



THE STANDARD MANUAL OF
MERIDIANS *and*
ACUPOINTS

针灸经络腧穴
标准手册

主 编/成泽东 陈以国 王景明

 人民军医出版社
PEOPLE'S MILITARY MEDICAL PRESS

Manual of Meridians and Acupoints in Standard

经络腧穴标准手册

Written by: Cheng Zedong, Chen Yiguo

Translated by: Cheng Zedong, Li Lin



 人民軍醫出版社
PEOPLE'S MILITARY MEDICAL PRESS

北 京

图书在版编目 (CIP) 数据

经络腧穴标准手册=Manual of Meridians and Acupoints in Standard: 英文 / 成泽东, 陈以国编著. —北京: 人民军医出版社, 2009.10

ISBN 978-7-5091-3077-3

I. 经… II. ①成… ②陈… III. ①经络—手册—英文 ②俞穴 (五腧)—手册—英文 IV. R224-62

中国版本图书馆 CIP 数据核字 (2009) 第 172480 号

策划编辑: 杨德胜 文字编辑: 李 琳 责任审读: 王惠珠

出 版 人: 齐学进

出版发行: 人民军医出版社 经销: 新华书店

通信地址: 北京市 100036 信箱 188 分箱 邮编: 100036

质量反馈电话: (010) 51927290; (010) 51927283

邮购电话: (010) 51927252

策划编辑电话: (010) 51927300-8065

网址: www.pmmp.com.cn

印、装: 三河市春园印刷有限公司

开本: 787mm×1092mm 1/16

印张: 12.5 字数: 271 千字

版、印次: 2009 年 10 月第 1 版第 1 次印刷

印数: 001~500

定价: 50.00 元

版权所有 侵权必究

购买本社图书, 凡有缺、倒、脱页者, 本社负责调换

Summary



This book is written by the experts in acupuncture basing on the national standards of the Locations of Acupoints and the new century textbook of high institutions of Chinese medicine. There are four parts in the book: the first part is the introduction which explains the meaning and classification of acupoints, the location method of acupoints and the name, distribution and the indications of the fourteen meridians. The second and third parts are the 400 acupoints around the body including the locations, the acupuncture and moxibution methods and the attentions. The fourth part is the map of distributions of the fourteen meridians and some important acupoints. In the appendix, there is the explanation of common nouns on traditional Chinese medicine. This book is illustrated with pictures, focusing on the important acupoints, convenient to take along and easy to understanding, so it is a practical reference book. It is good for the teachers and students in the traditional Chinese medicine, acupuncturists and those who are interested in traditional Chinese medicine and acupuncture.

Preface



The acupuncture in China makes a great contribution to the people's health and Chinese culture owing to its special theory system, wonderful clinical experience and significant effect. During these years, more and more foreigners are studying acupuncture, but they have big problem because of the language which restricts the popularization of acupuncture. So a monograph on acupoints which is professional and in precise translation, *Manual of Meridians and Acupoints in Standard*, is written especially for the foreign people to study acupuncture.

This book is written by the experts in acupuncture with the basis on the *Name and Location of Acupoints* published in 2006 by Standardization Administration of China and the new century textbook of high institutions of Chinese medicine. There are four parts in this book. The first part is the introduction to the meaning and classification of acupoints, locating methods, and distributions and indications of the fourteen meridians. The second and third parts are the 361 Jing-meridian acupoints and 48 extraordinary ones. They are explained in location, needling and moxibustion methods, indications and common compatibility. The fourth part is the distribution map of the fourteen meridians and some important acupoints. In the appendix, there is the explanation of common terms on traditional Chinese medicine for good understanding of the readers.

This book is illustrated with pictures focused on the important acupoints, convenient to take along and easy to understand. It is good for the students in traditional Chinese medicine and the acupuncturists working in hospital.

