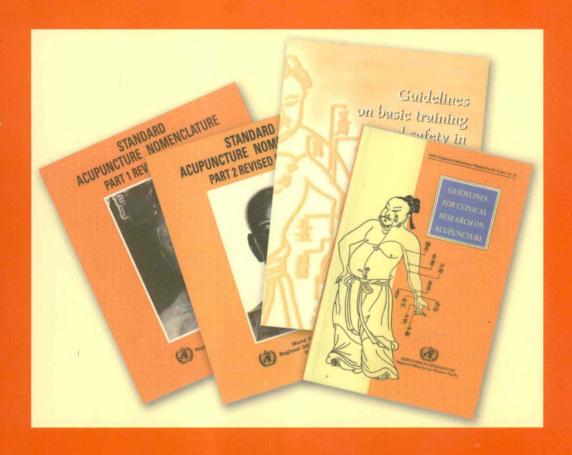
# Collection of WHO's Documents for Acupuncture

世界卫生组织针灸文件汇编



THE WORLD FEDERATION OF ACUPUNCTURE-MOXIBUSTION SOCIETIES (WFAS)

世界针灸学会联合会

#### **Preface**

On the occasion of the fifteenth anniversary of its establishment, the WFAS command compiled the very brochure concerning the four acupuncture standardizations made by WHO, in order to spread further the international acupuncture standardizations to the WFAS members and the world acupuncture field for improving the acupuncture research and application on one hand, and on the other hand to memorialize and thank WHO for its help in establishing and developing WFAS.

From 1984 till now, the West Pacific Ocean Office and WHO command and its officials have been giving strong supports and great helps to WFAS. I could not get the scenes out of my mind for a long time. It can be said that the supports and helps given by WHO quickened the smooth establishment and rapid development of WFAS. The West Pacific Ocean Office and its director, Dr. Hiroshi Nakajima joined us in the preparations of WFAS and later on, the directors, Dr. S. T. Han and Dr. Shigeru Omi helped WFAS as always. WHO ran together with WFAS all the previous world acupuncture conferences and some international acupuncture seminars. Secretary in charge, Dr. Hiroshi Nakajima and his assistant, the medical doctor Hu Qingli, the WHO representative in China and the project official of traditional medicine, Dr. Akrala, Dr. Zhang Xiaorui, and Dr. Chen Ken attended many times the academic activities and the working meetings of WFAS to help guide the WFAS work. Under the care and guidance of WHO, the formal non – government relation between WFAS and WHO was set up in 1998, being the sign that WFAS came to its new prosperous developing stage.

Spreading the international acupuncture standardizations made by WHO is the responsibility and obligation of WFAS. Application of these standardizations is the effective way to push acupuncture to develop in the whole world. The four standardizations compiled here are only a part of acupuncture standardizations made by WHO. There are still more standardizations not yet published. They will be issued one after another and offered to those acupuncture doctors and lovers for their study. I hope you like this brochure, and your proposals to it will be highly appreciated.

President of WFAS, Prof. Deng Liangyue

November 2002, Beijing

MAN

在世界针联成立十五周年之际,世界针联总部选译了世界卫生组织关于针 灸的 4 份标准化文件,并编辑印刷成这本小册子。一方面,是为了进一步向世 界针联会员和世界针灸界宣传和推广世界卫生组织制定的关于针灸的国际标准, 提高针灸研究与应用的科学水平;另一方面,也是为了纪念和感谢世界卫生组 织为世界针联的创建和发展所给予的支持、帮助与指导。

自从 1984 我参加筹建世界针联的工作至今,世界卫生组织西太区办事处、世界卫生组织总部及其官员们对世界针联的支持与帮助的感人场景,历历在目,让我难以忘怀。可以说,世界卫生组织的支持与帮助,在很大程度上推进了世界针联的顺利创建和快速发展。世界卫生组织西太区办事处和时任办事处主任的中岛宏博士直接参与了世界针联的筹备工作,后来继任的办事处主任韩湘泰博士和尾申茂博士一如既往地支持世界针联的工作。世界卫生组织与世界针联共同举办了历届世界针灸学术大会和一些国际针灸学术专题研讨会。世界卫生组织总干事中岛宏博士、助理总干事胡庆礼医生、历任世界卫生组织驻华代表、传统医学项目官员阿克瑞拉医生、张小瑞医生、陈恳医生多次参加世界针联的学术活动和工作会议,帮助指导世界针联工作。在世界卫生组织的关心和指导下,1998 年世界针联与世界卫生组织建立了非政府性正式关系,以此为标志,世界针联走向了繁荣发展的新时期。

