

汉英对照

实用针灸 对穴疗法

主编 张建斌



凤凰出版传媒集团
江苏科学技术出版社

*Clinical Application of Pair-Point
(Chinese-English)*

汉英对照

实用针灸 对穴疗法

主编 张建斌

编者 王进

陈建宇

沈国伟

翻译

Sherry Pai

Jessy Kennedy



凤凰出版传媒集团
江苏科学技术出版社

*Clinical Application of Pair-Point
(Chinese-English)*

南京中医药大学

图书在版编目(CIP)数据

实用针灸对穴疗法: 汉英对照 / 张迺斌主编. —南京:
江苏科学技术出版社, 2007. 12
ISBN 978-7-5345-5667-8

I. 实… II. 张… III. 针灸疗法-穴位-汉、英 IV.
R224. 2

中国版本图书馆 CIP 数据核字(2007)第145048 号

实用针灸对穴疗法(汉英对照)

主 编 张建斌
责任编辑 傅永红
责任校对 郝慧华
责任监制 曹业平

出版发行 江苏科学技术出版社(南京市湖南路 47 号, 邮编: 210009)
网 址 <http://www.pspress.cn>
集团地址 凤凰出版传媒集团(南京市中央路 165 号, 邮编: 210009)
集团网址 凤凰出版传媒网 <http://www.ppm.cn>
经 销 江苏省新华发行集团有限公司
照 排 南京展望文化发展有限公司
印 刷 盐城印刷总厂有限责任公司

开 本 787mm×1092mm 1/16
印 张 17.25
字 数 290 000
版 次 2008 年 1 月第 1 版
印 次 2008 年 1 月第 1 次印刷

标准书号 ISBN 978-7-5345-5667-8
定 价 33.00 元

图书如有印装质量问题, 可随时向我社出版科调换。

前 言 Preface

腧穴是影响针灸临床疗效的三大因素之一。历代针灸医家都非常重视对腧穴的研究。精研每个腧穴,是针灸医生的基本功课,而临床运用时,还涉及腧穴的组合和配伍,其中最基本的单位就是两个腧穴的组合。探究两个腧穴之间的组合和配伍,自《内经》时代就开始了,历代医家也积累了许多经验,但是直到 1986 年,吕景山先生提出“对穴”这个术语,并进行了第一次系统总结,才开始在理论层面研讨腧穴的两两组合。无疑,对于“对穴”的认识,不仅是对单个腧穴体会和理解的升华,而且更可以帮助深入探讨腧穴的组合和配伍规律。

Acupoint is one of the three important factors to affect therapeutic effect. So, acupuncturists in history are all pay more attention on acupoint. To study and research is the basic skill for acupuncturist. Besides the location and the function of every acupoint, the combination and the compatibility of acupoint are involved in clinical application, among which primary unit is two point combinations. Pair-point has been studied since *Yellow Emperor's Inner Classic* (*Huang di nei jing*), about which many experiences have been accumulated from then on. Until 1986, it was Mr. *Lü jingshan* to give us the terms “Pair-point” and to summarize its theory. Undoubtedly, not only sublimation from single point, the recognition of Pair-point is also the foundation to study the method and law of the combination and the compatibility of acupoint.

本书主要分成两个部分:第一部分用较短的篇幅对对穴理论研究进行概述,简要介绍了对穴的源流、组合原则和配伍规律、理论依据以及对穴配伍的现代实验研究;第二部分,从临床实用的角度,阐述 47 个临床常见病症的不同对穴组合运动,涉及对穴 148 对,其中包括历代医家和当代医家的经验,更有本人的临证应用体会和心得,尤其是临床运用时的特殊操作技巧等也作了阐述。为方便查找和使用,还依据对穴出现的先后顺序,随文附有 148 对对穴的

图示。

This book includes two chapters: the first part is a review on Pair-point theory which includes tracing the source, principle and formula, foundation and modern research of theory; the second part deals with 47 diseases which are treated by 148 Pair-points, some of which are the experiences of acupunctist at past or present, more are ours with manipulation skill simultaneously. In order to learn conveniently, 148 diagrammatical presentations appear in text seriatim.

