 Jīngǔ

京骨 (骨)

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Jinggu is an ancient name for the tuberosity of the 5th metatarsal.

The point is on the lateral aspect of the tuberosity of the 5th metatarsal.

A : Bl64 Ching-Ku
(Capital bone)
B1 : B64 Ching Ku
B2 : VU64 Ching-ku

F : 64V Tsing-kou
(Métatarsien, os de capitale)
J : VII64 Keikotsu
K : B64 Kyōng-gol
V : VII64 Kinh cốt

BL 65 Shùgǔ

束骨 (骨)

190

Shu : bundle up; gu : bone.

Shugu is an ancient name of the head of the 5th metatarsal. The point is on the lateral inferior aspect of the head of the 5th metatarsal.

A : Bl65 Shu-Ku
(Restrict bone)
B1 : B65 Shu Ku
B2 : VU65 Shu-ku

F : 65V Chou-kou
(Os lié)
J : VII65 Sökkotsu
K : B65 Sökkol
V : VII65 Thúc cốt

BL 66 Zútōngǔ

足通 (通) 谷

191

Zu : foot; tong : passing; gu : valley.

The point is in the depression of the foot, which is likened to a valley through which the Qi of the meridian passes.

A : Bl66 T'ung-Ku
(Communicating
the valleys)
B1 : B66 Tsu-T'ung Ku
B2 : VU66 T'ung-ku

F : B66 Trong-kou
de la jambe
J : VII66 Ashi no Tsukoku
K : B66 Chok-t'ong-gok
V : VII66 Thông cốt

BL 67 Zhìyīn

至陰（陰）

192**Zhi** : reaching; yin : Yin of Yin-Yang.

Yin refers to the Foot-Shaoyin Meridian. This is the end point of the bladder meridian of Foot-Taiyang. From here it reaches to the Foot-Shaoyin meridian.

A : B167 Chih-Yin
(Extreme Yin)
B1 : B67 Chih Yin
B2 : VU67 Chih-yin

F : 67V Tche-inn
J : VII67 Shiin
K : B67 Chitūm
V : VII67 Chí âm

*Points of Kidney Meridian**Zúshàoyīn Shènjīng Xué*

足少陰（陰）腎（腎）經（經，經）穴

BL 67 Zhìyīn

至陰（陰）

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*Points of Kidney Meridian**Zúshàoyīn Shènjīng Xué*

足少陰（陰）腎（腎）經（經，經）穴

KI 1 Yǒngquán 湧 (涌) 泉 **193**

Yong : to gush; quan : spring.

Water welling up is called a gushing spring. The point is on the depression of the sole and the Qi of the meridian flows upwards like a gushing spring.

A : KI1	Yung-Ch'üan (Pouring spring)	F : 1R	Iong-tsiuann (Source bouillonnante)
B1 : K1	Ying Ch'üan	J : VIII1	Yusen
B2 : R1	Yung-ch'üan	K : K1	Yongch'ôn
		V : VIII1	Dúng tuyên

KI 2 Rángǔ 然谷 **194**

Ran : tuberosity of the navicular bone; gu : valley.

The point is in the depression below the tuberosity of the navicular bone, as in a valley.

A : KI2	Jen-Ku (Blazing valley)	F : 2R	Jenn-kou
B1 : K2	Jan Ku	J : VIII2	Nenkoku
B2 : R2	Jen-ku	K : K2	Yôn-gok
		V : VIII2	Nhiên cốc

KI 3 Tàixi 太谿 (溪) 195

Tai : great; xi : canyon.

The point is in the depression between the medial malleolus and the Achilles tendon, as in a vast canyon.

A : Ki3	T'ai-Hsi (Great brook)	F : 3R	Traé-tsri (Vallon suprême)
B1 : K6	T'ai Hsi	J : VIII3	Taiki
B2 : R3	T'ai-ch'i	K : K3	T'aegye
		V : VIII3	Thái khé

KI 4 Dàzhōng 大鍾 (钟) 196

Da : big; zhong : heel.

This point is at the heel and the calcaneous bone is big, hence the name.

A : Ki4	Ta-Chung (Big Ben)	F : 4R	Ta-tchong (Grande cloche)
B1 : K5	Ta Chung	J : VIII4	Daisho
B2 : R4	Ta-chung	K : K4	Taejong
		V : VIII4	Đại chung

KI 5 Shuǐquán 水泉 197

Shui : water; quan : spring.

Shuiquan means water source. The kidney dominates water clearance. This point is a Xi-cleft point of the kidney meridian and indicated in treating dribbling of urine.

A : Ki5	Shuei-Ch'üan (Water spring)	F : 5R	Choé-tsuian
B1 : K4	Shui Ch'üan	J : VIII5	Suisen
B2 : R5	Shui-ch'üan	K : K5	Suchöön
		V : VIII5	Thủy tuyền

KI 6 Zhàohǎi 照海 (海) 198

Zhao : to shine; hai : sea.

This point pertains to the kidney meridian and the Qi here is as abundant as a sea. It means that the real Yang of the kidney may illuminate the whole body.

A : Ki6	Chao-Hai (Shine to sea)	F : 6R	Tchao-raé
B1 : K3	Chao Hai	J : VIII6	Shokai
B2 : R6	Chao-hai	K : K6	Chohac
		V : VIII6	Chiêu hải

KI 7 Fùliú 復 (复) 溜 **199**

Fu : continuing; liu : flowing.

The point is above Zhaohai (K16) and refers to the Qi of the meridian flowing into the "sea", re-emerging and continuing to flow.

A : K17	Fu-Liu (Repeating stagnant)	F : 7R	Fou-lóu (Sourdre de nouveau)
B1 : K7	Fu Liu	J : VIII7	Fukuryu
B2 : R7	Fou-liu	K : K7	Puryu
		V : VIII7	Phục lưu

KI 8 Jiāoxìn 交信 **200**

Jiao : crossing; xin : belief.

Xin is one of the Five-Moralities (benevolence, loyalty, courtesy, intelligence and belief), pertaining to earth and thus referring to the spleen. The Qi of the meridian is crossed by the spleen meridian at this point.

A : K18	Chiao-Hsin (Delivering message)	F : 8R	Tsiao-sinn
B1 : K8	Chiao Hsin	J : VIII8	Koshin
B2 : R8	Chiao-hsin	K : K8	Kyoshin
		V : VIII8	Giao tín

KI 9 Zhùbīn 築 (筑) 賓 (宾) **201**

Zhu : strong; bin : knee and leg.

The point is on the medial aspect of the leg. It has the function of strengthening the knee and leg.

A : K19	Chu-Pin (Building for guest)	F : 9R	Tso-pinn
B1 : K9	Chu Pin	J : VIII9	Chikuhin
B2 : R9	Chu-pin	K : K9	Ch'ukpin
		V : VIII9	Trúc tân

KI 10 Yīngǔ 陰 (阴) 谷 **202**

Yin : Yin of Yin-Yang; gu : valley.

Yin means "interior". The point is at the medial aspect of the knee joint and the local depression is like a valley.

A : K10	Yin-Ku (Yin valley)	F : 10R	Inn-kou
B1 : K10	Yin Ku	J : VIII10	Inkoku
B2 : R10	Yin-ku	K : K10	Ũngok
		V : VIII10	âm cốc

KI 11 Hénggǔ 橫骨 (骨) **203**

Henggu is the ancient name of the pubis.

The point is on the superior border of the pubis.

A : Ki11 Heng-Ku (Horizontal bone)	F : 11R Rong-kou
B1 : K11 Heng Ku	J : VIII11 Okotsu
B2 : R11 Heng-ku	K : K11 Hwoeng-gol
	V : VIII11 Hoành cốt

KI 12 Dàhè 大赫 **204**

Da : great; he : plentiful.

This point is the confluence of the kidney meridian and Thoroughfare Vessel (Chongmai), where the primary Qi of the Lower Jiao is plentiful.

A : Ki12 Ta-Ho (Great throat)	F : 12R Ta-ro
B1 : K12 Ta Ho	J : VIII12 Daikaku
B2 : R12 Ta-heh	K : K12 Tachyők
	V : VIII12 Đại hách

KI 13 Qìxué 氣 (气, 氣) 穴 **205**

Qi : vital energy; xue : cave.

Qi refers to the Qi of the kidney. The point is beside Guanyuan (CV4), like a cave where the kidney Qi is stored.

A : Ki13 Ch'i-Hsüeh (Energy cave)	F : 13R Tsri-tsiue (à gauche) (Tsri-siue)
B1 : K13 Ch'i Hsüeh	J : VIII13 Kiketsu
B2 : R13 Ch'i-chüeh	K : K13 Kihyöl
	V : VIII13 Khí huyết

KI 14 Sìmǎn 四滿 (满, 滿) **206**

Si : fourth; man : fullness.

This is the fourth point of the kidney meridian on the abdomen, and is indicated in abdominal distention.

A : Ki14 Ssu-Man (Four-full)	F : 14R Se-mann
B1 : K14 Szu Man	J : VIII14 Shiman
B2 : R14 Szu-man	K : K14 Saman
	V : VIII14 Tứ mãn

KI 15 Zhōngzhù 中注 **207**

Zhong : middle; zhu : to pour.

The Qi of the kidney meridian pours from this point into the Middle Jiao.

A : KI15 Chung-Chu (Middle injection)	F : 15R Tchong-tchou
B1 : K15 Chung Chu	J : VIII15 Chuchu
B2 : R15 Chung-chu	K : K15 Chungju
	V : VIII15 Trung chú

KI 16 Huāngshū 育俞 (俞) **208**

Huang : Huang-membrane; shu : to transport.

The Qi of the kidney infuses from this point into the Huang-membrane.

A : KI16 Mang-Shu (Huang-Shu) (Mang locus)	F : 16R Roang-iu (Roang-chou)
B1 : K16 Huang Shu	J : VIII16 Koyu
B2 : R16 Huang-yü (Huang-shu)	K : K16 Hwangsu
	V : VIII16 Hoang du

KI 17 Shāngqū 商曲 **209**

Shang : one of the five sounds, pertaining to metal; qu : bend.

The large intestine also pertains to metal. This point corresponds to the flexure of the intestines.

A : KI17 Shang-Ch'ü (Tradesman's music)	F : 17R Chang-tsiou
B1 : K17 Shang Ch'u	J : VIII17 Shokyoku
B2 : R17 Shang-ch'u	K : K17 Sang-gok
	V : VIII17 Thương khúc

KI18 Shíguān 石關 (关, 関, 関) **210**

Shi : stone; guan : importance.

Stone here means "hard" in consistency. This is an important point in the treatment of abdominal diseases.