宣传和推广世界卫生组织制定的国际针灸标准是世界针联的责任和义务,应用这些标准是推动针灸医学在世界上健康发展的有效途径。我们这次编译的 4 份文件是世界卫生组织制定的关于针灸标准化文件的一部分,还有一些文件没有正式发布或正在完善和编写当中,今后我们将陆续编译成册,奉献给世界上的针灸工作者和爱好者学习、研究和参考。希望大家能喜欢这本小册子,并对我们这项工作提出宝贵意见。

世界针联主席

教授

2002年11月 于北京

## CONTENTS

### 总 目 录

Standard Acupuncture Nomenclature Part 1 Revised Edition
针灸穴名标准——第1部分(修订版)
Standard Acupuncture Nomenclature Part 2 Revised Edition
Guidelines for Clinical Research on Acupuncture
Guidelines on Basic Training and Safety in Acupuncture

## Standard Acupuncture Nomenclature Part 1 Revised Edition

针灸穴名标准——第1部分(修订版)

WORLD HEALTH ORGANIZATION
Regional Office for the Western Pacific
世界卫生组织西太区办事处

#### **CONTENTS**

Pa	-
Introduction (	(5)
Lung Meridian · · · · · (	(9)
Large Intestine Meridian (9	9)
Stomach Meridian (10	.0)
Spleen Meridian (10	.0)
Heart Meridian ····· (1	.1)
Small Intestine Meridian	.1)
Bladder Meridian ····· (1	.1)
Kidney Meridian (12	.2)
Pericardium Meridian · · · · · · · · · · · · · · · · · · ·	.3)
Triple Energizer Meridian	3)
Gallbladder Meridian (13	3)
Liver Meridian · · · · · · · · · · · · · · · · · · ·	4)
Governor Vessel	4)
Conception Vessel	5)
ANNEX-List of Equivalent Alphabetic	
Codes of Meridian (16	6)

## THE STANDARD ACUPUNCTURE NOMENCLATUER INTRODUCTION

Acupuncture as a medical science dates back more than 2500 years to the first Chinese dynasties. It has been constantly evolving since that time, particularly during the last 300 years, and more especially since 1950, when acupuncture science came to be widely developed, both in theory and practice.

Because of the vast size of China, with its many dialects, and the fact that acupuncture has developed and evolved not only in China but in neighbouring countries as well, particularly Japan, Korea and Viet Nam, there are many differences in nomenclature which have given rise to various difficulties. For example, certain acupuncture points have a number of different names, while the different ways of pronouncing the same Chinese characters have caused mistakes and misunderstandings.

Acupuncture specialists in other countries have translated the Chinese names given to the acupuncture points, and the resultant transliterations and different pronunciations have further added to the discrepancies.

The need for acupuncture nomenclature to be internationalized and standardized is now recognized by acupuncture specialists. The resulting uniformity is expected to greatly facilitate understanding between acupuncture specialists with respect to both the papers they write and the lectures they present at seminars and congresses. It will facilitate both the teaching and understanding of published research materials and also permit more accurate descriptions and locations of points.

Efforts have been made in Japan and China to develop a uniform nomenclature. In 1965, a Japan Meridian and Points Committee was established, which recommended a tentative standard Japanese name and international numbering system for each acupuncture point. In China, the All China Acupuncture and Moxibustion Society established a nomenclature committee, composed of members from all over the country, which has developed a standard nomenclature. Since then, several other countries have formed their own national nomenclature committee. However, differences exist, of course, between the various nomenclatures.

In October 1980, Dr. Andrée Nakajima visited China as a WHO temporary adviser to review the existing nomenclature with a view to developing a standard acupuncture nomenclature. Preliminary meetings were arranged between the Chinese and the Japanese, who met five times in 1981 and 1982 in attempts to formulate policy guidelines on the standardization of acupuncture nomenclature. However, complete agreement on a standard nomenclature could not be reached.