Authors
March 2009



Introduction to Acupoints

Meaning and Classification of

Acupoints	(001)
Acupoints of the fourteen meridians	(001)
Extra points	(001)
Ashi points	(001)

Location of Acupoints

.....	(001)
Anatomical Landmarks	(002)
Bone-length Measurement	(002)
Finger Measurement	(006)

Fourteen Meridians and Acupoints

Acupoints of the Lung Meridian of

Hand-Taiyin (0code: LU)	(009)
1 Zhongfu (0LU1): Front-Mu Point of the lung	(009)
2 Yunmen (LU2)	(009)
3 Tianfu (LU3)	(010)
4 Xiabai (LU4)	(011)
5 Chize (LU5): He-(sea) point	(011)
6 Kongzui (LU6): Xi-(cleft) point	(011)
7 Lieque (LU7): Luo-(connecting) point, Confluent point, linking with Ren meridian	(012)
8 Jingqu (LU8): Jing-(river) point	(012)
9 Taiyuan (LU9): Shu- (stream) point; Yuan-(source) point; Converging Point of Vessel	(013)

10 Yuji (LU10): Xing-(spring) point	(013)
11 Shaoshang (LU11): Jing-(well) point	(013)

Acupoints of the Large Intestine

Meridian of Hand- Yangming (code: LI)	(014)
1 Shangyang (LI1): Jing-(well) point	(014)
2 Erjian (LI2): Xing-(spring) point	(014)
3 Sanjian (LI3): Shu-(stream) point	(016)
4 Hegu (LI4): Yuan-(source) point	(016)
5 Yangxi (LI5): Jing-(river) point	(017)
6 Pianli (LI6): Luo-(connecting) point	(017)
7 Wenliu (LI7): Xi-(cleft) point	(018)

8	Xialian (LI8)	(018)
9	Shanglian (LI9)	(018)
10	Shousanli (LI10)	(019)
11	Quchi (LI11)	(019)
12	Zhouliiao (LI12)	(020)
13	Shouwuli (LI13)	(020)
14	Binao (LI14)	(020)
15	Jianyu (LI15)	(021)
16	Jugu (LI16)	(021)
17	Tianding (LI17)	(021)
18	Futu (LI18)	(022)
19	Kouheliao (LI19)	(022)
20	Yingxiang (LI20)	(023)

Acupoints of the Stomach Meridian of Foot-Yangming (code: ST)..... (023)

1	Chengqi (ST1)	(023)
2	Sibai (ST2)	(024)
3	Juliao (ST3)	(025)
4	Dichang (ST4)	(025)
5	Daying (ST5)	(026)
6	Jiache (ST6)	(026)
7	Xiaguan (ST7)	(026)
8	Touwei (ST8)	(027)
9	Renying (ST9)	(027)
10	Shuitu (ST10)	(027)
11	Qishe (ST11)	(028)
12	Quepen (ST12)	(028)
13	Qihu (ST13)	(028)
14	Kufang (ST14)	(029)
15	Wuyi (ST15)	(029)

16	Yingchuang (ST16)	(029)
17	Ruzhong (ST17)	(030)
18	Rugen (ST18)	(030)
19	Burong (ST19)	(030)
20	Chengman (ST20)	(031)
21	Liangmen (ST21)	(031)
22	Guanmen (ST22)	(031)
23	Taiyi (ST23)	(032)
24	Huaroumen (ST24)	(032)
25	Tianshu (ST25): Front-(Mu) Point of the large intestine	(032)
26	Wailing (ST26)	(033)
27	Daju (ST27)	(033)
28	Shuidao (ST28)	(033)
29	Guilai (ST29)	(034)
30	Qichong (ST30)	(034)
31	Biguan (ST31)	(034)
32	Futu (ST32)	(035)
33	Yinshi (ST33)	(035)
34	Liangqiu (ST34)	(035)
35	Dubi (ST35)	(036)
36	Zusanli (ST36): He-(sea) Point; Lower He-(sea) Point of the stomach	(036)
37	Shangjuxu (ST37): Lower He-(sea) point of the large intestine	(037)
38	Tiaokou (ST38)	(037)
39	Xiajuxu (ST39): lower He-(sea) Point of the small intestine	(038)
40	Fenglong (S40): Luo-(connecting)	

