

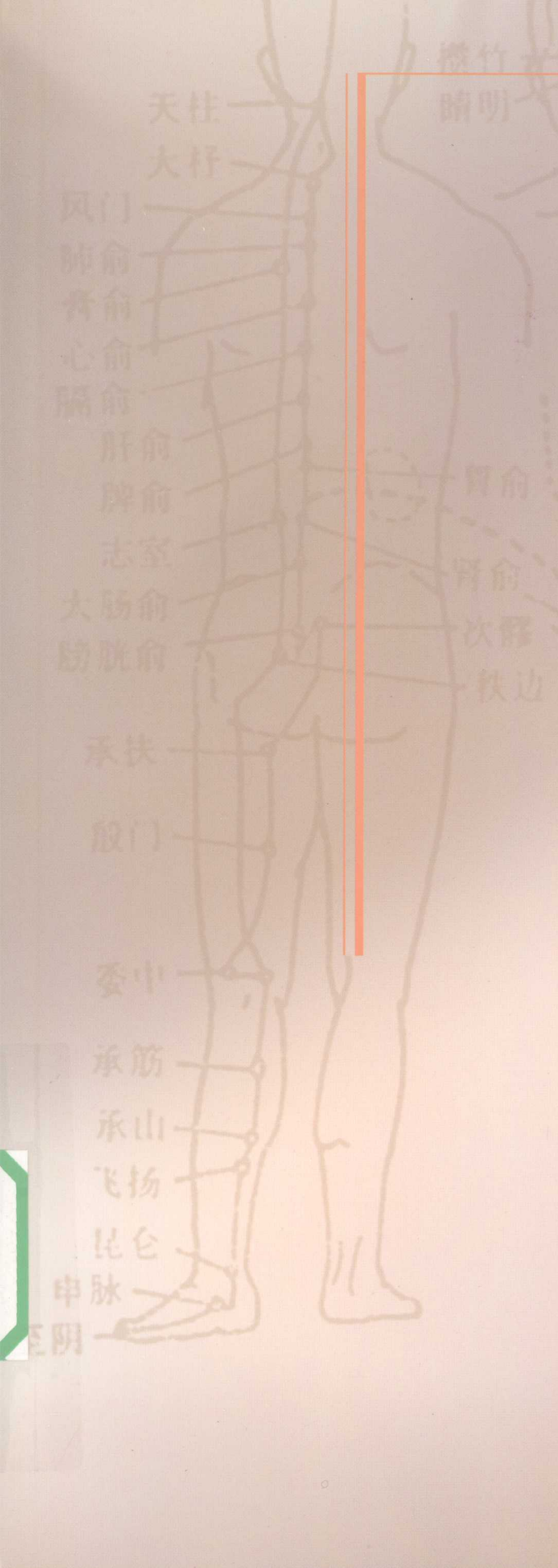
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人民卫生出版社

