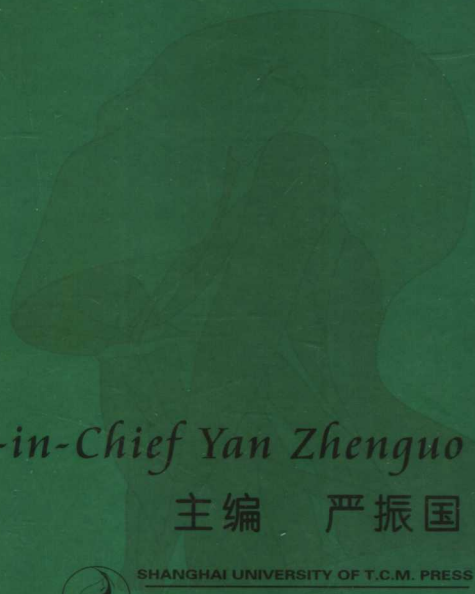


*English-Chinese Layer Anatomical Atlas
of Acupoints of the Human Body*

(英汉对照)

人体穴位
层次解剖图谱



Compiler-in-Chief Yan Zhenguo

主编 严振国



SHANGHAI UNIVERSITY OF T.C.M. PRESS

上海中医药大学出版社

**English – Chinese Layer Anatomical Atlas of
Acupoints of the Human Body**

(英汉对照) 人体穴位层次解剖图谱

Compiler – in – Chief Yan Zhenguo

主 编 严 振 国

Shanghai University of Traditional Chinese Medicine Press

上海中医药大学出版社

责任编辑 单宝枝
技术编辑 徐国民
责任校对 郁 静
封面设计 王 磊
出 版 人 陈秋生

图书在版编目(CIP)数据

(英汉对照)人体穴位层次解剖图谱/严振国主编. —上海:上海中医药大学出版社,2005.5(2006.12重印)

ISBN 7-81010-846-8

I. 英... II. 严... III. 穴位—图谱 IV. R224.4

中国版本图书馆CIP数据核字(2004)第131959号

(英汉对照)人体穴位层次解剖图谱

主编 严振国

上海中医药大学出版社出版发行 (http://www.tcmonline.com.cn)

(上海浦东新区蔡伦路1200号 邮政编码 201203)

新华书店上海发行所经销 上海市申松立信印刷厂印刷

开本 787mm×1092mm 1/16 印张 13 字数 359千字 印数 3 001—6 220

版次 2005年5月第1版 印次 2006年12月第2次印刷

ISBN 7-81010-846-8/R·799 定价 46.00元

(本书如有印刷、装订问题,请寄回本社出版科,或电话 021-51322545 联系)

English – Chinese Layer Anatomical Atlas of Acupoints of the Human Body
(英汉对照) 人体穴位层次解剖图谱

Compiler – in – Chief Yan Zhenguo

Vice – Compilers – in – Chief Mi Jinghua Lu Shouru Wu Lijun Guan Xiongfei

Compilers (In the order of the strokes of the surnames of the compilers)

Wei Ming	Wang Haisheng	Wang Yuanyuan	Lu Shouru	Lu Zhuowen
Zhuang Lizhen	Liu Yutang	Yan Ming	Yan Jin	Yan Zhenguo
Su Anshun	Wu Lijun	Li Mi	Li Weiping	Wu Yaochi
Song Yan	Song Jianjun	Zhang Liancai	Zhang Xuexiang	Shao Shuijin
Zhao Dake	Xu Yao	Huang Guoqi	Huang Jianyu	Zeng Yingxian
Guan Xiongfei	Mi Jinghua			

Drawers Yan Wei Li Chengjian Zhang Zhan Chen Tingli

Editor Shan Baozhi

Cover Designer Wang Lei

Layout Designer Xu Guomin

Publisher Chen Qiusheng

主 编 严振国

副主编 糜兢华 卢寿如 巫丽君 管雄飞

编 委 (按姓氏笔画为序)

卫 明	王海生	王媛媛	卢寿如	卢卓汶
庄丽珍	刘煜棠	严 明	严 晋	严振国
苏安顺	巫丽君	李 糜	李卫平	吴耀持
宋 严	宋建军	张连才	张学祥	邵水金
赵大可	徐 瑶	黄国琪	黄剑煜	曾颖娴
管雄飞	糜兢华			

绘 图 严 蔚 李承建 张 湛 陈婷立

责任编辑 单宝枝

美术编辑 王 磊

技术编辑 徐国民

出 版 人 陈秋生

Preface

Since 1976, the author has undertaken the systematical research work in aspects of "Anatomy of Acupoint Sections", "Layer Anatomy of Acupoints", and "Anatomy of CT Scanning Pictures of Acupoints", etc. Based on these work, the author has compiled and written a series of books. They are the transsubject works of anatomy, acupuncture and moxibustion and CT radiology which are characterized by the integration of western medicine into Chinese medicine and of basic theory into the clinical application. Over 30 years, the author has compiled, written and published 67 sets of, 100 kinds in total, books on anatomy of acupoints and also has released over 100 papers on anatomy of acupoints in the related journals at home and abroad.

