

# 袖珍

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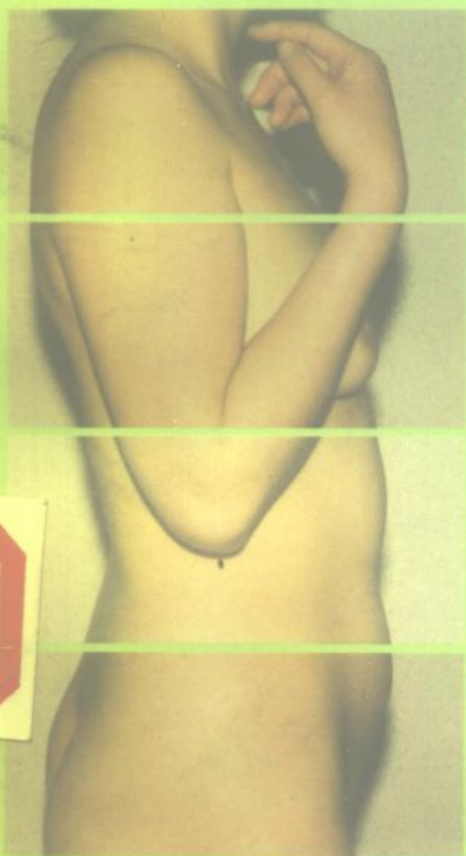
汉英 对照

# 针灸取穴

Diagram of Acupoints Location

# 图解

王玲玲  
孙亦农 编著  
尚明华



上海中医药大学出版社

汉英对照

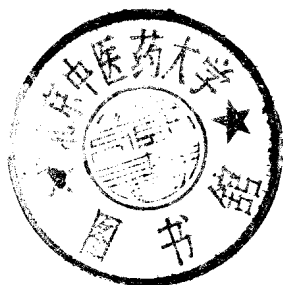
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汉英对照

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## 前 言

穴位是针灸治病的部位，取穴准确与否直接关系到针灸的疗效。前人介绍的取穴方法虽多，然多为单纯文字叙述。本书利用现代摄影技术，直观形象地介绍了腧穴的位置和取穴方法。“准确”和“简便”是研究腧穴定位方法的宗旨，有鉴于此，作者根据多年来针灸临床与教学中的经验，介绍了穴位的简便准确的取法。为进一步推动中国针灸走向世界，我们采用中英两种文字对译叙述，穴位名称及位置均根据国家标准而定。我们竭诚希望能对国内外学习针灸、从事针灸医疗及教学人员有所裨益。

将摄影技术用于介绍腧穴定位，国内尚属首创，因而在摸索过程中的粗疏之处，在所难免，祈国内外同道赐正。

编 者

1996年11月于南京中医药大学

## PREFACE

Acupoints are the places where acupuncture and moxibustion are applied for the treatment of disease. The location of an acupoint and the therapeutic result are closely related.

A lot of location methods were left behind by our forefathers, while most of them were narrated in characters. Here we use modern photography to tell the location objectively and figuratively of acupoints. Aiming at accuracy and convenience, we introduce the methods according to our experience from both teaching and clinic practice. We use Chinese-English bilingually, so as to serve the interests of all nations and benefit entire mankind. The name and location of acupoints are given based on the national standard. It is our sincere hope that this book will have some help to those who study, teach and practise acupuncture both at home and abroad.

December 24th, 1996

Nanjing University of TCM.

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# 第一章 腧穴定位的方法

## Chapter One Methods of Locating Acupoints

人体的腧穴很多，星罗棋布。如何才能找准腧穴，聪明的中国古人在实践中发现：人体的表面有的部位高起，有的部位陷下，有的部位有毛发，有的部位有皱纹，有的部位有“筋”（肌腱）……。利用这些标志，就可以定出很多腧穴。此外，人体各部之间也有着一定的比例，只要将其长度、宽度规定为一定的尺寸，以此尺寸折算也可用于定穴。需要说明的是：这种“尺寸”不是我们所说的米、厘米、吋，而是一种取穴的特定度量单位。

腧穴定位的方法分三种：

There are a lot of points on the body surface, scattering like stars in the sky. By thousands of practice, our clever forefathers found that there are bulges, depressions, wrinkles and tendons on the body, which can be used as landmarks for accurate location. Meanwhile, they noticed that there is proportional relationship in various parts of the body. If we take the width and length of various portions of the body as certain cun, then we can locate the points according to proportional cun. It should be made clear that this cun does not refer to inch or centimetre, it is a special unit of measures for locating points.