A : KI18 Shih-Kuan (Stone pass)	F : 18R Che-koann
B1 : K18 Shih Kuan	J : VIII18 Sekikan
B2 : R18 Shih-kuan	K : K18 Sōkkwan
	V : VIII18 Thạch quan

KI 19 Yīndū 陰 (阴) 都 (都) **211**

Yin : Yin of Yin-Yang; du : to gather.

Yin refers to the abdomen and the Yin meridian. The point is in the abdomen where water and food are stored.

A : KI19 Yin-Tu (Yin capital)	F : 19R Inn-tou
B1 : K19 Yin Tu	J : VIII19 Into
B2 : R19 Yin-tu	K : K19 Ūmđo
	V : VIII19 âm đô

KI 20 Fùtōngǔ 腹通 (通) 谷 **212**

Fu : abdomen; tong : passing; gu : water and food.

The point is in the abdomen, where water and food pass.

A : KI20 T'ung-Ku (Reaching valley)	F : 20R Trong-kou (Epig)
B1 : K20 Fu T'ung Ku (Tung Ku)	J : VIII20 Hara no Tsukoku
B2 : R20 T'ung-ku	K : K20 Pok-t'ong-gok
	V : VIII20 Thông cốc

KI 21 Yōumén 幽門 (门) **213**

You : hiding; men : door.

The point pertains to the kidney meridian and is located where the lower orifice of the stomach is situated interiorly. It is hidden in the deep part of the abdomen.

A : KI21 Yu-Men (Pylorus gate)	F : 21R Iou-menn
B1 : K21 Yu Men	J : VIII21 Yumon
B2 : R21 Yu-men	K : K21 Yumun
	V : VIII21 U môn

KI 22 Bùláng 步 (步) 廊 **214**

Bu : step; lang : corridor.

The point lies along the Zhongting (middle courtyard). When the Qi of the meridian flows here, it is stepping into a corridor on either side of a courtyard.

A : KI22 Pu-Lang (Walking pavilion)	F : 22R Pou-lang
B1 : K22 Pu Lang	J : VIII22 Horo
B2 : R22 Pu-lang	K : K22 Porang
	V : VIII22 Bộ lang

KI 23 Shénfēng 神 (神) 封 **215**

Shen : mind, implying the heart; feng : manor.

The point is located in the region which is subjected to the heart.

A : Ki23 Shen-Fung (God's seal)	F : 23R Chenn-fong
B1 : K23 Sheng Feng	J : VIII23 Shimpo
B2 : R23 Shen-feng	K : K23 Shinbong
	V : VIII23 Thăn phong

KI 24 Língxū 靈 (灵, 靈) 墟 (墟) **216**

Ling : spirit, imply the heart; xu : mound.

The point internally corresponds to the heart and externally it is on the muscle prominence, which looks like a mound.

A : Ki24 Ling-Hsü (Ghost night fair)	F : 24R Ling-siu
B1 : K24 Ling Hsü	J : VIII24 Reikyo
B2 : R24 Ling-hsü	K : K24 Yǒnghǒ
	V : VIII24 Linh khu

KI 25 Shéncáng 神 (神) 藏 (藏) **217**

Shen : mind, implying the heart; cang : concealment.

This point is at the place where the mind is concealed.

A : Ki25 Shen-Ts'ang (God's storage)	F : 25R Chenn-tsrang
B1 : K25 Shen Ts'ang	J : VIII25 Shinzo
B2 : R25 Shen-ts'ang	K : K25 Shinjang
	V : VIII25 Thăn tàng

KI 26 Yùzhōng 臑中 **218**

Yu : luxuriance; zhong : middle.

The point is at the place where the Qi of the kidney is luxuriant when flowing into the chest.

A : Ki26 Huo-Chung (Yu-Chung) (Perhaps)	F : 26R Rouo-tchong (Iu-tchong)
B1 : K26 Yü Chung	J : VIII26 Wakuchu
B2 : R26 Huo-chung (Yü-chung)	K : K26 Ukchung
	V : VIII26 Quắc trung

KI 27 Shūfǔ

俞 (俞) 府

219

Shu : point; fu : organ.

The Qi of the kidney infuses from this point into the Fu organs.

A : KI27 Shu-Fu
(Shu prefecture)
B1 : K27 Shu Fu
B2 : R27 Yü-fu
(Shu-fu)

F : 27R Iu-fou
(Chou-fou)
J : VIII27 Yufu
K : K27 Subu
V : VIII27 Du phù

PC

Points of Pericardium Meridian

Shǒujuéyīn Xīnbāojīng Xué

手厥陰 (阴) 心包 (包) 經 (经, 經) 穴

KI 27 Shūfǔ

俞 (俞) 府

219

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A : KI27 Shu-Fu
(Shu prefecture)
B1 : K27 Shu Fu
B2 : R27 Yü-fu
(Shu-fu)

F : 27R Iu-fou
(Chou-fou)
J : VIII27 Yufu
K : K27 Subu
V : VIII27 Du phù

PC

Points of Pericardium Meridian

Shǒujuéyīn Xīnbāojīng Xué

手厥陰 (阴) 心包 (包) 經 (经, 經) 穴

PC 1 Tiānchí

天池

220

Tian : heaven; chi : pool.

The point is lateral to the breast and the milk secreted from the breast is as if coming from a heavenly pool.

A : EH1 Tien-Ch'ih
(Celestial pond)
B1 : Cx1 T'ien Ch'ih
(P1)
B2 : HC1 T'ien-ch'ih

F : 1ECS Tienn-tchre
J : IX1 Tenchi
K : P1 Ch'ōnji
V : IX1 Thiên trì

PC 2 Tiānquán

天泉

221

Tian : heaven; quan : spring.

The Qi of the meridian originating from Tianchi flows downwards like spring water coming down from heaven.

A : EH2 Tien-Ch'üan
(Celestial spring)
B1 : Cx2 T'ien Ch'üan
(P2)
B2 : HC2 T'ien-ch'üan

F : 2ECS Tienn-tsiuann
J : IX2 Tensen
K : P2 Ch'ōnch'ōn
V : IX2 Thiên tuyền

PC 3 Qūzé 曲澤 (泽, 沢) **222**

Qu : curve; ze : marsh.

The Qi of the meridian infuses into the shallow depression of the elbow like water flowing into a marsh.

A : EH3 Ch'ü-Tze
(Crooked pond)
B1 : Cx3 Ch'u Tse
(P3)
B2 : HC3 Ch'u-che (tse)

F : 3ECS Tsiou-tsre
J : IX3 Kyokutaku
K : P3 Kokt'aek
V : IX3 Khúc trạch

PC 4 Ximén 郄門 (门) **223**

Xi : cleft; men : door.

This is a Xi - cleft point of the pericardium meridian, and is a door where the Qi of the meridian enters and exits.

A : EH4 Chieh-Men
(Crooked gate)
B1 : Cx4 Hsi Men
(P4)
B2 : HC4 Ch'i-men
(Hsi-men)

F : 4ECS Tsri-menn
(Si-menn)
J : IX4 Gekimon
K : P4 Kūngmun
V : IX4 Khích môn

PC 5 Jiānshǐ 間 (间) 使 **224**

Jian : space; shi : minister of a monarchy.

This point pertains to the pericardium meridian and is in the space between the two tendons. It is so named because the pericardium is pictured as the minister of the heart.

A : EH5 Chien-Shih
(The emissary)
B1 : Cx5 Chian Shih
(P5)
B2 : HC5 Chien-chih
(Chien-shih)

F : 5ECS Tsienn-che
J : IX5 Kanshi
K : P5 Kansa
V : IX5 Gian sử

PC 6 Nèiguān 內關 (关, 関, 関) **225**

Nei : medial; guan : pass.

The point is at an important site on the medial aspect of the forearm, like a pass.

A : EH6 Nei-Kuan
(Inner pass)
B1 : Cx6 Nei Kuan
(P6)
B2 : HC6 Nei-kuan

F : 6ECS Nei-kouenn
(Barrière interne)
J : IX6 Naikan
K : P6 Naegwan
V : IX6 Nội quan

PC 7 Dàlíng 大陵 **226**

Da : large; ling : mound.

The palmar root is prominent, like a large mound. This point is in the depression of the wrist proximal to it.

A : EH7 Ta-Lung (Ta-Ling) (Great mound)	F : 7ECS Ta-ling (Grand tertre)
B1 : Cx7 Ta Ling (P7)	J : IX7 Dairyo
B2 : HC7 Ta-ling	K : P7 Taenŭng
	V : IX7 Dại lǎng

PC 8 Láogōng 勞 (勞, 勞) 宮 (宮) **227**

Lao : labour; gong : centre.

The hand is used for labour. "Lao" refers to the hand. The point is in the centre of the palm.

A : EH8 Lao-Kung (Laboured palace)	F : 8ECS Lao-Kong
B1 : Cx8 Lao Kung (P8)	J : IX8 Rokyu
B2 : HC8 Lao-kung	K : P8 Nogung
	V : IX8 Lao cung

PC 9 Zhōngchōng 中衝 (冲) **228**

Zhong : middle; chong : gushing.

The point is at the tip of the middle finger and is the Jing-well point of the pericardium meridian, where the Qi of the meridian originates and gushes upwards along the meridian.

A : EH9 Chung-Ch'ung (Middle flush)	F : 9ECS Tchong-tchrong (Assaut du centre)
B1 : Cx9 Chung Ch'ung (P9)	J : IX9 Chusho
B2 : HC9 Chung-ch'ung	K : P9 Chungch'ung
	V : IX9 Trung xung

TE

Points of Triple Energizer Meridian

Shǒushàoyáng Sānjiāojīng Xué

手少陽（阳）三焦經（经，經）穴

TE 1 Guānchōng 關(关, 関, 関) 衝 (冲) **229**

Guan : bend; chong : gushing.

The ring finger cannot be stretched out alone. Guan here refers to the ring finger. The point is at the tip of the ring finger and is the Jing-well point of the Sanjiao meridian, where the Qi of the meridian originates and gushes upwards along the meridian.

A : TB1	Kuan-Ch'ung (Pass flush)	F : 1TR	Koann-tchrong
B1 : T1	Kuan Ch'ung	J : X1	Kansyo
B2 : SC1	Kuan-ch'ung	K : T1	Kwanch'ung
		V : X1	Quan xung

TE 2 Yèmén 液門 (门) **230**

Ye : water; men : door.

This is a Ying-spring point of this meridian, pertaining to water. It has a function of regulating the passage of water like a door for entry and exit of water.

A : TB2	Yeh-Men (Secretion door)	F : 2TR	Ie-menn
B1 : T2	Yeh Men	J : X2	Ekimon
B2 : SC2	Yeh-men	K : T2	Aengmun
		V : X2	Dich môn

TE 3 Zhōngzhǔ 中渚 (渚) **231**

Zhong : middle; zhu : water margin.

