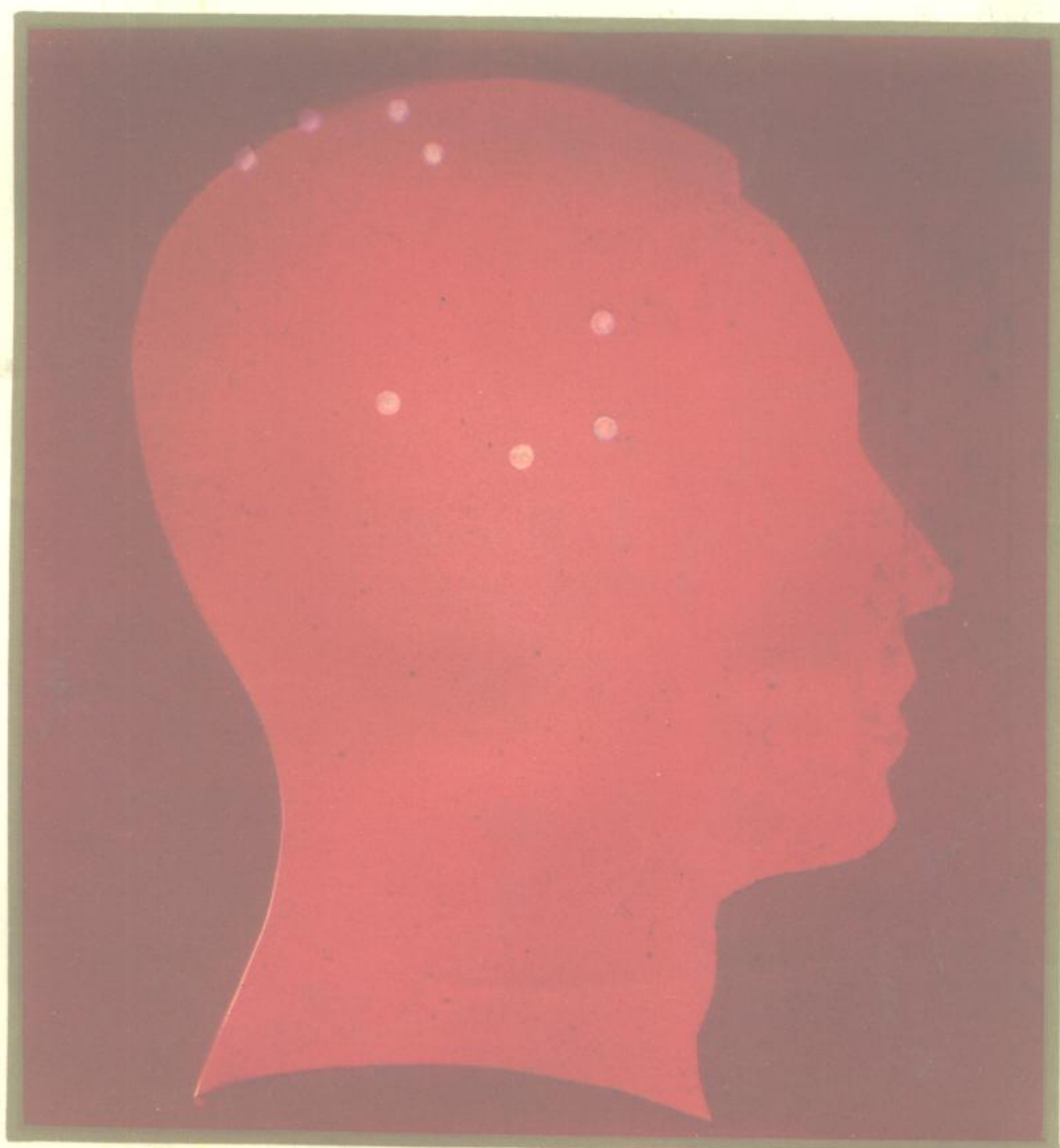


中英對照
CHINESE-ENGLISH
國際標準
針灸穴名簡釋

王德深 Wang Deshen

A BRIEF EXPLANATION OF INTERNATIONAL
STANDARD NOMENCLATURE
OF ZHENJIU (Acupuncture & Moxibustion)
POINTS