There are three kinds of methods to locate acupoints.

### 一、体表标志定位法

体表标志定位法是以体表标志为依据，来确定腧穴位置的方法。体表标志可分为固定的标志和活动的标志两种。

固定标志指骨节和肌肉所形成的突起或凹陷、五官、发际、指（趾）甲、乳头、脐窝等。如：腓骨小头前下方定阳陵泉；眉头定攒竹等。

活动标志指关节、肌肉、肌腱、皮肤随意活动而出现的空隙、凹陷、皱纹等。如：拇指上翘，手腕横纹桡侧两筋间定阳溪；尽量屈肘，



于肘横纹桡侧纹头定曲池等。

### **I . Anatomical landmarks**

This is a method in which the points are located with the help of the anatomical landmarks on the body surface, including fixed landmarks and movable landmarks.

Fixed landmarks refer to the protrusions and depressions formed by joints and muscles, the five sense organs, hairline, finger (toe) nails, nipple, umbilicus, etc. For instance, Yanglingquan (GB34) is located in the depression anterior and inferior to the small head of the fibula. Zanzhu (BL2) is located in the depression on the medial end of the eyebrow, etc.

Movable landmarks refer to spaces, depressions, wrinkles, and so on, which will appear while the joints, muscles, tendons and skin move voluntarily. For instance, when the thumb is titled upward, Yangxi (LI5) can be located in the depression between two tendons on the radial side of the wrist. When the elbow is flexed to the full, Quchi (LI11) is at the end of the transverse crease of the elbow.

### **二、“骨度”折量定位法**

“骨度”折量定位法是以骨节为主要标志，测量周身各部的长度和宽度，并依其尺寸按比例折算作为定穴标准的方法。此法在运用时须注意：各部的骨度有一定的使用范围，直寸用于度量纵线上的尺寸，横寸用于度量横线上的尺寸。

### **I . Bone-length Proportional Measurements**

It is a method of locating points in which the bone segments are taken as main measurement markers to measure the width and length of various portions of the body, and then the measurements are converted proportionately into the acupoint-locating standards.

There is one thing should be noticed in using this method. Each bone-length is used in a certain scope. That is to say, the longitudinal measurement is used vertically and transverse measurement is used horizontally.



图 1



图 2

全身主要“骨度”折量如下:

Commonly-used bone-length measurements of the human body are shown as following:

### 1. 头面部

直寸:

1) 前发际正中→后发际正中, 折作 12 寸 (见图 1)。

2) 眉间 (印堂) →前发际正中, 折作 3 寸 (见图 1)。

3) 第七颈椎棘突下 (大椎) →后发际正中, 折作 3 寸 (见图 2)。

横寸:

1) 前两额发角 (头维) 之间, 折作 9 寸 (见图 3)。

2) 耳后两乳突 (完骨) 之间, 折作 9 寸 (见图 2)。

### 1. Head Region

Longitudinal Measurement:

1) It is 12 cun from the anterior hairline to the posterior hairline (See Fig 1).

2) It is 3 cun from the midpoint of the line of the medial ends of two eyebrows (Yintang EX-HN2), to the midpoint of the anterior hairline (See Fig 1).



图 3

3) It is 3 cun between the posterior hairline and Dazhui (DU14), which is inferior to the spinous process of the 7th cervical vertebra (See Fig 2).

**Transverse Measurement:**

1) The distance between two corners of the anterior hairline (Touwei ST8) is 9 cun (See Fig 3).

2) It is 9 cun between two mastoid processes (Wangu GB12) (See Fig 2).