There are totally 56 colour figures. Among them, three pieces are the figures of acupoints on the whole body surface in which the courses of the fourteen meridians and the location of 361 meridian acupoints and 48 extraordinary acupoints (approved by WHO) are shown respectively on the front, back and lateral side. 12 pieces are the anatomical figures of acupoints on the head and neck, on front, back and lateral side as well as acupoint anatomy in the superficial layer, middle layer and deep layer. 12 pieces are the anatomical figures of acupoints on the trunk, on front, back and lateral side as well as acupoint anatomy in the superficial layer, middle layer and deep layer. 12 pieces are the anatomical figures of acupoints on the upper limbs, on front, back and lateral side as well as acupoint anatomy in the superficial layer, middle layer and deep layer. 16 pieces are the anatomical figures of acupoints on the lower limbs, on front, back and lateral side as well as acupoint anatomy in the superficial layer, middle layer and deep layer.

This atlas has been prepared in the combined form of the whole anatomy and regional anatomy. In each region, the an-

前 言

自 1976 年以来,笔者在《经穴断面解剖学》、《经穴层次解剖学》、《经穴 CT 扫描图像解剖学》等方面做过系统的研究工作,根据科研资料的总结,编著出版了一系列专著,它们是解剖学、针灸学与 CT 放射学相结合的跨学科著作,体现了中西医结合、基础与临床结合的特点。30 多年来作者编著出版的针灸穴位解剖等方面的书籍有 67 套,计 100 本,并在国内外有关杂志上发表了经穴解剖科研论文百余篇。

本图谱共有彩图 56 幅,其中 3 张为全身体表穴位图,分别从前面、后面、侧面三个不同方位来显示十四经的走行和 361 个经穴以及 48 个奇穴(世界卫生组织认定)的位置;12 张为头颈部穴位解剖图,含前面、后面、侧面位置和浅、中、深穴位解剖;12 张为躯干部穴位解剖图,包括前面、后面、侧面位置和浅层、中层、深层穴位解剖;12 张为上肢部穴位解剖图,含前面、后面、侧面位置和浅层、中层、深层穴位解剖;16 张为下肢部穴位解剖图,含前面、后面、侧面位置和浅层、中层、深层穴位解剖。

本图谱采用整体与局部相结合的形式,每个局部均以浅、

atomical structure in the different superficial, middle and deep layers are supposed to explain their relation with the meridian acupoints. The anatomy in the superficial layer and middle layer indicates the relation between the skin, the muscles and the distribution of the superficial nerves with the acupoints; the anatomy in the deep layer is drawn in three dimensions for indicating the relation between the structure layers of nerves, blood vessels, bones and visera with the acupoints, in the Part Two with a detailed instructions.

The author has engaged in the research work for "Project on Standard Location of Acupoints" led by the State Administration of Traditional Chinese Medicine, which has been appraised by the experts in acupuncture and anatomy. The location of acupoints in this atlas depends upon "Project for Standard Location of Acupoints".

This atlas is mainly characterized by the close integration of the acupoints into anatomical structure in the art of three dimensions for fully indicating the relation between the acupoints and the anatomical structure of the superficial and deep layers in the human body. This atlas is the most plentiful in anatomical illustration and most meticulous about the relation between the acupoints and the anatomical structure among the various acupuncture atlas available of the similar type. It is more scientific and practical.

This atlas can be used to help acupuncturists in their clinical application, the teachers and students of the medical universities in their acupuncture education and also to help acupuncture learners in various schools for their application and reference.

Because of the limitation in my knowledge, there must be some mistakes and inadequacy in this atlas. I sincerely hope comments from experts and readers.

