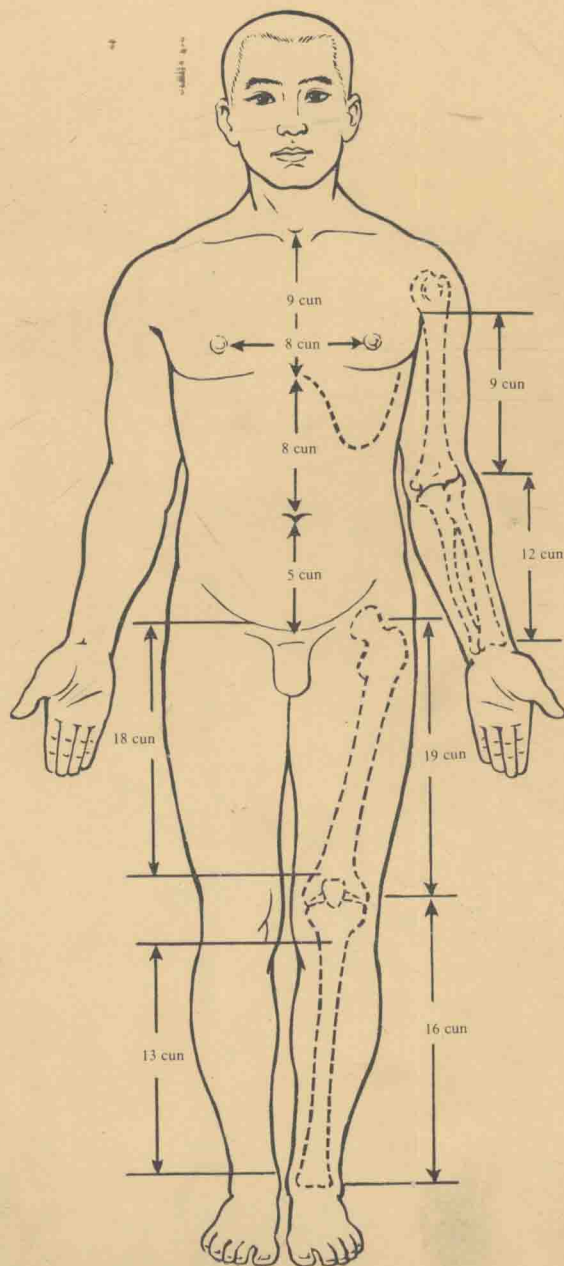


The Way to Locate Acu-Points

針灸取穴法



THE WAY TO LOCATE ACU-POINTS

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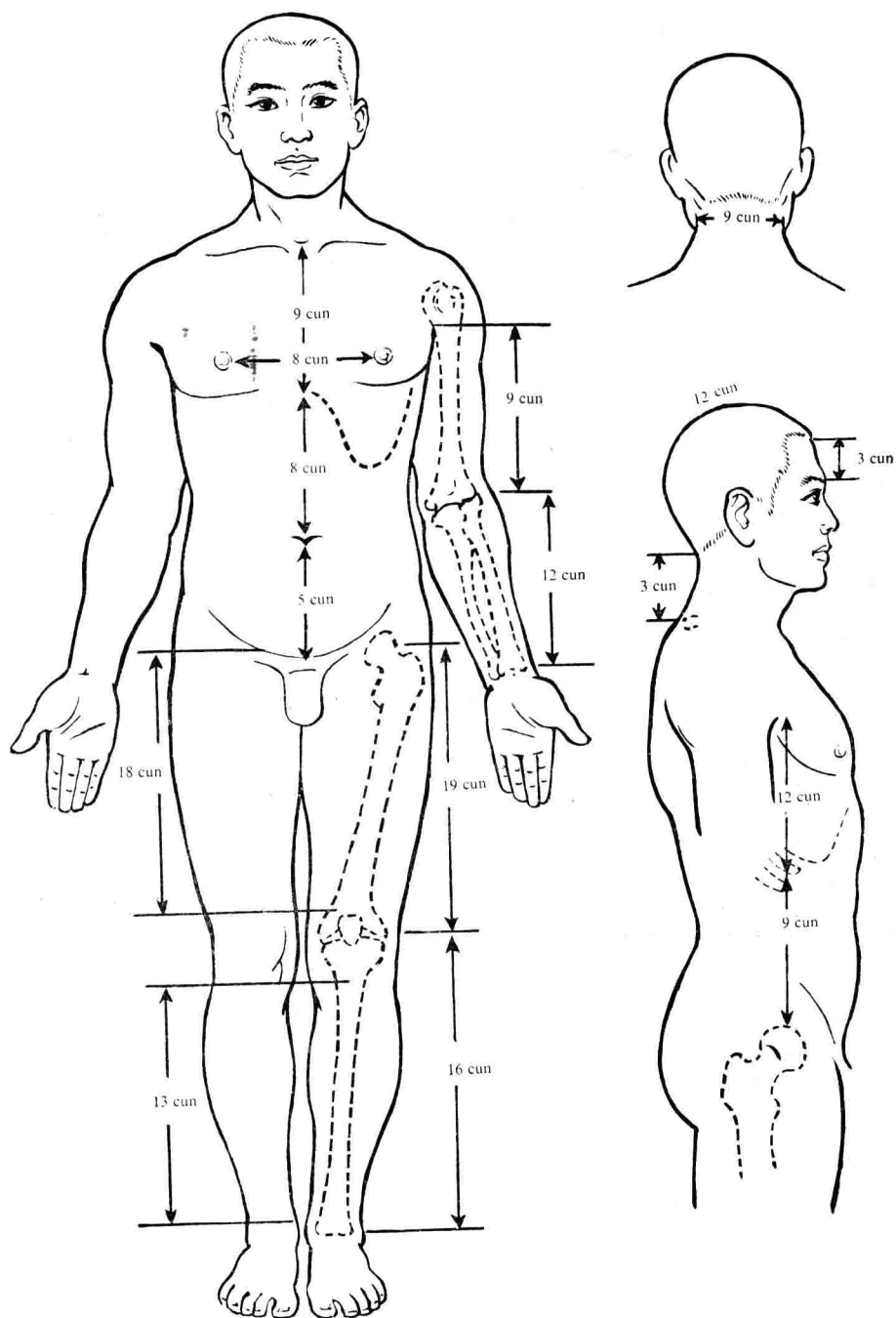
Acupuncture and moxibustion has a history of several thousand years in treating diseases by the Chinese people.

To locate the points properly is the key step in acupuncture therapy, it is a significant in obtaining a satisfactory therapeutic effect. Therefore, it is of prime importance for those who learn acupuncture to have a thorough training in the basic skill of locating points.

Dr. Yang Jiasan, associate professor and head of the Acupuncture Department of Dongzhimen Hospital, has been engaged both in clinical and teaching work for several decades. He has a deep understanding of the classical and modern books on acupuncture. After a long study and repeated practice, he has developed a method of locating points, known as "Locating points by dividing the body and the channels into parts and according to anatomical landmarks."

Professor Yang's experience of locating points is taking anatomical landmarks for criterion as much as possible. Points of several channels adjacent to one another are grouped together according to different areas of the body. Such way to locate points is simple and easy to understand. Being concise and practical, it is very suitable both for teaching and clinical work.

Dr. Geng Enguang and Zhou Jiangchuan give assistance to author in writing the book. Thank them for their help.



