

折叠式经穴层次解剖图解

上肢部分 下肢部分 头颈部分 躯干部分

(中英穴名对照)

严振国编

上海科学技术出版社

THE FOLDED ATLAS OF LAYER ANATOMY ACUPUNCTURE POINTS AND MERIDIAN

Edited by Yan Zhen-guo

(Contrast of Names of Acupuncture Points in Chinese-English)



UPPER LIMB
LOWER LIMB
HEAD AND NECK
TRUNK

Shanghai Scientific and Technical Publishers

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前 言

《折叠式经穴层次解剖图解》是针灸学与解剖学相结合的图册，是以中西医结合、基础与临床相结合的形式介绍穴位的层次解剖结构，明确表示针灸穴位与形态结构的关系。我们编绘这套图解，其目的是为了读者携带方便，可随时翻阅，以利参考与学习。

本图解共分“上肢部分”、“下肢部分”、“头颈部分”、“躯干部分”四集。

“上肢部分”共有图 18 幅，内容为头颈及上肢部穴位，即手三阴、手三阳经的全部穴位 91 个以及奇穴 15 个，共 106 个穴位。

“下肢部分”共有图 12 幅，内容为下肢部穴位，即足三阴、足三阳经 86 个穴位及奇穴 10 个，共 96 个穴位。

“头颈部分”共有图 11 幅，内容为头颈部穴位，即足三阳经、任脉、督脉 61 个穴位及奇穴 17 个，共 78 个穴位。

“躯干部分”共有图 11 幅，内容为躯干部穴位，即足三阴、足三阳经、任脉、督脉 123 个穴位及奇穴 9 个，共 132 个穴位。

上述四集，各局部分别以三个不同解剖层次结构来表示与针灸穴位的关系。

本图可供医学院校针灸学和解剖学专业师生以及针灸临床医师参考应用。

上海中医学院解剖学教研室主任、教授 严振国

FOREWORD

The folded Atlas of Layer-Anatomy of Acupuncture Points and Meridians is the one combining acupuncture with anatomy, in the form of integration of Chinese medicine and Western medicine as well as basic science and clinical practice. It describes layer-anatomical structures of the acupuncture points and indicates the relationship between the acupuncture points and their adjacent structures.

The purpose of this Atlas is for the convenience of being carried by its readers. Whenever you have the need of reference and studying.

The Atlas comprises four parts: the upper limb, the lower limb, the head and neck and the trunk.

The part of upper limb consists of 18 illustrations which include all the 91 acupuncture points belonging to three Yin meridians of hand, three Yang meridians of hand in the upper limb and in the regions of head and neck, and 15 extraordinary points are also included in this part. The total number of the points is up to 106.

The part of lower limb contains 12 illustrations which show you all the 86 acupuncture points distributing three Yin meridians of foot and three Yang meridians of foot in the lower limb. It also contains 10 extraordinary points. There are 96 points in all.

The third part, the head and neck, is made up of 11 illustrations including 61 acupuncture points located in three Yang meridians of foot, Conception Vessel meridian and Governor Vessel meridian respectively. 17 extraordinary points are also

shown on the pictures. The total of 78 points is indicated in this part.

The trunk is the fourth part which consists of 11 illustrations containing 123 acupuncture points which constitute three Yin meridians of foot, three Yang meridians of foot, Conception Vessel meridian and Governor Vessel meridian respectively. In addition, 9 extraordinary points are included, and there is a total of 132 points.

In all the four parts mentioned above, the relationship between the acupuncture points and the anatomical structures in each region is shown by three individual illustrations of different anatomical layers.

The present Atlas could be helpful to medical students and teachers who major in acupuncture or anatomy as well as acupuncturists for their reference and application.

Anatomy professor
Director of Anatomy Department
Shanghai College of Traditional
Chinese Medicine
Yan Zhen-guo

1988.9.

LIST OF MERIDIANS

Meridian	Representative line
Lung meridian of Hand-Taiyin	-----
Large intestine meridian of Hand-Yangming	-----
Stomach meridian of Foot-Yangming	-----
Spleen meridian of Foot-Taiyin	
Heart meridian of Hand-Shaoyin	=====
Small intestine meridian of Hand-Taiyang	=====
Bladder meridian of Foot-Taiyang	=====
Kidney meridian of Foot-Shaoyin	=====
Pericardium meridian of Hand-jueyin	-----
Triple Energizer meridian of Hand-Shaoyang	-----
Gall-bladder meridian of Foot-Shaoyang	-----
Liver meridian of Foot-Jueyin	-----
Governor Vessel meridian	-----
Conception Vessel meridian	-----