Yan Zhenguo
Lifetime professor
Shanghai University of Traditional Chinese Medicine
August 2004

中、深不同层次解剖结构来阐明与经穴的关系。浅层、中层显示皮肤、肌肉部位和浅表神经的分布与穴位的关系;深层采用立体透视法,显示神经、血管、骨骼和内脏等结构层次和穴位关系。本书第二部分有详细的说明。

笔者参加国家中医管理局领导的《经穴定位标准化方案》科研工作,是课题组成员,此方案得到针灸界和解剖界的公认。本图谱的定位均以《经穴定位标准化方案》定位,准确实用。

本图谱的主要特点是针灸穴位与解剖层次结构紧密结合,采用立体透视的方法,充分显示穴位与人体浅层、中层及深层解剖结构的关系,是目前同类图谱中解剖层次最为丰富、穴位与解剖结构关系最为精细者,具有较强的科学性和实用价值。

本图谱可供针灸医师临床应用,医学院校和卫生学校师生应用于教学,夜大医学生以及社会办学与自学针灸者应用与参考。

由于笔者水平有限,本图谱难免存在缺点和不足之处,恳切希望专家、同道及广大读者批评指正。

上海中医药大学终身教授
严振国
2004年8月

Contents

目 录

Part One Layer Anatomical Atlas of Acupoints

上 篇 穴位层次解剖图

Fig. 1	Surface acupoints of the human body (Anterior aspect)	3
图 1	人体前面体表穴位	3
Fig. 2	Surface acupoints of the human body (Posterior aspect)	4
图 2	人体后面体表穴位	4
Fig. 3	Surface acupoints of the human body (Lateral aspect)	5
图 3	人体侧面体表穴位	5
Fig. 4	Some surface acupoints (Special aspect)	6
图 4	部分特殊体位体表穴位	6
Fig. 5	Anterior acupoints of the head and neck (Superficial anatomy)	7
图 5	头颈部前面穴位(浅层解剖)	7
Fig. 6	Anterior acupoints of the head and neck (Middle anatomy)	8
图 6	头颈部前面穴位(中层解剖)	8
Fig. 7	Anterior acupoints of the head and neck (Deep anatomy), showing blood vessels	9
图 7	头颈部前面穴位(深层解剖)显示血管	9
Fig. 8	Anterior acupoints of the head and neck (Deep anatomy), showing nerves	10
图 8	头颈部前面穴位(深层解剖)显示神经	10
Fig. 9	Posterior acupoints of the head and neck (Superficial anatomy)	11
图 9	头颈部后面穴位(浅层解剖)	11
Fig. 10	Posterior acupoints of the head and neck (Middle anatomy)	12
图 10	头颈部后面穴位(中层解剖)	12
Fig. 11	Posterior acupoints of the head and neck (Deep anatomy), showing blood vessels	13
图 11	头颈部后面穴位(深层解剖)显示血管	13
Fig. 12	Posterior acupoints of the head and neck (Deep anatomy), showing nerves	14
图 12	头颈部后面穴位(深层解剖)显示神经	14
Fig. 13	Surface acupoints of the head and neck (Lateral aspect)	15
图 13	头颈部侧面体表穴位(侧面)	15
Fig. 14	Lateral acupoints of the head and neck (Showing muscles)	16
图 14	头颈部侧面穴位(显示骨肉)	16
Fig. 15	Lateral acupoints of the head and neck (Superficial anatomy)	17
图 15	头颈部侧面穴位(浅层解剖)	17
Fig. 16	Lateral acupoints of the head and neck (Deep anatomy)	18
图 16	头颈部侧面穴位(深层解剖)	18

Fig. 17	Anterior acupoints of the trunk (Superficial anatomy)	19
图 17	躯干部前面穴位(浅层解剖)	19
Fig. 18	Anterior acupoints of the trunk (Middle anatomy)	20
图 18	躯干部前面穴位(中层解剖)	20
Fig. 19	Anterior acupoints of the trunk (Deep anatomy)	21
图 19	躯干部前面穴位(深层解剖)	21
Fig. 20	Anterior acupoints of the trunk (Showing skeletons)	22
图 20	躯干部前面穴位(显示骨骼)	22
Fig. 21	Posterior acupoints of the trunk (Superficial anatomy)	23
图 21	躯干部后面穴位(浅层解剖)	23
Fig. 22	Posterior acupoints of the trunk (Middle anatomy)	24
图 22	躯干部后面穴位(中层解剖)	24
Fig. 23	Posterior acupoints of the trunk (Deep anatomy)	25
图 23	躯干部后面穴位(深层解剖)	25
Fig. 24	Posterior acupoints of the trunk (Showing skeletons)	26
图 24	躯干部后面穴位(显示骨骼)	26
Fig. 25	Surface acupoints of the trunk (Lateral aspect)	27
图 25	躯干部侧面体表穴位	27
Fig. 26	Lateral acupoints of the trunk (Superficial anatomy)	28
图 26	躯干部侧面穴位(浅层解剖)	28
Fig. 27	Lateral acupoints of the trunk (Deep anatomy)	29
图 27	躯干部侧面穴位(深层解剖)	29
Fig. 28	Lateral acupoints of the trunk (Showing skeletons)	30
图 28	躯干部侧面穴位(显示骨骼)	30
Fig. 29	Surface acupoints of the upper limb (Anterior aspect)	31
图 29	上部前面体表穴位	31
Fig. 30	Anterior acupoints of the upper limb (Superficial anatomy)	32
图 30	上部前面穴位(浅层解剖)	32
Fig. 31	Anterior acupoints of the upper limb (Deep anatomy)	33
图 31	上部前面穴位(深层解剖)	33
Fig. 32	Anterior acupoints of the upper limb (Showing skeletons)	34
图 32	上部前面穴位(显示骨骼)	34
Fig. 33	Surface acupoints of the upper limb (Posterior aspect)	35
图 33	上部后面体表穴位	35
Fig. 34	Posterior acupoints of the upper limb (Superficial anatomy)	36
图 34	上部后面穴位(浅层解剖)	36
Fig. 35	Posterior acupoints of the upper limb (Deep anatomy)	37
图 35	上部后面穴位(深层解剖)	37
Fig. 36	Posterior acupoints of the upper limb (Showing skeletons)	38
图 36	上部后面穴位(显示骨骼)	38
Fig. 37	Surface acupoints of the upper limb (Lateral aspect)	39