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內 容 簡 介

本書將世界衛生組織審議採納的“國際標準十四經穴名(361)”、“國際標準經外穴名(48)”、“國際標準奇經八脈名”的有關穴名簡釋和中華人民共和國國家技術監督局發佈的《中華人民共和國國家標準·經穴部位》彙編成冊,中英文對照,並對穴名定位配有相應穴位圖。

本書內容包括:第一部分,國際標準穴名簡釋,內含十四經穴、經外穴、奇經八脈、頭穴綫、耳穴;第二部分,標準穴位圖;第三部分,穴名索引。

本書可作為從事針灸教學、科研、臨床工作人員的參考書和工具書,同時對針灸書刊編譯工作者亦有所幫助。

2012/12

中英對照

國際標準針灸穴名簡釋

王德深 編

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前 言

1982年至1987年世界衛生組織(WHO)西太平洋區先后在馬尼拉(1982)、東京(1984)、香港(1985)、和漢城(1987)召開過四次針灸穴名標準化工作組會議,制定了“標準十四經穴名(361)”、“十四經穴名簡釋”、“標準經外穴名(48)”、“標準頭針穴名”、“標準耳穴名(79)”和“標準奇經八脈名”等,為世界衛生組織召開全球性穴名標準化會議作了充分準備。

1989年10月30日至11月3日,世界衛生組織總部在日內瓦召開了全球性的國際標準針灸穴名科學組會議,審議和採納了世界衛生組織西太區推薦的上述的標準針灸穴名為國際標準針灸穴名方案。它們是:“國際標準十四經穴名(361)”、“國際標準經外穴名(48)”、“國際標準頭針穴名”和“國際標準奇經八脈名”。世界衛生組織審議採納的這些國際標準針灸穴名,將為針灸醫學在國際上進一步推廣應用,促進國際針灸學術交流拓寬了道路。

1990年6月,中華人民共和國國家技術監督局發佈了由國家中醫藥管理局提出的《中華人民共和國國家標準·經穴部位》[GB 12346-90],並於1991年1月1日起實施。該標準規定了人體腧穴定位的方法和361個經穴、48個經外穴的標準定位,適用於針灸教學、科研、醫療、出版及國內外針灸學術交流。它是一部具有國家法律效力,在針灸教學、科研、醫療和國內外學術交流方面必須貫徹執行的標準化文件。

國際標準針灸穴名是針灸醫學名詞術語中的重要組成部分。每個穴名都具有一定的含義。有些穴名取義於中醫學基礎理論,如陰陽(陰交、陽交、三陰交、三陽絡等);臟腑、氣、血(肺俞、心俞、大腸俞、小腸俞、氣戶、氣海、血海等);有些穴名取義於其療效,如治療眼病的睛明、光明,治療鼻病的迎香,治療感受風邪病證的風池、風府、風市等。有些穴名取義於古代解剖學名詞術語,如大椎、腕骨、完骨等。有些穴名取義於動物形態或部位形狀,如伏兔、鳩尾、犢鼻,等等。

在瞭解了穴名含義之後,將會激發學習針灸的興趣,提高理解和記憶穴名的效率,加深對中國針灸醫學理論與臨床特點的體會和認識,並且可以避免和防止只記穴名代號而忽視記穴名的作法,以免導致廢名存號,使針灸脫離中醫理論的傾向。

為了適應國內外日益發展的針灸教學、科研、臨床和學術交流的需要,茲將世界衛生組織審議採納的“國際標準十四經穴名(361)”、“國際標準經外穴名(48)”、“國際標準奇經八脈名”的有關穴名簡釋和中華人民共和國國家技術監督局發佈的《中華人民共和國國家標準·經穴部位》彙編成冊,名曰:《國際標準針灸穴名簡釋》,希望它能對從事針灸教學、科研、臨床以及針灸書刊編譯工作者有所幫助。

參加過部分撰稿、翻譯和校對者有裴廷輔、吳紹德、高忻洙、周楣聲、李鋤、曹國良、張凱、傅建平、葛子等同志,在此謹致以衷心謝意。

由於經驗不足,水平所限,疏漏和錯誤之處在所難免,歡迎讀者、同道批評指正。

編者

1992年1月

PREFACE

With a view to establishing a standard acupuncture nomenclature in the Western Pacific Region, which contains the majority of acupunctures in the world, the World Health Organization (WHO) Regional Office for the Western Pacific organized meeting of the Working Group on the Standardization of Acupuncture Nomenclature in Manila in 1982, the Regional Consultation Meeting on the Standardization of Acupuncture Nomenclature in Tokyo in 1984, the Second and the Third Working Group on the Standardization of Acupuncture Nomenclature in Hong Kong in 1985, and in Seoul in 1987. After careful discussions, the meetings established and adopted the Standard Acupuncture Nomenclatures as follows:

Standard Nomenclature of 14 Meridians Points (361);

Standard Nomenclature of Extra Points (48);

Brief Explanation of Point Names of 14 Meridians;

Standard Nomenclature of Scalp Acupuncture Points;

Standard Nomenclature of the Eight Extra Meridians;

Standard Nomenclature of Auricular Points (79).

Without the least doubt, the adopted standard nomenclatures will play an important role in the international standardization of nomenclature of acupuncture point names and promote international academic exchange in acupuncture over the world. And they laid a preparation for the global meeting of the WHO Scientific Group to Adopt a Standard Acupuncture Nomenclature.

The meeting of WHO Scientific Group to Adopt a Standard Acupuncture Nomenclature was held in Geneva in 1989. After discussions in the meeting, a Proposed International standard Acupuncture Nomenclature covering the followes are adopted by the WHO Regional Office for the Western Pacific:

International Standard Nomenclature of 14 Meridian Points (361);

International Standard Nomenclature of Extra Points (48);

International Standard Nomenclature of Scalp Acupuncture Points (14);

International Standard Nomenclature of Eight Extra Meridians.

What have been proposed will be opening a broad avenue for the further development of Zhenjiuology over the world.

The State Standard of the People's Republic of China, *The Location of Points* (GB 12346-90), Which approved by the State Administration of Traditional Chinese Medicine of the peoples's Republic of China has been published. It should be carrying out from January first, 1991. This standard specifies the methods for locating points and the standard locations of 361 meridine points and 48 Extra Points. It will facilitate the teaching, research and clinical practice of Zhenjiu, as well as academic information exchange on global scale. It is a standard document with state law effect, and it must be carrying out in the fields of teaching, research, clinical practice of Zhenjiu medicine both at home and abroad.

The International Standard Nomenclature of Zhenjiu Points forms an important part of the terminology

of Zhenjiuology of traditional Chinese medicine. The name of each point has its own meaning. Some are taken from the basic theory of traditional Chinese medicine such as Yin-yang (陰交 Yinjiao, 陽交 Yangjiao, 三陰交 Sanyinjiao, 三陽絡 Sanyangluo), Zang-Fu, Qi, Blood (肺俞 Feishu, 心俞 Xinshu, 大腸俞 Dachangshu, 小腸俞 Xiaochangshu, 氣戶 Qihu, 氣海 Qihai, 血海 Xuehai). Some come from their clinical effects such as 睛明 Jingming, 光明 Guangming, which are used to make eyes bright or cure eye diseases, and 迎香 Yingxiang, which is meant to take in fragrance and used to cure nasal obstruction. Some names are taken from etiology such as 風池 Fengchi, 風府 Fengfu, 風市 Fengshi, which are treated diseases by wind. Some come from ancient anatomical terms such as 大椎 Dazhui (spinous process of the first thoracic vertebra), 腕骨 Wàngǔ (carpal bones), 完骨 Wángǔ (mastoid process). Some are named after animals, for example, 鳩尾 Jiuwei, which is situated just beneath xiphoid process and looks like a turtledove's tail, 伏兔 Futu, which is situated in the femoral quadriceps and assumes the appearance of a rabbit lying prostrate, and 犢鼻 Dubi, which is situated in the depression just below the patella lateral to the patellar ligament, assuming the appearance of the nostrils of a calf.

After learning the meanings of point names, it would arouse readers' interests in studying the Zhenjiu, raise efficiency of understanding and remembering point names and deepen realizing and understanding the characteristic of theory and practice of China Zhenjiuology. And it will avoid and prevent from only remembering the alphabetic codes of points without keeping memory of the names of points so as to give up the point names but keep the codes, tending toward divorcing from the basic theory of the traditional Chinese medicine.

