

上 篇
针灸学基本理论
及常用技术

PART ONE
BASIC THEORY
AND TECHNIQUES
OF ACUPUNCTURE
AND MOXIBUSTION

第一章 特定穴

CHAPTER ONE SPECIFIC POINTS

1.1 五输穴

1.1 Five-shu Points

阴经五输穴表

阴 经 \ 五 输	井(木)	荥(火)	输(土)	经(金)	合(水)
肺 手太阴	少商	鱼际	大渊	经渠	尺泽
心包 手厥阴	中冲	劳宫	大陵	间使	曲泽
心 手少阴	少冲	少府	神门	灵道	少海
脾 足太阴	隐白	大都	太白	商丘	阴陵泉
肝 足厥阴	大敦	行间	太冲	中封	曲泉
肾 足少阴	涌泉	然谷	太溪	复溜	阴谷

Table of Five *Shu* Points of the Yin Meridians

Points Channel	Five <i>Shu</i>	<i>Jing</i> (Well) (Wood)	<i>Ying</i> - (Spring) (Fire)	<i>Shu</i> - (Stream) (Earth)	<i>Jing</i> (River) (Metal)	<i>He</i> - (Sea) (Water)
	Lung Hand- <i>Taiyin</i>	Shaoshang (LU11)	Yujǐ (LU10)	Taiyuan (LU9)	Jingqu (LU8)	Chize (LU5)
Pericardium Hand- <i>Jueyin</i>	Zhong- chong (PC9)	Laogong (PC8)	Daling (PC7)	Jianshu (PC5)	Quze (PC3)	
Heart Hand- <i>Shaoyin</i>	Shaochong (HT9)	Shaofu (HT8)	Shenmen (HT7)	Lingdao (HT4)	Shaohai (HT3)	
Spleen Foot- <i>Taiyin</i>	Yinbai (SP1)	Dadu (SP2)	Taibai (SP3)	Shangqu (SP5)	Yinli- ngquan (SP9)	
Liver Foot- <i>Jueyin</i>	Dadun (LR1)	Xinguan (LR2)	Taichong (LR3)	Zhong-feng (LR4)	Ququan (LR8)	
Kidney Foot- <i>Shaoyin</i>	Yongquan (KI1)	Rangu (KI2)	Taixi (KI3)	Fuhu (KI7)	Yingu (KI10)	

阳经五输穴表

五 输	井(金)	荣(水)	输(木)	经(火)	合(土)
	阳 经				
大肠 手阳明	商阳	二间	三间	阳溪	曲池
三焦 手少阳	关冲	液门	中渚	支沟	天井
小肠 手太阳	少泽	前谷	后溪	阳谷	小海
胃 足阳明	厉兑	内庭	陷谷	解溪	足三里
胆 足少阳	足窍阴	侠溪	足临泣	阳辅	阳陵泉
膀胱 足太阳	至阴	足通谷	束骨	昆仑	委中

Table The Five-*Shu* Points of the Yang Meridians

Points Channel	Five <i>Shu</i>	<i>Jing</i> - (Well) (Metal)	<i>Ying</i> - (Spring) (Water)	<i>Shu</i> - (Stream) (Wood)	<i>Jing</i> - (River) (Fire)	<i>He</i> - (Sea) (Earth)
Large Intes- tine Hand- <i>Rangming</i>		Shang- yang (LI1)	Erjian (LI2)	Sanjian (LI3)	Yangxi (LI5)	Quchi (LI11)
Sanjiao Hand <i>Shaoyang</i>		Guan- chong (SJ1)	Yemen (SJ2)	Zhongzhu (SJ3)	Zhigou (SJ6)	Tianjing (SJ10)
Small Intes- tine Hand- <i>Taiyang</i>		Shaoze (SI1)	Qiangu (SI2)	Houxi (SI3)	Yanggu (SI5)	Xiaohai (SI8)
Stomach Foot- <i>Rangming</i>		Lidui (ST45)	Neting (ST44)	Xiangu (ST43)	Jiexi (ST41)	Zusanli (ST36)
Gallbladder Foot- <i>Shaoyang</i>		Zuqiao- yin (GB44)	Xiaxi (GB43)	Zulinqi (GB41)	Yangfu (GB38)	Yangli- ngquar (GB34)
Bladder Foot- <i>Taiyang</i>		Zhiyin (BL67)	Zutonggu (BL66)	Shugu (BL65)	Kunlun (BL60)	Weizhong (BL40)