With a view to establishing a standard acupuncture nomenclature in the Western Pacific Region, which contains the majority of acupuncturists in the world, the World Health Organization Regional Office for the Western Pacific organized a Working Group on the Standardization of Acupuncture Nomenclature, which met in Manila from 14 to 20 December 1982. This Working

Group, after careful consideration, proposed that the standard nomenclature should consist of three essential elements, namely, an alphanumeric code, the Chinese phonetic alphabet (Pinyin) name and the Han characters of the meridian and the acupuncture points.

The alphanumeric code would facilitate international exchange but lacks meaning from a therapeutic point of view and can lead to ambiguity, as exemplified by the meridian code of H, which can stand for both heart and liver (hepar), depending on the different sources. Nonetheless, the Working Group, noting that international exchange in acupuncture, at least in the Western Pacific Region, is mainly carried on through the medium of the English language, recommended that the alphanumeric code should be derived from the English language translation of the meridian names.

The Han (Chinese) character in widely used in oriental medicine in China, Japan, Korea, Singapore and Hong Kong, and gives the meridian and the acupuncture point name a meaning of therapeutic value which often defies translation. It should therefore be an essential element of the standard acupuncture nomenclature.

However, as Han characters are very difficult for non-Han using persons to use, it is important that the meaning be translated into other languages. As the Chinese phonetic alphabet (Pinyin) name of the meridians and acupuncture points would allow such non-Han using people to accurately pronounce the Han character names of meridians and acupuncture points, and as a full explanation would be given for the Pinyin names, thereby making Pinyin meaningful, it should form another essential element of the standard acupuncture nomenclature. Further, the Pinyin name would facilitate the formation of an alphabetic index and thus simplify the study of acupuncture, especially the meaning of the Han character, by non-Han using persons.

Following the Manila meeting in 1982, the World Health Organization Regional Office for the Western Pacific sponsored three regional meetings, which discussed and adopted various issues of acupuncture nomenclature.

#### These meetings were:

- Regional Consultation Meeting on the Standardization of Acupuncture Nomenclature,
   Tokyo, May 1984;
- Second Working Group on the Standardization of Acupuncture, Hong Kong, July 1985; and
- Third Working Group on the Standardization of Acupuncture Nomenclature, Seoul, June 1987.

After basic agreement at the Regional level, a Scientific Group to Adopt a Standard International Acupuncture Nomenclature was held in Geneva in October-November 1989.

This pamphlet contains the standardized nomenclature of 361 classical acupuncture points, on which consensus was reached at the Manila meeting in 1982, with minor revisions made at the

Hong Kong meeting in 1984 and the Geneva meeting in 1989.

At the Hong Kong meeting in 1985, studies focused on the "Eight Extra Meridians", which comprise the Governor Vessel Meridian and Conception Vessel Meridian, adopted by the working group in Manila in 1982, plus the six extra meridians. It was decided to omit the word "Meridian" after Governor Vessel and Conception Vessel, in order to standardize the nomenclature of the eight extra meridians.

At the Manila meeting in 1982, the principle used for deciding the alphabetic code of meridians was as follows:

- (1) When the Han character for a meridian consists of two characters, the alphabetical code consists of two capital letters.
- (2) When the Han character for a meridian consists of one character, the alphabetical code in one capital letter.
- (3) When different meridians have the same alphabetical codes, a lower case letter is added to distinguish them. For example, L is used for Lung meridian and Liv for liver meridian; S is used for stomach and Sp for spleen meridian.

At the Geneva meeting in 1989, this was again reviewed. The system adopted at the Manila meeting has been used for seven years. Members of WHO Regions other than the Western Pacific were also present at this meeting. After careful discussion, it was agreed that each alphabetical code should consist of two capital letters.

The former and revised codes are as follows:

Name of Meridian	Alphabetical Code			
	Former	Revised		
	(Manila, 1982)	(Geneva, 1989)		
1. Lung Meridian	L	LU		
2. Large Intestine Meridian	LI	LI		
3. Stomach Meridian	S	ST		
4. Spleen Meridian	Sp	SP		
5. Heart Meridian	Н	HT		
6. Small Intestine Meridian	SI	SI		
7. Bladder Meridian	В	BL		
8. Kidney Meridian	K	KI		
9. Pericardium Meridian	P	PC		
10. Triple Energizer Meridian	TE	TE		
11. Gallbladder Meridian	G	GB		
12. Liver Meridian	Liv	LR		
13. Governor Vessel	GV	GV		
14. Conception Vessel	CV	CV		

The revised alphabetic code is used in this edition.