图说

针灸经络穴位



• 邓铁涛研究所资助课题 •

This project is sponsored by Deng Tietao institute



ILLUSTRATED ACUPUNCTURE MERIDIANS AND POINTS

鍼灸經絡穴位

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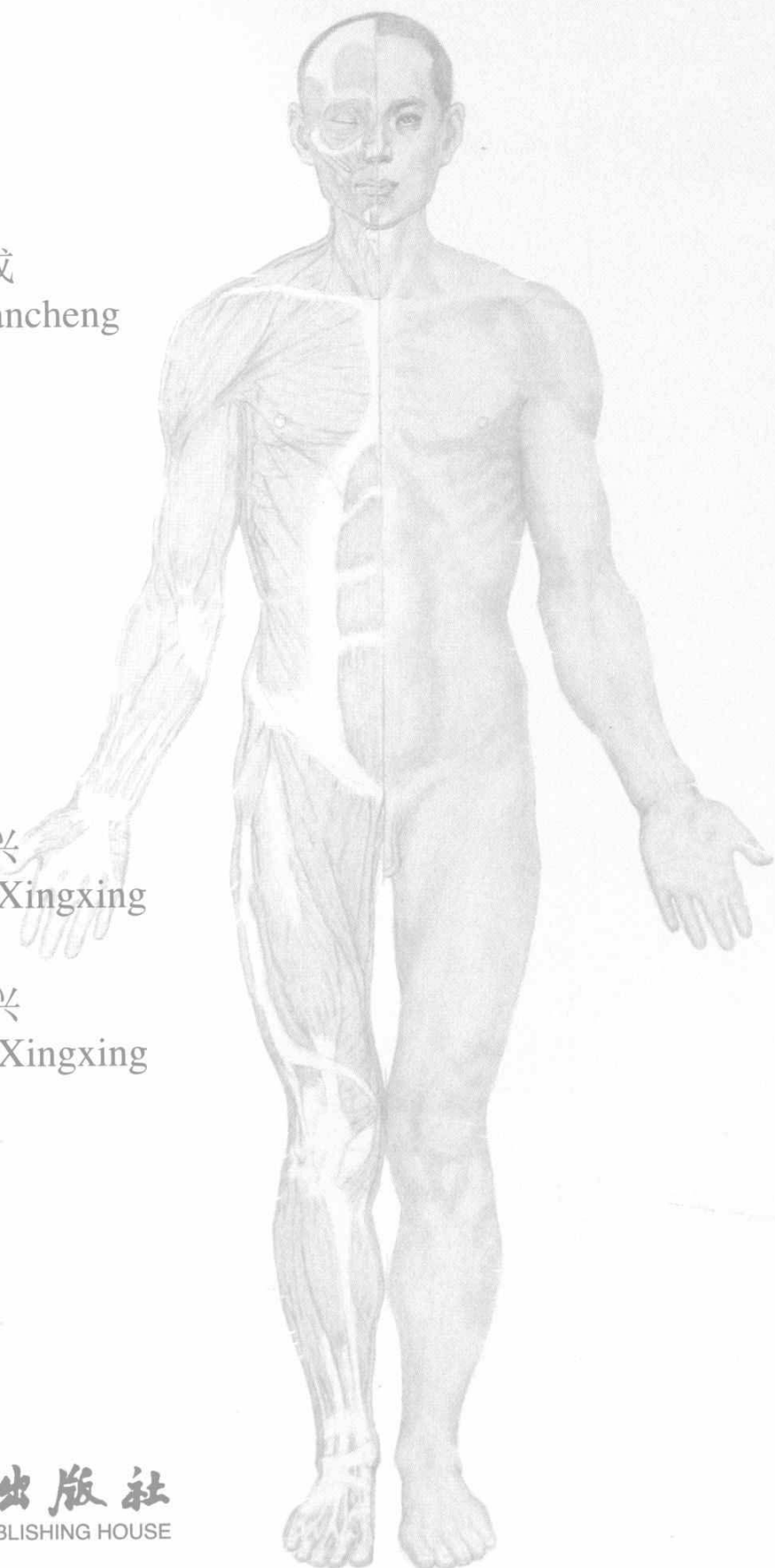
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PEOPLE'S MEDICAL PUBLISHING HOUSE

图书在版编目 (CIP) 数据

图说针灸经络穴位 / 靳士英等编著. —北京: 人民卫生出版社, 2009. 1

ISBN 978-7-117-10728-0

I. 图… II. 靳… III. ①针灸疗法—经络—图解②针灸疗法—穴位—图解 IV. R224-64

中国版本图书馆CIP数据核字 (2008) 第161379号

图说针灸经络穴位

编 著: 靳士英 金完成 靳 朴

出版发行: 人民卫生出版社 (中继线 010-67616688)

地 址: 北京市丰台区方庄芳群园 3 区 3 号楼

邮 编: 100078

网 址: <http://www.pmph.com>

E - mail: pmph@pmph.com

购书热线: 010-67605754 010-65264830

印 刷: 北京汇林印务有限公司

经 销: 新华书店

开 本: 787×1092 1/16 印张: 16.25 插页: 4

字 数: 425 千字

版 次: 2009 年 1 月第 1 版 2009 年 1 月第 1 版第 1 次印刷

标准书号: ISBN 978-7-117-10728-0/R·10729

定 价: 64.00 元

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邓铁涛教授序



针灸是中医学的瑰宝，是中华民族保健强身、防病治病长期经验积累的结晶。由于我国的积极推广，许多国家的认同引进，世界卫生组织的大力倡导，这种无创或微创、具有整体调适功能的简验便廉方法，已风靡全球。