## 2. 胸腹部

直寸:

1) 胸骨上窝 (天突) → 胸剑联合中点, 折作 9 寸 (见

图 4)。

2) 胸剑联合中点 → 脐中, 折作 8 寸 (见图 4)。

3) 脐中 → 耻骨联合上缘 (曲骨), 折作 5 寸 (见图 4)。

4) 腋窝顶点 → 第 11 肋游离端 (章门), 折作 12 寸 (见图 5)。

横寸:

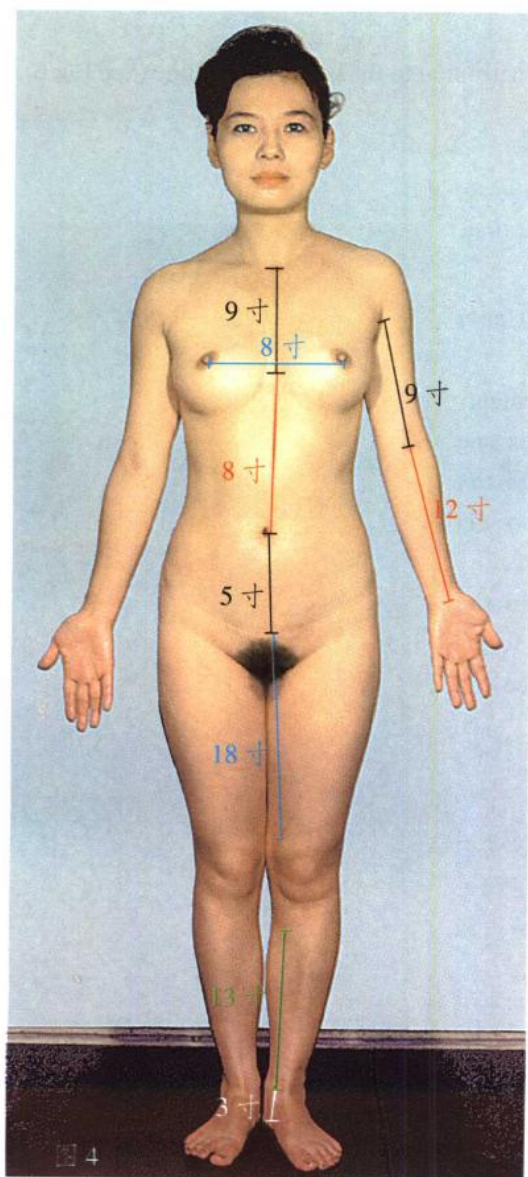
两乳头之间, 折作 8 寸 (见图 4)。

## 2. The Regions of the Chest and Abdomen

**Longitudinal Measurement:**

1) It is 9 cun from the centre of the suprasternal fossa (Tiantu RN22) to the midpoint of the sternocostal angle (See Fig 4).

2) The distance between the midpoint of the sternocostal angle to the centre of the umbilicus is 8 cun (See Fig 4).



3) From the centre of the umbilicus to the upper border of the symphysis pubis (QuguRN2) is 5 cun (See Fig 4).

4) It is 12 cun from the top of the axillary fold to the tip of the 11th rib (Zhangmen LR13) (See Fig 5).

**Transverse Measurement:**

It is 8 cun between two nipples (See Fig 4).

### 3. 背腰部

横寸:

1) 肩胛骨内缘→后正中线, 折作 3 寸 (见图 6)。

2) 肩峰→后正中线, 折作 8 寸 (见图 6)。

### 3. Back Region

**Transverse Measurement:**

1) It is 3 cun from the medial border of the scapula to the posterior

midline (See Fig 6).

2) It is 8 cun from the acromion to the posterior midline (See Fig 6).

#### 4. 上部

直寸:

1) 腋前纹头→肘横纹, 折作 9 寸 (见图 4)。

2) 肘横纹→腕掌、背侧横纹, 折作 12 寸 (见图 4)。

#### 4. The Region of the Upper Limbs

Longitudinal Measurement:

1) It is 9 cun between the end of the axillary fold and the transverse cubital crease (See Fig 4).

2) It is 12 cun from the transverse cubital crease to the transverse wrist crease (See Fig 4).