- point..... (038)
- 41 Jiexi (ST41): Jing-(river) point..... (038)
- 42 Chongyang (ST42): Yuan-
 (source) point (039)
- 43 Xiangu (ST43): Shu-(stream)
 point..... (039)
- 44 Neiting (ST44): Xing-(spring)
 point..... (040)
- 45 Lidui (ST45): Jing-(well)
 point..... (040)
- Acupoints of the Spleen Meridian of
 Foot-Taiyin (code: SP)..... (040)**
- 1 Yinbai (SP1): Jing-(well) point..... (042)
- 2 Dadu (SP2): Xing-(spring) point ... (042)
- 3 Taibai (SP3): Shu-(stream) point
 and Yuan-(source) point..... (042)
- 4 Gongsun (SP4): Luo-(connecting)
 point, Confluent point, linking with
 Thoroughfare Vessel (043)
- 5 Shangqiu (SP5): Jing-(river)
 point..... (043)
- 6 Sanyinjiao (SP6)..... (044)
- 7 Lougu (SP7)..... (044)
- 8 Dijì (SP8): Xi-(cleft) point (045)
- 9 Yinlingquan (SP9): He-(sea)
 point..... (045)
- 10 Xuehai (SP10)..... (045)
- 11 Jimen (SP11) (046)
- 12 Chongmen (SP12)..... (046)
- 13 Fushe (SP13)..... (046)
- 14 Fujie (SP14).....(047)
- 15 Daheng (SP15).....(047)
- 16 Fuai (SP16).....(047)
- 17 Shidou (SP17).....(048)
- 18 Tianxi (SP18).....(048)
- 19 Xiongxiang (SP19).....(048)
- 20 Zhourong (SP20).....(049)
- 21 Dabao (SP21).....(049)
- Acupoints of the Heart Meridian of
 Hand-Shaoyin (code: HT)
 (049)**
- 1 Jiquan (HT1).....(049)
- 2 Qingling (HT2).....(050)
- 3 Shaohai (HT3): He-(sea) point.....(051)
- 4 Lingdao (HT4): Jing-(river) point ..(051)
- 5 Tongli (HT5): Luo-(connecting)
 point(052)
- 6 Yinxi (HT6): Xi-(cleft) point(052)
- 7 Shenmen (HT7): Yuan-(source)
 point and Shu-(stream) point.....(052)
- 8 Shaofu (HT8): Xing-(spring)
 point(053)
- 9 Shaochong (HT9): Jing-(well)
 point(053)
- Acupoints of the Small Intestine
 Meridian of Hand- Taiyang
 (code: SI).....(054)**
- 1 Shaoze (SI1): Jing-(well) point(054)
- 2 Qiangû (SI2): Xing-(spring)
 point(055)

- 3 Houxi (SI3): Shu(stream) point;
Confluent point, linking with Du
Vessel (055)
- 4 Wangu (SI4): Yuan-(source)
point (056)
- 5 Yanggu (SI5): Jing-(river) point (056)
- 6 Yanglao (SI6): Xi-(cleft) point (056)
- 7 Zhizheng (SI7): Luo-(connecting)
point (057)
- 8 Xiaohai (SI8): He-(sea) point (057)
- 9 Jianzhen (SI9) (058)
- 10 Naoshu (SI10) (058)
- 11 Tianzong (SI11) (058)
- 12 Bingfeng (SI12) (059)
- 13 Quyuan (SI13) (059)
- 14 Jianwaishu (SI14) (060)
- 15 Jianzhongshu (SI15) (060)
- 16 Tianchuang (SI16) (060)
- 17 Tianrong (SI17) (061)
- 18 Qianliao (SI18) (061)
- 19 Tinggong (SI19) (061)

Acupoints of the Bladder Meridian of

Foot-Taiyang (code: BL) (062)

- 1 Jingming (BL1) (062)
- 2 Cuanzhu (BL2) (062)
- 3 Meichong (BL3) (064)
- 4 Quchai (BL4) (064)
- 5 Wuchu (BL5) (064)
- 6 Chengguang (BL6) (065)
- 7 Tongtian (BL7) (065)