图 37 上肢部侧面体表穴位	39
Fig. 38 Lateral acupoints of the upper limb (Superficial anatomy)	40
图 38 上肢部侧面穴位(浅层解剖)	40
Fig. 39 Lateral acupoints of the upper limb (Deep anatomy)	41
图 39 上肢部侧面穴位(深层解剖)	41
Fig. 40 Lateral acupoints of the upper limb (Showing skeletons)	42
图 40 上肢部侧面穴位(显示骨骼)	42
Fig. 41 Surface acupoints of the lower limb (Anterior aspect)	43
图 41 下肢部前面体表穴位	43
Fig. 42 Anterior acupoints of the lower limb (Superficial anatomy)	44
图 42 下肢部前面穴位(浅层解剖)	44
Fig. 43 Anterior acupoints of the lower limb (Deep anatomy)	45
图 43 下肢部前面穴位(深层解剖)	45
Fig. 44 Anterior acupoints of the lower limb (Showing skeletons)	46
图 44 下肢部前面穴位(显示骨骼)	46
Fig. 45 Surface acupoints of the lower limb (Posterior aspect)	47
图 45 下肢部后面体表穴位	47
Fig. 46 Posterior acupoints of the lower limb (Superficial anatomy)	48
图 46 下肢部后面穴位(浅层解剖)	48
Fig. 47 Posterior acupoints of the lower limb (Deep anatomy)	49
图 47 下肢部后面穴位(深层解剖)	49
Fig. 48 Posterior acupoints of the lower limb (Showing skeletons)	50
图 48 下肢部后面穴位(显示骨骼)	50
Fig. 49 Surface acupoints of the lower limb (Lateral aspect)	51
图 49 下肢部外侧面体表穴位	51
Fig. 50 Lateral acupoints of the lower limb (Superficial anatomy)	52
图 50 下肢部外侧面穴位(浅层解剖)	52
Fig. 51 Lateral acupoints of the lower limb (Deep anatomy)	53
图 51 下肢部外侧面穴位(深层解剖)	53
Fig. 52 Lateral acupoints of the lower limb (Showing skeletons)	54
图 52 下肢部外侧面穴位(显示骨骼)	54
Fig. 53 Surface acupoints of the lower limb (Internal aspect)	55
图 53 下肢部内侧面体表穴位	55
Fig. 54 Medial acupoints of the lower limb (Superficial anatomy)	56
图 54 下肢部内侧面穴位(浅层解剖)	56
Fig. 55 Medial acupoints of the lower limb (Deep anatomy)	57
图 55 下肢部内侧面穴位(深层解剖)	57
Fig. 56 Medial acupoints of the lower limb (Showing skeletons)	58
图 56 下肢部内侧面穴位(显示骨骼)	58