proportional division

I. THE METHOD OF LOCATING POINTS OF THE THREE
YIN CHANNELS OF HAND

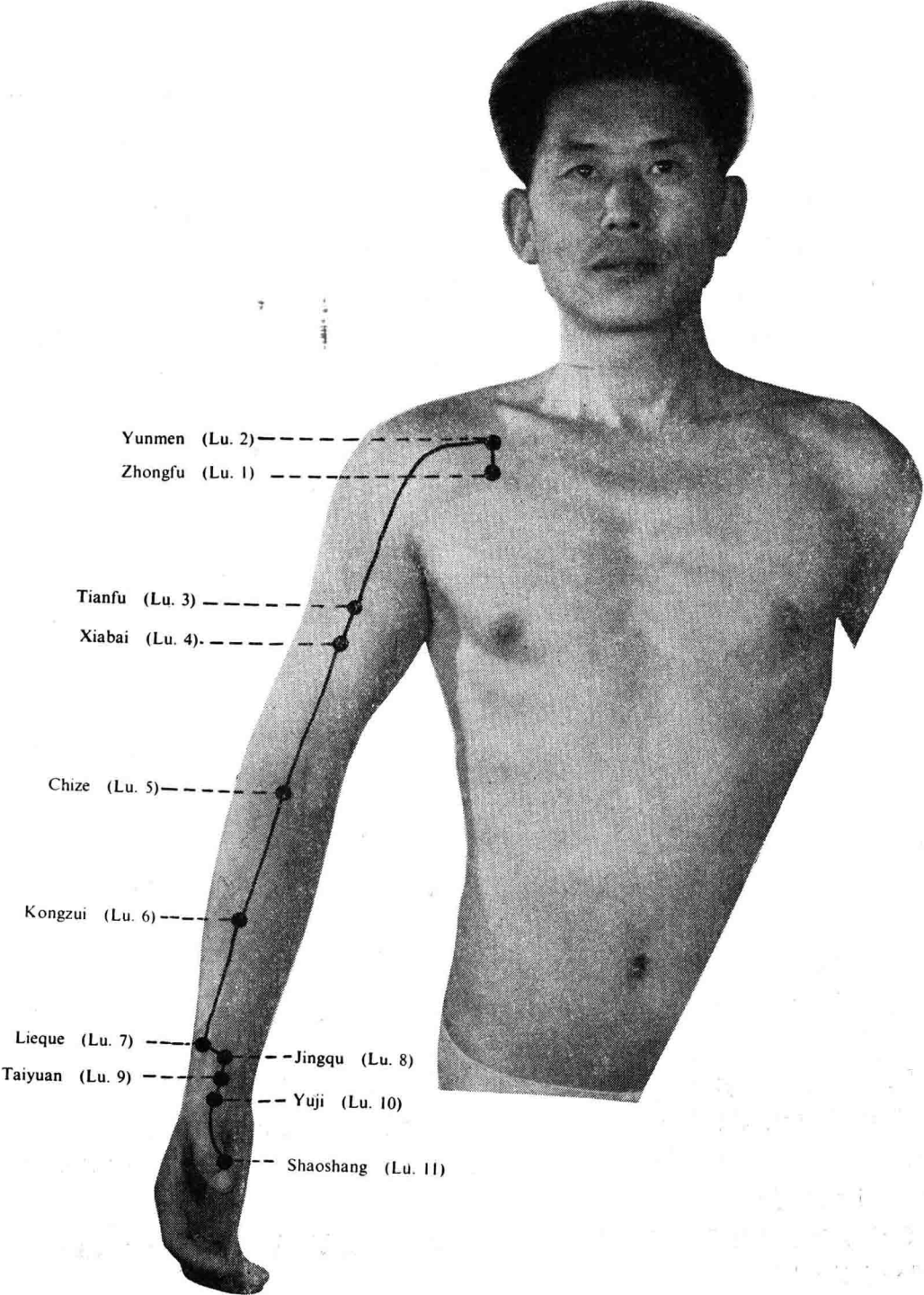


Fig. 1 The Lung Channel
of Hand Taiyin

They start from the chest and run to the hand.

1. The Lung Channel of Hand-Taiyin

The Lung Channel of Hand-Taiyin originates at point Zhongfu (Lu. 1). It goes along the anterior border of the radius on the medial aspect of the arm, passing through the cubital fossa and the wrist joint. Then it ends at the radial side of the tip of the thumb (Shaoshang, Lu. 11).

Zhongfu (Lu. 1): 1 *cun* directly below Yunmen (Lu. 2).

