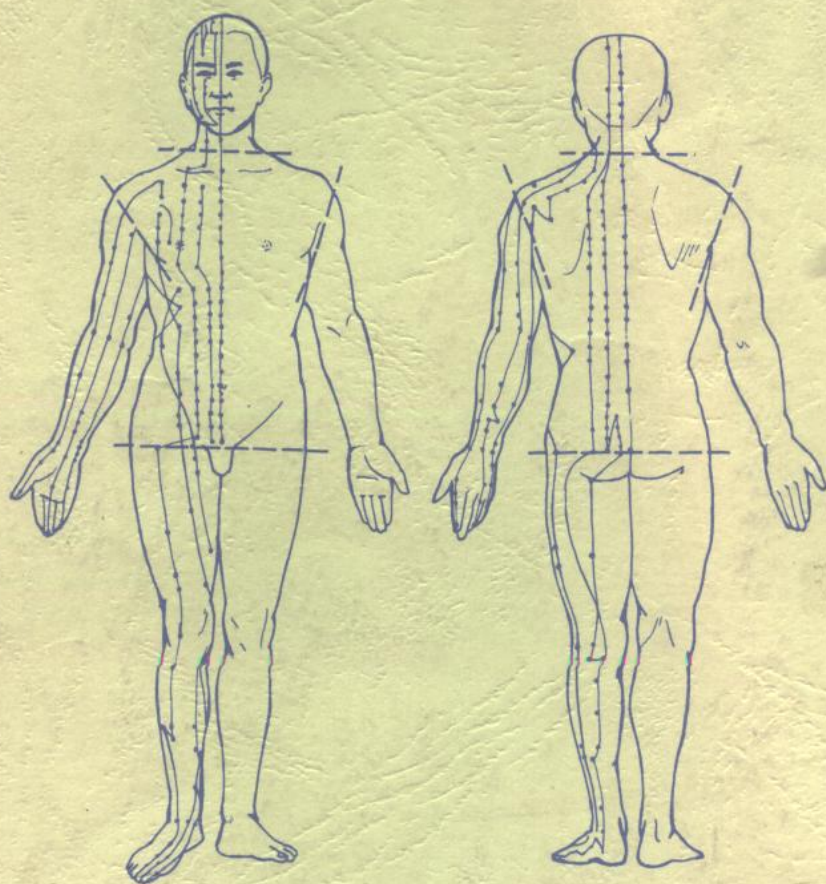


ATLAS OF CROSS SECTIONAL ANATOMY OF HUMAN 14 MERIDIANS AND ACUPOINTS

Chen Moxun et al.

人体十四经和穴位断面解剖图谱

陈谟训 等 著



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内 容 简 介

本图谱是真实人体解剖与经络和穴位相结合的科研成果,含断面解剖图 232 个,按人体手、足三阴三阳经和穴位的分布,分别用 9 个篇章介绍头颈、躯干与四肢 14 条经线、360 个穴位的断面解剖。从本图谱可窥视银针所穿过的解剖结构及进针的有效深度。书中的专业名词术语符合国家标准和国际惯例。本图谱对于提高针灸疗效,防止医疗事故,以及深入研究经络实质具有可靠的参考价值。

本图谱可供解剖学、中医学和针灸、推拿的临床和科研人员,以及中、西医学大专院校师生、研究生等参考。

人体十四经和穴位断面解剖图谱

陈谟训 等著

责任编辑 刘 安

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Preface

Acupuncture and moxibustion have occupied an important position in Traditional Chinese Medicine because of its simple and convenient treatment with its remarkable curative effects and little side effects. In order to increase its curative effects and prevent medical accidents, the scholars at home and abroad are doing further researches in the fields of configuration and function of acupoints and meridians from many aspects and have already made great progress.

In respect of application, correct location of acupoints, suitable direction and inserting depth of needles and manipulating methods of needles are all related to curative effects of acupuncture treatment directly. As the acupoints and meridians are basis of curative effects of acupuncture treatment, the Chinese anatomists did a lot of researches in this field mostly by the way of topographic anatomy which might affect accuracy of the data, owing to the normal inner structure of acupoints and meridians could be changed when they were observed from surface to depth after the process of incision and moving back and forth. Recently, human cross-sectional anatomy has been developed quickly as the computer tomography (CT) and other new techniques are used widely in clinic. Adopting advanced techniques of the cross-sectional anatomy method the interrelationships of the inner structure of the various parts of human body's acupoints can be observed completely without any moving back and forth of anatomical samples, so it has obvious superiority over topographic anatomy method. This atlas is drawn by means of the cross-sectional anatomy method with which we can observe and study the inner structures of human body's acupoints as well as meridians.