- 8 Luoque (BL8) (065)
- 9 Yuzhen (BL9) (066)
- 10 Tianzhu (BL10) (066)
- 11 Dazhu (BL11): Converging Point of
Bone (067)
- 12 Fengmen (BL12) (067)
- 13 Feishu (BL13): Back-Shu Point ... (067)
- 14 Jueyinshu (BL14): Back-Shu
Point (068)
- 15 Xinshu (BL15): Back-Shu Point .. (068)
- 16 Dushu (BL16) (069)
- 17 Geshu (BL17): Converging Point of
Blood (069)
- 18 Ganshu (BL18): Back-Shu
Point (069)
- 19 Danshu (BL19): Back-Shu
Point (070)
- 20 Pishu (BL20): Back-Shu Point (070)
- 21 Weishu (BL21): Back-Shu
Point (071)
- 22 Sanjiaoshu (BL22): Back-Shu
Point (071)
- 23 Shenshu (BL23): Back-Shu
Point (071)
- 24 Qihai (BL24) (072)
- 25 Dachangshu (BL25): Back-Shu
Point (072)
- 26 Guanyuanshu (BL26) (072)
- 27 Xiaochangshu (BL27): Back-
Shu Point (073)
- 28 Pangguangshu (BL28): Back-Shu

- Point (073)
- 29 Zhonglüshu (BL29) (074)
- 30 Baihuanshu (BL30) (074)
- 31 Shangliao (BL31) (074)
- 32 Ciliao (BL32) (075)
- 33 Zhongliao (BL33) (075)
- 34 Xialiao (BL34) (076)
- 35 Huiyang (BL35) (076)
- 36 Chengfu (BL36) (076)
- 37 Yinmen (BL37) (077)
- 38 Fuxi (BL38) (077)
- 39 Weiyang (BL39): Lower He-(sea)
Point of the Triple Energizer (077)
- 40 Weizhong (BL40): He-(sea)
point (078)
- 41 Fufen (BL41) (078)
- 42 Puhu (BL42) (078)
- 43 Gaohuang (BL43) (079)
- 44 Shentang (BL44) (079)
- 45 Yixi (BL45) (080)
- 46 Geguan (BL46) (080)
- 47 Hunmen (BL47) (080)
- 48 Yanggang (BL48) (081)
- 49 Yishe (BL49) (081)
- 50 Weicang (BL50) (081)
- 51 Huangmen (BL51) (082)
- 52 Zhishi (BL52) (082)
- 53 Baohuang (BL53) (082)
- 54 Zhibian (BL54) (083)
- 55 Heyang (BL55) (083)
- 56 Chengjin (BL56) (083)
- 57 Chengshan (BL57) (084)
- 58 Feiyang (BL58) (084)
- 59 Fuyang (BL59): Xi-(cleft) point of
Yang Heel Vessel (084)
- 60 Kunlun (BL60): Jing-(river)
point (085)
- 61 Pucan (BL61) (085)
- 62 Shenmai (BL62): Confluent point,
linking with Yang Heel Vessel (086)
- 63 Jinmen (BL63): Xi-(cleft) point (086)
- 64 Jinggu (BL64): Yuan-(source)
point (086)
- 65 Shugu (BL65): Shu-(stream)
point (087)
- 66 Zutonggu (BL66): Xing-(spring)
point (087)
- 67 Zhiyin (BL67): Jing-(well)
point (087)
- Acupoints of the Kidney Meridian of
Foot-Shaoyin (code: KI) (088)**
- 1 Yongquan (KI1): Jing-(well)
point (088)
- 2 Rangu (KI2): Xing-(spring) point (088)
- 3 Taixi (KI3): Yuan-(source) point (090)
- 4 Dazhong (KI4): Luo-(connecting)
point (090)
- 5 Shuiquan (KI5): Xi-(cleft) point (090)
- 6 Zhaohai (KI6): Confluent point,
linking with Yin Heel Vessel (091)
- 7 Fuliu (KI7): Jing-(river) point (091)