With a view to fitting in with the needs of teaching, research, clinical practice as well as academic information exchange of Zhenjiu, the book named "A Brief Explanation of International Standard Nomenclature of Zhenjiu Points" has been compiled. It includes following parts:

The Names of International Standard Nomenclature of 14 Meridian Points (361), the Names of International Standard Nomenclature of Extra Points (48), the Names of International Standard Nomenclature of Eight Extra Meridians, which are adopted by the World Health Organization and The State Standard of the P. R. China, The Location of Points approved by the State Administration of Traditional Chinese Medicine of People's Republic of China. We hope the book will be an assistance to workers engaged in the Zhenjiu field and other readers.

Compiler

January, 1992

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I. 國際標準穴名簡釋

A BRIEF EXPLANATION OF INTERNATIONAL STANDARD NOMENCLATURE OF ZHENJIU POINTS

十四經穴

POINTS OF 14 MERIDIANS

0001 十四經穴名簡釋

本穴名簡釋是應世界衛生組織西太區針灸穴名標準化工作組會議的要求編寫的，附於標準化穴名之後作為標準化穴名方案中的組成部分，以利於對不懂漢字的針灸工作者對拼音穴名意義的理解。

“凡諸孔穴，名不徒設，皆有深意”。為了便於更多的人了解穴名意義，故力求從中醫基礎理論（陰陽、五行、經絡、臟腑、氣血與解剖等）和針灸臨床療效等方面進行簡要地解釋，而不做繁瑣的考證。

每個穴名下的第一段是對字義的解釋，第二段是對該穴名意義的簡要說明。

古代漢語常是一字多義的。因此，一些穴名常有幾種解釋。一本簡明的穴名釋義，難于包括所有的解釋。這本簡釋只是提到的最常用的一種。

BRIEF EXPLANATION OF POINTS OF 14 MERIDIANS

The brief explanation of point names along the 14 meridians is compiled at the demands of the meeting of the Working Group on the Standardization of Acupuncture Nomenclature held in Manila, convened by the WHO Regional Office for the Western Pacific in 1982. As an appendix to the standardization of acupuncture points, it is the component of nomenclature standardization and intended as an aid in understanding the *pinyin* names of points for practitioners unfamiliar with the Chinese language.

All points correspond to their names, with a view to providing an understanding of the meaning of the points, explaining briefly the acupoints by applying the basic theory of traditional Chinese medicine (Yin-Yang, Five Elements, Meridians, Zang-Fu, Qi, Blood and anatomy) and the clinical effects of acupuncture and moxibustion.

The first paragraph under each point name explains the meaning of the words; the second paragraph gives a brief introduction to the meaning of the point names.

In ancient Chinese, there are usually multiple meanings for one character. As a result, point names often bear multi-explanations. A brief explanation like this can not include all the possible explanations. In the present article only the most

十四經穴名簡釋是中國針灸學會穴位研究委員會編寫的,并為世界衛生組織西太區 1984 年 5 月在東京召開的針灸穴名標準化協商會議所採用。

commonly used are given for reference.

The present explanation was compiled by the Point Research Committee of the China Society of Zhenjiu. And it has been adopted by the Regional Consultation Meeting on the Standardization of Acupuncture Nomenclature held by WHO Regional Office for the Western Pacific in Tokyo in 1984.

0002 手太陰(阴)肺經(经)穴 Shǒutàiyīn Fèijīng xué
Points of Lung Meridian of Hand-Taiyin, LU.

0003 中府

Zhōngfǔ (LU 1)

穴義

Meaning

中,中間;府,處所。

Zhōng, middle; fǔ, place.

中,指中焦。肺經起於中焦。穴當中焦脾胃之氣聚匯肺經之處。

Zhong refers to the middle Jiao. The Lung Meridian starts from the middle Jiao. The point is in the place where Qi of Spleen and Stomach in the middle Jiao is gathered into the Lung Meridian.

部位

Location

在胸前壁的外上方,雲門下 1 寸,平第一肋間隙,距前正中綫 6 寸(圖 1、119)。

In the superior lateral part of the anterior thoracic wall, 1 cun^① below Yúnmén (LU 2), on the level of the 1st intercostal space, 6 cun lateral to the anterior midline (Figs 1 & 119).

0004 雲門(云门)

Yúnmén (LU 2)

穴義

Meaning

雲,雲霧的雲;門,門戶。

Yun, cloud; men, door.

雲,指肺氣。穴在胸上部,如肺氣出入的門戶。

Yun refers to the Qi of Lung. The point is on the upper part of the chest, serving as a door for the Qi of Lung.