This point is in the middle of the Five-Shu points and the Qi of the meridian flows like water along the water margin.

A : TB3 Chung-Chü (Middle island) B1 : T3 Chung Chu B2 : SC3 Chung-chu	F : 3TR Tchong-tchou de main (Ilot central) J : X3 Chusho K : T3 Chungjǒ V : X3 Trung chù
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TE 4 Yángchí 陽 (阳) 池 **232**

Yang : Yang of Yin-Yang; chi : pool.

This point is in the depression on the back of the wrist and the Qi of the meridian flows like water into a pool.

A : TB4 Yang-Ch'ih (Yang pond) B1 : T4 Yang Ch'ih B2 : SC4 Yang-ch'ih	F : 4TR lang-tchre (Etang externe) J : X4 Yochi K : T4 Yangji V : X4 Dương trì
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TE 5 Wàiguān 外關 (关, 関, 関) **233**

Wai : lateral; guan : pass.

This point is at an important place on the lateral aspect of the forearm like a pass.

A : TB5 Wai-Kuan (Outer pass) B1 : T5 Wai Kuan B2 : SC5 Wai-kuan	F : 5TR Oac-koann (Barrière externe) J : X5 Gaikan K : T5 Oegwan V : X5 Ngoai quan
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TE 6 Zhīgōu 支溝 (沟) **234**

Zhi : limbs; gou : ditch.

Zhi here refers to the upper limbs. The point is located between the radius and the ulna.

A : TB6 Chih-Kou (Branching ditch) B1 : T6 Chih Kou B2 : SC6 Chih-kou	F : 6TR Tche-kéou J : X6 Shiko K : T6 Chigu V : X6 Chi câu
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TE 7 Huìzōng 會 (会) 宗 **235**

Hui : meeting; zong : gathering.

This is a Xi-cleft point of this meridian, where the Qi of the meridian gathers.

A : TB7	Huei-Tsung (Meeting ancestors)	F : 7TR	Roé-tsong
B1 : T7	Hui Tsung	J : X7	Eso
B2 : SC7	Hui-tsung	K : T7	Hoejong
		V : X7	Hội tông

TE 9 Sìdú 四瀆 (渎) **237**

Si : four; du : river.

The Yangtze, the Yellow River, the Huaihe River and Jishui River were called Sidu in ancient times. The Qi of the meridian is able to irrigate more regions when it reaches this point.

A : TB9	Ssu-Tu (Four rivers)	F : 9TR	Se-tou
B1 : T9	Szu Tu	J : X9	Shitoku
B2 : SC9	Szu-tu	K : T9	Sadok
		V : X9	Tứ độc

TE 8 Sānyángluò 三陽 (阳) 絡 (络) **236**

Sanyang : the three Yang meridians of the hand; Luo : connection.

This point connects with the three Yang meridians of the hand.

A : TB8	San-Yang-Lo (Three Yang vessels)	F : 8TR	Sann-iang-lo
B1 : T8	San Yang Lo	J : X8	Sanyoraku
B2 : SC8	San-yang-lo	K : T8	Samyangnak
		V : X8	Tam dương lạc

TE 10 Tiānjǐng 天井 **238**

Tian : heaven; jing : well.

The upper indicates the heaven. The point is in the depression by the olecranon of the upper limb, which is likened to a well.

A : TB10	Tien-Ching (Celestial well)	F : 10TR	Tienn-ting (Puits céleste)
B1 : T10	T'ien Ching	J : X10	Tensei
B2 : SC10	T'ien-ching	K : T10	Ch'ōnjōng (Chu-ch'ōngjōng)
		V : X10	Thiên tinh

TE 11 Qinglěngyuān 清 (清) 冷 (令) 淵 (淵, 渊) **239**

Qing : cool; leng : cold; yuan : deep water.

The function of this point is to eliminate the heat of Sanjiao as if the patient were in cool deep water.

A : TB11 Ching-Leng-Yüan (Bitter cold abyss)	F : 11TR Tstring-leng-iuann
B1 : T11 Ch'ing Leng Yuan	J : X11 Scireien
B2 : SC11 Ch'ing-leng-yüan	K : T11 Ch'öngnaeng-yöñ
	V : X11 Thanh lãnh uyên

TE 12 Xiāoluò 消灤 (泮) **240**

Xiao : to eliminate; luo : marsh.

This point pertains to the triple energizer meridian and functions to regulate water passage (water metabolism).

A : TB12 Hsiao-Lo (Melting river)	F : 12TR Siao-lo
B1 : T12 Hsiao Lo	J : X12 Shoreki
B2 : SC12 Hsiao-lo	K : T12 Sorak
	V : X12 Tiêu lạc

TE 13 Nàohuì 臑會 (会) **241**

Nao : muscle prominence of the upper arm; hui : confluence.

The point is at the muscle prominence of the upper arm and is a confluence of this meridian with the Yang Link Vessel (yangweimai).

A : TB13 Nao-Hui (Shoulder meet)	F : 13TR Nao-roé
B1 : T13 Nao Hui	J : X13 Jue
B2 : SC13 Nao-hui	K : T13 Nohoe
	V : X13 Nhu hội

TE 14 Jiānliao 肩髃 (髃) **242**

Jian : shoulder; liao : foramen.

The point is in a foramen on the shoulder.

A : TB14 Chien-Liao (Shoulder bone)	F : 14TR Tsienn-tsiao (Tsienn-liao)
B1 : T14 Chien Lao	J : X14 Kenryo
B2 : SC14 Chien-chiao (Chien-liao)	K : T14 Kyöillyo
	V : X14 Kiên liêu

TE 15 Tiānliao 天髎 (髎) **243**

Tian : heaven; liao : foramen.

"Heaven" here means "upper". The point is in a foramen above the shoulder blade.

A : TB15 T'ien-Liao (Celestial bone)	F : 15TR Tienn-tsiao (Tienn-liao)
B1 : T15 T'ien Liao	J : X15 Tenryo
B2 : SC15 T'ien-chiao (T'ien-liao)	K : T15 Ch'ōlyo
	V : X15 Thiên liêu

TE 16 Tiānyǒu 天牖 **244**

Tian : heaven; you : window.

"Heaven" here means "upper". Tianyou means heavenly windows. The point is on the upper part of the lateral aspect of

A : TB16 T'ien-Yung (Celestial window)	F : 16TR Tienn-iou
B1 : T16 T'ien Yu	J : X16 Tenyo
B2 : SC16 T'ien-yu	K : T16 Ch'ōnyu
	V : X16 Thiên dũ

TE 17 Yifēng 翳風 (風) **245**

Yi : shielding; feng : pathogenic wind.

The point is behind the earlobe and is the place for shielding off the pathogenic wind.

A : TB17 Yi-Fung (Shielding wind)	F : 17TR I-fong
B1 : T17 Yi Feng	J : X17 Eifu
B2 : SC17 I-feng	K : T17 Yep'ung
	V : X17 ế phong

TE 18 Chìmài (Qìmài) 瘕脈 (脉) **246**

Chi : convulsion; mai : collateral.

The point is behind the ear, where the collaterals are distributed, and is good for treating convulsions.

A : TB18 Chih-Mai (Crazy vessel)	F : 18TR Tchre-mo (Tsri-maé)
B1 : T18 Ch'i Mai	J : X18 Keimyaku
B2 : SC18 Chih-mo	K : T18 Kyemaek
	V : X18 Khế mạch

TE 19 Lúxi 顛 (顛) 息 247

Lu : skull; xi : tranquility.

This point is on the skull and is used to calm the mind.

<p>A : TB19 Lu-Hsi (Skull rest) B1 : T19 Lu Hsi B2 : SC19 Lu-hsi</p>	<p>F : 19TR Lou-si J : X19 Rosoku K : T19 Noshik V : X19 Lư tức</p>
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TE 20 Jiǎosūn 角孫 (孫) 248

Jiao : corner; sun : tertiary collateral.

This point is on the temporal region, corresponding to the apex of the ear, where the tertiary collaterals are distributed.

<p>A : TB20 Chiao-Sun (Angled grandson) B1 : T20 Chiao Sun B2 : SC20 Chüeh-sun (Chiao-sun)</p>	<p>F : 20TR Tsiou-soun (Tsiiao-soun) J : X20 Kakuson K : T20 Kakson V : X20 Giác tôn</p>
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TE 21 Ērmén 耳門 (門) 249

Er : ear; men : door.

This point is in front of the ear, like a door of the ear.

<p>A : TB21 Erh-Men (Ear gate) B1 : T21 Erh Men B2 : SC23 Erh-men</p>	<p>F : 23TR El-menn J : X21 Jimon K : T21 Imun V : X21 Nhĩ môn</p>
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TE 22 Ērhéliáo 耳和膠 (膠) 250

Er : ear; he : harmony; liao : foramen.

This point is in the depression in front of the tragus and is used to improve the hearing.

<p>A : TB22 Ho-Liao (Harmonious bone) B1 : T22 Erh Ho Liao B2 : SC22 Ho-chiao (Ho-liao)</p>	<p>F : 22TR Ro-tsiao (Ro-liao) J : X22 Waryo K : T22 Hwaryo (I-hwaryo) V : X22 Hoà liêu</p>
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TE 23 Sizhúkōng 絲 (丝) 竹空 **251**

Sizhu : slender bamboo; kong : space.

This point is at the lateral end of the eyebrow, which looks like a slender bamboo. The locus of the point is a shallow depression.

A : TB23	Ssu-Chu-K'ung (Silky empty bamboo)	F : 21TR	Se-tchou (Se-tchou-kong)
B1 : T23	Ssu Chu K'ung	J : X23	Schichikuku
B2 : SC21	Ssû-chu (Ssu-chu-k'ung)	K : T23	Sajukkong
		V : X23	Ty trúc không

GB

Points of Gallbladder Meridian

Zúshàoyáng Dǎnjīng Xué

足少陽 (阳) 膽 (胆) 經 (经, 經) 穴

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		V : X23	Ty trúc không

GB

Points of Gallbladder Meridian

Zúshàoyáng Dǎnjīng Xué

足少陽 (阳) 膽 (胆) 經 (经, 經) 穴

GB 1 Tóngzǐliáo

瞳子膠 (膠)

252

Tongzi : pupil; liao : foramen.

The point is in a foramen lateral to the outer canthus and on a level with the pupil.