- 8 Jiaoxin (KI8) (092)
- 9 Zhubin (KI9): Xi-(cleft) Point of
Yin Link Vessel (092)
- 10 Yingu (KI10) (092)
- 11 Henggu (KI11) (093)
- 12 Dahe (KI12) (093)
- 13 Qixue (KI13) (093)
- 14 Siman (KI14) (094)
- 15 Zhongzhu (KI15) (094)
- 16 Huangshu (KI16) (094)
- 17 Shangqu (KI17) (095)
- 18 Shiguan (KI18) (095)
- 19 Yindu (KI19) (095)
- 20 Futonggu (KI20) (095)
- 21 Youmen (KI21) (096)
- 22 Bulang (KI22) (096)
- 23 Shenfeng (KI23) (096)
- 24 Lingxu (KI24) (097)
- 25 Shencang (KI25) (097)
- 26 Yuzhong (KI26) (097)
- 27 Shufu (KI27) (098)

Acupoints of the Pericardium

Meridian of Hand-Jueyin

(code: PC) (098)

- 1 Tianchi (PC1) (098)
- 2 Tianquan (PC2) (099)
- 3 Quze (PC3) (100)
- 4 Ximen (PC4): xi-(cleft) point (100)
- 5 Jianshi (PC5): Jing-(river) point (100)
- 6 Neiguan (PC6): Luo-(connecting)

point, Confluent point, linking
with Yin Link Vessel (101)

- 7 Daling (PC7): Yuan-(source) point
and Shu-(stream) point (101)
- 8 Laogong (PC8): Xing-(spring) point
..... (102)
- 9 Zhongchong (PC9): Jing-(well) point
..... (102)

Acupoints of the Sanjiao Meridian

of Hand-Shaoyang (code: TE) (102)

- 1 Guanchong (TE1): Jing-(well)
point (103)
- 2 Yemen (TE2): Xing-(spring)
point (104)
- 3 Zhongzhu (TE3): Shu-(stream)
point (104)
- 4 Yangchi (TE4): Yuan-(source)
point (105)
- 5 Waiguan (TE5): Luo-(connecting)
point, Confluent point, linking
with Yang Link Vessel (105)
- 6 Zhigou (TE6): Jing-(river) point (105)
- 7 Huizong (TE7): Xi-(cleft) point (106)
- 8 Sanyangluo (TE8) (106)
- 9 Sidu (TE9) (106)
- 10 Tianjing (TE10) (107)
- 11 Qinglengyuan (TE11) (107)
- 12 Xiaoluo (TE12) (108)
- 13 Naohui (TE13) (108)
- 14 Jianliao (TE14) (108)

15	Tianliao (TE15)·····	(109)
16	Tianyou (TE16)·····	(109)
17	Yifeng (TE17)·····	(109)
18	Chimai (TE18)·····	(110)
19	Luxi (TE19)·····	(110)
20	Jiaosun (TE20)·····	(111)
21	Ermen (TE21)·····	(111)
22	Erheliao (TE22)·····	(111)
23	Sizhukong (TE23)·····	(112)

Acupoints of the Gallbladder

Meridian of Foot-Shaoyang

(code: GB) ····· (112)

1	Tongziliao (GB1)·····	(112)
2	Tinghui (GB2)·····	(114)
3	Shangguan (GB3)·····	(114)
4	Hanyan (GB4)·····	(114)
5	Xuanlu (GB5)·····	(115)
6	Xuanli (GB6)·····	(115)
7	Qubin (GB7)·····	(115)
8	Shuaigu (GB8)·····	(116)
9	Tianchong (GB9)·····	(116)
10	Fubai (GB10)·····	(116)
11	Touqiaoyin (GB11)·····	(117)
12	Wangu (GB12)·····	(117)
13	Benshen (GB13)·····	(118)
14	Yangbai (GB14)·····	(118)
15	Toulinqi (GB15)·····	(118)
16	Muchuang (GB16)·····	(119)
17	Zhengying (GB17)·····	(119)
18	Chengling (GB18)·····	(119)