部位

Location

在胸前壁的外上方,肩胛骨喙突上方,鎖骨下窩凹陷處,距前正中綫 6 寸(圖 1、119)。

In the superior lateral part of the anterior thoracic wall, superior to the coracoid process of scapula, in the depression of the infraclavicular fossa, 6 cun lateral to the anterior midline (Figs. 1 & 119).

0005 天府

Tiānfǔ (LU 3)

穴義

Meaning

① cun, an unit of length, here means bone proportional cun.

天,天空;府,處所。

天,指上而言。穴在臂部,是肺氣聚集之處。

部位

在臂內側面,肱二頭肌橈側緣,腋前紋頭下 3 寸處(圖 1、119)

Tian, heaven; fu, place.

Tian refers to upper. The point is on the upper arm, which is a confluence of the Qi of Lung.

Location

On the medial side of the upper arm and on the radial border of biceps muscle of arm, 3 cun below the anterior end of the axillary fold (Figs. 1 & 119).

0006 俠白(俠白)

穴義

俠,通“夾”;白,白色。

白色屬肺。兩臂下垂,本穴夾於肺之兩旁。

部位

在臂內側面,肱二頭肌橈側緣,腋前紋頭下 4 寸,或肘橫紋上 5 寸處(圖 1、118)。

Xiáobái (LU 4)

Meaning

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

White color pertains to the lung. With both arms hanging freely, this point is precisely on both sides of the Lung.

Location

On the medial side of the upper arm and on the radial border of biceps muscle of arm, 4 cun below the anterior end of the axillary fold, or 5 cun above the cubital crease (Figs. 1 & 119)

0007 尺澤(尺澤)

穴義

尺,長度單位,十寸為尺;澤,沼澤。

尺,指尺部(腕至肘之前臂)。穴在尺部肘窩陷中,脈氣流注於此,如水注沼澤。

部位

在肘橫紋中,肱二頭肌腱橈側凹陷處(圖 2、119)

Chǐzé (LU 5)

Meaning

Chi^②, ruler or ulnar; ze, marsh.

Chi refers to the ulnar aspect (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.

Location

In the cubital crease, in the depression of the radial side of the tendon of biceps muscle of arm (Figs. 2 & 119).

0008 孔最、Kǒngzuì (LU 6)

穴義

孔,孔隙;最,副詞。

部位

在前臂掌面橈側,尺澤與太淵連線上,腕橫紋

Meaning

Kong, hole; zui, the most.

The hole of this point is the deepest.

Location

On the radial side of the palmar surface of the

② Chi, an unit of length(=10 cun)

上 7 寸(圖 2,119)。

0009 列缺

穴義

列,排列;缺,凹陷。

古代稱閃電和天際裂縫為列缺。手太陰脈從這裏別走手陽明脈,本穴位列於橈骨莖突上方凹陷處。

部位

在前臂橈側緣,橈骨莖突上方,腕橫紋上 1.5 寸。肱桡肌與拇長展肌腱之間(圖 2,3)

forearm, and on the line connecting Chǐzé(LU 5) and Tàiyuǎn (LU 9), 7 cun above the cubital crease (Figs. 2 & 119)

Lièquē (LU 7)

Meaning

Lie, arrangement; que, depression.

The lightning and the rift in the sky were called Lieque in ancient times. The Meridian of Hand-Taiyin diverges from this point to the Meridian of Hand-Yangming. The point is in the depression superior to the styloid process of the radius.

Location

On the radial side of the forearm, proximal to the styloid process of radius, 1.5 cun above the crease of the wrist, between brachioradial muscle and the tendon of long abductor muscle of the thumb (Figs. 2 & 3).

0010 經渠(经渠)

穴義

經,經過;渠,渠道。

經脈通過的渠道。

部位

在前臂掌面橈側,橈骨莖突與橈動脈之間凹陷處,腕橫紋上 1 寸(圖 2,119)。

Jīngqú (LU 8)

Meaning

Jing, to pass; qu, ditch.

A ditch where the meridian passes.

Location

On the radial side of the palmar surface of the forearm, one cun above the crease of the wrist, in the depression between styloid process of radius and radial artery (Figs. 2 & 119).