我所研究员、南方医大中医药学院靳士英教授等，研究针灸多年，他们的科研小组精耕细作，用两年多时间，撰写了《图说针灸经络穴位》一书，其目的在于弘扬我国的针灸学，为国内外学习、应用、研究针灸者提供一本以图为主的工具书。阅读之后，感到很有特色。一是循序渐进。图按体表肌肉骨骼标志、同身寸法、分经示穴、分部示穴、微刺系统穴位、全身经络穴位的顺序分解排列；尔后从临床应用加以表解，逐步加深，符合认识规律。为了方便国际友人的应用，专门按白黑两种不同人种的解剖特点，绘制了白种人与黑种人的头颈部穴位图。二是定穴准确，经穴、经外穴、耳针、头针穴位是按中国国家标准与世界卫生组织《针灸穴位名称》论述，以利国内外交流。三是绘图精美。全部彩图均为著名画家张彤云教授所绘，力求符合人体解剖实际与整齐划一。四是使用方便，采用便携式版本，可随时随地应用与检索。

我殷切希望他们在普及和提高上狠下工夫，在质量上再精益求精，在表达上更富创意。衷心祝愿我国的针灸事业蒸蒸日上，世界针灸日益发展，为人类健康做出更大贡献。

邓铁涛

广州中医药大学教授
邓铁涛研究所所长
2008年元月于广州

序 言

在针灸学一日千里发展的大好形势下，在读者厚爱督促下，在人民卫生出版社的指导下，我们用两年余时间将《经络穴位挂图》加以修订增补充实，增加相应的基础与局部经穴图解，并将人身经脉穴位总图加以缩印，用中英两种文字标注；同时在图谱之后再加文字解说，编著成为《图说针灸经络穴位》一书。

本书撰著的目的在于方便使用，适于携带，随时随地可以检索查阅；中英对照有利于在国内外推广我国的针灸之学。

我们从事针灸已数十年，专门研究针灸经络穴位图也已四十余载。现在书中所有之图，都是多年的积累与新绘；穴位的厘定则力求准确，说明则力求简明。总之，我们小组人员孜孜不倦、精耕细作，竭诚把书做成精品，使之成为从事学习中医针灸、按摩、各种穴位疗法甚至气功、武术的工具书。

当前我国正在坚定不移地振兴中医，促进中医现代化、国际化；各地正在踏实地建设中医药强省、强市；世界上不少国家包括美国都已认同中医药学与西方主流医学一样，是一门有着完整理论和实践体系的独立科学体系，而不仅仅是对西方主流医学的补充。在这种良好的大环境中，我们衷心希望我国针灸之学能得到长足的发展，为人类作出更大的贡献。

由于水平所限，不足之处在所难免，敬请同道指正。

衷心感谢南方医科大学、广州中医药大学、广州军区总医院、广州美术学院的大力支持。

靳士英 于羊城

2008年1月1日

Preface

Acupuncture, marvelous part of traditional Chinese medicine, is accumulated by Chinese people through long-term experience of health protecting, preventing and curing disease. This simple noninvasive or minimal invasive method with integrative modulating function has become a vogue of the time worldwide.