A : GB1 Chung(T'ung)-Tze-Liao (Bone of the pupil)	F : 1VB Trong-tse-tsiao (Trong-tse-liao)
B1 : G1 T'ung Tze Liao	J : XI1 Doshiryo
B2 : VF1 T'ung-tzu-chiao (T'ung-tzu-liao)	K : G1 Tongjiaryo V : XI1 Đổng tử liệu

GB 2 T'inghui

聽 (听·聽) 會 (会)

253

Ting : hearing; hui : gathering.

This point is in front of the ear and beneficial to hearing. It is a place where the Qi of the meridian at the ear is gathered.

A : GB2 T'ing-Hui (Listening conference)	F : 2VB Ting-roé
B1 : G2 T'ing Hui	J : XI2 Choe
B2 : VF2 T'ing-hui	K : G2 Ch'õnghoe V : XI2 Thính hội

GB 3 Shàngguān 上關 (关, 関, 関) **254**

Shang : upper; guan : border.

Other name : Kèzhurén

Guan refers to the zygomatic arch. The point is at the upper margin of the zygomatic arch.

A : GB3	Shang-Kuang (Upper pass)	F : 3VB	Kro-tchou-jenn
B1 : G3	Shang Kuan (K'o Chu Jen)	J : XI3	Jyokan
B2 : VF3	K'o-chu-jen	K : G3	Sang-gwan (Kaekchuin)
		V : XI3	Thượng quan

GB 4 Hànyàn 頷 (頷) 厭 (厌) **255**

Han : mandible; yan : obedience.

The point is at the temple and the local muscle moves along with the motion of the mandible when chewing.

A : GB4	Han-Yan (Jaw hated)	F : 4VB	Rann-ia (Rann-iann)
B1 : G4	Han Yen	J : XI4	Ganen
B2 : VF4	Han-ya (Han-yen)	K : G4	Hamyóm
		V : XI4	Hàm yém

GB 5 Xuánlú 懸 (悬) 顛 (颠) **256**

Xuan : hang; lu : skull.

This point is at the temple as if hanging on both sides of the skull.

A : GB5	Hsüan-Lu (Skull in suspension)	F : 5VB	Siuann-tou
B1 : G5	Hsüan Lu	J : XI5	Kenro
B2 : VF5	Hsüan-lu	K : G5	Hyōllo
		V : XI5	Huyên lu

GB 6 Xuánlí 懸 (悬) 釐 (厘) **257**

Xuan : hang; li : hair.

This point is at the temple, and covered by the long hair.

A : GB6	Hsüan-Li (Small suspension)	F : 6VB	Siuann-li
B1 : G6	Hsüan Li	J : XI6	Kenri
B2 : VF6	Hsüan-li	K : G6	Hyōlli
		V : XI6	Huyên ly

GB 7 Qūbìn 曲鬢 (鬢) **258**

Qu : curve; bin : hair on the temple.

This point is at the hairline on the temple above the ear.

<p>A : GB7 Ch'ü-Pin (Tortuous sidehair)</p>	<p>F : 7VB Tsiou-pinn</p>
<p>B1 : G7 Ch'ü Pin</p>	<p>J : XI7 Kyokubin</p>
<p>B2 : VF7 Ch'ü-pin</p>	<p>K : G7 Kokpin</p>
	<p>V : XI7 Khúc tấn</p>

GB 8 Shuàigǔ 率谷 **259**

Shuai : command; gu : valley.

This point is above the ear and is the highest of all the points named gu (valley), like a "commander".

<p>A : GB8 Shuai-Ku (Chains of valleys)</p>	<p>F : 8VB Choaé-kou</p>
<p>B1 : G8 Shuai Ku</p>	<p>J : XI8 Sokkoku</p>
<p>B2 : VF8 Shuai-ku</p>	<p>K : G8 Solgok</p>
	<p>V : XI8 Xuất cốc</p>

GB 9 Tiānchōng 天衝 (冲) **260**

Tian : heaven; chong : gushing.

Tian refers to the head, where the point is located. The Qi and blood gush upwards to the vertex of the head from this point.

<p>A : GB9 T'ien-Chung (Heavenly flush)</p>	<p>F : 15VB Tienn-tchrong</p>
<p>B1 : G9 T'ien Ch'ung</p>	<p>J : XI9 Tensho</p>
<p>B2 : VF15 T'ien-chung</p>	<p>K : G9 Ch'ōnch'ung</p>
	<p>V : XI9 Thiên xung</p>

GB 10 Fúbái 浮 (浮) 白 **261**

Fu : superficial; bai : bright.

The point is on the superficial layer of the body and functions in clearing the mind and brightening the eyes.

<p>A : GB10 Fu-Pai (Floating white)</p>	<p>F : 16VB Eeou-pae</p>
<p>B1 : G10 Fu Pai</p>	<p>J : XI10 Fuhaku</p>
<p>B2 : VF16 Fu-pai</p>	<p>K : G10 Pubaek</p>
	<p>V : XI10 Phù bạch</p>

GB 11 Tóuqiàoyīn 頭 (头) 竅 (窍) 陰 (阴) **262**

Tou : head; qiao : opening; yin : Yin of Yin-Yang.

The kidney and the liver pertain to Yin and open to the ears and the eyes. The point is on the head and indicated in ear and eye diseases.

A : GB11 Ch'iao-Yin (Empty Yin)	F : 18VB Tsiao-inn de la tête (Treou-tsiao-inn)
B1 : G11 T'ou Chiao Yin (Chiao Yin)	J : XI11 Atama no Kyoin
B2 : VF18 Chiao-yin	K : G11 Tugyuǔm
	V : XI11 Khiéu âm

GB 12 Wángǔ 完骨 (骨) **263**

Wangu : mastoid process.

The point is on the lower margin of the mastoid process of the temporal bone, behind the ear.

A : GB12 Wan-Ku (Last bone)	F : 17VB Oann-kou
B1 : G12 Wan Ku	J : XI12 Kankotsu
B2 : VF17 Wan-ku	K : G12 Wan-gol (Tu-wan-gol)
	V : XI12 Hoàn cốt

GB 13 Běns hén 本神 (神) **264**

Ben : essential; shen : mind.

This point is lateral to Shenting along the anterior hairline. Inside the point, the brain is located which is known as the residence of the mind, responsible for mental activities and no doubt is essential to the life of man.

A : GB13 Pen-Shen (According to God)	F : 9VB Penn-chenn
B1 : G13 Pen Shen	J : XI13 Honshin
B2 : VF9 Pen-shen	K : G13 Ponsin
	V : XI13 Bản thần

GB 14 Yángbái 陽 (阳) 白 **265**

Yang : Yang of Yin-Yang; bai : brightness.

Yang here refers to the head. The point is at the head and its function is to brighten the eye.

A : GB14 Yang-Pai (Yang white)	F : 10VB Iang-paé
B1 : G14 Yang Pai	J : XI14 Yohaku
B2 : VF10 Yang-pai	K : G14 Yangback
	V : XI14 Dương bạch

GB 15 Tóulínqì 頭 (头) 臨 (临) 泣 **266**

Tou : head; lin : regulation; qi : tears.

The point is on the head and indicated in disorders of lacrimation.

A : GB15 Lin-Ch'i (Coming tears)	F : 11VB Linn-tsri de la tête (T'reou-linn-tsri)
B1 : G15 T'ou Lin Ch'i (Lin Chi)	J : XI15 Atama no Rinkyu
B2 : VF11 Lin-ch'i (T'ou-lin-chi)	K : G15 Tuimǔp
	V : XI15 Lâm khắp

GB 16 Mùchuāng 目窗 (窓) **267**

Mu : eye; chuang : window.

The point is above the eye and is indicated in treating eye disorders, like a window of the eye.

A : GB16 Mu-Ch'ang (Eye window)	F : 12VB Mou-tchrang
B1 : G16 Mu Ch'uang	J : XI16 Mokuso
B2 : VF12 Mu-ch'uang	K : G16 Mokch'ang
	V : XI16 Múc song

GB 17 Zhèngyíng 正營 (营, 營) **268**

Zhengying : fright and fear.

This point is indicated in treating mental disorders such as fright and fear.

A : GB17 Cheng-Ying (Upright camp)	F : 13VB Tcheng-ing
B1 : G17 Cheng Ying	J : XI17 Shoeci
B2 : VF13 Cheng-ying	K : G17 Chǒngnyǒng
	V : XI17 Chính đính

GB 18 Chénglíng 承靈 (灵, 靈) **269**

Cheng : support; ling : spirit.

The brain dominates the mind. The parietal bone is also called the "Tianling" bone. This point is just lateral and inferior to it.

A : GB18 Ch'eng-Ling (Receiving spirit)	F : 14VB Tchreng-ling
B1 : G18 Ch'eng Ling	J : XI18 Shorei
B2 : VF14 Ch'eng-ling	K : G18 Sǔngnyǒng
	V : XI18 Thừa linh

GB 19 Nǎokōng 腦 (脑, 脑) 空 **270**

Nao : brain; kong : cavity.

This point is lateral to the occipital bone and internally related to the brain. It is indicated in treating mental disorders.

A : GB19 Nao-K'ung (Empty brain)	F : 19VB Nao-krong
B1 : G19 Nao K'ung	J : XI19 Noku
B2 : VF19 Nao-k'ung	K : G19 Noegong
	V : XI19 Nǎo không

GB 20 Fēngchí 風 (风) 池 **271**

Feng : pathogenic wind; chi : pool.

The point is below the occipital bone in a pool-like depression. It is an important point in eliminating the pathogenic wind.

A : GB20 Fung-Ch'ih (Wind pond)	F : 20VB Fong-tchre
B1 : G20 Feng Ch'ih	J : XI20 Fuchi
B2 : VF20 Feng-ch'ih	K : G20 P'ungji
	V : XI20 Phong trì

GB 21 Jiānjǐng 肩井 **272**

Jian : shoulder; jing : well.

The point is on the shoulder depression, which is as deep as a well.

A : GB21 Chien-Ching (Shoulder well)	F : 21VB Tsienn-tsing
B1 : G21 Chien Ching	J : XI21 Kensei
B2 : VF21 Chien-ching	K : G21 Kyōnjōng (Tam-Kyōnjōng)
	V : XI21 Kiên tỉnh

GB 22 Yuānyè 淵 (渊, 渊) 腋 **273**

Yuan : deep pond; ye : axilla.

The axilla is likened to a deep pond. The point is at the axilla.

A : GB22 Yüan-Yieh (Armpit pond)	F : 22VB Iuann-ié
B1 : G22 Yüan Yeh	J : XI22 Enoki
B2 : VF22 Yüan-yeh	K : G22 Yōnaek
	V : XI22 uyệt dịch

GB 23 Zhéjīn 輒 (輒) 筋 **274**

Zhe : ear of a cart; jin : muscle.

