

鍼灸穴名釋義

Explanations
of Names of
Acu-points
with its
English
Translation



EXPLANATION OF NAMES OF ACU-POINTS

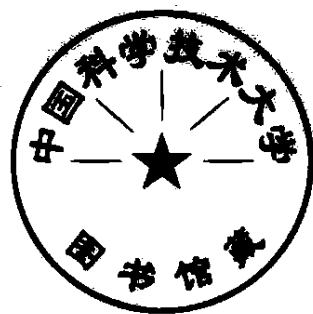
—WITH ITS ENGLISH TRANSLATION

Zhou Mei-sheng

Translated by

Huang Shi-tai &

Zhang Zai-yi



Anhui Publishing House of Science & Technology

acu-point names in this book, word explanation is given first, then the word group explanation, and efforts have been made to give a concise and clear writing.

Meanings of about eighty names in the book are clear and definite, on which few differing views are held by persons of various schools of thought, so one column of explanation is adequate. The rest two hundred and eighty names are rather abstruse and difficult to interpret. There may exist discrepancy in the interpretation of these names among different schools of thought, thus leaving much for further textual research and criticism.

An English translation of the main points of the text is made by Mr. Huang Shi-tai and Mr. Zhang Zai-yi to help readers who have difficulties in reading in the original.

I should be very glad to hear from readers of the book who find mistakes or who have comments or suggestions of any kind.

Zhou Mei-sheng

August 1984

in Anhui College of Traditional
Chinese Medicine

PREFACE

Explanation of names of acu-points, though, have long been existed in the classics of traditional Chinese medicine of past dynasties, they are so far fragmentary and scattered, monographs and systematic expositions are lacking.

In recent years, rapid development of acupuncture and moxibustion has broadened the scope of research and aroused interest and attention to this subject both at home and abroad. Some specialists at home have already made a good start in the research of names of acu-points and published a number of theses that expound their precious views.

Since the background of the nomenclature of acu-points is very profound, in the exploration of this field it is necessary to advocate free discussion, pool the wisdom and efforts of many, adhere to mutual encouragement and discard the dross and select the essential, so as to achieve veritably the historical task of explaining the acu-point names.

According to the principles determined in the 1983 National Forum on Acu-Point Names, for each of the

CONTENTS

1. Lung Meridian Points of Hand <i>Taiyin</i>	1
<i>Zhongfu</i> (1) <i>Yunmen</i> (1) <i>Tianfu</i> (2)	
<i>Xiabai</i> (2) <i>Chize</i> (3) <i>Kongzui</i> (3)	
<i>Lieque</i> (3) <i>Jingqu</i> (4) <i>Taiyuan</i> (4)	
<i>Yuji</i> (4) <i>Shaoshang</i> (5)	
2. Large Intestine Meridian Points of Hand	
<i>Yangming</i>	5
<i>Shangyang</i> (5) <i>Erjian</i> (5) <i>Sanjian</i> (6)	
<i>Hegu</i> (6) <i>Yangxi</i> (6) <i>Pianli</i> (6)	
<i>Wenliu</i> (7) <i>Xialian</i> (7) <i>Shanglian</i> (7)	
<i>Shousanli</i> (7) <i>Quchi</i> (8) <i>Zhouliao</i> (8)	
<i>Shouwuli</i> (8) <i>Binao</i> (9) <i>Jianyu</i> (9)	
<i>Jugu</i> (9) <i>Tianding</i> (9) <i>Futu</i> (10)	
<i>Jiliao</i> (10) <i>Yingxiang</i> (10)	
3. Stomach Meridian Points of Foot <i>Yangming</i> ...10	
<i>Chengqi</i> (10) <i>Sibai</i> (11) <i>Juliao</i> (11)	
<i>Dicang</i> (11) <i>Daying</i> (11) <i>Jiache</i> (12)	
<i>Xiaguan</i> (12) <i>Touwei</i> (12) <i>Renying</i> (12)	
<i>Shuitu</i> (13) <i>Qishe</i> (13) <i>Quepen</i> (13)	
<i>Qihu</i> (14) <i>Kufang</i> (14) <i>Wuyi</i> (14)	
<i>Yingchuang</i> (14) <i>Ruzhong</i> (14) <i>Rugen</i> (15)	
<i>Burong</i> (15) <i>Chengman</i> (15) <i>Liangmen</i> (15)	
<i>Guanmen</i> (16) <i>Taiyi</i> (16) <i>Huaroumen</i> (17)	