The process of drafting atlas is as follows : choosing a suitable man's cadaver and marking the meridians and acupoints by the measurements on bones of the body according to teaching material issued by State Education Committee, then at the place of each local system where there are no acupoints incising the body into 8 parts (head, neck and trunk, etc.), putting them at -20°C for one week, making a consecutive cross-section anatomical samples of meridians and acupoints, fixing the samples with the wax to pre-

vent them from shift and having them photographed to file for reference, at last, drawing 232 cross-sectional anatomical figures according to the original samples. These figures consist of more than 360 acupoints with marked 14 meridians, its anatomical structures and locations of inserted needles.

According to the distribution of meridians and acupoints of 3 hand (foot) Yang (Yin), the arrangement of the atlas is in the order of head and neck, trunk, upper extremities and lower extremities, all being from left to right. There is a systematic picture beside each cross-section figure. The black horizontal line in the pictures shows the location of the cross-section.

In order to meet the development of acupuncture, It contains not only cross-sectional anatomy of acupoints but also of meridians. The atlas is a frontier production of combination of human body anatomy and human body meridians and acupoints. So it is of considerable practical value in teaching and study of acupuncture and manipulation both clinically and theoretically. It can also serve as a good reference for medical practice and research in departments of western medicine, traditional Chinese medicine, anatomy and other clinical and fundamental fields.

All the data of the atlas are illustrated in accord with the books such as *Literature of location of meridians and acupoints* edited by Chinese State Pharmaceutical and Herbs Administration, published by Chinese State Technical Supervision Bureau, so they are correct and accord with state standards issued. In order to suit international standard, names of the meridians and acupoints are all in forms of abbreviations. For example, Large Intestine Meridian of hand Yangming is abbreviated as "LI" and the first point of the meridian, Shangyang as "LI 1", the others are analogized.

The anatomical terms of the atlas is in accord with the *Chinese Scientific Terms of Anatomy* edited by China National Committee for Natural Scientific Terms, published by Science Press in 1991 and the *Nomina Anatomica Sinica* edited by the Chinese Anatomy Association, published by Shanghai Scientific and Technical Publishers in 1982.

The editors of the atlas aim to make a new attempt to combine western medicine with Traditional Chinese Medicine and make the basic theory research to serve medical clinic. Because of our limited academic level, it is possible that some mistakes or oversights appear in this book. The authors welcome suggestions and comments from the interested readers of this book.

This work was supported greatly by Dr. Liu Jialing and Prof. Zhang Baoshan of Anhui College of TCM. Dr. Liu weizhou, one of the contributors made a lot of designing, correcting and revising works.

Author

1995. 11

Anhui College of TCM

前 言

在祖国医学中,针灸学占有重要位置。因其治疗方法简便,疗效显著,无副作用而誉满中外。为了提高疗效,防止事故,国内外学者正在从形态学和生理功能等方面对经络与穴位进行多学科的深入研究。

穴位是针灸防治疾病的部位。从应用角度看,取穴的正确与否,进针方向和深度,以及运针手法都会直接影响针灸的效果。在特定情况下,需“宁失其穴,勿失其经”时,经线与针灸治疗的关系就显得更为密切。我们认为,穴位和经线内部的形态结构同是产生针灸疗效的重要物质基础。过去我国解剖学者曾对穴位内部的形态结构做过大量研究工作。其研究方法大多采用层次解剖法。当对穴位由表浅而深入内部结构进行层次解剖观测时,由于切割与翻动等操作,必然影响穴位内部结构的正常状况,影响所得资料的科学性。近年来,随着电子计算机断层(CT)等新技术在临床上的广泛应用,人体断面解剖学研究随之得到迅速发展。由于断层解剖法可在不翻动任何组织结构的状态下就可完整地观察到人体各部位深层结构的相互关系,显然这与层次解剖法相比具有明显的优势。本图谱就是采用了这种方法,在对人体穴位和经线的内部结构做了观察研究后完成的。