19	Naokong (GB19)·····	(120)
20	Fengchi (GB20)·····	(120)
21	Jianjing (GB21)·····	(121)
22	Yuanye (GB22)·····	(121)
23	zhejin (GB23)·····	(121)
24	Riyue (GB24): Front-Mu Point of the gallbladder·····	(122)
25	Jingmen (GB25): Front-Mu Point of the kidney·····	(122)
26	Daimai (GB26)·····	(122)
27	Wushu (GB27)·····	(123)
28	Weidao (GB28)·····	(123)
29	Juliao (GB29)·····	(124)
30	Huantiao (GB30)·····	(124)
31	Fengshi (GB31)·····	(124)
32	Zhongdu (GB32)·····	(125)
33	Xiyangguan (GB33)·····	(125)
34	Yanglingquan (GB34): He-(sea) point, Converging Point of Tendon·····	(125)
35	Yangjiao (GB35)·····	(126)
36	Waiqiu (GB36): Xi-(cleft) point·····	(126)
37	Guangming (GB37): Luo- (connecting) point·····	(127)
38	Yangfu (GB38): Jing-(river) point·····	(127)
39	Xuanzhong (GB39): Converging Point of Marrow·····	(127)
40	Qiuxu (GB40): Yuan-(source) point·····	(128)

- 41 Zulinqi (GB41): shu-(stream)
point (128)
- 42 Diwuhui (GB42)..... (129)
- 43 Xiaxi (GB43): Xing-(spring)
point (129)
- 44 Zuqiaoyin (GB44): Jing-(well)
point (129)

Acupoints of the Liver Meridian

- of Foot-Jueyin (code: LR) (130)
- 1 Dadun (LR1): Jing-(well) point..... (130)
- 2 Xingjian (LR2): Xing-(spring)
point (131)
- 3 Taichong (LR3): Shu-(stream) point
and Yuan-(source) point (132)
- 4 Zhongfeng (LR4): Jing-(river)
point (132)
- 5 Ligou (LR5): Luo-(connecting)
point (133)
- 6 Zhongdu (LR6): Xi-(cleft) point..... (133)
- 7 Xiguan (LR7) (133)
- 8 Ququan (LR8): He-(sea) point..... (134)
- 9 Yinbao (LR9) (134)
- 10 Zuwuli (LR10) (135)
- 11 Yinlian (LR11) (135)
- 12 Jimai (LR12) (135)
- 13 Zhangmen (LR13): Front-Mu Point
of the spleen; Converging Point
of Zang Organs (136)
- 14 Qimen (LR14): Front-Mu point
of the liver (136)

Acupoints of the Ren Channel

- (code: CV).....(136)
- 1 Huiyin (CV1).....(137)
- 2 Qugu (CV2).....(138)
- 3 Zhongji (CV3): Front-Mu Point
of the bladder.....(138)
- 4 Guanyuan (CV4): Front-Mu
Point of the small intestine(139)
- 5 Shimen (CV5): Front-Mu Point
of the Triple Energizer.....(139)
- 6 Qihai (CV 6): Yuan-(source) point
of Huang.....(140)
- 7 Yinjiao (CV7)(140)
- 8 Shenque (CV8)(141)
- 9 Shuifen (CV9)(141)
- 10 Xiawan (CV10).....(141)
- 11 Jianli (CV11).....(142)
- 12 Zhongwan (GV12): Front-Mu
Point of the stomach, Converging
Point of Fu Organs(142)
- 13 Shangwan (GV13).....(142)
- 14 Juque (GV14): Front-Mu point
of the heart.....(143)
- 15 Jiuwei (GV15): Luo-
(connecting) point, Yuan-
(source) point of Huang.....(143)
- 16 Zhongting (CV16).....(144)
- 17 Danzhong (CV17): Front-Mu
Point of the pericardium,
Converging point of Qi.....(144)
- 18 Yutang (CV18).....(144)