○ Meridian point

⊗ Extraordinary point

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LIST OF MERIDIANS AND ACUPUNCTURE POINTS



手太阴肺经

Shoutaiyin Fei Jing

Lung Meridian of Hand-Taiyin

L₁ 中府 Zhongfu
L₂ 云门 Yunmen
L₃ 天府 Tianfu
L₄ 侠白 Xiabai
L₅ 尺泽 Chize
L₆ 孔最 Kongzui
L₇ 列缺 Lieque
L₈ 经渠 Jingqu
L₉ 太渊 Taiyuan
L₁₀ 鱼际 Yuji
L₁₁ 少商 Shaoshang

L1 Chungfu
L2 Yunmen
L3 Tienfu
L4 Hsiapai
L5 Chihitse
L6 Kungtsui
L7 Liehchueh
L8 Chingchu
L9 Taiyuan
L10 Yuchi
L11 Shaoshang

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手阳明大肠经

Shouyangming Dachang Jing

Large Intestine Meridian of Hand-
Yangming

LI ₁	商阳	Shangyang	Li1	Shangyang
LI ₂	二间	Erjian	Li2	Erhchien
LI ₃	三间	Sapjian	Li3	Sanchien
LI ₄	合谷	Hegu	Li4	Hoku
LI ₅	阳溪	Yangxi	Li5	Yangsi
LI ₆	偏历	Pianli	Li6	Pienli
LI ₇	温溜	Wenliu	Li7	Wenliu
LI ₈	下廉	Xialian	Li8	Hsialien
LI ₉	上廉	Shanglian	Li9	Shanglien
LI ₁₀	手三里	Shousanli	Li10	Shousanli
LI ₁₁	曲池	Quchi	Li11	Chuehieh
LI ₁₂	肘髎	Zhouliao	Li12	Chouliao
LI ₁₃	手五里	Shouwuli	Li13	Shouwuli
LI ₁₄	臂臑	Binao	Li14	Pinao
LI ₁₅	肩髃	Jianyu	Li15	Chienyu
LI ₁₆	巨骨	Jugu	Li16	Chuku
LI ₁₇	天鼎	Tianding	Li17	Tienting
LI ₁₈	扶突	Futu	Li18	Neck-Futu
LI ₁₉	口禾髎	Kouhelliao	Li19	Nose-Holliao
LI ₂₀	迎香	Yingxiang	Li20	Yinghsiang

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足阳明胃经

Zuyangming Wei Jing

Stomach Meridian of Foot-Yangming

S ₁	承泣	Chengqi	S ₄	Chengchi
S ₂	四白	Sibai	S ₅	Szupai
S ₃	巨髎	Juliao	S ₆	Face-Chuliao
S ₄	地仓	Dicang	S ₇	Titsang
S ₅	大迎	Daying	S ₈	Taying
S ₆	颊车	Jiache	S ₃	Chiache
S ₇	下关	Xiaguan	S ₂	Hsiakuan
S ₈	头维	Touwei	S ₁	Touwei
S ₉	人迎	Renyang	S ₉	Jenyang
S ₁₀	水突	Shuitu	S ₁₀	Shuitu
S ₁₁	气舍	Qishe	S ₁₁	Chishe
S ₁₂	缺盆	Quepen	S ₁₂	Chuehpen
S ₁₃	气户	Qihu	S ₁₃	Chihu
S ₁₄	库房	Kufang	S ₁₄	Kufang
S ₁₅	屋翳	Wuyi	S ₁₅	Wuyi
S ₁₆	膺窗	Yingchuang	S ₁₆	Yingchuang
S ₁₇	乳中	Ruzhong	S ₁₇	Juchuang
S ₁₈	乳根	Rugen	S ₁₈	Jugen
S ₁₉	不容	Burong	S ₁₉	Fuyung
S ₂₀	承满	Chengman	S ₂₀	Chengman
S ₂₁	梁门	Liangmen	S ₂₁	Liangmen
S ₂₂	关门	Guamen	S ₂₂	Kuamen