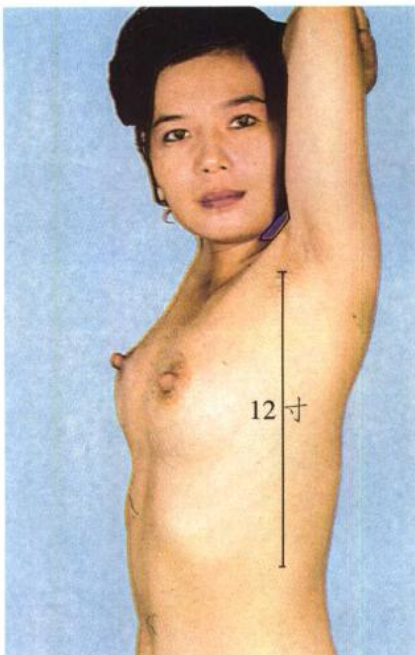


图 5

#### 5. 下部

直寸:

1) 耻骨联合上缘→股骨内上髁上缘, 折作 18 寸 (见图 4)。

2) 胫骨内侧髁下缘→内踝尖, 折作 13 寸 (见图 4)。

3) 内踝尖→足底, 折作 3 寸 (见图 4)。

4) 股骨大转子→膝中, 折作 19 寸 (见图 6)。

5) 臀横纹→腘窝横纹, 折作 14 寸 (见图 6)。

6) 膝中→外踝尖, 折作 16 寸 (见图 6)。

说明:

1) 膝中水平线: 前平髌骨下缘, 后平腘窝横纹, 屈膝时, 可平犊鼻穴。

2) 下肢部第 1~3 个“骨度”用于下肢内侧足三阴经腧穴的定位, 第 4~6 个“骨度”则用于下肢外侧足三阳经腧穴的定位。

### 5. The Region of the Lower Limbs

#### Longitudinal Measurement:

1) It is 18 cun from the level of the upper border of the symphysis

pubis to the upper border of the medial epicondyle of the femur (See Fig 4).

2) It is 13 cun from the lower border of the medial condyle of the tibia to the tip of medial malleolus (See Fig 4).

3) It is 3 cun from the tip of medial malleolus to the heel (See Fig 4).

4) It is 19 cun from the prominence of the great trochanter to the midline of the patella (See Fig 6).

5) It is 14 cun from the gluteal crease to the transverse crease of the popliteal fossa (See Fig 6).

6) It is 16 cun from midline of the patella to the tip of lateral malleolus (See Fig 6).

Remarks:

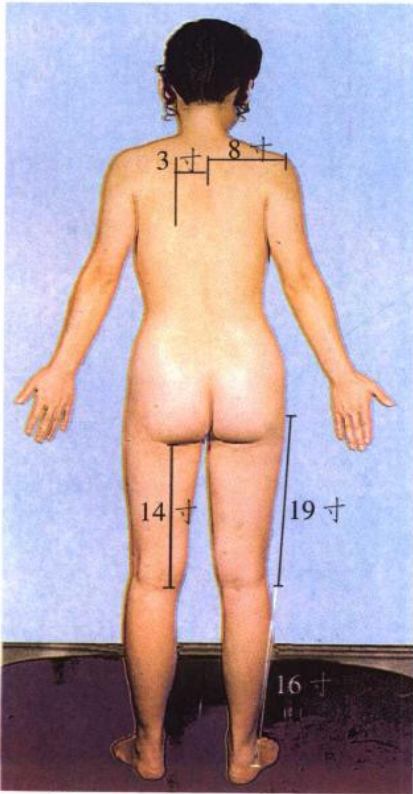


图 6

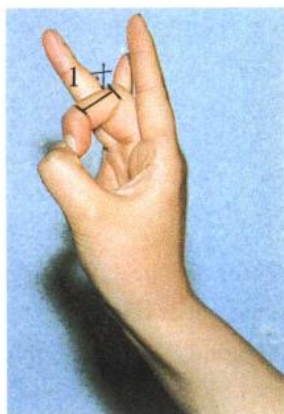


图 7

1) The midline of the patella refers to the level of lower border of the patella anteriorly, the level of transverse crease of the popliteal fossa posteriorly, and the level of Dubi (ST35) when the knee flexed.

2) The bone-length measurements of No.1 to No.3 mentioned above are used only for locating the points of Three Yin Meridians, No.4 to No.6 above are used for locating the points of Three Yang Meridians.