本图谱的研制程序是:选择形体适中的尸体,根据中华人民共和国卫生部确定的教材,用骨度分寸等方法划经点穴,在各局部系统的非穴位处将其离断成头颈、躯干等 8 部分,分别置于 -20°C 冰冻 1 周后,制成连续经穴断面解剖标本,用石蜡封固以防移位,并摄影存档备查。根据原标本直接描绘经穴断面解剖图计 232 幅,充分反映了 14 条经线和 360 多个穴位的解剖结构。根据国家规定的标准名称,在所有断面解剖图上标注了经线、穴位和银针穿过穴位内部的位置,以及各解剖结构。

本图谱根据人体的手、足三阴三阳经和穴位的分布,按头颈、躯干、上肢、下肢 4 部,以先左侧后右侧为序。每幅经穴断面解剖图都配有一局部系统角图。角图上的黑色横线指示该断面的位置。为适应针灸事业发展的需要,它汇集了穴位和经线两方面的实际断面解剖资料。因此,本图谱是人体解剖学与人体经穴学相结合的产物。内容丰富,图像直观,科学性强。它是针灸、推拿学者教学、临床与科学研究的重要工具书,同时亦可供中、西医学者和解剖学工作者参考。

本图谱有关的经穴定位均以国家技术监督局 1990-06-07 颁布的《经穴部

位》，即中华人民共和国国家标准为准。各经线和穴位断面解剖图或角图中的经线和穴位名称采用缩写形式。例如 Large intestine meridian of hand-Yang-ming（手阳明大肠经）缩写为 LI；而该经的第一个穴位 Shangyang（商阳）则以穴位的排列序号加以标注，缩写为 LI1，余照此类推。这种缩写方式符合国际通用惯例。

图谱中所采用的解剖学名词根据全国自然科学名词审定委员会公布的《人体解剖学名词》（科学出版社，1991）和中国解剖学会编的《中国人体解剖学名词》（上海科学技术出版社，1982）两本权威性词书定稿。