本书是应江苏科学技术出版社傅永红编辑之邀编著的,在写作过程中参考了历代医家和当代吕景山先生等的经验、以及当代一些学者的研究成果,本书的翻译是由美籍华人 Sherry 和 Jessy 夫妇完成的,前期图示绘制得到薛铭超的帮助。在此一并表示感谢。

Concise and practical styles of writing are our pursuit. Reader enlightened and assisted are our desire and expectation.

本书写作力求简洁、实用愿对翻阅此书的读者有所帮助和启发。

Acknowledgment are to the editor Ms. *Fu yonghong* who suggests and invites us to compose this book, to Mr. *Lü jingshan* and other scholars whose experience and achievement we refer to in this book, to Sherry and Jessy who translate the book into English, and to Mr. *Xue mingchao* who draws some diagrams.

编著者

Authors



目 录

Catalogue

第一章 对穴的理论研究 1

Chapter I. Review on

Pair-point 1

第一节 对穴溯源 1

Section I. Tracing the Source of

Pair-point Theory 1

第二节 对穴的组合原则与规律 10

Section II. Pair-point Combination

Principle and Formula 10

第三节 对穴的理论依据 15

Section III. Foundation of

Pair-point Theory 15

第四节 对穴组合的现代研究 17

Section IV. Modern Research of

Pair-point 17

第二章 病症与对穴治疗 24

Chapter II. Diseases and Pair-point

Treatment Combinations 24

第一节 中风 24

Section I. Stroke 24

第二节 头痛 36

Section II. Headache 36

第三节 失眠症 47

Section III. Insomnia 47

第四节 眩晕症 57

Section IV. Vertigo	57
第五节 癫痫	69
Section V. Epilepsy	69
第六节 精神分裂症	76
Section VI. Schizophrenia	76
第七节 癔病	83
Section VII. Hysteria	83
第八节 周围性面神经麻痹	85
Section VIII. Peripheral facial	
paralysis	85
第九节 结膜炎	91
Section IX. Conjunctivitis	91
第十节 近视	94
Section X. Myopia	94
第十一节 耳鸣、耳聋	97
Section XI. Tinnitus/Hearing	
Impairment	97
第十二节 鼻炎	103
Section XII. Rhinitis	103
第十三节 牙痛	109
Section XIII. Toothache	109
第十四节 咽喉炎	114
Section XIV. Laryngitis	114
第十五节 失音	117
Section XV. Aphasia	117
第十六节 感冒	121
Section XVI. Common Cold	121
第十七节 急性支气管炎	127

Section XVII. Acute Bronchitis	127	第三十三节 月经不调	203
第十八节 慢性支气管炎	129	Section XXXIII. Menoxenia	203
Section XVIII. Chronic Bronchitis	129	第三十四节 痛经	209
第十九节 支气管哮喘	132	Section XXXIV. Dysmenorrhea	209
Section XIX. Bronchial Asthma	132	第三十五节 功能性子宫出血	212
第二十节 心律不齐	141	Section XXXV. Dysfunctional Uterine	
Section XX. Arrhythmia	141	Bleeding (DUB)	212
第二十一节 心绞痛	144	第三十六节 盆腔炎	215
Section XXI. Coronary Heart Disease /		Section XXXVI. Pelvic Inflammatory	
Angina Pectoris	144	Disease (PID)	215
第二十二节 高血压病	152	第三十七节 阳痿	217
Section XXII. Hypertension	152	Section XXXVII. Erectile	
第二十三节 自汗	160	Dysfunction	217
Section XXIII. Hyperhidrosis	160	第三十八节 遗精	222
第二十四节 膈肌痉挛	163	Section XXXVIII. Nocturnal	
Section XXIV. Hiccups	163	Emissions	222
第二十五节 急性胃肠炎	167	第三十九节 小儿遗尿	227
Section XXV. Acute		Section XXXIX. Enuresis	227
Gastroenteritis	167	第四十节 痔	229
第二十六节 慢性肠炎	170	Section XL. Hemorrhoids	229
Section XXVI. Chronic		第四十一节 皮肤瘙痒症	235
Gastroenteritis	170	Section XLI. Pruritus	235
第二十七节 胃神经症	174	第四十二节 落枕	239
Section XXVII. Gastroneurosis	174	Section XLII. Stiff Neck	239
第二十八节 消化性溃疡	178	第四十三节 肩周炎	245
Section XXVIII. Peptic Ulcer	178	Section XLIII. Periarthritis of	
第二十九节 便秘	182	Shoulder	245
Section XXIX. Constipation	182	第四十四节 肋肋痛/肋间神经痛	247
第三十节 胆囊炎	186	Section XLIV. Rib Pain / Intercostal	
Section XXX. Cholecystitis	186	Neuralgia	247
第三十一节 病毒性肝炎	191	第四十五节 腰扭伤	252
Section XXXI. Viral Hepatitis	191	Section XLV. Lumbar Sprain	252
第三十二节 2型糖尿病	201	第四十六节 腰腿痛	256
Section XXXII. Type 2 Diabetes	201	Section XLVI. Lower Back Pain	256