In the nomenclature set out below, the alphanumeric code is shown in the left hand column, and the Chinese alphabet (pinyin) name is in the middle. The original form of the Han character of the acupuncture point is shown in the right hand column, the simplified form of the character being given in parentheses in the order of the one used in China, Japan and the Republic of Korea, if any.

The original form of the Han character is used only when it is still in use at present. If there are two or more original forms, the one with chronological pre-existence is given the first place and the other (s) are giver in parentheses. The variants and different typefaces adopted by the meetings are also placed in parentheses. When they appear together with simplified forms, typefaces come first, followed by the simplified forms, and then by variants.

The Annex lists the equivalent alphabetical codes of meridian names used previously. Although some of the alphabetical codes shown in the Annex have already been discarded, they may still have been used in older documents and books, and they have therefore been included.

#### Points of Lung Meridian, LU. Shǒutàiyīn Fèijīng xué 手太陰(阴)肺經(经,経)穴

LU 1	Zhōngfǔ	中府	LU 7	Lièquē	列缺
LU 2	Yúnmén	雲(云)門(门)	LU 8	Jīngqú	經(经,経)渠
LU 3	Tiānfǔ	天府	LU 9	Tàiyuān	太淵(渊,渊)
LU 4	Xiábái	俠(侠)白	LU 10	Yújì	魚(鱼)際(际)
LU 5	Chĭzé	尺澤(泽,沢)	LU 11	Shàoshāng	少商
LU 6	Kŏngzuì	孔最			

#### Points of Large Intestine Meridian, LI. Shǒuyángmíng Dàchángjīng xué 手陽(阳)明大腸(肠)經(经,経)穴

LI 1	Shāngyáng	商陽(阳)	LI 12	Zhouliáo	肘髎(髎)
LI 2	Èrjiān	二間(间)	LI 13	Shouwuli	手五里
LI 3	Sānjiān	三間(间)	LI 14	Bìnào	臂臑
LI 4	Hégǔ	合谷	LI 15	Jiānyú	肩髃(髃)
LI 5	Yángxī	陽(阳)谿(溪)	LI 16	Jùgǔ	巨骨(骨)
LI 6	Piānlì	偏歷(历,歴)	LI 17	Tiāndĭng	天鼎
LI 7	Wēnliū	溫(温)溜	LI 18	Fútū	扶突
LI 8	Xiàlián	下廉	LI 19	Kŏuhéliáo*	口禾髎(髎)*
LI 9	Shànglián	上廉		Héliáo §	禾髎(髎) <sup>§</sup>
LI 10	Shousanli	手三里	LI 20	Yingxiāng	迎(迎)香
LI 11	Qūchí	曲池		<b>※</b> § Either of these	can be used.