Yunmen (Lu. 2): Level with the lower border of the sternal extremity of the clavicle, two finger-breadths lateral to the mid-point of the clavicle, in the infraclavicular fossa. (See Fig. 2)

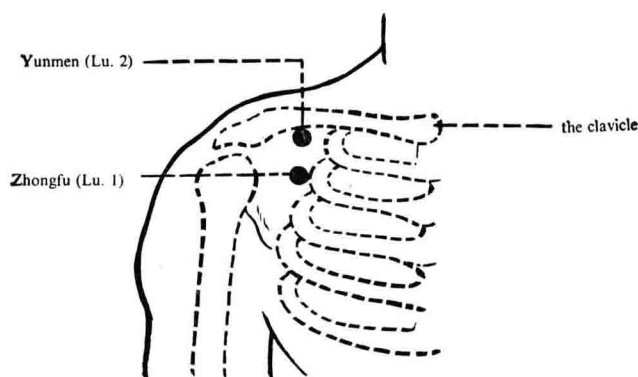


Fig. 2 Location of Pts. Yunmen and Zhongfu

The distance from the anterior end of the axillary fold to the transverse cubital crease is measured as 9 *cun*.

Tianfu (Lu. 3): 3 *cun* below the end of the axillary fold.

Xiabai (Lu. 4): 4 *cun* below the end of the axillary fold.

The above two points are both located in the radial sulcus of the biceps brachii muscle.

Chize (Lu. 5): Located in the transverse cubital crease, on the radial side of the biceps muscle tendon.

The distance between the distal skin crease of the wrist to the transverse cubital crease is measured as 12 *cun*.

Kongzui (Lu. 6): 7 *cun* above the distal wrist crease, on the medial border of the radius.

Lieque (Lu. 7): At the origin of the styloid process of the radius, 1.5 *cun* proximal to the wrist crease.

Jingqu (Lu. 8): On the medial side of the styloid process of the radius, level with the highest spot.

Taiyuan (Lu. 9): On the distal crease of the wrist, at the lower border of the trapezium on the radial side.

Yuji (Lu. 10): Proximal to the metacarpophalangeal joint of the thumb, on the radial border of the metacarpal bone.

Shaoshang (Lu. 11): On the radial side of the thumb, about 0.1 *cun* from the corner of the nail.

How to locate the points of this channel?

On the borders of the bone;

Adjacent to the tendon;

In the sulcus.

On the borders of the bone: Kongzui (Lu. 6) on the medial border of the radius, Jingqu (Lu. 8) on the medial border of the styloid process of the radius.

Adjacent to the tendon: Chize (Lu. 5) in the elbow crease, at the radial side of the tendon of biceps brachii.

In the sulcus: Tianfu (Lu. 3) and Xiabai (Lu. 4) in the radial sulcus of the biceps brachii muscle.

