

NEW EXPLANATION OF ACUPUNCTURE
OF THE 14 MAJOR MERIDIANS

十四经新解



Acupuncture Research Committee of China Society
of Acupuncture and Moxibustion

中国针灸学会穴位研究委员会

说 明

这份穴名释义是应世界卫生组织西太区针灸穴名标准化一组会议要求而编写的，拟附于标准化穴名之后作为标准化穴名方案中的组成部分，以利于针灸工作者们对穴名意义的理解。为便于更多的人看得懂，定稿后将译成英文本。考虑到以适用为主，力求简明扼要，不做烦琐的考证。

“凡诸孔穴，名不徒设，皆有深意。”有些穴名容易解释，有些则并不容易解释；欲求得一种解释能够获得更多人的承认，就更是很难的了。我们在编写过程中，力求从中医基础理论和针灸临床治疗效应的角度进行解释。每个穴名下的第一段简短文字，是仅对字面的解释；第二段是在第一段基础上对整体穴名的解释。

第一次参加这项释义工作的有吴绍德、裴廷辅和王德深三位同志。初稿形成后，印发给有关专家，征求修改意见。今年八月份，又在黑龙江省宁安县召开了穴名工作会议，对初稿进行了讨论，并提出了修改稿。会后，又委托裴廷辅、高忻洙和周楣声三位同志对修改稿做了一番整理和加工，形成这个第二稿。稿中对暂时还不能统一的，只好把不同的见解并列提出来，供大家审订时参考。根据实际情况，目下尚不能最后定稿，还需要大家进一步提出修改意见。

中国针灸学会穴位研究委员会

1983年8月30日

版权所有不得翻印

INTRODUCTION

The brief explanation of acupoints in the present book is compiled upon the demands of the Working Conference of Standardization of Acupoint held by the West Pacific of World Health Organization. The appendix to the standardization of acupoint is the component of standardization plan of acupoint so as to contribute to the understanding of the phonetic acupoints for those who do not know Chinese.

"All the acupoints correspond to their names". With a view to making more people understand the meaning of acupoint, strive to explain briefly the acupoints by applying the basic theory of traditional Chinese medicine (yin-yang, five elements, meridian and collateral, zang-fu, and anatomy) and the clinical effect of acupuncture and moxibustion. No overelaborate research was made.

The first paragraph under the name of acupoint is the explanation of the meaning of the word, and the second paragraph is the brief intro-

duction to the meaning of the name of acupoint.

The present explanation was compiled by the Acupoint Research Committee of China Society of Acupuncture and Moxibustion after the second discussion and revision. Since the problems concerned are many, further research and study are needed. There must be oversights and omissions, suggestions and revisions are welcome.

**April 13, 1987
in Beijing**

目 录

(CONTENTS)

1. Lung Meridian Shoutaiyin Feijing Xue... (1)
手太阴肺经..... (1)
2. Large Intestine Meridian Shouyangming
Dachangjing Xue (5)
手阳明大肠经..... (5)
3. Stomach Meridian Zuyangming Weijing
Xue (12)
足阳明胃经..... (12)
4. Spleen Meridian Zutaiyin Pijing Xue..... (27)
足太阴脾经..... (27)
5. Heart Meridian Shoushaoyin Xinjing
Xue (34)
手少阴心经..... (34)
6. Small Intestine Meridian Shoutaiyang
Xiaochangjing Xue (37)
手太阳小肠经..... (37)
7. Bladder Meridian Zutaiyang Panguang-
jing Xue..... (43)

- 足太阳膀胱经.....(43)
8. Kidney Meridian Zushaoyin Shenjing
Xue(66)
- 足少阴肾经.....(66)
9. Pericardium Meridian Shoujueyin Xin-
baojing Xue(75)
- 手厥阴心包经.....(75)
10. Sanjiao Meridian Shoushaoyang Sanjiao-
jing Xue.....(78)
- 手少阳三焦经.....(78)
11. Gallbladder Meridian Zushaoyang Dan-
jing Xue.....(86)
- 足少阳胆经.....(86)
12. Liver Meridian Zujueyin Ganjing Xue...(101)
- 足厥阴肝经.....(101)
13. Du Meridian Xue(105)
- 督脉.....(105)
14. Ren Meridian Xue(115)
- 任脉.....(115)



Lung Meridian Shoutaiyin Feijing Xue

手太阴肺经

L 1 Zhongfu 中府

Zhong, middle; fu, place.