#### Points of Stomach Meridian, ST.

#### Zúyángmíng Wèijīng xué 足陽(阳)明胃經(经,経)穴

ST 1	Chéngqì	承泣	ST 24	Huáròumén	滑(滑)肉門(门)
ST 2	Sìbái	四白	ST 25	Tiānshū	天樞(枢)
ST 3	Jùliáo	巨髎(髎)	ST 26	Wàilíng	外陵
ST 4	Dicang	地倉(仓)	ST 27	Dàjù	大巨
ST 5	Dàying	大迎(迎)	ST 28	Shuĭdào	水道(道)
ST 6	Jiáchē	頰(颊)車(车)	ST 29	Gūilái	歸(归,帰)來(来)
ST 7	Xiàguān	下關(关,関,闰)	ST 30	Qìchōng	氣(气,気)衝(冲)
ST 8	Tóuwéi	頭(头)維(维)	ST 31	Bìguān	髀(髀)關(关,関,闰)
ST 9	Rénying	伤迎(迎)	ST 32	Fútù	伏兎(兔)
ST 10	Shuĭtū	水突	ST 33	Yīnshì	陰(阴)市
ST 11	Qìshè	氣(气,気)舍(舎)	ST 34	Liángqiū	梁丘
ST 12	Quēpén	缺盆	ST 35	Dúbí	犢(犊)鼻
ST 13	<b>Q</b> ìhù	氣(气,気)户	ST 36	Zúsānlĭ	足三里
ST 14	Kùfáng	庫(库)房	ST 37	Shàngjùxū	上巨虚(虚)
ST 15	Wūyì	屋翳	ST 38	Tiáokŏu	條(条)口
ST 16	Yīngchuāng	膺窗(窓)	ST 39	Xiàjùxū	下巨虚(虚)
ST 17	Rŭzhōng	乳(乳)中	ST 40	Fēnglóng	豐(丰,豊)隆(隆)
ST 18	Rŭgēn	乳(乳)根	ST 41	Jiěxī	解谿(溪)
ST 19	Bùróng	不容	ST 42	Chōngyáng	衝(冲)陽(阳)
ST 20	Chéngmăn	承滿(满,満)	ST 43	Xiàngŭ	陷(陷)谷
ST 21	Liángmén	梁門(门)	ST 44	Nèitíng	内庭
ST 22	Guānmén	關(关,関,闰)門(门)	ST 45	Lìduì	厲(厉)兌(兑)
ST 23	Tàiyĭ	太乙			

#### Points of Spleen Meridian, SP. Zútàiyīn Píjīng xué

#### 足太陰(阴)脾經(经,経)穴

SP 1	Yĭnbái	隱(隐,隠)白	SP 12	Chōngmén	衝(冲)門(门)
SP 2	Dàdū	大都(都)	SP 13	Fŭshè	府舍(舎)
SP 3	Tàibái	太白	SP 14	Fùjié	腹結(结)
SP 4	Göngsün	公孫(孙)	SP 15	Dàhéng	大横
SP 5	Shāngqiū	商丘	SP 16	Fù'āi	腹哀
SP 6	Sānyīnjiāo	三陰(阴)交	SP 17	Shídòu	食竇(窦)
SP 7	Lŏugŭ	漏谷	SP 18	Tiānxī	天谿(溪)
SP 8	Dìjī	地機(机)	SP 19	Xiōngxiāng	胸鄕(乡,郷)
SP 9	Yīnlíngquán	陰(阴)陵泉	SP 20	Zhōuróng	周榮(荣,栄)
SP 10	Xuèhǎi	血海(海)	SP 21	Dàbāo	大包(包)
SP 11	Iīmén	箕門(门)			

#### Points of Heart Meridian, HT. Shǒushàoyīn Xīnjīng xué 手少陰(阴)心經(经,経)穴

HT 1	Jíquán	極(极)泉	HT 6	Yīnxì	陰(阴)郄
HT 2	Qīnglíng	青(青)靈(灵,霊)	HT 7	Shénmén	神(神)門(门)
HT 3	Shàohài	少海(海)	HT 8	Shàofǔ	少府
HT 4	Língdào	靈(灵,霊)道(道)	HT 9	Shàochōng	少衝(冲)
HT 5	Tōnglĭ	通(通)里			

#### Points of Small Intestine Meridian, SI. Shŏutàiyáng Xiǎochángjīng xué

手太陽(阳)小腸(肠)經(经,経)穴

SI 1	Shàozé	少澤(泽,沢)	SI 11	Tiānzōng	天宗
SI 2	Qiángǔ	前谷	SI 12	Bingfēng	秉風(风)
SI 3	Hòuxī	後(后)谿(溪)	SI 13	Qūyuán	曲垣
SI 4	Wàngǔ	腕骨(骨)	SI 14	Jiānwàishū	肩外兪(俞)
SI 5	Yánggǔ	陽(阳)谷	SI 15	Jiānzhōngshū	肩中兪(俞)
SI 6	Yǎnglǎo	養(养)老	SI 16	Tiānchuāng	天窗(窓)
SI 7	Zhīzhèng	支正	SI 17	Tiānróng	天容
SI 8	Xiǎohǎi	小海(海)	SI 18	Quánliáo	顴(颧)髎(髎)
SI 9	Jiānzhēn	肩貞(贞)	SI 19	Tīnggōng	聽(听,聴)宮(宮)
SI 10	Nàoshū	臑兪(俞)			