0011 太淵(太渊)

穴義

太,甚大;淵,深潭。

太,有旺盛的意思。穴位局部脈氣旺盛如深淵。

部位

在腕掌側橫紋橈側,橈動脈搏動處(圖 2,119)

Tàiyuǎn LU(LU 9)

Meaning

Tai, great; yuan, deep pool.

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

Location

At the radial end of the crease of the wrist, where the pulsation of radial artery is palpable (Figs. 2 & 119).

0012 魚際(鱼际)

穴義

• 4 •

Yújì (LU 10)

Meaning

魚,魚腹;際,邊際。

掌中屈指肌隆起似魚腹,穴位於它的邊際。魚際現已用作現代解剖學名詞。

部位

在手指第一掌指關節後凹陷處,約當第一掌骨中點桡側,赤白肉際處(圖 2、119)。

0013 少商

穴義

少,幼小;商,五音之一,屬金。

少,有少量的意思。肺屬金,在五音為商。此係肺經末穴,其氣少而不充。

部位

在手指末節桡側,指甲角旁開 0.1 寸(圖 4、119)。

0014 手陽(陽)明大腸(腸)經(經)穴

Points of Large Intestine Meridian of Hand-Yangming, LI.

0015 商陽(商陽) Shāngyáng (LI 1)

穴義

商,五音之一,屬金;陽,陰陽之陽。

大腸屬金,在音為商;陽,指陽經。

部位

在手食指末節桡側,指甲角旁開 0.1 寸(圖 5、121)。

0016 二間(二間) Èrjiān (LI 2)

穴義

Yu, fish; jì, border.

The muscular flexor pollicis in the palm is prominent as fish, the point is located just at its border. Yuji (thenar) is used as an anatomical word at present.

Location

In the depression proximal to the 1st metacarpophalangeal joint, on the radial side of the mid-point of the 1st metacarpal bone, and on the junction of the red and white skin (Figs. 2 & 119).

Shàoshāng (LU 11)

Meaning

Shao, immaturity; shang, one of the Five Sounds, pertaining to metal.

Shao means less. The Lung pertains to metal in the Five Elements and to shang sound in the Five Sounds. This is the last point of the Lung Meridian where Qi is less.

Location

On the radial side of the distal segment of the thumb, 0.1 cun from the corner of the nail (Figs. 4 & 119).

Shǒuyángmíng Dàchángjīngxué

Meaning

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

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

Location

On the radial side of the distal segment of the index finger, 0.1 cun from the corner of the nail (Figs. 5 & 121).

Meaning

二,第二;間,間隙。

間,指穴。此為大腸經第二穴。

部位

微握拳,在手食指第二掌指關節前,橈側凹陷處
(圖 5、121)。

Er, two, second; jian, clearance.

Jian indicates the point. This is the second point of the Large Intestine Meridian.

Location

In the depression of the radial side, distal to the 2nd metacarpophalangeal joint when a loose fist is made (Figs. 5 & 121).

0017 三間(三间) Sānjiān (LI 3)

穴義

三,第三;間,間隙。

間,指穴。此為大腸經第三穴。

部位

微握拳,在手食指第二掌指關節後,橈側凹陷處
(圖 5、121)。

Meaning

San, three, third; jian, clearance.

Jian indicates the point. This is the third point of the Large Intestine Meridian.

Location

In the depression of the radial side, proximal to the 2nd metacarpophalangeal joint when a loose fist is made (Figs. 5 & 121).

0018 合谷 Hégu (LI 4)

穴義

合,結合;谷,山谷。

穴在第一、二掌骨之間,局部呈山谷樣凹陷。

部位

在手背,第一、二掌骨間,第二掌骨橈側的中點處
(圖 5、121)

Meaning

He, junction; gu, valley.

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

Location

On the dorsum of the hand, between, the 1st and 2nd metacarpal bones, and on the radial side of the midpoint of the 2nd metacarpal bone (Figs. 5 & 121).

0019 陽谿(阳溪) Yángxī (LI 5)

穴義

陽,陰陽之陽;谿,溝谿。

陽,指陽經。局部呈凹陷,好像山間溝谿。

部位

在腕背橫紋橈側,大拇指向上翹起時,當拇短伸肌腱與拇長伸肌腱之間的凹陷中(圖 5、121)。

Meaning

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

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

Location

At the radial end of the crease of the wrist, in the depression between the tendons of short extensor and long extensor muscles of the thumb when the thumb is upward tilted (Figs. 5 & 121).