2. The Heart Channel of Hand-Shaoyin

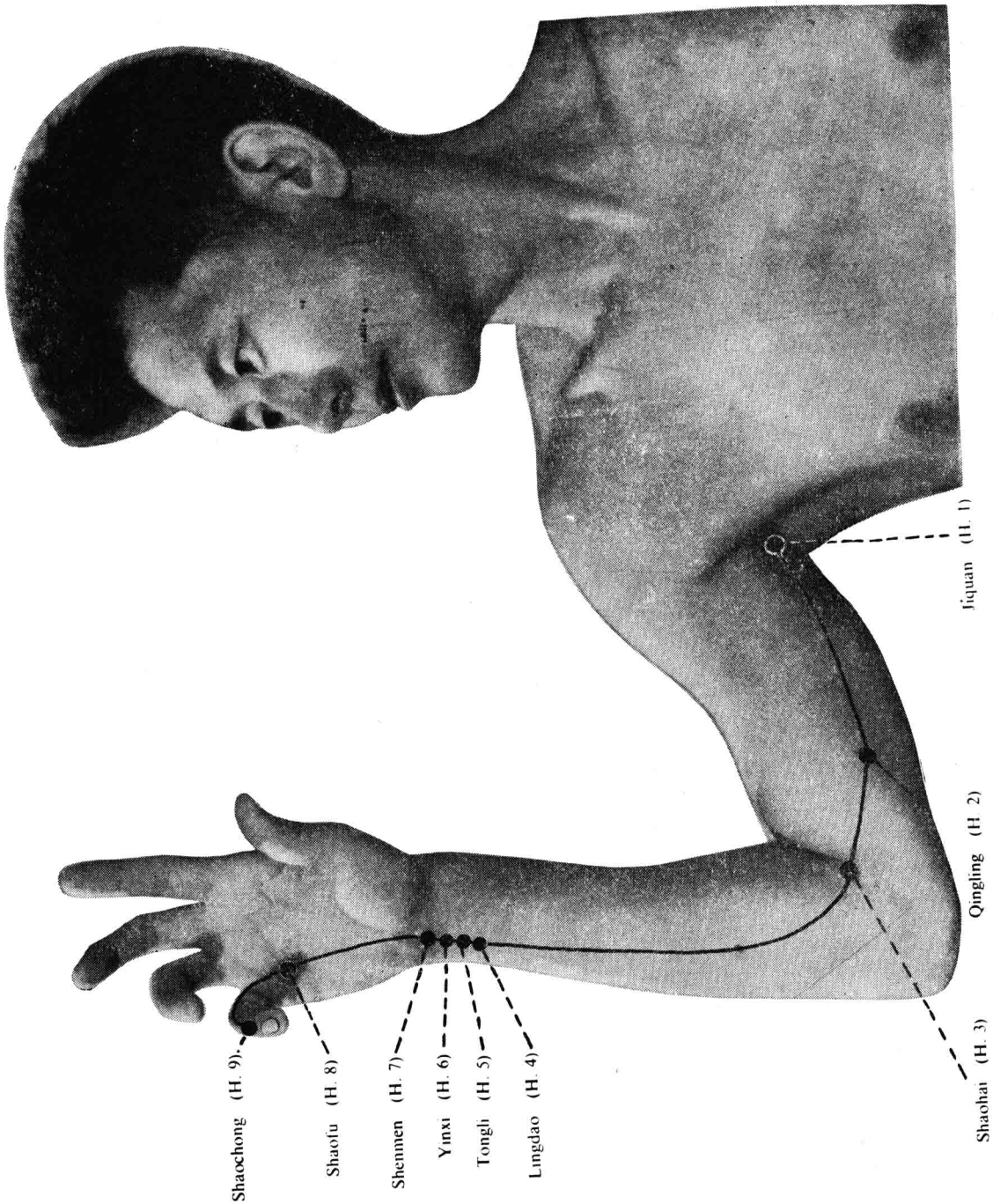


Fig. 3 The Heart Channel of Hand-Shaoyin

The Heart Channel of Hand-Shaoyin:

This channel starts at point Jiquan (H. 1) and goes along the posterior border of the medial aspect of the arm, passing through the cubital fossa and the wrist, it ends at the medial side of the little finger (Shaochong, H. 9).

Jiquan (H. 1): In the centre of the armpit, on the medial side of axillary artery.

Qingling (H. 2): 3 *cun* above the medial epicondyle of the humerus, in the groove of the biceps brachii muscle on the ulnar aspect.

Shaohai (H. 3): At the medial end of the transverse cubital crease when the elbow is flexed.

Taking the head of the ulnar as 1 *cun* and draw three parallel lines respectively along its distal and proximal borders and through its centre. On the radial side of the tendon of m. flexor carpi ulnaris, level with the proximal line is Lingdao (H. 4); level with the middle line is Tongli (H. 5); and level with the distal line is Yinxi (H. 6). They are 0.5 *cun* apart. (See Fig. 4)

Shenmen (H. 7): At the distal skin crease of the wrist, on the radial side of the pisiform bone.