本图谱曾得到安徽中医学院针灸经络研究所，刘嘉玲主治医师和张宝珊副教授的大力支持，谨致谢意。本图谱作者之一刘维洲副研究员协助主编做了许多设计、完善与校订工作。

我们把出版本图谱作为中西医结合，基础研究为临床应用服务的新尝试。限于水平，疏漏在所难免，尚希读者不吝赐教，以求日后完善。

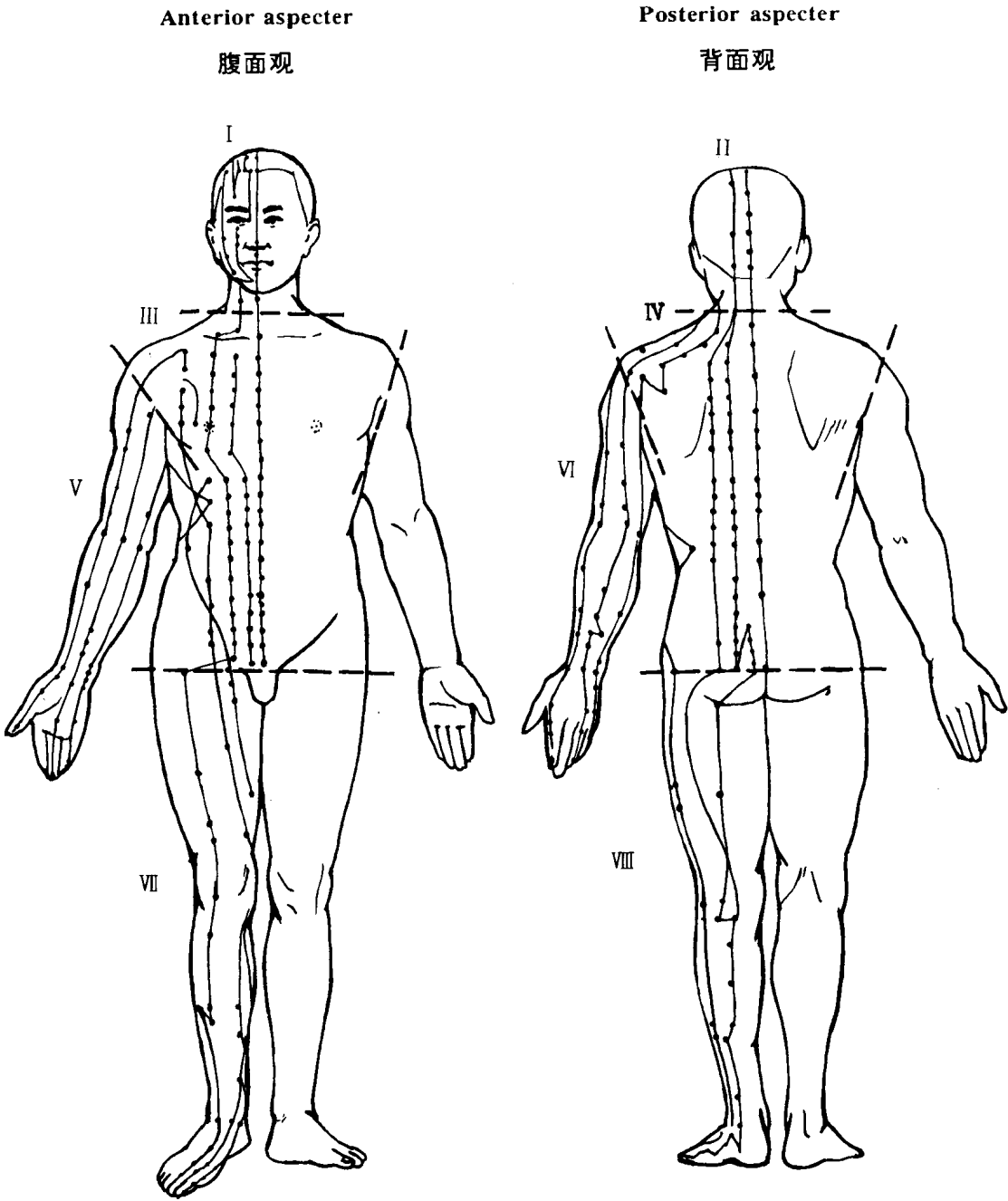
作 者

1995. 11

于安徽中医学院

Regions of anatomy of 14 Meridians and Acupoints on Human Body

人体十四经与穴的解剖分部

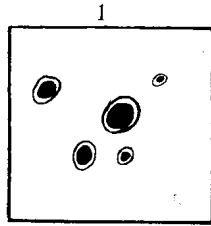


List of Equivalent Alphameric codes of the Name of 14 Meridians
(十四经标准名称与代号)

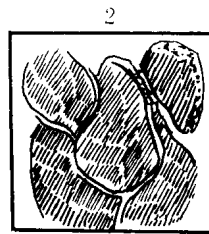
| Chinese (中文名称) | English (英文名称) | Latin (拉丁文名称) | Alphameric Code (符号) |
|--------------------|----------------------------|-----------------------------|-------------------------|
| Dachangjing(大肠经) | Large Intestine Meridian | Intestinum Crassum Meridian | LI 1—20 |
| Danjiang(胆经) | Gall Bladder Meridian | Vesica Fellea Meridian | G 1—44 |
| Dumai(督脉) | Governor Vessel Meridian | | GV 1—28 |
| Feijing(肺经) | Lung Meridian | Pulmo Meridian | L 1—11 |
| Ganjing(肝经) | Liver Meridian | Hepar Meridian | Liv 1—14 |
| Panguangjing(膀胱经) | Bladder Meridian | Vesica Urinaria Meridian | B 1—67 |
| Pijing(脾经) | Spleen Meridian | Lien-Pancreas Meridian | Sp 1—21 |
| Renmai(任脉) | Conception Vessel Meridian | | CV 1—24 |
| Sanjiaojing(三焦经) | Triple Energizer Meridian | | TE 1—23 |
| Shenjing(肾经) | Kidney Meridian | Ren Meridian | K 1—27 |
| Weijing(胃经) | Stomach Meridian | Ventriculus Meridian | S 1—45 |
| Xiaochangjing(小肠经) | Small Intestine Meridian | Intestinum Tenue Meridian | SI 1—19 |
| Xinbaojing(心包经) | Pericardium Meridian | Pericardium Meridian | P 1—9 |
| Xinjing(心经) | Heart Meridian | Cor Meridian | H 1—9 |