中，中间；府，聚集处。

Zhong refers to the middle jiao. The Lung Meridian starts from the middle jiao. The point is in the place where qi of the spleen and stomach in the middle jiao is gathered in the Lung Meridian.

中，指中焦。手太阳脉起于中焦。穴当中焦脾胃之气聚汇肺经的部位。

L 2 Yunmen 云门

Yun, cloud; men, door.

云，云雾的云；门，门户。

Yun refers to the lung qi. The point is above the chest, like a door of the lung qi.

云，指呼吸之气。穴在胸廓上端，如呼吸出入的门户。



L 3 Tianfu 天府

Tian, heaven; fu, place.

天，天空；府，聚集处。

The point is in the upper arm, which is a confluence of the lung qi.

天，指上而言，穴在臂之上端，是肺气聚集处。

L 4 Xiabai 侠白

Xia, same as "xie", bai, white.

侠，通“挟”，白，白色。

White colour pertains to the lung. With both arms hanging freely, this point is located on both sides of the lung

侠，在此有护的意思。白，为金色，指肺。两臂下垂，穴位局部恰好护于肺之两旁。

L 5 Chize 尺泽

Chi, a unit of length, 10 cun constitute one chi; ze, marsh.

尺，尺寸的尺；泽，沼泽。

Chi refers to the ulnar aspect (from the wrist to the elbow). The point is in the depression at the ulnar aspect. The meridian qi is infused here, like water flowing into the marsh.

尺，指尺部。穴在尺部时端陷中，脉气流在于此，如水注沼泽。

L 6 Kongzui 孔最

Kong, opening; zui, adverb.

孔，孔最；最，旺盛。

The opening of this point is deepest.

穴位局部孔最深陷，脉气旺盛。

L 7 Lieque 列缺

Lie, arrangement; que, depression.

列，分裂；缺，亏缺。

The lightning and the heavenly rift in ancient times are called Lieque. The Meridian of Hand-Taiyin diverges from this point to the Meridian of Hand-Yangming. The point is in the depression superior to the styloid process of the radius.

古代称闪电和天际裂缝为列缺。手太阴脉从这里别走手阳明脉。穴位局部呈一浅小亏缺，如天际之裂缝。

L 8 Jingqu 经渠

Jing, passing; qu, ditch.

经，经过；渠，沟渠。

A ditch where the meridian qi passes,
经气流注于此，如水经过沟渠。

L 7 Taiyuan 太渊

Tai, maximum; yuan, abyss.

太，甚大；渊，深潭。

Tai means abundance. The meridian qi in the local part of the point is abundant as an abyss.

太，有旺盛的意思。穴位局部深陷如渊，脉气旺盛。

L 10 Yuji 鱼际

Yu, fish; ji, border.

鱼，鱼类；际，边际。

The muscular flexor pollicis in the palm is prominent as fish and the point is just located at its border. Yuji (thenar) is used as an anatomical word at present. 掌中屈拇肌隆起似鱼，穴位于它的边际。

L 11 Shaoshang 少商

Shao, immaturity; shang, one of the five sounds, pertaining to metal.

少，幼小；商，金声。

Shao means less and the lung pertains to

metal at shang sound. This is the end point of the Lung Meridinn where qi is less.

少，有少量的意思。商代表肺。此系肺经末穴，其气不充。

Large Intestine Meridian Shouyang- ming Dachangjing Xue

手阳明大肠经

LI 1 Shangyang 商阳

Shang, one of the five sounds, pertaining to metal; yang, the opposite of yin.

商，金声；阳，阴之对。

The large intestine pertains to metal at shang sound. Yang refers to the Yang Meridians.

商，代表大肠；阳，指阳经。穴属手阳明大肠经。

LI 2 Erjian 二间

Er, second; jian, clearance.

二，第二；间，间隙。

Jian refers to the point. This is the

second point of the Large Intestine Meridian.

间，指穴。此为手阳明脉的第二穴。

LI 3 Sanjian 三间

San, third; jian, clearance.

三，第三；间，间隙。

Jian refers to the point. This is the third point of the Large Intestine Meridian.

间，指穴。此为手阳明脉的第三穴。

LI 4 Hegu 合谷

He, junction; gu, valley.