The "ear" of a cart is the plate protecting its wheel. The muscle on both sides of the flanks are as prominent as the ears of a cart, where the point is located.

A : GB23 Che-Chin
(Flank tendons)
B1 : G23 Che Chin
B2 : VF23 Ch'e-chin

F : 23VB Tchre-tsinn
J : XI23 Chokin
K : G23 Ch'ŏpkŭn
V : XI23 Triép cân

GB 24 Riyuè 日月 **275**

Ri : sun; yue : moon.

Ri is Yang, indicating the gallbladder, while yue is Yin, indicating the liver. This is an important point in treating liver and gallbladder diseases.

A : GB24 Jih-Yüeh
(Sun moon)
B1 : G24 Jih Yüeh
B2 : VF24 Jih-yüeh

F : 24VB Je-iue
J : XI24 Jitsugetsu
K : G24 Irwol
V : XI24 Nhật nguyệt

GB 25 Jingmén 京門 (門) **276**

Jing : primary; men : door.

This is a Mu-front point of the kidney meridian which dominates the primary Qi of the body in general. The point is like the door through which the Qi of the kidney enters and exits.

A : GB25 Ching-Men
(Capital gate)
B1 : G25 Ching Men
B2 : VF25 Ching-men

F : 25VB Tsing-menn
J : XI25 Keimon
K : G25 Kyōngmun
V : XI25 Kinh môn

GB 26 Dàimài 帶 (帶, 帶) 脈 (脉) **277**

Dai : belt; mai : meridian.

The point pertains to the gallbladder meridian and meets at the Belt Vessel (Daimai).

A : GB26 Tai-Mai
(Belt meridian)
B1 : G26 Tai Mai
B2 : VF26 Tai-mai

F : 26VB Taé-mo
J : XI26 Taimyaku
K : G26 Taemaek
V : XI26 Đới mạch

GB 27 Wǔshū 五樞 (樞) **278**

Wu : five; shu : pivot.

The numeral 5 is a middle number and Shaoyang governs the pivot between the exterior and the interior of the body. The point is in a vital place in the middle of the body.

A : GB27 Wu-Shu (Five pivots)	F : 27VB Ou-tchrou (Ou-chou)
B1 : G27 Wu Shu	J : XI27 Gosu
B2 : VF27 Wu-ch'u (Wu-shu)	K : G27 Och'u
	V : XI27 Ngū khu

GB 28 Wéidào 維 (维) 道 (道) **279**

Wei : maintain; dao : passage.

This point is the coinciding point of the gallbladder meridian and the Belt Vessel (Daimai), which encircle and restrains all the meridians.

A : GB28 Wai-Tao (Protecting path)	F : 28VB Oé-tao
B1 : G28 Wei Tao	J : XI28 Ido
B2 : VF28 Wei-tao	K : G28 Yudo
	V : XI28 Duy đạo

GB 29 Jūliáo 居 膠 (膠) **280**

Ju : reside; liao : foramen.

The point is in the depression on the hip-bone.

A : GB29 Chū-Liao (Dwelling bone)	F : 29VB Tsiu-tsiao (Tsiu-liao)
B1 : G29 Chū Liao	J : XI29 Kyoryo
B2 : VF29 Chū-chiao (Chū-liao)	K : G29 Kōryo (Ko-Kōryo)
	V : XI29 Cư liêu

GB 30 Huántiào 環 (环) 跳 **281**

Huan : a ring; tiao : jump.

The point is on the hipjoint, which is the pivot for jumping.

A : GB30 Huan-T'iao (Circular jump)	F : 30VB Roann-tiao (Sauter dans l'anneau)
B1 : G30 Huan T'iao	J : XI30 Kancho
B2 : VF30 Huan-tiao	K : G30 Hwando
	V : XI30 Hoàn khiêu

GB 31 Fēngshì 風 (风) 市 282

Feng : pathogenic wind; shi : market.

"Market" means gathering and dispersing. This is an important point for removing the pathogenic wind.

A : GB31 Fung-Shih (Windy fair)	F : 31VB Fong-che
B1 : G31 Feng Shih	J : XI31 Fushi
B2 : VF31 Feng-shih	K : G31 P'ungshi
	V : XI31 Phong thi

GB 32 Zhōngdú 中瀆 (渎) 283

Zhong : middle; du : small ditch.

This point is in between the tendons at the lateral aspect of the thigh, as if in a ditch.

A : GB32 Chung-Tu (Middle river)	F : 32VB Sia-tou (Tchong-tou)
B1 : G32 Chung Tu	J : XI32 Chutoku
B2 : VF32 Hsia-tu (Chung-tu)	K : G32 Chungdok
	V : XI32 Trung dộc

GB 33 Xiyángguān 膝陽 (阳) 關 (关, 関, 関) 284

Xi : knee; yang : Yang of Yin-Yang; guan : joint.

Yang here means lateral. The point is at the lateral aspect of the knee joint.

A : GB33 Ch'i-Yang-Kuan (Knee Yang pass)	F : 33VB Iang-koann (Si-iang-koann)
B1 : G33 Hsi Yang Kuan (Yang Kuan)	J : XI33 Hiza no Yokan
B2 : VF33 Yang-kuan	K : G33 Sūi-yang-gwan (Chok-yang-gwan)
	V : XI33 Dương quan

GB 34 Yánglíngquán 陽 (阳) 陵泉 285

Yang : Yang of Yin-Yang; ling : mound; quan : spring.

The lateral is Yang. The head of the fibula at the lateral aspect of the knee is prominent as a mound below which in the depression the point is located, like a spring.

A : GB34 Yang-Ling-Chüan (Spring in sunny hill)	F : 34VB Iang-ling-tsiuann (Source tertre externe)
B1 : G34 Yang Ling Ch'üan	J : XI34 Yoryosen
B2 : VF34 Yang-ling-ch'üan	K : G34 Yanglǐngch'üan
	V : XI34 Dương lăng tuyền

GB 35 Yángjiāo 陽 (阳) 交 **286**

Yang : Yang of Yin-Yang; jiao : crossing.

The lateral is Yang. The point is at the lateral aspect of the leg, where it crosses the bladder meridian.

A : GB35 Yang-Chiao (Yang crossroad)	F : 35VB Iang-tsiiao
B1 : G35 Yang Chiao	J : XI35 Yoko
B2 : VF35 Yang-chiao	K : G35 Yang-gyo
	V : XI35 Dương giao

GB 36 Wàiqiū 外丘 (邱) **287**

Wai : lateral; qiu : mound.

The point is above the lateral malleolus and the local muscle forms a mound-like prominence.

A : GB36 Wai-Ch'iu (Outer mound)	F : 36VB Oaé-tsiou
B1 : G36 Wai Ch'iu	J : XI36 Gaikyū
B2 : VF36 Wai-ch'iu	K : G36 Oegu
	V : XI36 Ngoại khâu

GB 37 Guāngmíng 光明 **288**

Guangming : brightness.

This is a Luo-connecting point of the gallbladder meridian and is indicated in eye diseases to regain the brightness of the eyes.

A : GB37 Kuang-Ming (Light bright)	F : 37VB Koang-ming (Clarté éclatante)
B1 : G37 Kuang Ming	J : XI37 Komei
B2 : VF37 Kuang-ming	K : G37 Kwangmyǒng
	V : XI37 Quang minh

GB 38 Yángfǔ 陽 (阳) 輔 (辅) **289**

Yang : Yang of Yin-Yang; fu : auxiliary.

The lateral is Yang and fu refers to the fibula. The point is anterior to the fibula on the lateral aspect of the leg.

A : GB38 Yang-Fu (Positive support)	F : 38VB Iang-fou
B1 : G38 Yang Fu	J : XI38 Yoho
B2 : VF38 Yang-fu	K : G38 Yangbo
	V : XI38 Dương phụ

GB 39 Xuánzhōng 懸 (悬) 鐘 (钟) **290**

Xuan : hanging; zhong : bell.

Other name : Juégu

The point is above the lateral malleolus, where children in ancient times used to hang a bell.

A : GB39 Hsüan-Chung
(Suspended bell)
B1 : G39 Hsüan Chung
(Chüeh Ku)
B2 : VF39 Hsüan-chung

F : 39VB Siuann-tchong
J : XI39 Kensho
K : G39 Hyonjong
V : XI39 Huyên chung

GB 40 Qiūxū 丘 (丘) 墟 (墟) **291**

Qiu : mound; xu : large mound.

The point is between the lateral malleolus (like a mound) and the peroneal trochlea of the calcaneus (like a large mound).

A : GB40 Ch'iu-Hsü
(Great cemetery)
B1 : G40 Ch'iu Hsü
B2 : VF40 Ch'iu-hsü

F : 40VB Tsiou-siu
(Voûte du tertre)
J : XI40 Kyukyo
K : G40 Kuhō
V : XI40 Khâu khư

GB 41 Zúlínqì 足臨 (临) 泣 **292**

Zu : foot; lin : treatment; qi : to tear.

The point is at the foot and is indicated in lacrimation and other eye diseases.

A : GB41 Tsu-Lin-Ch'i
(Foot coming to tears)
B1 : G41 Tsu Lin Ch'i
B2 : VF41 Lin-ch'i

F : 41VB Linn-tsri du pied
J : XI41 Ashi no Rinkyu
K : G41 Chok-imŭp
V : XI41 Túc lám khắp

GB 42 Dìwūhuì 地五會 (会) **293**

Di : ground; wu : five; hui : confluence.

Ground means "inferior", indicating the foot. There are five points of the gallbladder meridian on the feet and this point is

A : GB42 Ti-Wu-Huei
(Ground five meetings)
B1 : G42 Ti Wu Hui
B2 : VF42 Ti-wu-hui

F : 42VB Ti-ou-roé
J : XI42 Chigoe
K : G42 Chiohoe
V : XI42 Địa ngũ hội

GB 43 Xiáxi 俠 (俠) 谿 (溪) **294**

Xia : to press from both sides; xi : stream.

The point is in the space between the 4th and the 5th toes.
The space like a stream.

A : GB43 Hsia-Hsi
(Chivalrous brook)
B1 : G43 Hsia Hsi
B2 : VF43 Hsieh-ch'i

F : 43VB Sié-tari
(Proche du vallon)
J : XI43 Kyoeki
K : G43 Hyōpkye
V : XI43 Hiép khé



Points of Liver Meridian

Zújuéyīn Gānjīng Xué

足厥陰 (陰) 肝經 (經, 經) 穴

GB 44 Zúqiàoyīn 足竅 (窍) 陰 (陰) **295**

Zu : foot; qiao : opening; yin : Yin of Yin-Yang.