Chapter I. Review on Pair-point

Pair-point is a method of acupuncture treatment point selection. Based on certain principles and regularities, the combination of two points work synergistically, maximizing complimentary effects to produce greater results than each point would individually.

The Pair-point terminology was coined by Mr. Lü jingshan in 1986. Inspired by the concept of "Paired Medicine", Mr. Lu began systematically researching and summarizing a set of Pair-points to be used in acupuncture treatment. Lu believes that in acupuncture treatment, it is important to be precise in the selection of points in order to achieve maximum therapeutic effects with minimal needling.

Section I. Tracing the Source of "Pair-point" Theory

Dating back in history, acupuncture physicians in the past had recognized the use of acupuncture points from one point to many points. The concept of Pair-point is evident in *Yellow Emperor's Inner Classic* (Huang di nei jing) but under different terminology and format. In the eras

第一章 对穴的理论研究

对穴是指按照一定的原则和规律,具有稳定的功能和功效,两个腧穴的组合,属于针灸选穴配伍的范畴。

“对穴”这个术语是1986年由吕景山先生提出,并进行了第一次系统总结。吕先生在施今墨“药对”的启发下,触类旁通,运用针灸于临床实践,倡立“对穴”之说,认为针灸临床选穴,贵在精疏,在精通腧穴主治性能基础上,根据客观病情而精简取穴,以期达到效专力宏之目的。

第一节 对穴溯源

追溯历史和认识的过程,古代针灸医生对腧穴的运用,有一个从单穴到多穴的过程。在《内经》时代就已经出现“对穴”的使用,不过以另外的形式和术语出现。后世针灸医生也在临床实践中有新的阐发和总结,出现了多种形式的两穴组合和配对。

1. 《内经》、《难经》中的对穴

在《内经》中出现了几种形式的对穴治疗。例如,《内经》中“偶刺”、“傍针刺”等刺法,其实也就是体现两个腧穴的配合使用。《灵枢·官针》有:“偶刺者,以手直心若背,直痛所,一刺前,一刺后,以治心痹”;“傍针刺者,直刺、傍刺各一,以治留痹久居者也。”偶刺是身体躯干部前后两个腧穴的配合,傍针刺是邻近两个腧穴的组合运用,其实际就是两种“对穴”的组合形式。

此外,《内经》中还有一些针灸组方中,也体现了两个腧穴相对固定的组合和配伍。

detailed below clinical experience led doctors to develop new ideas and form varying styles and many combinations of two acupuncture points.