1.2 十二脏腑募穴

募穴	中府	膻中	巨阙	期门	章门	京门
脏	肺	心包	心	肝	脾	肾
募穴	中脘	日月	中极	天枢	石门	关元
腑	胃	胆	膀胱	大肠	三焦	小肠

1.2 The Front-Mu Points

Internal Organs	Front-mu Points
Lung	Zhongfu(LU 1)
Pericardium	Tanzhong(RN 17)
Heart	Juque(RN 14)
Liver	Qimen(LI-14)
Gallbladder	Riyue(GB 24)

Spleen	Zhangmem(LR 13)
Stomach	Zhongwan(RN 12)
Sanjiao	Shumen(RN 5)
Kidney	Jingmen(GB 25)
Large Intestine	Tianshu(SJ 25)
Small Intestine	Guanyuan(RN 4)
Bladder	Zhongju(RN 3)

1.3 十二经原络穴

经 脉	原穴	络穴	经 脉	原穴	络穴
手太阴肺	太渊	列缺	手阳明大肠	合谷	偏历
手厥阴心包	大陵	内关	手少阳 焦	阳池	外关
手少阴心	神门	通里	手太阳小肠	腕骨	支正
足太阴脾	太白	公孙	足阳明胃	冲阳	丰隆
足厥阴肝	太冲	蠡沟	足少阳胆	丘墟	光明
足少阴肾	太溪	大钟	足太阳膀胱	京骨	飞扬

1. 3 The Yuan-(Source) Points and Luo-(Connecting) Points of 12 Meridians

Meridians	Luo-Connecting Points	Yuan-Source Points
Lung Meridian of Hand Taiyin	Lieque(LU 7)	Taiyuan(LI 9)
Large Intestine Meridian of Hand Yangming	Pianli(LI 6)	Hegu(LI 4)
Stomach Meridian of Foot Yangming	Fenglong (ST 40)	Chongyang (ST 42)
Spleen Meridian of Foot Taiyin	Gongsun (SP 4)	Taibai(SP 3)
Heart Meridian of Hand Shaoyin	Tongli(HT 5)	Shenmen (HT 7)
Small Intestine Meridian of Hand Taiyang	Zhizheng (SI 7)	Wangu(SI 4)
Bladder Meridian of Foot Taiyang	Feiyang (BL 58)	Jinggu(BL 64)
Kidney Meridian of Foot Shaoyin	Dazhong (KI 4)	Taixi(KI 3)
Pericardium Meridian of Hand Jueyin	Neiguan (PC 6)	Daling(PC 7)
Sanjiao Meridian of Hand Shaoyang	Waiguan (SJ 5)	Yangchi(SJ 4)

Gallbladder Meridian of Guangming	QiuXu (GB 40)
Foot Shaoyang	(GB 37)
Liver Meridian of Foot Ligou (LI 5)	Taichong
Jueyin	(LI 3)

Note: The Luo-Connecting point of Ren Meridian is Jiuwei (RN 15), of Du Meridian, Changqian (DU 1), and the Major Luo Connecting of Spleen is Dabao (SP 21).

1.4 八脉交会穴

穴 位	所通脉	合 于
内关	阴维	心、胸、胃
公孙	冲脉	
后溪	督脉	颈、肩、背 目内眦
申脉	阳跷	
外关	阳维	耳后、颊、目外眦
足临泣	带脉	
列缺	任脉	咽喉、胸膈、肺系
照海	阴跷	

1. 4 The Eight Confluent Points of the Eight Extra Meridians

Confluent Point	Extra Meridian	Indications
Neiguan(PC 6)	Yinwei	heart ,chest , stomach
Gongsun(SP 4)	Chong	
Houxi(SI 3)	Du	neck ,shoulder , back
Shenmai(BL 62)	Yangqiao	inner canthus
Waiguan(SJ 5)	Yangwei	retroauricle ,cheek , outer canthus
Zulqi(GB 41)	Dai	
Lieque(LI 7)	Ren	throat ,chest ,lung
Zhaohai(KI 6)	Yinqiao	

1.5 八会穴

脏会章门	筋会阳陵
腑会中脘	脉会太渊
气会膻中	骨会大杼
血会膈俞	髓会绝骨

1.5 The Eight Influential Points

Tissue	Influential Points
Zang organs	Zhangmen(LR 13)
Fu organs	Zhongwan(RN 12)
Qi	Tanzhong(RN 17)
Blood	Geshu(BL 17)
Tendon	Yanglingquan(GB 34)
Vessels	Taiyuan(LU 9)
Bone	Dazhu(BL 11)
Marrow	Juegu(GB 39)