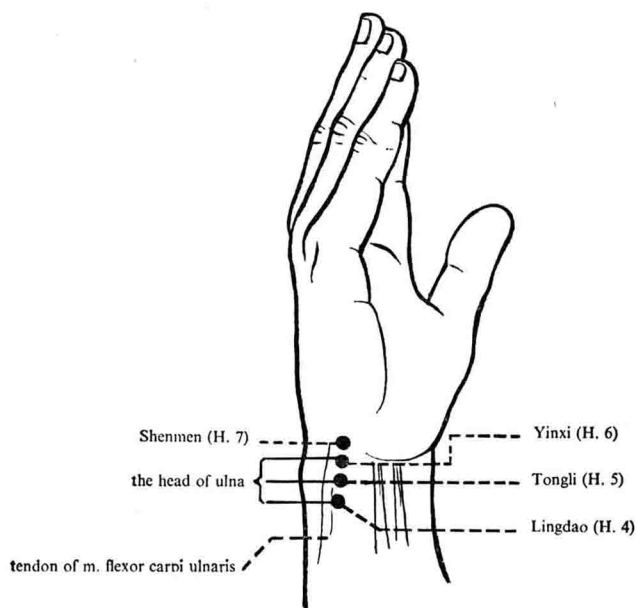


Fig. 4 Taking head of ulna as landmark

Shaofu (H. 8): Between the 4th and 5th metacarpal bone, posterior to the metacarpophalangeal joints, on the transverse crease of the palm.

Shaochong (H. 9): On the radial side of the tip of the little finger, about 0.1 *cun* posterior to the corner of the nail.

How to locate the points of this channel?

Find them in the groove;

Adjacent to the tendon;

At the end of the crease.

In the groove: Qingling (H. 2) in the groove of the biceps brachii muscle on the ulnar aspect.

Adjacent to the tendon: Lingdao (H. 4), Tongli (H. 5), Yinxi (H. 6) and Shenmen (H. 7) on the radial side of the tendon of m. flexor carpi ulnaris.

At the end of the crease: Shaohai (H. 3) at the medial end of the transverse cubital crease when the elbow is flexed.