The kidney and the liver pertain to Yin and open into the ear and the eye. The point is on the foot and is indicated in treating ear and eye disorders.

A : GB44 Tsu-Ch'iao-Yin
(Foot empty Yin)
B1 : G44 Tsu-Chiao Yin
B2 : VF44 Chiao-yin

F : 44VB Tsiao-inn du pied
J : XI44 Ashi no kyojin
K : G44 Chok-kyu-ŭm
V : XI44 Túc khiêu âm

LR 1 Dàdūn

大敦

296

Dà : big; dun : thickness.

"Dà" refers to the big toe. The point is on the lateral aspect of the big toe, where the muscle is thick.

A : Li1	Ta-Tun (Great mound)	F : 1F	Ta-toun
B1 : Liv1	Ta Tun	J : XII1	Daiton
B2 : H1	Ta-tun	K : Liv1	Taedon
		V : XII1	Đại đôn

LR 2 Xíngjiān

行間 (间)

297

Xing : walking; jian : middle.

The point is in the depression anterior to the first and second metatarsophalangeal joints. The Qi of the meridian runs between them.

A : Li2	Hsing-Chien (Between columns)	F : 2F	Sing-tsienn (Intervalle agissant)
B1 : Liv2	Hsing Chien	J : XII2	Kokan
B2 : H2	Hsing-chien	K : Liv2	Haeng-gan
		V : XII2	Hành gian

LR 3 Tàichōng 太衝 (冲) **298**

Tai : big; chong : important pass.

The point is on the foot, where the Qi of the meridian is abundant. It is an important "pass" in this meridian.

A : Li3	T'ai-Ch'ung (Great flush)	F : 3F	Traé-tchrong (Suprême assaut)
B1 : Liv3	T'ai Ch'ung	J : XII3	Taisho
B2 : H3	T'ai-ch'ung	K : Liv3	T'aech'ung
		V : XII3	Thái xung

LR 4 Zhōngfēng 中封 **299**

Zhong : middle; feng : earth heaped into a mound.

This point lies between the two malleoli, as if between two mounds.

A : Li4	Chung-Fung (Middle seal)	F : 4F	Tchong-fong
B1 : Liv4	Chung Feng	J : XII4	Chuho
B2 : H4	Chung-feng	K : Liv4	Chungbong
		V : XII4	Trung phong

LR 5 Lígōu 蠡溝 (沟) **300**

Li : shell; gou : groove.

The external shape of the gastrocnemius muscle looks like a shell and the point is in the groove medial and anterior to it.

A : Li5	Li-Kou (Insect gutter)	F : 5F	Li-kéou (Fossé des vers à bois)
B1 : Liv5	Li Kou	J : XII5	Reiko
B2 : H5	Li-kou	K : Liv5	Yōgu
		V : XII5	Lái cáu

LR 6 Zhōngdū 中都 (都) **301**

Zhong : middle; du : confluence.

The point is at the midpoint of the medial aspect of the leg, and is a confluence of the Qi of the Liver meridian.

A : Li6	Chung-Tu (Middle capital)	F : 6F	Tchong-tou
B1 : Liv6	Chung Tu	J : XII6	Chuto
B2 : H6	Chung-tu	K : Liv6	Chungdo
		V : XII6	Trung dó

LR 7 Xiguān 膝關 (关, 関, 関) **302**

Xi : knee; guan : joint.

The point is in the vicinity of the knee joint.

A : Li7	Chi-Kuan (Knee pass)	F : 7F	Tsri-koann (Si-koann)
B1 : Liv7	Hsi Kuan	J : XII7	Shitsukan
B2 : H7	Hsi-kuan	K : Liv7	Sūlgwan
		V : XII7	Tāt quan

LR 8 Qūquán 曲泉 **303**

Qu : crooked; quan : spring.

The point is at the medial end of the transverse crease of the popliteal fossa. With the knee flexed, the local depression is like a spring.

A : Li8	Ch'ü-Ch'üan (Tortuous spring)	F : 8F	Tsiou-tsiuann (Source de la courbe)
B1 : Liv8	Ch'ü Ch'üan	J : XII8	Kyokusen
B2 : H8	Ch'ü-ch'üan	K : Liv8	Kokch'ōn
		V : XII8	Khúc tuyēn

LR 9 Yinbāo 陰 (阴) 包 (包) **304**

Yin : Yin of Yin-Yang; bao : womb.

Yin here means "interior". Bao refers to the uterus. The point is at the medial aspect of the thigh and is indicated in treating diseases of the uterus.

A : Li9	Yin-Pao (Envelope of Yin)	F : 9F	Inn-pao
B1 : Liv9	Yin Pao	J : XII9	Impo
B2 : H9	Yin-pao	K : Liv9	ŭmpo
		V : XII9	ām bao

LR 10 Zúwǔlǐ 足五里 **305**

Zu : lower limbs; wu : five; li : used to mean cun in ancient times.

The point is on the lower limbs, 5 cun above Jimen (SP11).

A : Li10	Wu-Li (Five miles)	F : 10F	Ou-li
B1 : Liv10	Tsu Wu Li (Wu Li)	J : XII10	Ashi no Gori
B2 : H10	Wu-li	K : Liv10	Chok-ori
		V : XII10	Ngú lý

LR 11 Yinlián 陰 (阴) 廉 **306**

Yin : Yin of Yin-Yang; lian : edge.

Yin here means "medial". The point is on the medial aspect of the thigh, near the genitalia.

A : Li11 Yin-Lien (Yin screen)	F : 11F Inn-lienn
B1 : Liv11 Yin Lien	J : XII11 Inren
B2 : H11 Yin-lien	K : Liv11 Ŭmnyŏm
	V : XII11 âm liêm

LR 12 Jímài 急脈 (脉) **307**

Ji : urgent; mai : artery.

The point is at the medial aspect of the thigh, where the artery can be palpated.

A : Li12 Chi-Mai (Rapid pulse)	F : 12F Iang-che
B1 : Liv12 Chi Mai	J : XII12 Kyumyaku
B2 : H12 Yang-shih	K : Liv12 Kŭmmaek
	V : XII12 Cáp mạch

LR 13 Zhāngmén 章門 (门) **308**

Zhang : screen; men : door.

The point is below the hypochondrium, which acts like a screen for the internal organs.

A : Li13 Chang-Men (Broad door)	F : 13F Tchang-menn
B1 : Liv13 Chang Men	J : XII13 Shomon
B2 : H13 Chang-men	K : Liv13 Changmun
	V : XII13 Chương môn

LR 14 Qīmén 期門 (门) **309**

Qi : cycle; men : door.

The bilateral flanks where the point is located look like an open door. When the Qi of the meridian reaches here, it is considered as one cycle of circulation. The point is therefore named Qimen.

A : Li14 Ch'i-Men (Time door)	F : 14F Tsri-menn
B1 : Liv14 Ch'i Men	J : XII14 Kimon
B2 : H14 Ch'i-men	K : Liv14 Kimun (Pok-kimun)
	V : XII14 Kỳ môn

GV

Points of Governor Vessel

Dūmài Xué

督脈（脉）穴

GV 1 Chángqiáng 長 (长) 強 **310**

Chang : long; qiang : strong.

The spinal column is long and strong. The point is at its lower end.

A : Go1	Chang-Ch'iang (Long strong)	F : 1VG	Tch'rang-tsiang
B1 : Gv1	Ch'ang Ch'iang	J : XIII1	Chokyo
B2 : TM1	Ch'ang-chiang	K : GV1	Chang-gang
		V : XIII1	Trùng cường

GV 2 Yāoshū 腰俞 (俞) **311**

Yao : lower back; shu : point.

The point is on the lower back, where the Qi of the meridian is infused.

A : Go2	Yao-Shu (Lumbar locus)	F : 2VG	Iao-iu (Iao-chou)
B1 : Gv2	Yao Shu	J : XIII2	Yoyu
B2 : TM2	Yao-yü (Yao-shu)	K : GV2	Yosu
		V : XIII2	Yêu du

GV 3 Yāoyángguān 腰陽 (阳) 關 (关, 関, 関) **312**

Yao : lower back; yang : Yang of Yin-Yang; guan : gear.

The governor vessel is Yang. The point pertains to it and is located in the turning zone of the lower back, like a gear for the lumbar joint.

A : Go3 Yao-Yang-Kuan (Lumbar sunny pass)	F : 3VG Iang-koann
B1 : Gv3 Yao Yang Kuan	J : XIII3 Koshi no Yokan
B2 : TM3 Yang-kuan	K : GV3 Yo-yang-gwan
	V : XIII3 Dươ'ng quan

GV 4 Mìngmén 命門 (门) **313**

Ming : life; men : door.

The kidney is the vital source. The point is between Shensu, like a door for the Qi of the kidney.

A : Go4 Ming Meng (Gate of life)	F : 4VG Ming-menn
B1 : Gv4 Ming Men	J : XIII4 Meimon
B2 : TM4 Ming-men	K : GV4 Myōngmun
	V : XIII4 Mệnh môn

GV 5 Xuánshū 懸 (悬) 樞 (枢) **314**

Xuan : suspended; shu : pivot.

The point is on the lower back. When lying supine, the local region is suspended as a pivot for lumbar movement.

A : Go5 Hsüan-Shu (Hanging pivot)	F : 5VG Siuann-tchrou (Siuann-chou)
B1 : Gv5 Hsüan Shu	J : XIII5 Kensu
B2 : TM5 Hsüan-shu	K : GV5 Hyōnch'u
	V : XIII5 Huyēn khu

GV 6 Jǐzhōng 脊中 **315**

Ji : spine; zhong : middle.

The spine consists of 21 vertebrae. This point is below the 11th vertebra in exactly the middle of the spine.

A : Go6 Chi-Chung (Middle of spine)	F : 6VG Tsi-tchong
B1 : Gv6 Chi Chung	J : XIII6 Sekichu
B2 : TM6 Chi-chung	K : GV6 Ch'ōkchung
	V : XIII6 Tích trung

GV 7 Zhōngshū 中樞 (枢) **316**

Zhong : middle; shu : pivot.

This point is below the 10th vertebra and is like a pivot in the middle of the spine.

A : Go7 Chung-Shu
(Middle pivot)
B1 : Gv7 Chung Shu
F : 6VG Tchong-tchrou

J : XIII7 Chusu
K : GV7 Chungch'u
V : XIII7 Trung khu

GV 8 Jīnsuō 筋縮 (缩) **317**

Jin : muscle; suo : contracture.

This point is used in treating all kinds of muscle contracture.