Part Two Instruction of Acupoints

下 篇 穴位应用说明

1. Points of the Lung Meridian of Hand – Taiyin (LU) (11 points on each side)	61
1. 手太阴肺经 (LU) 经穴 (左右各 11 穴)	61
2. Points of the Large Intestine Meridian of Hand – Yangming (LI) (20 points on each side)	65
2. 手阳明大肠经 (LI) 经穴 (左右各 20 穴)	65
3. Points of the Stomach Meridian of Foot – Yangming (ST) (45 points on each side)	72
3. 足阳明胃经 (ST) 经穴 (左右各 45 穴)	72
4. Points of the Spleen Meridian of Foot – Taiyin (SP) (21 points on each side)	86
4. 足太阴脾经 (SP) 经穴 (左右各 21 穴)	86
5. Points of the Heart Meridian of Hand – Shaoyin (HT) (9 points on each side)	93
5. 手少阴心经 (HT) 经穴 (左右各 9 穴)	93
6. Points of the Small Intestine Meridian of Hand – Taiyang (SI) (19 points on each side)	96
6. 手太阳小肠经 (SI) 经穴 (左右各 19 穴)	96
7. Points of the Bladder Meridian of Foot – Taiyang (BL) (67 points on each side)	102
7. 足太阳膀胱经 (BL) 经穴 (左右各 67 穴)	102
8. Points of the Kidney Meridian of Foot – Shaoyin (KI) (27 points on each side)	122
8. 足少阴肾经 (KI) 经穴 (左右各 27 穴)	122
9. Points of the Pericardium Meridian of Hand – Jueyin (PC) (9 points on each side)	130
9. 手厥阴心包经 (PC) 经穴 (左右各 9 穴)	130
10. Points of the Triple Energizer Meridian of Hand – Shaoyang (TE) (23 points on each side)	133
10. 手少阳三焦经 (TE) 经穴 (左右各 23 穴)	133
11. Points of the Gallbladder Meridian of Foot – Shaoyang (GB) (44 points on each side)	141
11. 足少阳胆经 (GB) 经穴 (左右各 44 穴)	141
12. Points of the Liver Meridian of Foot – Jueyin (LR) (14 points on each side)	155
12. 足厥阴肝经 (LR) 经穴 (左右各 14 穴)	155
13. Points of the Conception Vessel (CV) (24 points)	160
13. 任脉 (CV) 经穴 (24 穴)	160
14. Points of the Governor Vessel (GV) (28 points)	167
14. 督脉 (GV) 经穴 (28 穴)	167
15. The Extraordinary Points (EX) (48 points)	176
15. 经外奇穴 (EX) (计 48 穴)	176
Appendix: Table of the Bone Proportional Measurement	189
附:骨度分寸表	189
Author's Main Books	193
作者主要著作介绍	193