19	Zigong (CV19)·····	(145)
20	Huagai (CV20)·····	(145)
21	Xuanji (CV21)·····	(145)
22	Tiantu (CV22)·····	(146)
23	Lianquan (CV23)·····	(146)
24	Chengjiang (CV24)·····	(147)

Acupoints of the Du Channel

(code: GV)·····	(147)
1 Changqiang (GV1)·····	(147)
2 Yaoshu (GV2)·····	(148)
3 Yaoyangguan (GV3)·····	(149)
4 Mingmen (GV4)·····	(149)
5 Xuanshu (GV5)·····	(150)
6 Jizhong (GV6)·····	(150)
7 Zhongshu (GV7)·····	(150)
8 Jinsuo (GV8)·····	(151)
9 Zhiyang (GV9)·····	(151)
10 Lingtai (GV10)·····	(152)

11 Shendao (GV11)·····	(152)
12 Shenzhu (GV12)·····	(152)
13 Taodao (GV13)·····	(153)
14 Dazhui (GV14)·····	(153)
15 Yamen (GV15)·····	(153)
16 Fengfu (GV16)·····	(154)
17 Naohu (GV17)·····	(154)
18 Qiangjian (GV18)·····	(155)
19 Houding (GV19)·····	(155)
20 Baihui (GV20)·····	(155)
21 Qianding (GV21)·····	(156)
22 Xinhui (GV22)·····	(156)
23 Shangxing (GV23)·····	(157)
24 Shenting (GV24)·····	(157)
25 Suliao (GV25)·····	(157)
26 Shuigou (GV26)·····	(158)
27 Duiduan (GV27)·····	(158)
28 Yinjiao (GV28)·····	(158)

Extraordinary points

Head and neck (code: EX-HN)·····	(160)
1 Sishencong (EX-HN1)·····	(160)
2 Dangyang (EX-HN2)·····	(160)
3 Yintang (EX-HN3)·····	(161)
4 Yuyao (EX-HN4)·····	(161)
5 Taiyang (EX-HN5)·····	(161)
6 Erjian (EX-HN6)·····	(162)
7 Qiuhou (EX-HN7)·····	(162)
8 Shangyingxiang (EX-HN8)·····	(162)
9 Neiyangxiang (EX-HN9)·····	(163)

10 Juquan (EX-HN10)·····	(163)
11 Jiachengjiang (EX-HN11)·····	(163)
12 Jinjin Yuye (EX-HN12)·····	(163)
13 Qianzheng (EX-HN13)·····	(164)
14 Yiming (EX-HN14)·····	(164)
15 Jingbailao (EX-HN15)·····	(164)
16 Anmian (EX-HN16)·····	(165)

Chest and abdomen (code: EX-CA)

·····	(165)
1 Zigong (EX-CA1)·····	(166)

2 Sanjiaojiu (EX-CA2)	(166)	9 Wailaogong (EX-UE8)	(172)
Back (code: EX-B)	(166)	10 Baxie (EX-UE9)	(172)
1 Dingchuan (EX-B1)	(167)	11 Sifeng (EX-UE10)	(172)
2 Jiaji (EX-B2)	(167)	12 Shixuan (EX-UE11)	(173)
3 Weiwaniashu (EX-B3)	(167)		
4 Pigen (EX-B4)	(168)	Lower extremities	
5 Xiajishu (EX-B5)	(168)	(code: EX-LE)	(174)
6 Yaoyan (EX-B7)	(168)	1 Huanzhong (EX-LE1)	(174)
7 Shiqizhui (EX-B8)	(168)	2 Kuangu (EX-LE2)	(174)
8 Yaoqi (EX-B9)	(169)	3 Heding (EX-LE3)	(174)
Upper extremities (code: EX-UE)		4 Baichongwo (EX-LE4)	(175)
.....	(169)	5 Xiyao (EX-LE5)	(175)
1 Jianqian	(170)	6 Dannang (EX-LE6)	(175)
2 Zhoujian (EX-UE1)	(170)	7 Lanwei (EX-LE7)	(175)
3 Erbai (EX-UE2)	(170)	8 Neihuaijian (EX-LE8)	(176)
4 Zhongquan (EX-UE3)	(170)	9 Waihuaijian (EX-LE9)	(176)
5 Zhongkui (EX-UE4)	(171)	10 Bafeng (EX-LE10)	(176)
6 Dagukong (EX-UE5)	(171)	11 Duyin (EX-LE11)	(176)
7 Xiaogukong (EX-UE6)	(171)	12 Qiduan (EX-LE12)	(177)
8 Yaotongdian (EX-UE7)	(171)		