S ₂₅	太乙	Taiyi	S23	Taiyi
S ₂₄	滑肉门	Huaroumen	S24	Huajoumen
S ₂₅	天枢	Tianshu	S25	Tienshu
S ₂₆	外陵	Wailing	S26	Wailing
S ₂₇	大巨	Daju	S27	Tachu
S ₂₈	水道	Shuidao	S28	Shuitao
S ₂₉	归来	Guilai	S29	Kueilai
S ₃₀	气冲	Qichong	S30	Chichung
S ₃₁	髀关	Biguan	S31	Pikuan
S ₃₂	伏兔	Futu	S32	Femur-Futu
S ₃₃	阴市	Yinshi	S33	Yinshih
S ₃₄	梁丘	Liangqiu	S34	Liangchiu
S ₃₅	犊鼻	Dubi	S35	Tupi
S ₃₆	足三里	Zusanli	S36	Tsusanli
S ₃₇	上巨虚	Shangjuxu	S37	Shangchuhsu
S ₃₈	条口	Tiaokou	S38	Tiaokou
S ₃₉	下巨虚	Xiajuxu	S39	Hsiachuhsu
S ₄₀	丰隆	Fenglong	S40	Fenglung
S ₄₁	解溪	Jiexi	S41	Chiehhsi
S ₄₂	冲阳	Chongyang	S42	Chungyang
S ₄₃	陷谷	Xiangu	S43	Hsienku
S ₄₄	内庭	Neiting	S44	Neiting
S ₄₅	厉兑	Lidui	S45	Litui



足太阴脾经

Zutaiyin Pi Jing

Spleen Meridian of Foot-Taiyin

Sp ₁	隐白	Yinbai	Sp ₁	Yinpai
Sp ₂	大都	Dadu	Sp ₂	Tatu
Sp ₃	太白	Taibai	Sp ₃	Taipai
Sp ₄	公孙	Gongsun	Sp ₄	Kungsun
Sp ₅	商丘	Shangqiu	Sp ₅	Shangchiu
Sp ₆	三阴交	Sanyinjiao	Sp ₆	Shanyinchiao
Sp ₇	漏谷	Lougu	Sp ₇	Louku
Sp ₈	地机	Diji	Sp ₈	Tichi
Sp ₉	阴陵泉	Yinlingquan	Sp ₉	Yinlingchuan
Sp ₁₀	血海	Xuehai	Sp ₁₀	Hsuehhai
Sp ₁₁	箕门	Jimen	Sp ₁₁	Chimen
Sp ₁₂	冲门	Chongmen	Sp ₁₂	Chungmen
Sp ₁₃	府舍	Fushe	Sp ₁₃	Fushe
Sp ₁₄	腹结	Fujie	Sp ₁₄	Fuchieh
Sp ₁₅	大横	Daheng	Sp ₁₅	Taheng
Sp ₁₆	腹哀	Fuai	Sp ₁₆	Fuai
Sp ₁₇	食窦	Shidou	Sp ₁₇	Shihtou
Sp ₁₈	天溪	Tianxi	Sp ₁₈	Tienhsi
Sp ₁₉	胸乡	Xiongxiang	Sp ₁₉	Hsiunghsiang
Sp ₂₀	周荣	Zhourong	Sp ₂₀	Chouyung
Sp ₂₁	大包	Dabao	Sp ₂₁	Tapao

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手少阴心经

Shoushaoyin Xin Jing

Heart Meridian of Hand-Shaoyin

H₁ 极泉 Jiquan

H₂ 青灵 Qingling

H₃ 少海 Shaohai

H₄ 灵道 Lingdao

H₅ 通里 Tongli

H₆ 阴郄 Yinxi

H₇ 神门 Shenmen

H₈ 少府 Shaofu

H₉ 少冲 Shaochong

H₁ Chichuan

H₂ Chingling

H₃ Shaohai

H₄ Lingtao

H₅ Tungli

H₆ Yinhsi

H₇ Shenmen

H₈ Shaofu

H₉ Shaochung

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手太阳小肠经

Shoutaiyang Xiaochang Jing

Small Intestine Meridian of Hand-Taiyang

SI ₁	少泽	Shaoze	SI ₁₁	Shaotse
SI ₂	前谷	Qianggu	SI ₁₂	Chienku
SI ₃	后溪	Houxi	SI ₁₃	Houhsi
SI ₄	腕骨	Wangu	SI ₁₄	Hand-Wanku
SI ₅	阳谷	Yanggu	SI ₁₅	Yangku
SI ₆	养老	Yanglao	SI ₁₆	Yanglao
SI ₇	支正	Zhizheng	SI ₁₇	Chihcheng
SI ₈	小海	Xiaohai	SI ₁₈	Hsiaohai
SI ₉	肩贞	Jianzhen	SI ₁₉	Chienchen
SI ₁₀	臑俞	Naoshu		
SI ₁₁	天宗	Tianzong	SI ₁₀	Naoshu
SI ₁₂	秉风	Bingfeng	SI ₁₁	Tientsung
SI ₁₃	曲垣	Quyuan	SI ₁₂	Pingfeng
SI ₁₄	肩外俞	Jianwaishu	SI ₁₃	Chuyuan
SI ₁₅	肩中俞	Jianzhongshu	SI ₁₄	Chienwaishu
SI ₁₆	天窗	Tianchuang	SI ₁₅	Chienchungshu
SI ₁₇	天容	Tianrong	SI ₁₆	Tienchuang
SI ₁₈	颧髎	Quanliao	SI ₁₇	Tienjung
SI ₁₉	听宫	Tinggong	SI ₁₈	Chuanliao
			SI ₁₉	Tingkung