Researchers of our institute, including Prof. Jin Shiying from Traditional Chinese Medicine College, South Medical University, have engaged in acupuncture research for many years. It cost them over two years in editing “ILLUSTRATED ACUPUNCTURE MERIDIANS AND POINTS”. The aim of this book is to propagate acupuncture moxibustion science of China and provide a reference book which mainly composed of pictures for local and foreign readers who are studying, practicing or researching acupuncture. It feels characteristic. Firstly, step by step: The order of the pictures were arranged as follows: the marks of muscles and skeleton, individual cun, meridian point showed on different meridians, meridian point showed on different portion, systemic meridian point of microstimulation and meridian point all over the body. The explanations are fit for clinical application. The edition of the contents is accord with recognition pattern. In order to make it convenient for foreign reader, the meridian points of head and neck of white and black people were drawn respectively according to different anatomical features of white and black people. Secondly, accurately settled meridian point: Meridian acupoints, extra points, auricular acupuncture and scalp acupuncture were described in accordance with National Standard of China and “The terms of acupoint” admitted by WHO. This features make it useful for communication among different nations. Thirdly, exquisite drawing: All color pictures drawn by Zhang Tonyun, a famous painter, were well matched with human anatomy. Fourthly, convenient to use: Portable version was suitable for read at any time and any place.

I eagerly hope they put effort on its popularity and improvement, make the quality improve constantly and create new ideas on the description. Best wishes for more and more prosperous acupuncture in China and the whole world and best wishes for its more contribution to human health.

Deng Tietao
Professor of Guangzhou Traditional Chinese
Medical and Pharmaceutical University
Head of Deng Tietao institute
2008.1. Guangzhou

Preface

The science of acupuncture and moxibustion is developing quickly in nowadays. Guided by the People's Medical Publishing House, we have amended and supplemented *The chart of meridians and points illustration* in past two years. Corresponding basic meridian and point illustrations are replenished. The general graph of body meridians and points are shrunk printed, which is marked in Chinese and English with illustration at the back of the graph, edited as the *Illustrated acupuncture meridians and points*.

This edition is suitable for use anywhere and anytime for it's portable. Bilingual reference is easier to promote the science of acupuncture and moxibustion all over the world.

We have studied acupuncture and moxibustion chart illustration for over 40 years. The provided illustration is the accumulations for many years and has been amended to be the latest one. The point positions are located more accurately and the illustrations are brief. Actually by the cooperation of our team, this book is carefully edited for Chinese traditional medicine (CTM) and acupuncture, massage, even every point treatment, Qigong and Chinese Kungfu.

Nowadays our country is firmly working hard to promote Chinese traditional medicine to be modernized and international. Many provinces and cities are trying their best to be advanced in CTM. In the world, a lot of countries including the USA have admitted that CTM is as the same as the mainstream of west medicine, with the independent complete science theory system and practice system, not only the supplement of west mainstream medicine. In such a situation, we really wish the science of acupuncture and moxibustion has a good future for more donations to the world.

We really hope the readers give us more advice and point out the mistakes in the book.

Thanks to South Medical University, Guangzhou Tranditional Chinese Medical University, the General Hospital of Guangzhou Militaly Region, Guangzhou Arts College.

Jin Shiyang
in Guangzhou
01.01.2008

编绘说明

一、本图是普及型的经络穴位图，是为广大医务人员提供开展针灸、推拿等中医外治法教学与临床防病治病的工具书，也可供学习气功、武术人员参考。

二、本图是贯彻国家标准之作。1990年国家技术监督局颁布了中华人民共和国国家标准GB12346-90《经穴部位》，要求于1991年实施；1992年又颁布了中华人民共和国国家标准GB/T13734-92《耳穴名称与部位》，要求于1993年实施；另外，1991年世界卫生组织（WHO）公布了《国际标准针灸穴名》，它们的推广普及、贯彻落实有利于穴位名称、符号、部位的规范统一和国内外交流。因此本图的体穴、耳穴和头针的穴线悉按标准要求厘定并论述。

三、本图说对整体图加以分解，新增有各项分图：体表与肌肉骨骼解剖图、骨度分寸图、十四经脉穴位分图、黑白人头颈部图；头针、耳针则增图细化。整体经络穴位图一共有4张，收载8种针法所用穴位。3张为正、侧、背面经络穴位图，绘有十四经络及其所属经穴361名；经外穴77名，其中48名为国家标准所载，29名为临床常用属标准外多收者。另一张除载有头针穴线14条（WHO《国际标准头针穴线名》），还载有焦氏头针刺激区14个、面针24穴、鼻针23穴、耳针91穴、手针18穴、足针36穴以及腕踝针区、12个进针点。并且缩印收载。