1. Use of Pair-point in *Yellow Emperor's Inner Classic* (Huang di nei jing) and *The Classic of Difficulties* (Nan jing)

There are several examples of Pair-point treatments in *Yellow Emperor's Inner Classic* (Huang di nei jing). For example, *Yellow Emperor's Inner Classic* (Huang di nei jing) terminologies such as “coupled needling”, or “adjacent needling”, are in fact a combination of two acupuncture points. *Spiritual Pivot* (Ling shu) the Official Needling chapter states: ‘For “coupled needling”, place hand over heart and back, palpate the tender point. At the tender point location, needle at front of the body, and needle at the back of the body, to treat heart *bi* or blockage.’ In case of “adjacent needling”, place a needle perpendicularly and place another needle adjacently, to treat long residing *bi* or blockage”. Coupled needling is the combination of the front and back of the body trunk. Adjacent needling is a combination of two adjacent acupuncture points. These are two examples of Pair point combinations.

In addition, *Yellow Emperor's Inner Classic* (Huang di nei jing) also recorded some combinations of fixed opposing points.

For example, in *Spiritual Pivot* (Ling shu), *Five Pathogenic Factors* states “if the pathogenic factor is in the kidney... needle Yongquan (KI1) and Kunlun (BL60)”. This is an example of the application of a two point combination.

The *Classic of Difficulties* (Nan jing) also mentioned several point combinations that appeared in pairs. In *The Classic of Difficulties* (Nan jing), the *Sixty-ninth difficulty* states, “In case of deficiency, tonify its mother; in excess, reduce its son. One should always tonify first, and then reduce.” Here it illustrates the selection of combined points through the mother and son relationship. Furthermore, in *The Classic of Difficulties* (Nan jing), the *Seventy-fifth difficulty* states “Reduce the fire in the south; tonify the water in the north. Southern fire is the son of wood. Northern water is the mother of wood. Water triumphs over fire. Son can fulfill the mother, and mother can empty the son. Therefore, reduce the fire to tonify water, causing gold not to pacify wood.” The “reduce south and tonify north” method is used for treating “excess liver and deficient lung.” This is an example of the Pair-point method based on the five elements.

Therefore, although there are no set Pair-point combinations explicitly stated in *Yellow Emperor's Inner Classic* (Huang di nei jing) or *The Classic of Difficulties* (Nan jing), there are many combinations of two acupuncture treatment points listed with their own principles and regularities.

例如:《灵枢·五邪》有“邪在肾,……取之涌泉、昆仑”等,都是双穴组合成方的具体应用。

《难经》中也涉及两个腧穴的组合,也是以刺法的形式出现的。例如《难经·六十九难》有“虚者补其母,实者泻其子。当先补之,然后泻之”,这里是依据腧穴的母子关系,进行配穴。再如《难经·七十五难》有“泻南方火,补北方水。南方火,火者木之子也;北方水,水者木之母也。水胜火,子能令母实,母能令子虚,故泻火补水,欲令金不得平木也”,针对“肝实肺虚”的病症,使用“泻南补北法”治疗,也是按照五行生克原理进行选择腧穴,并就两个腧穴进行配伍和组合。

应该说,《内经》、《难经》时代中出现了两个腧穴的配方和组合,并有了一定的原则和规律,但尚没有形成腧穴的固定搭配。

2. 《针灸甲乙经》中的对穴

晋代皇甫谧撰写的《针灸甲乙经》中,记载和保留了大量的对穴。有人分析《针灸甲乙经》处方配穴特点后发现:《针灸甲乙经》中选取两个及两个以上明确穴位的治疗条文共 101 条,其中两穴相配的条文 55 条。

在两穴组合中,大量选取了特定穴配伍组方。在特定穴互配使用中,又以五输穴的互配使用为最多,包括荥输相配、荥合相配、荥经相配、输经相配、输合相配、井井相配、井合相配、井经相配等组合。

2. Pair-point in *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing)

A great number of Pair-points were recorded by Huang Fu Mi in *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing) during the Jin Dynasty in 282 A.D. After extensive research, some found that in *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing) there are 101 items in treatment instructions describing at least two distinct points. Of those, 55 items were focused on pair-point combinations.