**Part One Layer Anatomical Atlas of
Acupoints**

上 篇 穴 位 层 次 解 剖 图

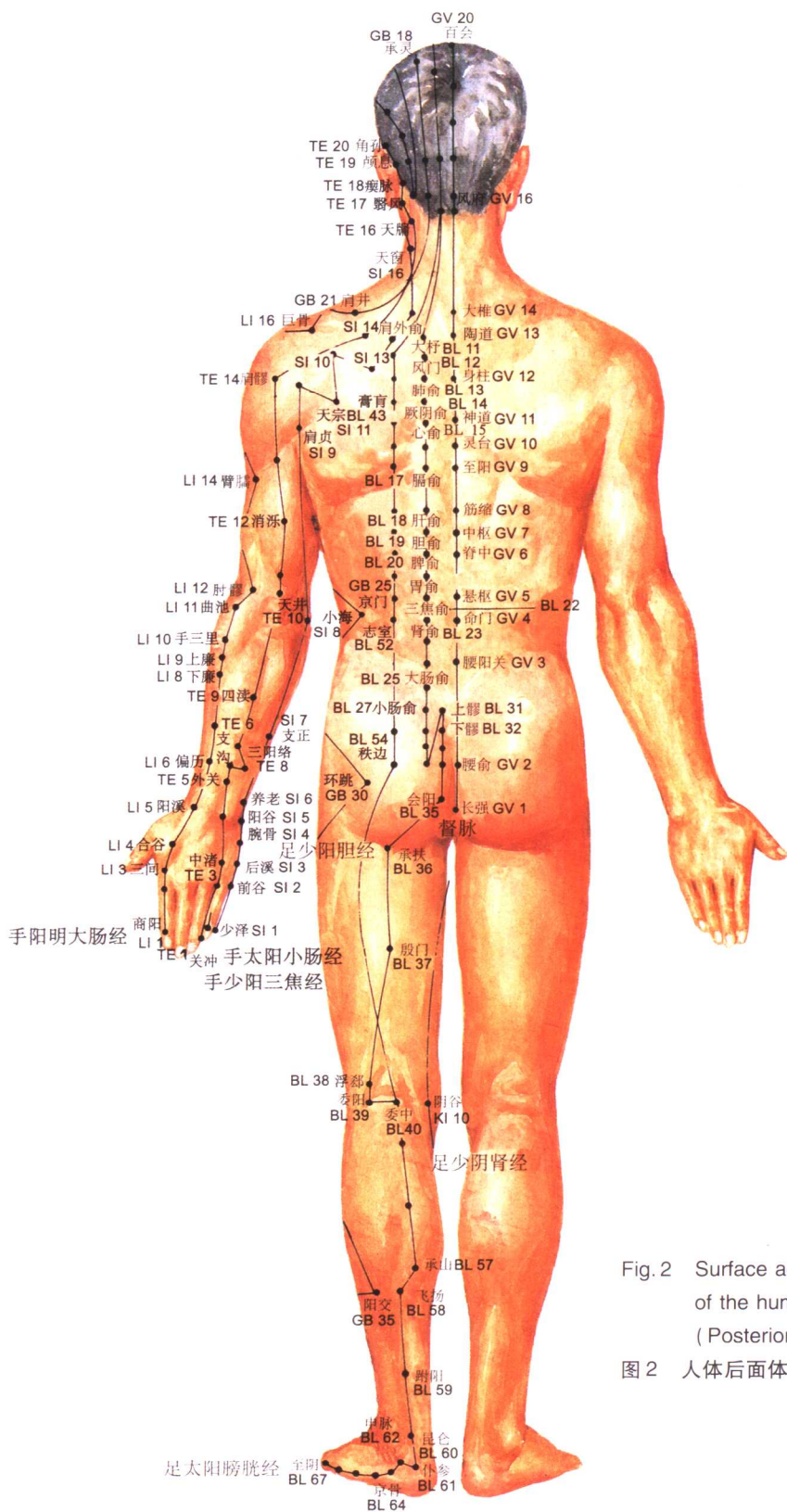


Fig.2 Surface acupoints
of the human body
(Posterior aspect)