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足太阳膀胱经

Zutaiyang Pangguang Jing

Bladder Meridian of Foot-Taiyang

B ₁	睛明	Jingming	B1	Chingming
B ₂	攒竹	Zanzhu	B2	Tsanchu
B ₃	眉冲	Meichong	B3	Meichung
B ₄	曲差	Quchai	B4	Chucha
B ₅	五处	Wuchu	B5	Wuchu
B ₆	承光	Chengguang	B6	Chengkuang
B ₇	通天	Tongtian	B7	Tungtien
B ₈	络却	Luoque	B8	Lochueh
B ₉	玉枕	Yuzhen	B9	Yuchen
B ₁₀	天柱	Tianzhu	B10	Tienchu
B ₁₁	大杼	Dashu	B11	Tachu
B ₁₂	风门	Fengmen	B12	Fengmen
B ₁₃	肺俞	Feishu	B13	Feishu
B ₁₄	厥阴俞	Jueyinshu	B14	Chuehyinshu
B ₁₅	心俞	Xinshu	B15	Hsinshu
B ₁₆	督俞	Dushu	B16	Tushu
B ₁₇	膈俞	Geshu	B17	Keshu
B ₁₈	肝俞	Ganshu	B18	Kanshu
B ₁₉	胆俞	Danshu	B19	Tanshu
B ₂₀	脾俞	Pishu	B20	Pishu
B ₂₁	胃俞	Weishu	B21	Weishu
B ₂₂	三焦俞	Sanjiaoshu	B22	Sanchiaoshu

B₂₃ 肾俞 Shenshu
 B₂₄ 气海俞 Qihaishu
 B₂₅ 大肠俞 Dachangshu
 B₂₆ 关元俞 Guanyuanshu
 B₂₇ 小肠俞 Xiaochangshu
 B₂₈ 膀胱俞 Pangguangshu
 B₂₉ 中膂俞 Zhonglushu
 B₃₀ 白环俞 Baihuanshu
 B₃₁ 上髎 Shangliao
 B₃₂ 次髎 Ciliao
 B₃₃ 中髎 Zhongliao
 B₃₄ 下髎 Xialiao
 B₃₅ 会阳 Huiyang
 B₃₆ 承扶 Chengfu
 B₃₇ 殷门 Yinmen
 B₃₈ 浮郄 Fuxi
 B₃₉ 委阳 Weiyang
 B₄₀ 委中 Weizhong
 B₄₁ 附分 Fufen
 B₄₂ 魄户 Pohu
 B₄₃ 膏肓 Gaohuang
 B₄₄ 神堂 Shentang
 B₄₅ 谿谿 Yixi
 B₄₆ 膈关 Geguan
 B₄₇ 魂门 Hunmen
 B₄₈ 阳纲 Yanggang
 B₄₉ 意舍 Yishe
 B₅₀ 胃仓 Weicang
 B₅₁ 育门 Huangmen
 B₅₂ 志室 Zhishi
 B₅₃ 胞育 Baohuang

B23 Shenshu
 B24 Chihaishu
 B25 Tachangshu
 B26 Kuanyuanshu
 B27 Hsiaochangshu
 B28 Pangkuangshu
 B29 Chunglushu
 B30 Paihuanshu
 B31 Shangliao
 B32 Tzuliao
 B33 Chungliao
 B34 Hsialiao
 B35 Huiyang
 B50 Chengfu
 B51 Yinmen
 B52 Fuhsi
 B53 Weiyang
 B54 Weichung
 B36 Fufen
 B37 Pohu
 B38 Kaohuang
 B39 Shentang
 B40 Yihsi
 B41 Kekuan
 B42 Hunmen
 B43 Yangkang
 B44 Yishe
 B45 Weitsang
 B46 Huangmen
 B47 Chihshih
 B48 Paohuang