A : Go8 Chin-Shueh
(Ligament contraction)
B1 : Gv8 Chin So
B2 : TM7 Chin-shu
(Chin-suo)

F : 7VG Tsinn-chou
J : XIII8 Kinshuku
K : GV8 Kūnch'uk
V : XIII8 Cấn súc

GV 9 Zhìyáng 至陽 (阳) **318**

Zhi : reaching; yang : Yang of Yin-Yang.

This point is on a level with the diaphragm. The Qi of the meridian passes here and ascends, i.e. it reaches to "Yang within Yang" above the diaphragm from "Yin within Yang" below the diaphragm.

A : Go9 Chih-Yang
(Bright sunshine)
B1 : Gv9 Chih Yang
B2 : TM8 Chih-yang

F : 8VG Tche-iang
J : XIII9 Shiyo
K : GV9 Chiyang
V : XIII9 Chíduong

GV 10 Língtái 靈 (灵, 靈) 臺 **319**

Ling : spirit; tai : platform.

This point is below Shendao (GVII) and Xinshu (BL15) and is therefore likened to a platform for the heart spirit.

A : Go10 Ling-T'ai
(Spiritual terrace)
B1 : Gv10 Ling T'ai
B2 : TM9 Ling-t'ai

F : 9VG Ling-traé
J : XIII10 Reidai
K : GV10 Yōngdae
V : XIII10 Linh đài

GV11 Shéndào 神 (神) 道 (道) **320**

Shen : mind; dao : pathway.

The heart houses the mind. This point is medial to Xinshu (BL15), like a pathway of the mind.

<p>A : Go11 Shen-tao (God's path) B1 : Gv11 Shen Tao B2 : TM10 Shen-tao</p>	<p>F : 10VG Chenn-tao J : XIII11 Shindo K : GV11 Shindo V : XIII11 Thần đạo</p>
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GV12 Shēnzhù 身柱 **321**

Shen : body; zhu : pillar.

This point is below the third thoracic vertebra and connects upwards with the head and the neck when downwards with the back and the lumbar vertebrae, like a pillar of the body.

<p>A : Go12 Shen-Chu (Pillar of body) B1 : Gv12 Shen Chu B2 : TM11 Shen-shu</p>	<p>F : 11VG Chenn-tchou (Colonne du corps) J : XIII12 Shinchu K : GV12 Shinju V : XIII12 Thân trụ</p>
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GV13 Táodào 陶道 (道) **322**

Tao : moulding; dao : pathway.

The Qi of the Zang-fu organs gathers on the Governor Vessel and ascends along this way.

<p>A : Go13 Ta'o-Tao (Seeking path) B1 : Gv13 T'ao Tao B2 : TM12 T'ao-tao</p>	<p>F : 12VG Trao-tao J : XIII13 Todo K : GV13 Todo V : XIII13 Đào đạo</p>
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GV14 Dàzhū 大椎 **323**

Da : large; zhui : vertebra.

This point is below the prominence of the 7th cervical vertebra, which is the largest of the cervical vertebrae.

<p>A : Go14 Ta-Chuei (Big vertebra) B1 : Gv14 Ta Chui B2 : TM13 Pai-lao</p>	<p>F : 13VG Pae-lao J : XIII14 Dait sui K : GV14 Taech'u V : XIII14 Đại chùy</p>
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GV 15 Yǎmén 瘖 (啞) 門 (門) **324**

Ya: mutism; men : door.

This point may either cause or treat mutism. It is likened to a two-way door to mutism.

A : Go15 Ya-Men (Dumb gate)	F : 14VG Ia-menn
B1 : Gv15 Ya Men	J : XIII15 Amon
B2 : TM14 Ya-men	K : GV15 Amun
	V : XIII15 á môn

GV 16 Fēngfǔ 風 (風) 府 **325**

Feng : pathogenic wind; fu : place.

This is a point for eliminating the pathogenic wind.

A : Go16 Fung-fu (Windy prefecture)	F : 15VG Fong-fou
B1 : Gv16 Feng Fu	J : XIII16 Fufu
B2 : Tm15 Feng-fu	K : GV16 P'ungbu
	V : XIII16 Phong phú

GV 17 Nǎohù 腦 (腦, 腦) 戶 **326**

Nao : brain; hu : door.

The Governor Vessel (Dumai) runs upwards along the spine and enters the brain. This point is like a door on the occipital region for the Qi of the meridian flowing into the brain.

A : Go17 Nao-Hu (Brain window)	F : 16VG Nao-rou
B1 : Gv17 Nao Hu	J : XIII17 Noko
B2 : TM16 Nao-hu	K : GV17 Nocho
	V : XIII17 Nǎo hù

GV 18 Qiángjiān 強間 (間) **327**

Qiang : stiffness; jian : middle.

This point is between the parietal bone and the occipital bone and is indicated in treating stiff neck and headache.

A : Go18 Chang-Chian (Strong connections)	F : 17VG Tsiang-tsienn
B1 : Gv18 Ch'iang Chien	J : XIII18 Kyokan
B2 : TM17 Chiang-chien	K : GV18 Kang-gan
	V : XIII18 Cưỡng gian

GV 19 Hòudǐng 後 (后) 頂 (顶) **328**

Hou : posterior; ding : vertex.

This point is posterior to the vertex.

<p>A : Go19 Hou-Ting (Posterior vertex) B1 : Gv19 Hou Ting B2 : TM18 Hou-ting</p>	<p>F : 18VG Reou-ting J : XIII19 Gocho K : GV19 Hujǒng V : XIII19 Hâu dǐnh</p>
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GV 20 Bǎihùi 百會 (会) **329**

Bai : hundred; hui : meeting.

The point is at the vertex, and a meeting place of the three Foot-yang meridians, the liver meridian and the Governor Vessel (Dumai).

<p>A : Go20 Pai-Hui (Hundred meetings) B1 : Gv20 Pai Hui B2 : TM19 Pai-hui</p>	<p>F : 19VG Paé-roe (Cent réunions) J : XIII20 Hyakue K : GV20 Paek'oe V : XIII20 Bách hội</p>
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GV 21 Qiándǐng 前頂 (顶) **330**

Qian : front; ding : vertex.

This point is in front of the vertex.

<p>A : Go21 Chien-Ting (Anterior vertex) B1 : Gv21 Ch'ien Ting B2 : TM20 Ch'ien-t'ing</p>	<p>F : 20VG Tsienn-ting J : XIII21 Zencho K : GV21 Chǒnjǒng V : XIII21 Tiên dǐnh</p>
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GV 22 Xīnhuì 囟 (囟) 會 (会) **331**

Xin : fontanel; hui : closing.

The point is located where the anterior fontanel closes.

<p>A : Go22 Hsin-Hui (Fontanelle meet) B1 : Gv22 Hsin Hui B2 : TM21 Hsing-hui</p>	<p>F : 21VG Tchroang-roe J : XIII22 Shine K : GV22 Shinhoe V : XIII22 Tín hội</p>
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GV 23 Shàngxīng 上星 **332**

Shang : upper; xing : star.

The head is considered as the sky. This point is at the head like a star in the sky.

A : Go23 Shang Hsing (Super star)	F : 22VG Chang-sing
B1 : Gv23 Shang Hsing	J : XIII23 Josei
B2 : TM22 Shang-hsing	K : GV23 Sangsǒng
	V : XIII23 Thượng tinh

GV 24 Shéntíng 神(神)庭 **333**

Shen : mind; ting, vestibule.

The brain is the mansion of the mind. Shen here means brain. This point is on the forehead, like the vestibule of the brain.

A : Go24 Shen-T'ing (God's courtyard)	F : 23VG Chenn-ting
B1 : Gv24 Shen T'ing	J : XIII24 Shintei
B2 : TM23 Shen-t'ing	K : GV24 Shinjǒng
	V : XIII24 Thần đình

GV 25 Sùliáo 素膠(膠) **334**

Su : nasal cartilage; liao : foramen.

This point is in a foramen at the lower end of the nasal cartilage.

A : Go25 Su-Liao (Simple bone)	F : 24VG Sou-tsiao (Sou-liao)
B1 : Gv25 Su Liao (Shui Kou)	J : XIII25 Soryo
B2 : TM24 Su-chiao (Su-liao)	K : GV25 Soryo
	V : XIII25 Tô liêu

GV 26 Shuǐgōu 水溝(沟) **335**

Shui : water; gou : groove.

Other name : Réngzhong

This point is in the philtrum, which looks like a water groove.

A : Go26 Shuei-Ko (Water ditch)	B2 : TM25 Shui-kou
Jen-Chung (Middle of man)	F : 25VG Choe-keou
B1 : (Shui Kou)	J : XIII26 Suiko
Gv26 Jen Chung	K : GV26 Sugu
	V : XIII26 Nhân trung

GV 27 Duìduān 兌 (兑) 端 **336**

Dui : mouth; duan : tip.

This point is at the tip of the upper lip.

A : Go27 Ke-Tuan
(Exchange extreme)
B1 : Gv27 Tui Tuan
B2 : TM26 Tui-tuan

F : 26VG Toe-toann
J : XIII27 Datan
K : GV27 T'aedan
V : XIII27 Doài doan



Points of Conception Vessel

Rénmài Xué

任脈 (脉) 穴

GV 28 Yínjiāo 齦 (龈) 交 **337**

Yin : gum; jiao : meet.

This point is on the incisive suture of the upper gum, where the Governor Vessel and the Conception Vessel meet.

A : Go28 Ken-Chiao
(Jen-Chiao)
(Gum crossing)
B1 : Gv28 Yin Chiao
B2 : TM27 Yin-chiao

F : 27VG Inn-tsiao de gencive
J : XIII28 Ginko
K : GV28 Ūn-gyo
V : XIII28 Ngăn giao

CV 1 Huiyin 會 (会) 陰 (阴) **338**

Hui : crossing; yin : genitalia.

This point is located between the external genitalia and the anus, called Huiyin.

A : Co1	Hueo-Yin (Meeting of Yin)	F : 1VC	Roé-inn
B1 : Cv1	Hui Yin	J : XIV1	Ein
B2 : JM1	Hui-yin	K : CV1	Hoeüm
		V : XIV1	Höi âm

CV 2 Qūgǔ 曲骨 (骨) **339**

Qu : crooked; gu : bone.

Qugu refers to the pubic bone, and the point is at the superior border of the pubic symphysis.

A : Co2	Ch'ü-Ku (Crooked bone)	F : 2VC	Tsiou-Kou
B1 : Cv2	Ch'ü Ku	J : XIV2	Kyokkotsu
B2 : JM2	Ch'ü-ku	K : CV2	Kokkol
		V : XIV2	Khúc cốt

CV 3 Zhōngjí 中極 (极) **340**

Zhong : centre; ji : exactly.

The point is exactly "at the centre" of the body.