图谱文字解说采取表格的形式，一般均按穴名、代号、部位与取穴法、主治病证、针灸法、备注等五项解说。

四、本图所采用的体表解剖标志和骨度折量寸法均根据国家标准规定，分述如下：

（一）体表解剖标志

【头部】

1. 前发际正中 头部有发部位的前缘正中。
2. 后发际正中 头部有发部位的后缘正中。
3. 额角（发角） 前发际额部曲角处。
4. 完骨 颞骨乳突。

【面部】

1. 眉间（印堂） 两眉头间的中心。
2. 瞳孔（目中） 正坐平视，当瞳孔中央；或目内眦与目外眦的连线的中心。

【颈项部】

1. 喉结 喉头凸起处。

2. 第7颈椎棘突。

【胸部】

1. 胸骨上窝 胸骨切迹上方凹陷处。
2. 胸剑联合中点 胸骨体和剑突结合部。
3. 乳头 乳房的中央。

【腹部】

1. 脐中（神阙） 脐窝中央。
2. 耻骨联合上缘中点 耻骨联合上缘与前正中线交点处。
3. 髂前上棘 髂骨嵴前部的上方突起处。

【侧胸、侧腹部】

1. 腋窝顶点 腋窝正中最高点。
2. 第11肋端 第11肋骨游离端。

【背、腰、骶部】

1. 第7颈椎棘突。
2. 第1~12颈椎棘突、第1~5腰椎棘突，骶正中嵴、尾骨。
3. 肩胛冈根部点 肩胛冈内侧缘近脊柱侧点。
4. 肩峰角 肩峰外侧缘与肩胛内连续处。
5. 髂后上棘 髂骨嵴后部的上方突起处。

【上肢】

1. 腋前纹头 腋窝皱襞前端。
2. 腋后纹头 腋窝皱襞后端。
3. 肘横纹。
4. 肘尖 尺骨鹰嘴。
5. 腕掌、背侧横纹 尺桡二骨茎突远端的横纹。

【下肢】

1. 髌枢 股骨大转子。
2. 股骨内侧髁 内辅上。
3. 胫骨内侧髁 内辅下。
4. 臀下横纹 臀与大腿的移行部。
5. 犊鼻、外膝眼 髌韧带外侧凹陷处的中央。
6. 腓横纹 腓窝处横纹。
7. 内踝尖 内踝向内侧的突起处。
8. 外踝尖 外踝向外侧的突起处。

（二）骨度折量寸

指两体表标志之间的长度或宽度，长度称“直寸”，宽度称“横寸”，以表示两

点之间的一定等份，每一等份为1寸，10等份为1尺，作为定穴位的依据，全身主要骨度折量如下：

【头面部】

1. 前发际正中→后发际正中为12直寸，用于确定头部穴位的纵向距离。
2. 胸骨上窝（天突）→胸剑联合中点（歧骨）为9直寸，用于确定胸部任脉穴位的纵向距离。
3. 第7颈椎棘突下（大椎）→后发际正中为3寸。
4. 眉间（印堂）→后发际正中→第7颈椎棘突下为18直寸。
5. 前额两发角（头维）之间为9横寸，用于确定头前部穴位的横向距离。
6. 耳后两乳突（完骨）之间为9横寸，用于确定头后部穴位的横向距离。

【胸、腹、胁部】

1. 胸骨上窝（天突）→胸剑联合中点（歧骨）为9直寸，用于确定胸部任脉穴位的纵向距离。
2. 胸剑联合中点（歧骨）→脐中为8直寸，用于确定上腹部穴位的纵向距离。
3. 脐中→耻骨联合处上缘中点（曲骨）为5直寸，用于确定下腹部穴位的纵向距离。
4. 两乳头之间为8横寸，用于确定胸腹胁穴位的横向距离。
5. 腋窝顶点→第11肋骨游离端（章门）为12直寸，用于确定肋胁部穴位的纵向距离。