PICTORIAL ILLUSTRATIONS

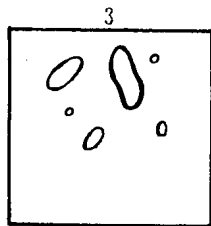
图 例



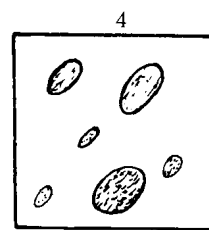
Arteria
动脉



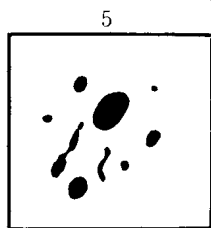
Musculus
肌肉



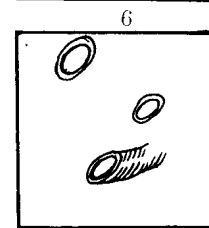
Vena
静脉



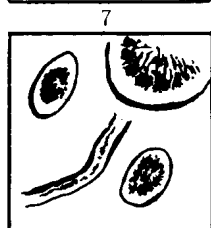
Tendo
腱



Nervus
神经



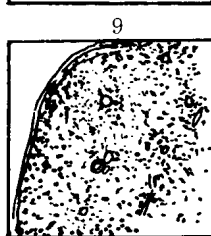
Ureter
输尿管



Os
骨



Glandula
腺体



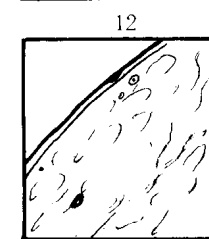
Hepar
肝



Encephalon
脑



Pulmones
肺



Tela subcutanea
皮下组织

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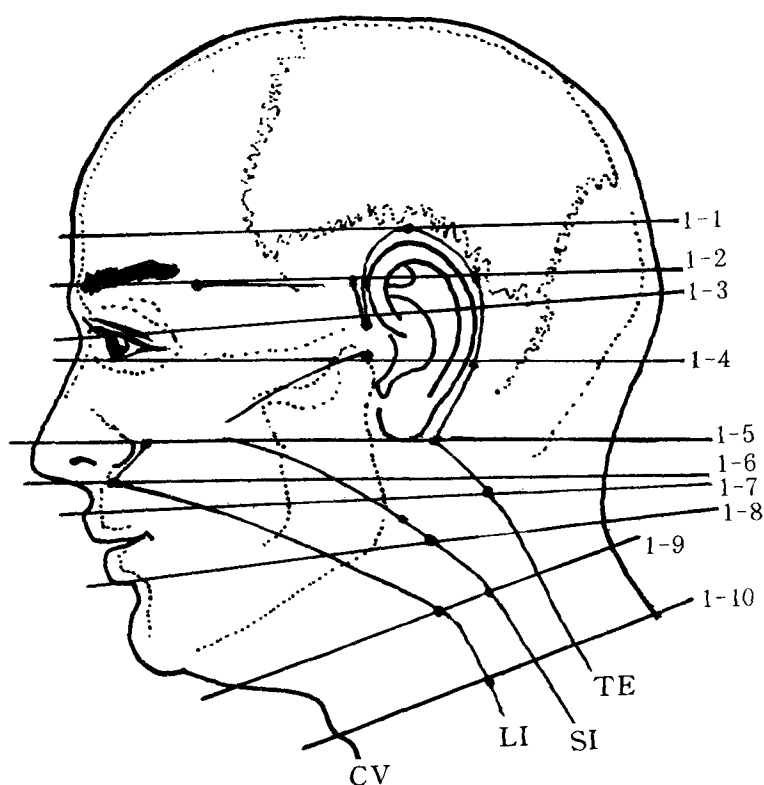
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CHAPTER I

SECTIONS OF THE HAND 3 YANG MERIDIANS AND ACUPOINTS OF THE LEFT HEAD-NECK

第一章 左头颈部手三阳经和穴断面



This sketch map shows the divisions of cross sections of the hand 3 Yang meridians and acupoints of the left head-neck.

简图示意 左头颈部手三阳经和穴位横断面部位。