合，结合；谷，山谷。

This point is in between the 1st and the 2nd metacarpal bones. Local region of the point is depressive as a valley.

穴在第一、二掌骨结合处，局部呈山谷样凹陷。

LI 5 Yangxi 阳溪

Yang, the opposite of yin; xi, ditch

阳，阴之对；溪，沟溪。

Yang refers to the Yang Meridians. The local depression is like a ditch in the mountains.

阳，指阳经。穴属手阳明经，局部呈凹陷，好象山间沟溪。

LI 6 Pianli 偏历

Pian, divergence; li, passway.

偏，偏离；历，行走。

The Large Intestine Meridian separates a collateral from here and diverges to the Lung Meridian.

手阳明脉从这里偏离别行手太阴脉。

LI 7 Wenliu 温溜

Wen, warming; liu, circulation.

温，温暖；溜，流通。

This point is able to promote the meridian circulation by warming and good at treating cold pain of the elbow and arm.

本穴有温通经脉之功，善治肘臂寒痛。

LI 8 Xialian 下廉

Xia, inferior; lian, edge.

下，下方；廉，边缘。

The point is inferior to Shanglian at the dorsal side of the forearm, close to the radial aspect.

穴在局部隆起肌肉侧缘下方。

LI 9 Shanglian 上廉

Shang, superior; lian, edge.

穴在局部隆起肌肉侧缘上方。

The point is superior to Xialian at the forearm, close to the radial aspect.

上，上方；廉，边缘。

LI 10 Shousanli 手三里

Shou, upper limbs; san, numeral; li used as cun in ancient times.

手，上肢；三，三个；里，外之对。

The point is in the upper limbs. With the arm stretched, the point is 3 cun below Quchi.

三，指人体上、中、下三部。穴在上肢，可通调上、中、下三部在里之症。

LI 11 Quchi 曲池

Qu, crooked; chi, pool.

曲，弯曲；池，池塘。

With the arm flexed at the elbow, a depression like a pool is found and the point is just in it.

池，指体表凹陷。屈肘取穴，肘横纹挠侧端陷中即是。

LI 12 Zhouliao 肘髎

Zhou, elbow; liao, seam.

肘，肘部；髎，骨隙。

The point is at the elbow and close to the seam

穴在肘部，靠近骨隙处。

LI 13 Shouwuli 手五里

Shou, upper limbs; wu, numeral; li, used as cun in ancient times.

手，上肢；五，五个；里，外之对。

The point is in the upper limbs, 5 cun below Tianfu.

五，五五脏。穴在上肢，可内通五脏之里。

LI 14 Binao 臂臑

Bi, upper limbs; nao, muscle prominence of the arm.

臂，通指上肢；臑，上臂。

The point is on the muscle prominence of the arm.

穴在上肢上臂部位。

LI 15 Jianyu 肩髃

Jian, shoulder; yu, corner.

肩，肩部；髃，隅角。

The point is at the corner of the shoulder.

肩髃，指肩头。穴在肩头部位。

LI 16 Jugu 巨骨

Ju, big; gu, bone.

巨骨，即锁骨。

The clavicle is called Jugu in ancient times. The point is close to the acromial end of the clavicle.

穴位靠近锁骨肩峰端。

LI 17 Tianding 天鼎

Tian, heaven; ding, name of an ancient utensil.

天，天空；鼎，古代炊器。

Tian refers to the heaven. The head looks like a utensil. The point is at the neck below the ear.

天，指上而言。颈部以上，形似鼎。穴在颈部，相当于鼎足之处。

LI 18 Futu 扶突

Fu, nearby; tu, prominence.

扶，旁边；突，隆起。

Tu refers to prominentia laryngea. The

point is by the side of the prominentia laryngea.

突，指喉结。穴在喉结旁。

LI 19 Kouheliao 口禾髎

Kou, mouth; he, grain; liao, seam.

口，口部；禾，谷物；髎，骨隙。

The grain enters the stomach through the mouth. The point is in the seam beside the mouth.

谷物从口入胃，穴在口旁骨隙中。

LI 20 Yingxiang 迎香

Ying, welcome; xiang, fragrance.

迎，迎接；气。

This point is close to the nose and is able to treat nose disorders to improve the sense of smell and welcome the fragrance.

穴善治鼻病，从而改善嗅觉迎来香气。