3. The Pericardium Channel of Hand-Jueyin

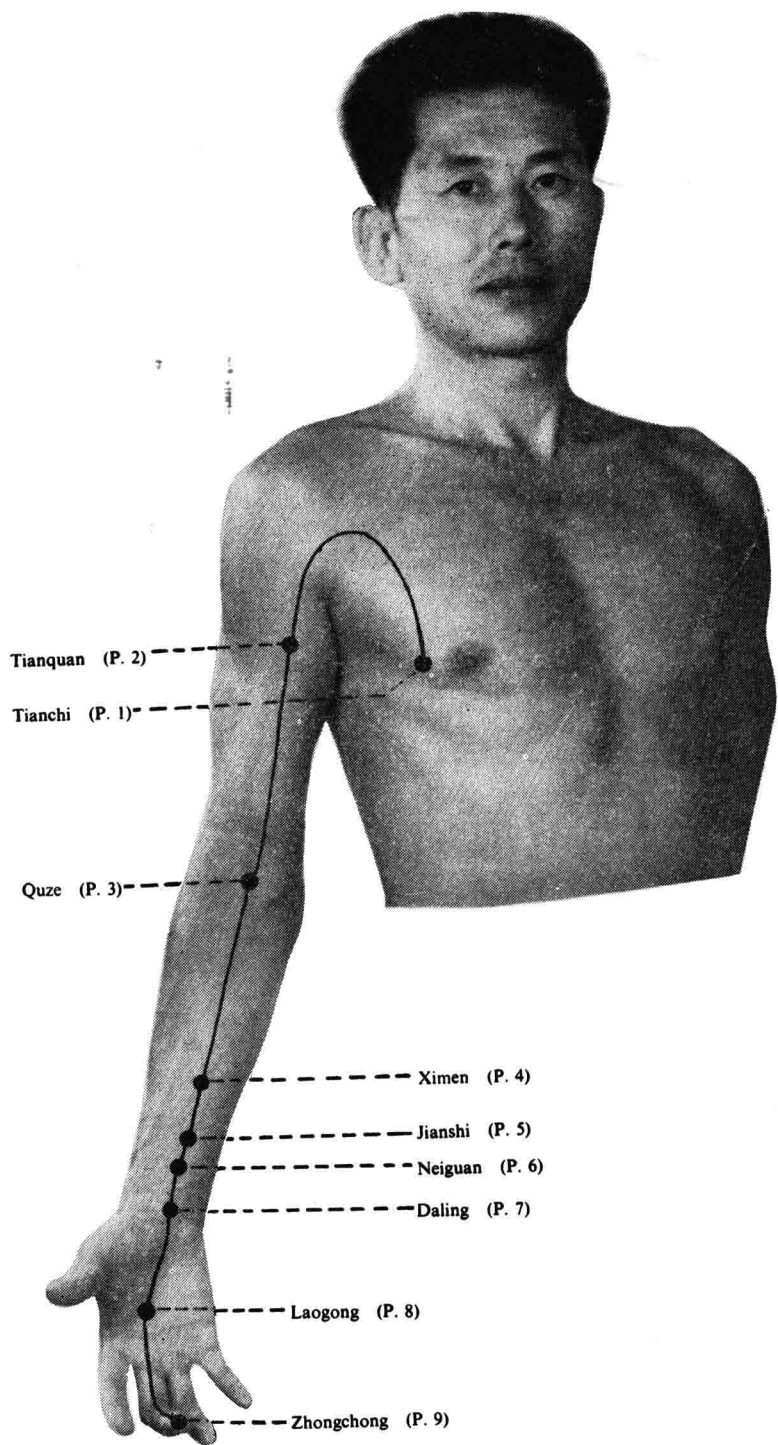


Fig. 5 The Pericardium Channel
of Hand-Jueyin

The Pericardium Channel of Hand-Jueyin: It starts at point Tianchi (P. 1) and goes along the medial aspect of the arm between the Lung and the Heart Channel, passing through the cubital fossa and the wrist, it ends at the tip of the middle finger (Zhongchong, P. 9).

Tianchi (P. 1): 1 *cun* lateral to the nipple, in the 4th intercostal space.

Tianquan (P. 2): 2 *cun* below the end of the anterior axillary fold, on the belly of m. biceps brachii.

Quze (P. 3): On the transverse cubital crease, on the ulnar side of the tendon of m. biceps brachii.

(The distance from the transverse cubital crease to the most distal skin crease of the wrist is measured as 12 *cun*.)

There are four points between the tendons of m. palmaris longus and m. flexor carpi radialis: Ximen (P. 4), 5 *cun* above the transverse crease of the wrist. Jianshi (P. 5), 3 *cun* above the wrist crease. Neiguan (P. 6), 2 *cun* above the wrist crease and Daling (P. 7) is right on the wrist crease.

Laogong (P. 8): On the radial side of the 3rd metacarpal bone, proximal to the metacarpophalangeal joint.

Zhongchong (P. 9): On the middle of the tip of the middle finger.

How to locate the points of this channel?

On the belly of the muscle;

Adjacent to the tendon;

At the cleft of the tendons.

On the belly of the muscle: Tianquan (P. 2) is located on the belly of m. biceps brachii.

Adjacent to the tendon: Quze (P. 3) is located at the ulnar side of the tendon of m. biceps brachii.

Cleft of the tendons: Ximen (P. 4), Jianshi (P. 5), Neiguan (P. 6), and Daling (P. 7) are on the cleft of the tendons of m. palmaris longus and m. flexor carpi radialis.

4. The Summing-up of Locating Points of the Three Yin Channels of Hand

Points according to the different parts of the body.

1. The finger tip region: Points are located at the tip of the finger or the roots and corners of the nails.

Shaochong (H. 9): About 0.1 *cun* proximal to the corner of the nail, on the radial side of the little finger.

Zhongchong (P. 9): Midpoint of the tip of the middle finger.

Shaoshang (Lu. 11): About 0.1 *cun* proximal to the corner of the nail, on the radial side of the thumb.

Shaochong (H. 9) and Shaoshang (Lu. 11) are all located at the root of the nail. They are not level with the nail. (See Fig. 6)

2. The palm region: The points are located posteriorly to the metacarpophalangeal joints.

Yuji (Lu. 11): Posterior to the metacarpophalangeal joint of the thumb, on the medial side of the first metacarpal bone.