In the-pair point combinations specific points were used most commonly. Within the specific points pairings, the use of five-shu-point pairings was most popular. The combinations include: ying-spring point and shu-stream point pair, ying-spring point and he-sea point pair, ying-spring point and jing-river point pair, shu-stream point and jing-river point pair, shu-stream point and he-sea point pair, jing-well point and jing-well point pair, jing-well point and he-sea point pair, and jing-well point and jing-river point pair.

In addition, there is the anterior-posterior pairing method, which is one point on the chest and abdomen paired with a point on the back. *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing) Book Nine, Number Seven states, "if the

abdomen is full, one is unable to eat, needle the middle of the spine. If the qi in the abdomen is excessive and distending, and leading to pain along the spine, although eating much food, but the body appears to be weak and thin, then first needle Pishu (BL20), later, needle the last rib." In this example, the bladder channel of the foot taiyang's back-shu point, Pishu (BL20), is paired with the liver channel of the foot jueyin's front-mu point, Zhangmen (LR14). This is the anterior-posterior pairing method.

Another combination of pairs is internal and external pairing in which the points are from two channels that are internally and externally connected. For example, *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing) Book Nine, Number Eight lists, "Lumbar pain, cannot stand upright for a long time and bend back and forth, use Jingmen (GB25) and Xingjian (LR2)." Here, the gallbladder channel of foot shaoyang's front-mu point and the liver channel of the foot jueyin's ying-spring point are paired as an internal and external point combination.

Superior and inferior pair combination is another frequently found method of pairing. This is where a point above the lumbar or on the upper limb is paired with a point located below the lumbar or on the lower limb. Such as in *The Systematic Classic of Acupuncture*

此外,还有前后配穴法(即胸腹部穴位与背部穴位配伍的方法),例如《针灸甲乙经·卷九·第七》:“腹满不能食,刺脊中。腹中气胀引脊痛,饮食多,身羸瘦,名曰食晦,先取脾俞,后取季胁。”以足太阳膀胱经背俞穴脾俞与足厥阴肝经募穴章门相配,即为前后配穴;表里配穴法(即相表里的两条经脉的腧穴配伍使用),例如《针灸甲乙经·卷九·第八》:“腰痛不可以久立俯仰,京门及行间主之。”以足少阳胆经募穴与足厥阴肝经荣穴相配,即为表里配穴;上下配穴法(即上肢或腰部以上的穴位与下肢或腰部以下的穴位配伍使用),例如《针灸甲乙经·卷九·第十一》:“气癰溺黄,关元及阴陵泉主之。”以任脉关元穴与足太阴脾经合穴阴陵泉相配,即为上下配穴;远近配穴法(即病变局部穴位与远端穴位配伍使用),例如《针灸甲乙经·卷十二·第六》:“齿痛,颧髻及二间主之。”以手太阳小肠经颧髻穴与手阳明大肠经荣穴二间相配,即为远近配穴。

《针灸甲乙经》中,还有一些固定的配穴组合,其中包括两个腧穴的固定搭配。例如:大都配太白治疗胃气冲心作痛,取与足阳明胃经相表里的足太阴脾经的大都、太白二穴治疗;太溪配冲阳治疗痉证及阳气虚脱不能固摄所致的“霍乱,便出不自知”之症,取足少阴肾经之原穴太溪固先天元阳、足阳明胃经之原穴冲阳以补后天谷气,等等。

and Moxibustion (Zhen jiu jia yi jing) • Book Nine, Number Eleven, “Blockage of qi causing retention of urine, yellow urination, use Guanyuan (RN4) and Yinlingquan (SP9). The combination of Guanyuan (RN4) on the Ren channel paired with Yinlingquan (SP9), the he-sea point of the spleen channel of foot taiyin is a good example of superior and inferior pair combination.

Local and distal point paring is employed depending on the location of the disease. One point is selected at the location of the disease while the other is distal, further away from the indicated point. This technique is illustrated in *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing) • Book Twelve, Number Six which states for “Toothache, use Quanliao (SI18) and Erjian (LI2).” Quanliao (SI18), a point on the small intestine channel of hand taiyang, located at the border of the cheek is paired with Erjian (LI2), the ying-spring point of the large intestine of the hand yangming, located at the tip of the finger. This is an example of local and distant point pairing.