Appendix: Explanation of common nouns on TCM	(178)
--	-------

Introduction to Acupoints



Meaning and Classification of Acupoints

Generally acupoints can be divided into three categories: acupoints of the fourteen meridians, extra points and Ashi points.

Acupoints of the fourteen meridians also known as the “regular points”, they belong to the twelve regular channels, the Du and the Ren channels. As the major part of acupoints, they have their fixed names, locations and pertaining channels. These points have common effects in treating the diseases of their corresponding meridians.

Extra points also named extraordinary points, they are with regular names, and definite locations, but are not attributed to the fourteen meridians. The indications of these points are simple. Most of them are especially effective in the treatment of certain diseases. For example, Bailao can treat scrofula. Sifeng can treat child malnutrition stagnation.

Ashi points also named reflexing points, confixed points or tender spots. These points have no specific names and definite locations. The tender spots and other sensitive spots are places for needling and moxibustion. Ashi points are located mainly in the affected area, sometimes in the distal area. The name of Ashi was originally discovered in the book *Prescriptions Worth a Thousand Gold for Emergency* by Sun Simiao.



Location of Acupoints

The method of locating acupoints is also known as “acupoints measurement”.

What is remarkable about the therapeutic results is the accuracy of locations of acupoints. In order to locate acupoints accurately, the acupuncturist must grasp the methods of locating acupoints. The methods of locating acupoints are divided into the following four categories.

Anatomical Landmarks It is the method of locating acupoints basing on the body surface landmarks of human anatomy, also named as natural landmarks. the details are as follows.

(1) Fixed Landmarks: Fixed landmarks are those parts formed by eminence or depression of bone joints and muscles, the contour of five sense organs, hairline, nails, nipple and umbilicus. We can locate acupoints basing on these landmarks. For instance, Suliao is on the tip of the nose, Tanzhong is at the midpoint between the two nipples. Tianshu is 2cun to the umbilicus. Yanglingquan is in the depression anterior and inferior to the head of the fibula. Dazhui is below the spinous process of the seventh cervical vertebra where is the highest place when you bow your head. Jugu is in the depression between the acromial extremity of the clavicle and scapular spine. Zhongting is at the connection of the lower portion of sternum with the cartilage costalis. In addition, scapular spine and the third spinous process of thoracic vertebra are at the same level, the inferior angle of scapula and the seventh spinous process of thoracic vertebra are at the same level, the creast of ilium and the fourth lumbar vertebra are at the same level. All of those can be regarded as the landmarks of locating the acupoints at the back and low back.

(2) Movable Landmarks: It refers to spaces, depression, wrinkles that appear while the joints, muscles, skin and others move voluntarily. For instance, Ermen, Tinggong, Tinghui are located when you open your mouth. Xiaguan is located when you close your mouth. Others, Quchi is located at the lateral end of the transverse cubital crease, in the depression formed when elbow is bending. Jianyu is located in the depression of the anterior superior portion of the shoulder when the arm is abducted forward. Yangxi is in the depression between the tendons of m. extensor pollicis longus and brevis when the thumb is pointed upwards. Yanglao is in the depression on the radial side of the styloid process of the ulna when you sit and bend your elbow making the centre of your palm face to your chest.

Bone-length Measurement This, also known as proportional measurement, is a method of locating acupoints in which the bone segments are taken as measurement markers to measure the width or length of various portions of the body, and then, the