【背、腰部】

1. 肩胛骨内缘→后正中线为3横寸，用于确定背腰部穴位的横向距离。
2. 肩峰缘→后正中线为8横寸，用于确定背部穴位的距离。

【上肢】

1. 腋前、后纹头→肘横纹（平肘尖）为9直寸，用于确定上臂部穴位的纵向距离。
2. 肘横纹（平肘尖）→腕掌或背侧横纹为12直寸，用于确定前臂穴位的纵向距离。

【下肢】

1. 耻骨联合上缘→股骨内上髁上缘为18直寸，用于确定下肢内侧足三阴经穴位的纵向距离。
2. 胫骨内侧髁下方→内踝尖为13直寸，用于确定小腿内侧穴位的纵向距离。
3. 股骨大转子→腓横纹为19直寸，用于确定下肢外后侧足三阳经穴位的纵向距离。
4. 腓横纹→外踝尖为16直寸，用于确定小腿外侧三阳经穴位的纵向距离。

下面按十四经经穴、经外穴、头针穴线、耳针穴位、鼻针穴位、手针穴位、足针穴位、腕踝针进针点顺序加以图说表解。

Foreword

1. This chart of meridians and points is a popular edition for acupuncture, moxibustion, massage, and for both schooling and treatment. It is also a reference for Qigong and Chinese Kungfu.

2. This chart follows the national standard of China. The National Technique Supervise Bureau issued the National Standard of GB12346-90, *The location of point of the people's Republic of China* in 1990, which was carried out in 1991. GB/T13734-92, *The Nomenclature and Location of Auricular Points*, was carried out in 1993. On the other hand, *The International Standard Acupuncture Point Names* was pressed by WHO in 1991. The standardization above is easier for experience exchanging over the world. So, in this chart, the points and 8 needling methods of 14 meridian points, extra points, auricular points and scalp points follow the standards.

3. Some graphs are divided and some are supplemented as: graphs of surface anatomy and muscles: bones of body, graphs of bone-length measurement, graphs of points of fourteen meridians, graphs of head and neck of Negro and white, detail graphs of head needling and auricular needling. Four figures are provided in this Chart. The No.1, 2, 3 figure are the front views, the lateral views and back views of the body with 361 points of the 14 meridians and the 77 extra points. 48 points of the Extras follow the National Standard, the other 29 points are popular in clinic but out of the standard. It is also marked with the 14 Jiao's stimulating zones of scalp acupuncture, 24 face acupuncture points, 23 nose acupuncture points, 91 otopuncture points, 18 hand points and 36 foot points. Further more 6 zones of wrist and ankle with 12 points of needling can be found in Fig4. The illustration are shrunk printed to be an addition. The tables are divided into 5 parts of name, code, location, indication, and needling method.

4. The anatomical marks and bone-length measurement in this chart follow the national standard.

(1) anatomical landmark

【Head】

- a. Qian fa ji zheng zhong: the midpoint of the front hairline
- b. Hou fa ji zheng zhong: the midpoint of the back hairline
- c. Fa jiao: the corner of the front hairline
- d. Wan gu: mastoid of temporal bone

【Face】

- a. Mei jian (Yin tang) : the midpoint of the line between the brow
- b. Pupil (Mu zhong) : the center of the pupil

【Neck】

- a. Hou jie: the process of Adam's apple
- b. the spinous process of C₇

【Thorax】

- a. suprasternal fossa: the depression superior to the sternal notch
- b. midpoint of the xiphoid-sternal junction
- c. nipple: the center of the nipple

【Abdomen】

- a. Qizhong (Shen que) : the center of the umbilicus
- b. the midpoint of the upper border of pubic symphysis
- c. anterior superior iliac

【Lateral regions of the thorax and abdomen】

- a. the tip of the axillary fossa
- b. the free end of 11th rib

【Back, Lumbus and Sacrum】

- a. the spinous process of C₇
- b. the spinous process of T₁₋₁₂, and of L₁₋₅, median sacral crest and coccyx.
- c. the root point of scapula: the point of the median border of the scapular near the vertebra
- d. acromial angle
- e. posterior superior iliac spine