There are, in *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing), some cases where some points are regularly paired together. For example, Dadu (SP2) paired with Taibai (SP3) to treat heartburn from stomach qi is an example of

selecting Dadu (SP2) and Taibai (SP3) pairing on the spleen channel of foot taiyin that is internally and externally connected to the stomach channel of foot yangming. Another pairing is Taixi (KI3) with Chongyang (ST42) to treat spasm syndrome and “acute gastroenteritis, having bowel movement without any awareness” caused by deficiency of yang qi. Here, Taixi (KI3), the yuan-source point of the kidney channel of foot shaoyin, is used to solidify and strengthen congenital yang whereas Chongyang (ST42), the yuan-source point of the stomach channel of foot yangming, works to supplement the grain qi.

Therefore, the concept of dual points pairing has been understood and its importance recognized as early as *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing), providing a structure and basic framework for the further development of “Pair-Point.”

3. Development of Pair-point after Sui and Tang Dynasty (581–901A.D.)

After Sui and Tang dynasty, especially in the Jin, Yuan and Ming dynasties (1115–1644 A. D.), some acupuncture physicians investigated and researched the intricacies between the relationships of Pair-point and derived other concepts such as “host-guest”, “yin and yang”, “husband and wife”, “father and

《针灸甲乙经》中出现了两穴组合,并有了固定的搭配,标志着“对穴”概念的出现和经验积累的开始。《针灸甲乙经》中出现的“对穴”形式,也为后世医生积累这方面的经验,奠定了基本框架。

3. 隋唐以后的对穴

隋唐以后,特别是金元明时期,有部分针灸医生对两个腧穴之间的组合和配伍,进行过深入地探讨和研究,出现了腧穴的主客运用、阴阳组合、夫妻配伍和父母搭配等,明代针灸大家凌云还创立了“应穴”的概念,揭示了两个腧穴之间相互配合的原理。

八法八穴(又称为“交经八穴”“八脉交会穴”)的出现和组合运用,是腧穴两两组合的典范,也是对穴的一种特殊形式。八脉八穴最早见于金元时代窦汉卿所著《针灸指南》,原称为“交经八穴”和“流注八穴”,至明代徐凤《针灸大全·卷四》专载“窦文真公八法流注”一章,称之为“八脉交会八穴”。窦汉卿精于八穴治疗疾病,并且将列缺与照海、后溪与申脉、内关与公孙、外关与足临泣两两相配,通过奇经八脉和十二经脉交会的关系,使之成为手足上下的主客相应,其疗效更为显著。

例如:公孙和内关配合,可治心胸胃部的病症;后溪和申脉配合,可治目内眦、颈项、耳肩疾患;足临泣和外关配合,可治目锐眦、耳后、颊颈肩之病症;列缺和照海配合,可治肺系、咽喉、胸膈之病症。

mother” types of combinations. In Ming dynasty, the renowned acupuncture master Ling yun established the theory of “Corresponding Points” as the principal theory of two point pairs.

The emergence and use of “Eight channels, Eight points” or “Eight confluence points” is a classic example and great use of Pair-point. The “Eight channels and Eight points” was first seen in the *Guide to the Classic of Acupuncture* (Zhen jing zhi nan) written by Dou hanqing, Jin-Yuan dynasty, 1241. The original term was “eight crossing points” until the Ming dynasty when Xu feng’s *The Complete Collection of Acupuncture and Moxibustion* (Zhen jiu da quan)·Book Four coined the term “Eight Confluent Points.” Dou hanqing was an expert in using these eight points to treat diseases and using pair points such as Lieque (LI7) and Zhaohai (KI6), Houxi (SI3) and Shenmai (BL62), Neiguan (PC6) and Gongsun (SP4), Waiguan (SJ5) and Zulinqi (GB41). Through eight extraordinary channels and twelve others, these points establish the “host and guest” correlation on the upper and lower limbs to further increase their treatment effects.