#### Points of Bladder Meridian, BL. Zútàiyáng Pángguāngjīng xué 足太陽(阳)膀胱經(经,経)穴

BL 1	Jīngmíng	睛(睛)明	BL 35	Huìyáng	會(会)陽(阳)
BL 2	Cuánzhú(Zănzhú)	)攢(攒,攢)竹	BL 36	Chéngfú	承扶
BL 3	Méichōng	眉衝(冲)	BL 37	Yīnmén	殷門(门)
BL 4	Qūchā(Qūchāi)	曲差(差)	BL 38	Fúxì	浮(浮)郄
BL 5	Wŭchù	五處(处,処)	BL 39	Wěiyáng	委陽(阳)
BL 6	Chéngguāng	承光	BL 40	Wěizhōng	委中
BL 7	Töngtiān	通(通)天	BL 41	Fùfén	附分
BL 8	Luòquè	絡(络)卻(却)	BL 42	Pòhù	魄戸
BL 9	Yùzhěn	玉枕	BL 43	Gāohuāng	膏肓
BL 10	Tiānzhù	天柱	BL 44	Shéntáng	神(神)堂
BL 11	Dàzhù	大杼	BL 45	Yìxĭ	譩(谚)譆(语)
BL 12	Fēngmén	風(风)門(门)	BL 46	Géguān	膈關(关,関,罔)

BL 13	Fèishū	肺兪(俞)	BL 47	Húnmén	魂門(门)
BL 14	Juéyīngshū	厥陰(阴)兪(俞)	BL 48	Yánggāng	陽(阳)綱(纲)
BL 15	Xīnshū	心兪(俞)	BL 49	Yìshè	意舍(舎)
BL 16	Dūshū	督兪(俞)	BL 50	Wèicāng	胃倉(仓)
BL 17	Géshū	膈兪(俞)	BL 51	Huāngmén	育門(门)
BL 18	Gānshū	肝兪(俞)	BL 52	Zhìshì	志室
BL 19	Dănshū	膽(胆)兪(俞)	BL 53	Bāohuāng	胞(胞)肓
BL 20	Píshū	脾兪(俞)	BL 54	Zhìbiān	秩邊(边,辺)
BL 21	Wèishū	胃兪(俞)	BL 55	Héyáng	合陽(阳)
BL 22	Sānjiāoshū	三焦兪(俞)	BL 56	Chéngjīn	承筋
BL 23	Shènshū	腎(肾)兪(俞)	BL 57	Chéngshān	承山
BL 24	Qìhǎishū	氣(气,気)海(海)兪(俞)	BL 58	Fēiyáng	飛(飞)揚(扬)
BL 25	Dàchángshū	大腸(肠)兪(俞)	BL 59	Fūyáng	跗陽(阳)
BL 26	Guānyuánshū	關(关,関,闰)元兪(俞)	BL 60	Kūnlūn	崑(昆)崙(侖,仑)
BL 27	Xiǎochángshū	小腸(肠)兪(俞)	BL 61	Púcān(Púshēn)	僕(仆)參(参)
BL 28	Pangguāngshū	膀胱兪(俞)	BL 62	Shēnmài	申脈(脉)
BL 29	Zhōnglǚshū	中膂兪(俞)	BL 63	Jīnmén	金門(门)
BL 30	Báihuánshū	白環(环)兪(俞)	BL 64	Jīnggǔ	京骨(骨)
BL 31	Shàngliáo	上髎(髎)	BL 65	Shùgǔ	束骨(骨)
BL 32	Cìliáo	次髎(髎)	BL 66	Zútōnggǔ	足通(通)谷
BL 33	Zhōngliáo	中髎(髎)	BL 67	Zhìyīn	至陰(阴)
BL 34	Xiàliáo	下髎(髎)			