图2 人体后面体表穴位

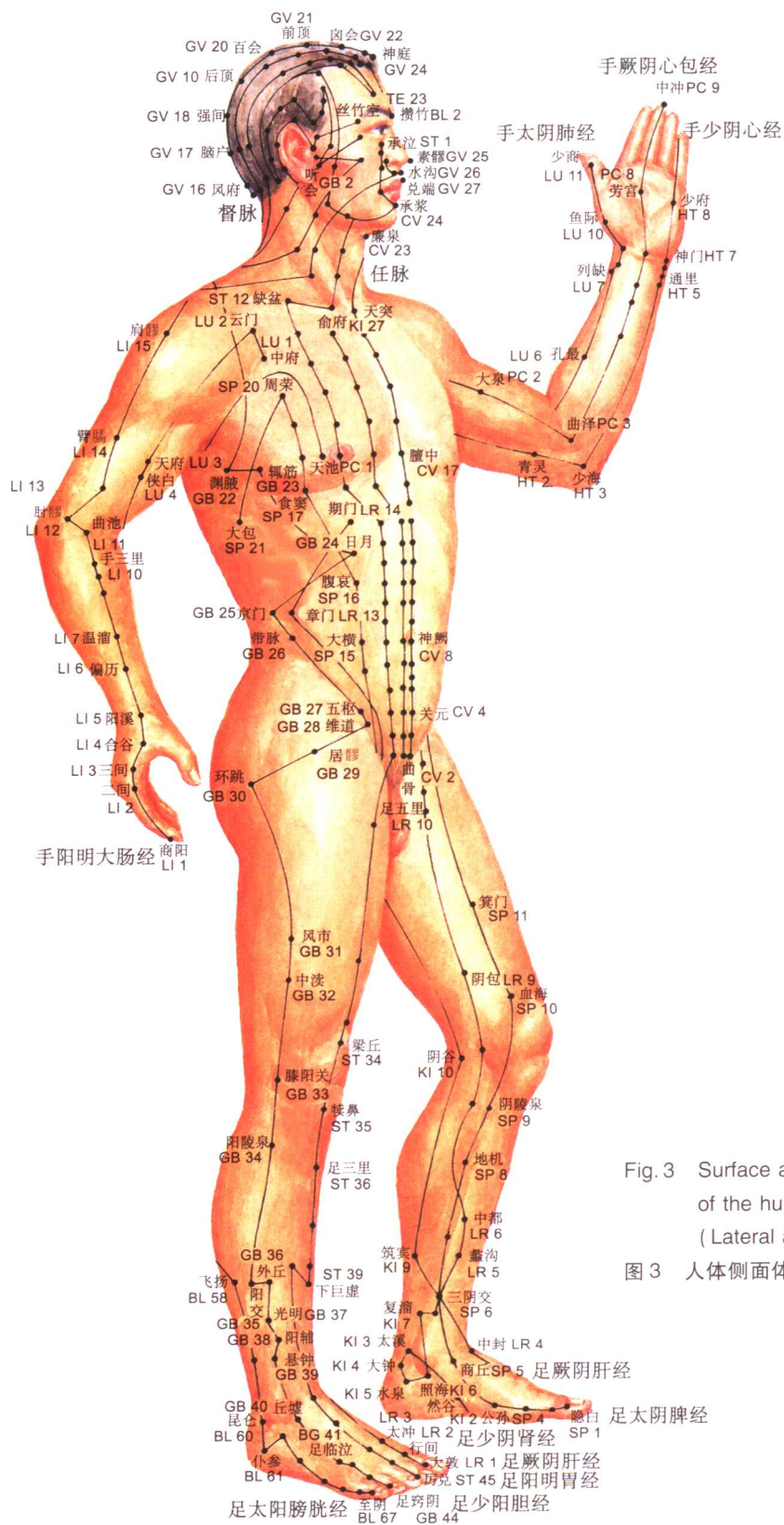


Fig. 3 Surface acupoints of the human body (Lateral aspect)
图3 人体侧面体表穴位

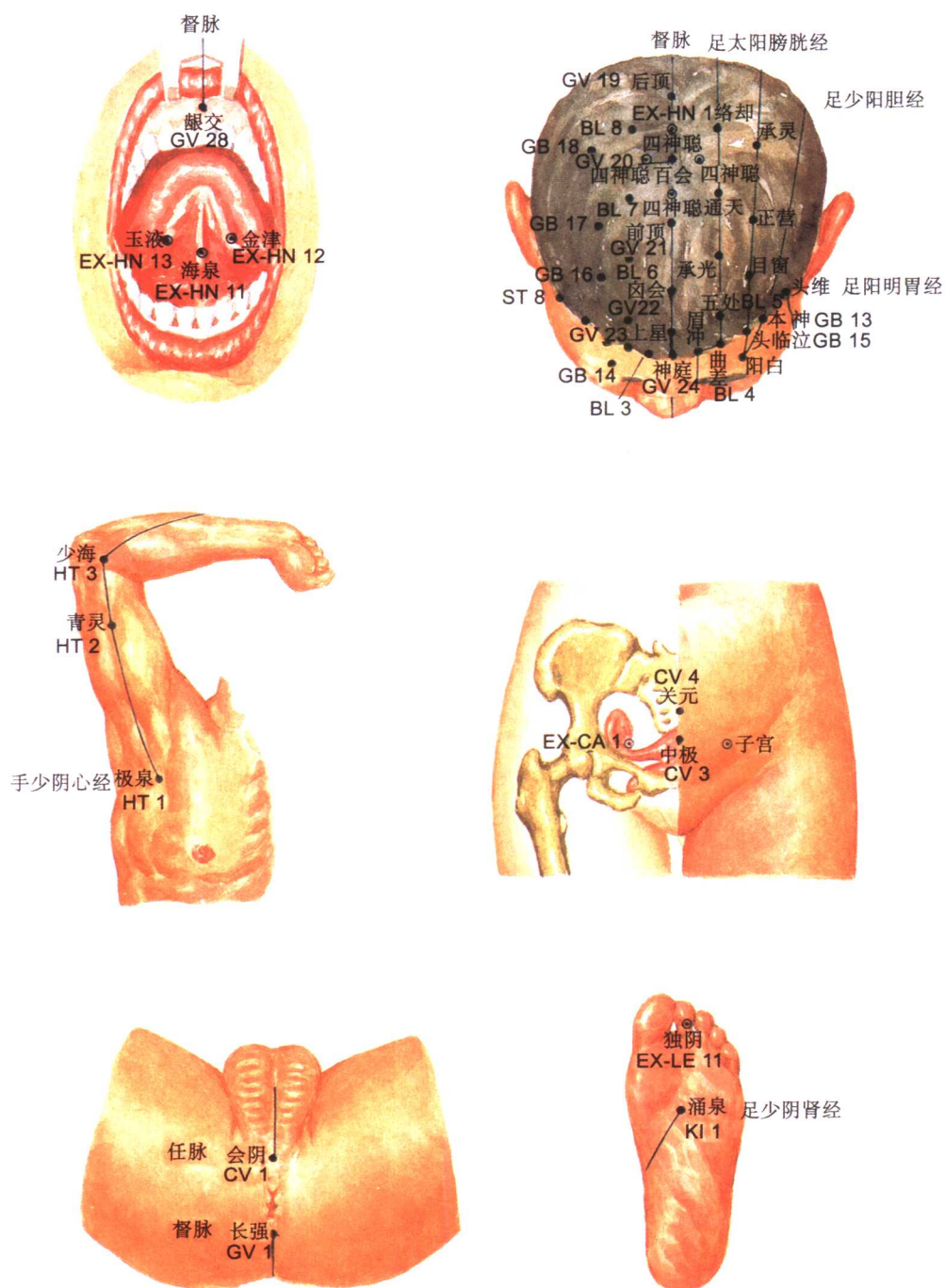


Fig. 4 Some surface acupoints (Special aspect)