### 三、指寸定位法

指寸定位法是在骨度分寸的基础上,用手指比量取穴的方法。人的手指与身体其他部分有一定的比例,临床上医者多以自己的手指比量,但必须参照被取穴对象的身材高矮适当增减比例。指寸定位法包括以下三种:

1. 中指同身寸: 中指屈曲时,以中指中节桡侧两端纹头之间的距离作为 1 寸(见图 7)。此法适用于四肢取穴的直寸及脊背取穴的横寸。

2. 拇指同身寸: 以拇指指关节横纹的宽度作为 1 寸(见图 8)。此法适用于四肢部的直寸折量。

3. 横指同身寸: 又名“一夫法”。食、中、无名、小指四指并拢,以其中指近端指关节横纹处为准,四指的宽度作为 3 寸(见图 9)。此法多用于下肢、下腹部的直寸和背部的横寸。

体表标志定位法,“骨度”折量定位法,指寸定位法,三者 in 应用时可互相结合,从而准确而便利地确定腧穴的位置。

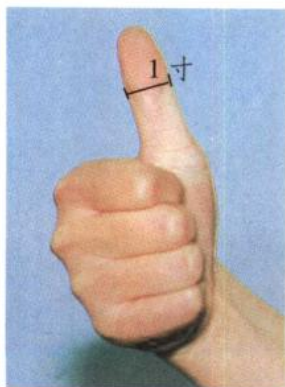


图 8



图 9

### III . Finger Measurement

Based on the bone-length measurements, the length and width of the patient's finger(s) are taken as a standard for point location. They are in proportion to the other parts of the body. Clinically doctors often take their fingers to measure and expand or contract the length according to the size of the patient's body. There are three kinds of the finger measurements.

#### 1. Middle Finger Measurement

When the middle finger is flexed, the distance between two medial ends of the crease of the interphalangeal joint is taken as 1 cun (See Fig 7). This method is employed for measuring the vertical distance to locate the limb points or for measuring the horizontal distance to locate the points on the back.

#### 2. Thumb Measurement

The width of the interphalangeal joint of the thumb is taken as 1 cun (See Fig 8). The method is employed for measuring the vertical distance to locate the points on the limbs.

#### 3. Four-finger Measurement

It is also named "Yi Fu Fa" in Chinese. The width of the four fingers, (index, middle, ring and little) close together side by side, at the level of the dorsal skin crease of the proximal interphalangeal joint of the middle finger is taken as 3 cun (See Fig 9). The method is employed for measuring the vertical distance to locate the points on the lower limbs and lower abdomen or the horizontal distance to locate the points on the back .

Three kinds of methods above should be combined clinically so as to locate points accurately and conveniently.



## 第二章 十四经穴的定位

### Chapter Two Location of the Points of the Fourteen Meridians

#### 一、手太阴肺经经穴

#### I. Points of Lung Meridian of Hand-Taiyin

##### (一)胸部

##### 1. 中府

正坐，以手叉腰，当锁骨外端下缘三角形凹陷正中（云门）直下，平第1肋间隙。或者，正坐，乳头向外2寸，平第1肋间隙（见图10）。

凡平肋间隙者，均平锁骨中线处的肋间隙。

##### ( I ) Chest

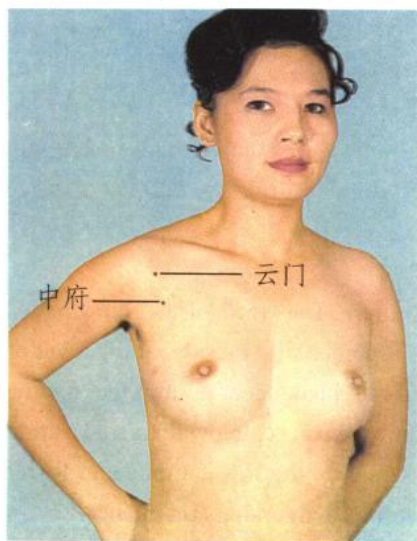


图 10

##### 1. Zhongfu (LU1)

When the patient sit straight with the arm akimbo, there is a triangular depression at the lower border of the lateral segment of the clavicle. Yunmen (LU2) is in the centre of this depression. Zhongfu is right below Yunmen, at the level of the first intercostal space (See Fig 10). Sitting straight, it is 2 cun lateral to the nipple, at the level of the first intercostal space.

The level of certain intercostal space refers to the place where the midline of the clavicle