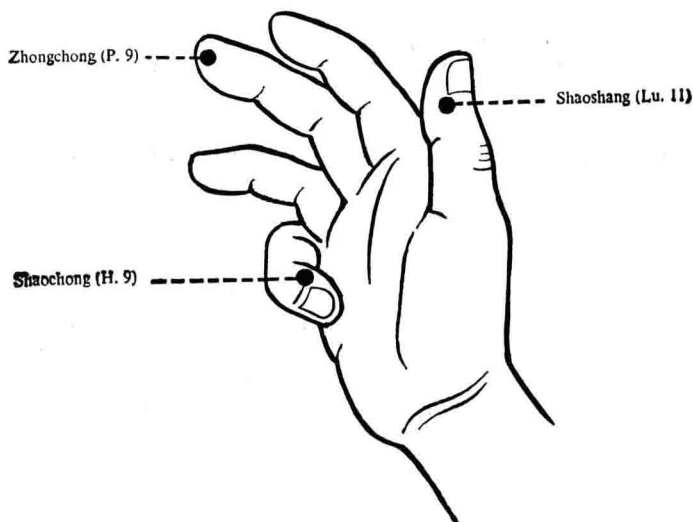


Fig. 6 Points at the finger tips and corners of nails

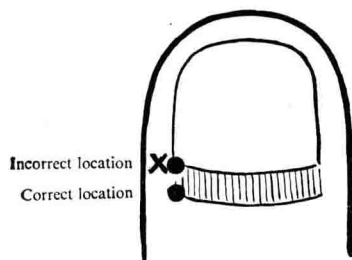


Fig. 7 How to locate point.
at the root and corner of nail

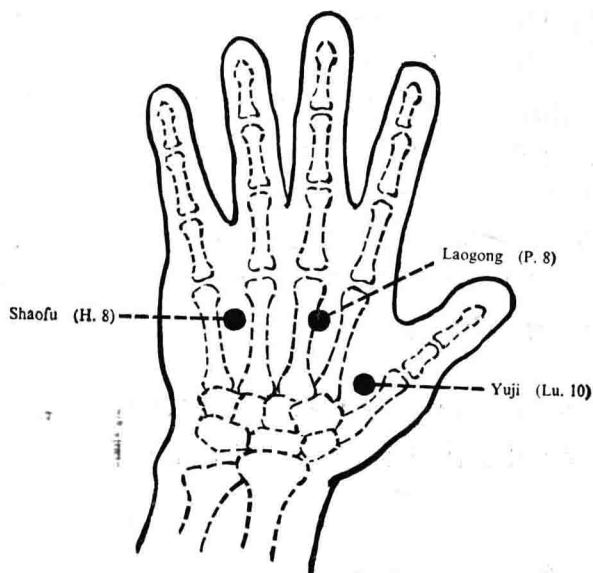


Fig. 8 Points posterior to the metacarpophalangeal joint

Laogong (P. 8): Posterior to the 3rd metacarpophalangeal joint, on the radial side of the 3rd metacarpal bone, on the transverse palmar crease.

Shaofu (H. 8): Between the 4th and 5th metacarpal bones, posteriorly to the metacarpophalangeal joints, on the transverse palmar crease.

3. The wrist region: The points are located on the transverse crease and between two bones and two tendons.

The transverse crease refers to the distal skin crease of the wrist.

The two bones refer to the pisiform bone and the trapezium.

The two tendons are the tendons of the palmaris longus muscle and flexor carpi radialis muscle.

Taiyuan (Lu. 9): Inferior border of the trapezium, at the radial side.

Shenmen (H. 7): Radial side of the pisiform bone.

Daling (P. 7): Between the two tendons.

These three points are all on the distal skin crease of the wrist. (See Fig. 9)

4. The forearm region: The points are on the border of the bone, beside the tendon, or between the tendons.

The bone is the radius.

Jingqu (Lu. 8): On the radial border of the styloid process of the radius, level with the highest spot.

Kongzui (Lu. 6): On the ulnar border of the radius, 7 *cun* above the distal skin crease of the wrist. (See Fig. 10)