#### Points of Kidney Meridian, KI. Zúshǎoyīn Shènjīng xué 足少陰(阴)腎(肾)經(经,経)穴

KI 1	Yŏngquán	湧(涌)泉	KI 15	Zhōngzhù	中注
KI 2	Rángǔ	然谷	KI 16	Huāngshū	育兪(俞)
KI 3	Tàixī	太谿(溪)	KI 17	Shāngqū	商曲
KI 4	Dàzhōng	大鍾钟(钟)	KI 18	Shíguān	石關(关,関,阕)
KI 5	Shuĭquán	水泉	KI 19	Yīndū	陰(阴)都(都)
KI 6	Zhàohǎi	照海(海)	KI 20	Fùtōnggǔ	腹通(通)谷
KI 7	Fùliū	復(复)溜	KI 21	Yōumén	幽門(门)
KI 8	Jiāoxìn	交信	KI 22	Bùláng	步(歩)廊
KI 9	Zhùbīn	築(筑)賓(宾)	KI 23	Shénfēng	神(神)封
KI 10	Yīngǔ	陰(阴)谷	KI 24	Língxū	靈(灵,霊)墟(墟)
KI 11	Hénggǔ	横骨(骨)	KI 25	Shéncáng	神(神)藏(蔵)
KI 12	Dàhè	大赫	KI 26	Yùzhōng	彧中
KI 13	Qìxué	氣(气,気)穴	KI 27	Shūfŭ	兪(俞)府
KI 14	Sìmăn	四滿(满,満)			

#### Points of Pericardium Meridian, PC. Shǒujuéyīn Xīnbāojīng xué 手厥陰(阴)心包(包)經(经,経)穴

PC 1	Tiānchí	天池	PC 6	Nèiguān	内關(关,関,闰)
PC 2	Tiānquán	天泉	PC 7	Dàling	大陵
PC 3	Qūzé	曲澤(泽,沢)	PC 8	Láogōng	勞(劳,労)宮(宮)
PC 4	Xìmén	郄門(门)	PC 9	Zhōngchōng	中衝(冲)
PC 5	Jiānshĭ	間(间)使			

#### Points of Triple Energizer Meridian, TE. Shǒushàoyáng Sānjiāojīng xué 手少陽(阳)三焦經(经,経)穴

TE 1	Guānchōng	關(关,関,闵)衝(冲)	TE 13	Nàohuì	臑會(会)	
TE 2	Yèmén	液門(门)	TE 14	Jiānliáo	肩髎(髎)	
TE 3	Zhōngzhǔ	中渚(渚)	TE 15	Tiānliáo	天髎(髎)	
TE 4	Yángchí	陽(阳)池	TE 16	Tiānyŏu	天牖	
TE 5	Wàiguān	外關(关,関,闰)	TE 17	Yìfēng	翳風(风)	
TE 6	Zhīgōu	支溝(沟)	TE 18	Chìmài(Qìmài)	瘈脈(脉)	
TE 7	Huìzōng	會(会)宗	TE 19	Lúxī	顱(颅)息	
TE 8	Sānyángluò	三陽(阳)絡(络)	TE 20	Jiǎosūn	角孫(孙)	
TE 9	Sìdú	四瀆(渎)	TE 21	Ěrmén	耳門(门)	
TE 10	Tiānjǐng	天井	TE 22	Ěrhéliáo*	耳和髎(髎)*	
TE 11	Qīnglěngyuān	清(清)冷(令)淵(渊,渕)		Héliáo §	和髎(髎)§	
TE 12	Xiāoluò	消濼(泺)	TE 23	Sīzhúkōng	絲(丝)竹空	
			* & Fither of these can be used			

\* S Either of these can be used.

#### Points of Gallbladder Meridian, GB. Zúshàoyáng Dǎnjīng xué 足少陽(阳)胆經(经,経)穴

GB 1	Tóngziliáo	瞳子髎(髎)	GB 23	Zhéjīn	輒(辄)筋
GB 2	Tīnghuì	聽(听,聴)會(会)	GB 24	Rìyuè	日月
GB 3	Shàngguān	上關(关,関,闰)	GB 25	Jīngmén	京門(门)
GB 4	Hànyàn	頷(颔)厭(厌)	GB 26	Dàimài	帶(带,帯)脈(脉)
GB 5	Xuánlú	懸(悬)顱(颅)	GB 27	Wŭshū	五樞(枢)
GB 6	Xuánlí	懸(悬)釐(厘)	GB 28	Wéidào	維(维)道(道)
GB 7	Qūbìn	曲鬢(鬓)	GB 29	Jūliáo	居髎(髎)
GB 8	Shuàigǔ	率谷	GB 30	Huántiào	環(环)跳