图 4 部分特殊体位体表穴位

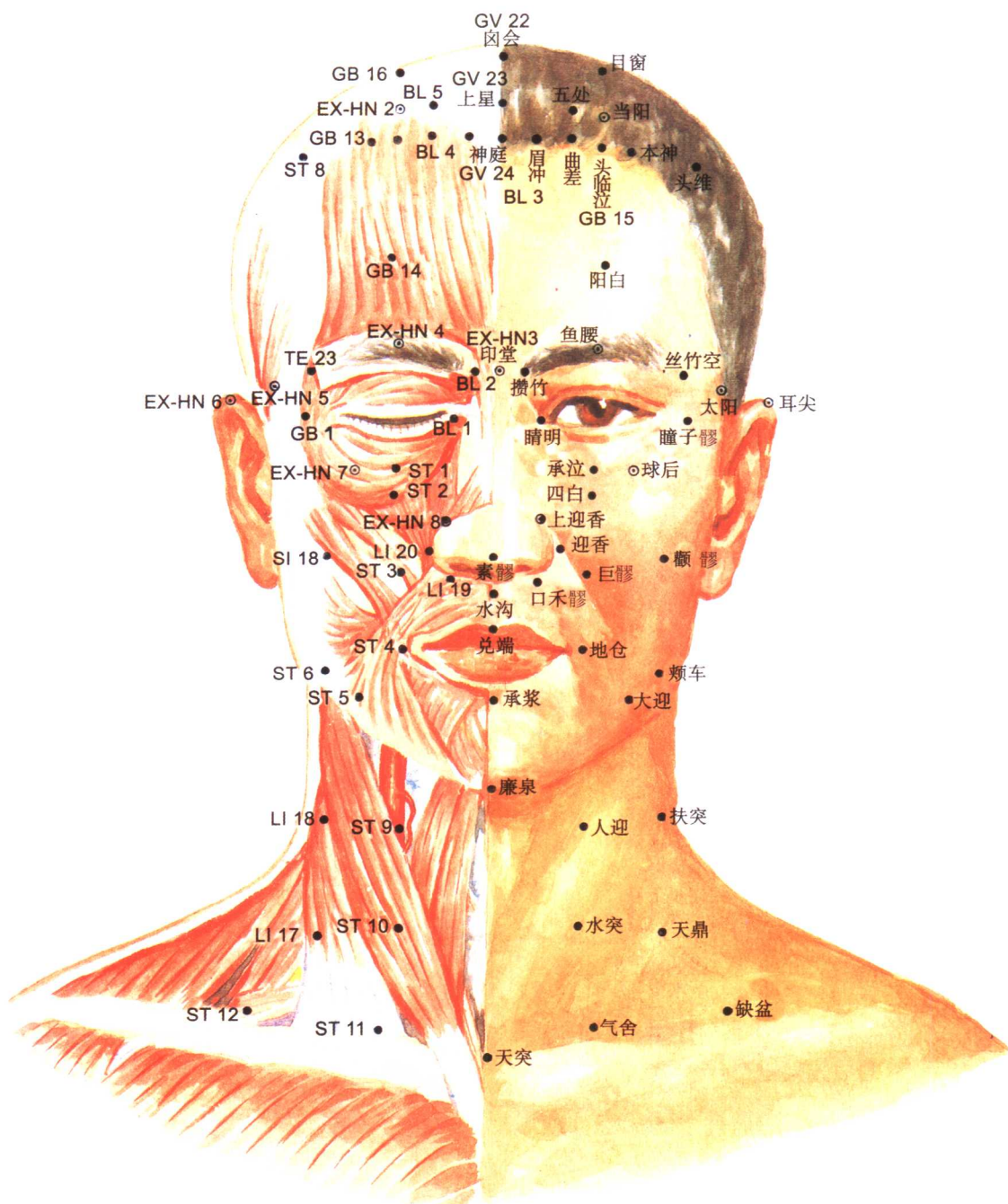


Fig. 5 Anterior acupoints of the head and neck (Superficial anatomy)

图 5 头颈部前面穴位(浅层解剖)