1.6 十六郄穴

经 脉	郄 穴		经 脉
手太阴肺经	孔最	水泉	足少阴肾经
手厥阴心包经	郄门	梁丘	足阳明胃经
手少阴心经	阴郄	外丘	足少阳胆经
手阳明大肠经	温溜	金门	足太阳膀胱经
手少阳三焦经	会宗	筑宾	阴维脉
手太阳小肠经	养老	阳交	阳维脉
足太阴脾经	地机	交信	阴跷脉
足厥阴肝经	中都	跗阳	阳跷脉

1. 6 The Sixteen Xi- (cleft) Points

	Meridian	Xi- (Cleft) Point
Three Yin Meridians of Hand	Lung Meridian of Hand Taiyin	Kongzui (Lu 6)
	Pericardium Meridian of Hand Jueyin	Ximen (PC 4)
	Heart Meridian of Hand of Hand Shaoyin	Yinxu (HT 6)
Three Yang meridians of Foot	Large Intestine Meridian of Hand Yangming	Wenlu (LI 7)
	Sanjiao Meridian of Hand Shaoyang	Huizong (SJ 7)
	Small Intestine Meridian of Hand Taiyang	Yanglao (SI 6)
Three Yang Meridians of Foot	Stomach Meridian of Foot Yang- ming	Liangqiu (ST 34)
	Gallbladder Meridian of Foot Shaoyang	Waiqiu (GB 36)
	Bladder Meridian of Foot Taiyang	Jinmen (BL 63)

Three Yin Meridians of Hand	{	Spleen Meridian of foot Taiyin	Diji(SP 8)
		Liver Meridian of Foot Jueyin	Zhongdu(LR 6)
		Kidney Meridian of Foot Shaoyin	Shuiquan(KI 5)
Extra Meridians		Yangqiao Meridian	Fuyang(BL 59)
		Yinqiao Meridian	Jiaoxin(KI 8)
		Yangwei Meridian	Yangjiao(G 35)
		Yinwei Meridian	Zhubin(KI 9)

1.7 下合穴

下合穴	{	手三阳	{	手太阳—下巨虚
			{	手少阳—委阳
			{	手阳明—上巨虚
	{	足三阳	{	足太阳—委中
			{	足少阳—阳陵泉
			{	足阳明—足三里

1.7 The Lower He-(Sea) Points Pertaining to the Six-Fu Organs

Six Fu-Organs	Lower He-(Sea) Point
Stomach	Zusanli(ST 36)
Large intestine	ShangJuxu(ST 37)
Small intestine	Xiajuxu(XT 39)
Gallbladder	Yanglingquan(GB 34)
Bladder	Weizhong(BL 40)
Sanjiao	Weiyang(BL 39)

第二章 头针疗法

CHAPTER TWO SCALP ACUPUNCTURE

2.1 头针选穴原则

2.1 Principles of Site Selection

单侧肢体疾病,选用对侧刺激区;双侧肢体疾病,选用双侧刺激区;内脏、全身疾病或不易区别左右的疾病,可双侧取穴。一般根据疾病选用相应的刺激区,并可选用有关刺激区配合治疗,如下肢瘫痪可选用下肢运动区配足运感区。

For diseases affecting only one limb, a site is selected on the contralateral side of the head. Diseases affecting the limbs bilaterally are treated by stimulating sites on both sides of the head. Diseases of the internal organs or those which are systemic in nature, or those illnesses which are difficult to distinguish as being on one side or the other are treated by stimulating sites on both sides of the head. For instance, when treating paralysis of the lower limb, the principal site is the lower limb and trunk area in the motor area, supplemented by leg motor and sensory area.

2.2 操作方法

2.2 Method

明确诊断,选定刺激区,取得病员合作。病员取坐位或卧位,分开头发,常规消毒,选用 26~30 号 1.5~2.5 寸长的不锈钢毫针。

Diagnosing the diseases, selecting the area to be stimulated and asking the cooperation of patients. Expose the scalp and clean with alcohol. Usually 26—30, 1.5 to 2.5 cun in length stainless steel filiform needles are used.

2.2.1 快速进针

2.2.1 Swift Insertion

针尖与头皮呈 30°左右夹角,快速刺入皮下,然后沿刺激区快速推进(不捻转)到相应的深(长)度(或用捻转法进针)。

The needle is inserted in an angle of 30° to the scalp swiftly, Then inserted further along the area stimulated to be (not rotating) to requisite portion. (or inserting the needle with Twirling method)

2.2.2 快速捻转

2.2.2 Rapid Twirling

进针以后,使针体来回快速旋转(200次/分)左右,捻转持续约 0.5~1 分钟,然后静留针 5~10 分钟重复捻转,用同样的方法再捻转两次,即可起针。也可用电针代替手捻进行治疗,据报道电针刺激头皮相应刺激区,治疗脑血管意外后遗症偏瘫的疗效与手法捻转的疗效相同。