For example, Gongsun (SP4) combined with Neiguan (PC6) treats diseases of the heart, chest and stomach. When Houxi (SI3) is used in conjunction with Shenmai (BL62), they treat problems of the inner canthus, neck, ear and

shoulder. Zulinqi (GB41) and Waiguan (SJ5) are used together to treat disorders of the outer canthus, behind the ear, cheek, neck and shoulder. Lieque (LI7) and Zhaohai (KI6) in combination treat disorders of the lung system, throat, chest and diaphragm.

Later in the Yuan and Ming dynasties, there had been many acupuncture masters contributing their clinical experiences in forms of acupuncture treatment songs and mnemonics. In many of these odes and mnemonics, the points mentioned are precise, only one or two are used to treat certain disorders. Pair-points are commonly mentioned in many of these works. For example, Gao wu in Ming dynasty compiled *The Glorious Anthology of Acupuncture and Moxibustion* (Zhen jiu ju ying) and in it, the *Ode of One Hundred Symptoms* (Bai zheng fu) described as many as 96 common clinical uses of acupuncture. Out of the 93 with acupuncture formula, pair points were used in 76 treatment cases. This demonstrates the prevalence of Pair-point in treatment of disorders and the clinical efficacy of the Pair- Point.

Furthermore, the additional concept of "Corresponding Point" was raised in Ming dynasty by famous acupuncturist Ling yun. His work took analyzing the relationship between two points, and further closer to the current idea of Pair-point.

元明时期, 针灸医家辈出, 并且不断总结临床经验, 出现了许多歌赋口诀。医家在编撰歌诀时, 无不体现他们在用穴方面的精炼, 许多疾病只用一两个, 尤其是对穴的运用。例如明代高武《针灸聚英》出现的《百症赋》, 阐述了针灸临床的常见病症共 96 病症的针灸治疗, 列方 93 个, 其中对穴处方共有 76 条, 堪称针灸临床使用对穴的典范, 也体现了对穴效专力宏的特点。

此外, 明代针灸大家凌云提出了“应穴”的概念, 进一步深入探讨了两个腧穴之间的关系。

4. 对穴的提出

吕景山教授在师门“药对”经验的启迪下,于1986年提出了“对穴”概念。吕景山教授提出的“对穴”概念,对于针灸腧穴理论和针灸处方理论都是一个进步,也为针灸临床探讨腧穴配伍和研究两个腧穴之间的组合关系,提供了新的视角。

第二节 对穴的组合原则与规律

对穴是指两个腧穴按照一定原则和规律的组合,其组合原则与规律主要有以下几种:

1. 阴阳相对

在许多腧穴名称中也用“阴”或“阳”来命名,这些腧穴之间可以形成特定的组合。例如:

至阴——至阳
阴交——阳交
阴郄——阳谷
阴谷——委阳
阴陵泉——阳陵泉
三阴交——三阳络

4. The coining of “Pair-point” terminology

It was in 1986, Professor Lü jingshan in studying “Pair Medicine/ Herbs” had the inspiration of developing a parallel concept in acupuncture point selection and first proposed “Pair-point”. This is the continuation of a long search into finding effective point combinations and providing a framework for further accomplishment in the theory and study of acupuncture treatment.

Section II. Pair-point Combination Principle and Formula

Pair-point are two points that are always used in conjunction based on certain principles and theory. Such as:

1. Corresponding yin and yang points

Many points already contain “Yin” or “Yang” as part of their name. These point combinations are used based on their inherent properties. For example,

Zhiyin (BL67) “Reaching Yin” —— Zhiyang (DU9) “Reaching Yang”

Yinjiao (RN7) “Yin Intersection” —— Yangjiao (GB35) “Yang Intersection”

Yinxi (HT6) “Yin Cleft” —— Yanggu (SI5) “Yang Valley”

Yingu (KI10) “Yin Valley” —— Weiyang (BL39) “Lateral to the Crook”