A : Co3	Chung-Chi (Middle extreme)	F : 3VC	Tchong-tsi
B1 : Cv3	Chung Chi	J : XIV3	Chukyoku
B2 : JM3	Chung-chi	K : CV3	Chung-gŭk
		V : XIV3	Trung cực

CV 4 Guānyuán 關 (关, 関, 関) 元 **341**

Guan : storage; yuan : primary Qi.

The point is 3 cun directly below the navel and is a storage place for the primary Qi of the body.

A : Co4	Kuan-Yüan (Pass origin)	F : 4VC	Koann-iuann
B1 : Cv4	Kuan Yüan	J : XIV4	Kangen
B2 : JM4	Kuan-yüan	K : CV4	Kwanwon
		V : XIV4	Quan nguyên

CV 5 Shímén 石門 (门) **342**

Shi : stone; men : door.

Stone here means "hard". The point is indicated in treating lumps in the lower abdomen.

A : Co5	Shih-Men (Stone gate)	F : 5VC	Che-menn
B1 : Cv5	Shih Men	J : XIV5	Sekimon
B2 : JM5	Shih-men	K : CV5	Sŏngmun
		V : XIV5	Thạch môn

CV 6 Qihǎi 氣 (气, 氣) 海 (海) **343**

Qi : primary Qi; hai : sea.

This point is below the navel and is the sea of the primary Qi of the whole body.

A : Co6	Ch'i-Hai (Vapor sea)	F : 6VC	Tsri-raé
B1 : Cv6	Ch'i Hai	J : XIV6	Kikai
B2 : JM6	Ch'i-hai	K : CV6	Kihae
		V : XIV6	Khí hải

CV 7 Yinjiao 陰 (阴) 交 **344**

Yin : Yin of Yin-Yang; jiao : crossing.

This point is 1 cun below the navel, and is the crossing point of the Conception Vessel (Renmai), the thoroughfare Vessel (Chongmai) and the kidney meridian.

<p>A : Co7 Yin-Chiao (Cross of Yin) B1 : Cv7 Yin Chiao B2 : JM7 Yin-chiao</p>	<p>F : 7VC Inn-tsiao du ventre J : XIV7 Inko K : CV7 Ūmgyo V : XIV7 âm giao</p>
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CV 8 Shénquè 神 (神) 闕 (阙) **345**

Shen : spirit; que : palace gate.

This point is in the centre of the navel which is an important passage for the circulation of the Qi and blood of the foetus, like a palace gate of the spirit.

<p>A : Co8 Shen-Ch'üeh (Spiritual shrine) B1 : Cv8 Shen Ch'üeh B2 : JM8 Shén-kuan (Shen-ch'üeh)</p>	<p>F : 8VC Chenn-koann (Chenn-tsiue) J : XIV8 Shinketsu K : CV8 Shin-gwol V : XIV8 Thần khuyết</p>
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CV 9 Shuifēn 水分 **346**

Shui : water; fen : separation.

This point is 1 cun above the navel and corresponds internally to the small intestine, where the water and food are separated into the turbid and the clear.

<p>A : Co9 Shuei-Fen (Water dividing) B1 : Cv9 Shui Fen B2 : JM9 Shui-fen</p>	<p>F : 9VC Choé-fenn J : XIV9 Suibun K : CV9 Subun V : XIV9 Thủy phân</p>
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CV 10 Xiàwǎn 下脘 **347**

Xia : a inferior; wan : stomach.

This point is over the inferior portion of the stomach.

<p>A : Co10 Hsia-Wan (Lower epigastrium) B1 : Cv10 Hsia Wan B2 : JM10 Hsia-kuan (Hsia-wan)</p>	<p>F : 10VC Sia-koann (Sia-oann) J : XIV10 Gekan K : CV10 Hawan V : XIV10 Hạ quan</p>
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CV 11 Jiànlǐ 建里 **348**

Jian : establishing; li : interior.

This point is located in the epigastric region and aids in establishing the Qi of the Middle Jiao.

<p>A : Co11 Chien-Li (Building interior)</p> <p>B1 : Cv11 Chien Li</p> <p>B2 : JM11 Chien-li</p>	<p>F : 11VC Tsienn-li</p> <p>J : XIV11 Kenri</p> <p>K : CV11 Kǒlli</p> <p>V : XIV11 Kiǎn lý</p>
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CV 12 Zhōngwǎn 中脘 **349**

Zhong : middle; wan : stomach.

This point is over the middle of the stomach.

<p>A : Co12 Chung-Wan (Middle epigastrium)</p> <p>B1 : Cv12 Ching Wan</p> <p>B2 : JM12 Chung-kuan (Chung-wan)</p>	<p>F : 12VC Tchong-koann (Tchong-oann)</p> <p>J : XIV12 Chukan</p> <p>K : CV12 Chung-wan</p> <p>V : XIV12 Trung quǎn</p>
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CV 13 Shàngwǎn 上脘 **350**

Shang : superior; wan : stomach.

This point is over the upper portion of the stomach.

<p>A : Co13 Shang-Wan (Upper epigastrium)</p> <p>B1 : Cv13 Shang Wan</p> <p>B2 : JM13 Shang-kuan (Shang-wan)</p>	<p>F : 13VC Chang-koann (Chang-oann)</p> <p>J : XIV13 Jokan</p> <p>K : CV13 Sang-Wan</p> <p>V : XIV13 Thượng quǎn</p>
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CV 14 Jùquè 巨闕 (阙) **351**

Ju : great; que : palace gate.

This is a Mu-front point of the heart meridian, like a door for the Qi of the heart.

<p>A : Co14 Chü-Chüeh (Great temple)</p> <p>B1 : Cv14 Chü Ch'üeh</p> <p>B2 : JM14 Chü-kuan (Chü-chüeh)</p>	<p>F : 14VC Tsiu-koann (Tsiu-tsiue)</p> <p>J : XIV14 Koketsu</p> <p>K : CV14 Kǒgwol</p> <p>V : XIV14 Cự khuyết</p>
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CV 15 Jiūwěi 鳩 (鳩) 尾 **352**

Jiu : turtledove; wei : tail.

This point is below the xiphoid process of the sternum which looks like a turtledove's tail.

A : Co15 Chiu-Wei (Bird's tail)	F : 15VC Tsiou-óé
B1 : Cv15 Chiu Wei	J : XIV15 Kyubi
B2 : JM15 Chiu-wei	K : CV15 Kumi
	V : XIV15 Cừ vĩ

CV 16 Zhōngtíng 中庭 **353**

Zhong : middle; ting : courtyard.

This point is below the heart, as if in the courtyard in front of the palace.

A : Co16 Chung-T'ing (Middle courtyard)	F : 16VC Tchong-ting
B1 : Cv16 Chung Ting	J : XIV16 Chutei
B2 : JM16 Chung-t'ing	K : CV16 Chungjǒng
	V : XIV16 Trung đình

CV 17 Dànzhōng 膻中 **354**

Dan : exposure; zhong : middle.

The exposed middle part of the chest was called Tanzhong in ancient times. This point is located there.

A : Co17 Tan-Chung (Middle altar)	F : 17VC Trann-tchong
B1 : Cv17 Shan Chung	J : XIV17 Danchu
B2 : JM17 Tan-chung	K : CV17 Chǒn jung
	V : XIV17 Đản trung

CV 18 Yùtáng 玉堂 **355**

Yu : jade; tang : palace.

Jade is valuable. The point is located at the site of the heart. It is so important that it is considered a jade palace.

A : Co18 Yü-T'ang (Hall of jade)	F : 18VC Iu-trang
B1 : Cv18 Yü T'ang	J : XIV18 Gyokudo
B2 : JM18 Yü-t'ang	K : CV18 Oktang
	V : XIV18 Ngọc đường

CV 19 Zǐgōng 紫宮 (宮) **356**

Zi : purple; gong : palace.

Zigong is the name of a star and refers to the emperor's residence. This point corresponds to the heart which is the organ of monarch, and is therefore called Zigong.

<p>A : Co19 Tze-Kung (Purple palace) B1 : Cv19 Tzu Kung B2 : JM19 Tzu-kung</p>	<p>F : 19VC Tsre-kong J : XIV19 Shikyū K : CV19 Chagung V : XIV19 Tzũ cung</p>
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CV 20 Huágài 華 (华) 蓋 (盖) **357**

Hua : magnificent; gai : umbrella.

Huagai refers to the emperor's umbrella. The location of the point corresponds to the lung, which lies above the heart and like an umbrella over it.

<p>A : Co20 Hua-Kai (Flowery covering) B1 : Cv20 Hua Kai B2 : JM20 Hua-kai</p>	<p>F : 20VC Roa-kaé J : XIV20 Kagai K : CV20 Hwagae V : XIV20 Hoa cái</p>
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CV 21 Xuánjī 璇璣 (玑) **358**

Xuan : rotation; ji : axis.

Xuanji is the name of the second and the third stars of the Big Dipper, opposite to the star Zigong. This point is also opposite to the point Zigong (CV19) and is therefore named Xuanji.

<p>A : Co21 Hsüan-Chi (Rotating machine) B1 : Cv21 Hsüan Chi B2 : JM21 Hsüan-chi</p>	<p>F : 21VC Siuann-tsi J : XIV21 Senki K : CV21 Sŏn-gi V : XIV21 Toán co'</p>
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CV 22 Tiāntū 天突 **359**

Tian : heaven; tu : chimney.

The location of this point corresponds to the upper part of the trachea, which is like the chimney for the Qi of the lung.

<p>A : Co22 Tien-Tu (Sky prominence) B1 : Cv22 T'ien T'u B2 : JM22 T'ien-t'u</p>	<p>F : 22VC Tienn-trou J : XIV22 Tentotsu K : CV22 Ch'ŏndol V : XIV22 Thién ðot</p>
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CV 23 Liánquán 廉泉 360

Lian : clear; quan : spring.

The two blood vessels below the tongue were called Lianquan in ancient times. This point is at the upper margin of the laryngeal prominence, close to the Lianquan vessels.

A : Co23 Lien-Ch'üan
(Screen spring)
B1 : Cv23 Lien Ch'üan
B2 : JM23 Lien-ch'üan

F : 23VC Lienn-tsiuann
J : XIV23 Rensen
K : CV23 Yǒmch'ǒn
V : XIV23 Liém tuyên

Indexes**CV 24 Chéngjiāng 承漿 (漿) 361**

Cheng : receiving; jiang : fluid.

This point is in the depression at the middle of the chin; it is where excessive saliva is received.

A : Co24 Cheng-Chiang
(Receiving fluid)
B1 : Cv24 Cheng Chiang
B2 : JM24 Chechiang

F : 24VC Tchreng-tsiang
J : XIV24 Shosho
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