【Upper limbs】

- a. the anterior axillary fold
- b. the posterior axillary fold
- c. elbow crease
- d. elbow tip: olecranon
- e. palmar and dorsal wrist crease

【Lower limbs】

- a. Bishu: pertrochantery
- b. Neifushang: interior epicondyle of femur.
- c. Neifuxia: entocnemial condyle
- d. inferior gulteal crease
- e. Dubi (Waixiyan) : the center of the depression lateral to patellar ligament

f. popliteal crease

g. Neihuaijian: the tip of interior malleolus

h. Waihuaijian: the tip of lateral malleolus

(2) Bone-length Measurement-cun, body inch

Bone-length is used to express the length or width between two landmarks of the body.

“Zhi cun” expresses the vertical distance, “Heng cun” expresses transverse distance. Every equal length between two landmarks means one cun. Ten cun equal to one chi. The main bone-length measurement of the body are as following:

【Head and Face region】

a. from the anterior to the posterior hairline, on the midline: 12 zhi cun, to express the vertical distance of the points on head

b. from Meijian (Yintang) to anterior hairline, on the midline: 3 zhi cun, to express the vertical distance of the points on head

c. from the Dazhui point below the spinous process of C₇ to the posterior hairline: 3 cun

d. from Meijian (Yintang) to midpoint of the posterior hairline, further to the point below the spinous process of C₇: 18 Zhi cun

e. distance between the corner of the left and right anterior headling (Touwei) : 9 heng cun, to express the across distance between the points on forehead

f. distance between two mastoid process, Wangu: 9 hen cun, to express the across distance of posterior head

【Thorax, Abdomen, Hypochondrium】

a. from Tiantu, suprasternal fossa to Qigu, midpoint of the xiphoid-sternal junction: 9 zhi cun, to express the distance between points in chest of Du mai (Conception Vessel)

b. from Qigu, the midpoint of the xiphoid-sternal junction to Qizhong, umbilicus, 8zhi cun, to express the vertical distance points upper abdomen

c. from Qizhong to Quigu, the midpoint of the upper border of the symphysis: 5 zhi cun, to express the vertical distance between the points in lower abdomen

d. distance between the two nipples: 8 heng cun, express the across distance between the points in chest, abdomen and hypochondrium

e. from the tip of the axillary fossa to the free end of 11th rib, Qugu: 12 zhi cun, to express the vertical distance between points in hypochondium

【Back and Lumbus】

a. from the median border of the scapular to the posterior midline: 3 hen cun, to express the transverse distance between points in lumbodorsal region

b. from the median border of the acromion to posterior midline: 8 hen cun, to express the transverse distance on lumbodorsal region

【Upper Limbs】

- a. from the ends of axillary crease to the elbow crease (elbow tip lever) : 9 zhi cun, to express the vertical distance of the points on upper arms between the points on upper arm
- b. from elbow crease to wrist crease: 12 zhi cun, to express the vertical distance between the points on forearm

【Lower Limbs】

- a. from the upper border of symphysis to the upper border of the internal epicondyle of femur: 18 zhi cun, to express the vertical distance between the points of the three foot yin meridians
- b. from the points below the entocnemial condyle to the tips of the interior malleolus, 13 zhi cun to express the vertical distance between the points in media aspect of the leg
- c. from the pertrochantery to inferior gluteal crease: 19 zhi cun, to express the vertical distance between the points of the 3 Yang Meridians at lateral inferior aspect of lower limbs
- d. from inferior gluteal crease to the tips of the lateral malleolus: 16 zhi cun, to express the vertical distance between the points of the three foot yang meridians on the lateral aspect of the legs

The illustration will be parted into: Points of 14 Meridians, Extra Points, Scalp, Otopuncture Points, Nose Acupuncture Points, Hand Acupuncture Points, Foot Acupuncture Points and Needling Insertion Points of Wrist and Ankle Acupuncture.

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