<i>Tianshu</i> (17)	<i>Wailing</i> (17)	<i>Daju</i> (18)
<i>Shuidao</i> (18)	<i>Guilai</i> (18)	<i>Qichong</i> (19)
<i>Biguan</i> (19)	<i>Futu</i> (19)	<i>Yinfu</i> (20)
<i>Liangqiu</i> (20)	<i>Dubi</i> (20)	<i>Zusanli</i> (20)
<i>Shangjuxu</i> (21)	<i>Tiaokou</i> (21)	<i>Xiajuxu</i> (21)
<i>Fenglong</i> (22)	<i>Jiexi</i> (22)	<i>Chongyang</i> (22)
<i>Xiangu</i> (23)	<i>Neiting</i> (23)	<i>Lidui</i> (23)

4. Spleen Meridian Points of Foot Taiyin.....24

<i>Yinbai</i> (24)	<i>Dadu</i> (24)	<i>Taibai</i> (24)
<i>Gongsun</i> (25)	<i>Shangqiu</i> (25)	<i>Sanyinjiao</i> (26)
<i>Lougu</i> (26)	<i>Diji</i> (26)	<i>Yinlingquan</i> (27)
<i>Xuehai</i> (27)	<i>Jimen</i> (27)	<i>Chongmen</i> (28)
<i>Fushe</i> (28)	<i>Fujie</i> (28)	<i>Daheng</i> (28)
<i>Fuai</i> (29)	<i>Shidou</i> (29)	<i>Tianxi</i> (29)
<i>Xiongxiang</i> (30)	<i>Zhourong</i> (30)	<i>Dabao</i> (30)

5. Heart Meridian Points of Hand Shaoyin..... 31

<i>Jiquan</i> (31)	<i>Qingling</i> (31)	<i>Shaohai</i> (31)
<i>Lingdao</i> (32)	<i>Tongli</i> (32)	<i>Yinxi</i> (32)
<i>Shenmen</i> (33)	<i>Shaofu</i> (33)	<i>Shaochong</i> (33)

6. Small Intestine Meridian Points of Hand

Taiyang..... 34

<i>Shaoze</i> (34)	<i>Qianqu</i> (34)	<i>Houxi</i> (34)
<i>Wangu</i> (34)	<i>Yanggu</i> (35)	<i>Yanglao</i> (35)
<i>Zhizheng</i> (35)	<i>Xiaohai</i> (36)	<i>Jianzhen</i> (36)
<i>Naoshu</i> (36)	<i>Tianzong</i> (37)	<i>Bingfeng</i> (37)
<i>Quyuan</i> (37)	<i>Jianwaishu</i> (37)	<i>Jianzhongshu</i> (38)
<i>Tianchuang</i> (38)	<i>Tianrong</i> (38)	<i>Quanliao</i> (39)
<i>Tinggong</i> (39)		

7. Bladder Meridian Points of Foot Taiyang.....39

<i>Jingming</i> (39)	<i>Cuanzhu</i> (39)	<i>Meichong</i> (40)
<i>Qucha</i> (40)	<i>Wuchu</i> (40)	<i>Chengguan</i> (41)
<i>Tongtian</i> (41)	<i>Luoque</i> (41)	<i>Yuzhen</i> (42)
<i>Tianzhu</i> (42)	<i>Dashu</i> (42)	<i>Fengmen</i> (42)
<i>Feishu</i> (43)	<i>Jueyinshu</i> (43)	<i>Xinshu</i> (44)
<i>Dushu</i> (44)	<i>Geshu</i> (44)	<i>Ganshu</i> (44)
<i>Danshu</i> (45)	<i>Pishu</i> (45)	<i>Weishu</i> (45)
<i>Sanjiaoshu</i> (45)	<i>Shenshu</i> (46)	<i>Qihuishu</i> (46)
<i>Dachangshu</i> (47)	<i>Guanyuanshu</i> (47)	<i>Xiaochangshu</i> (47)
<i>Pangguangshu</i> (47)	<i>Zhonglüshu</i> (48)	<i>Baihuanshu</i> (48)
<i>Shangliao</i> (48)	<i>Ciliao</i> (49)	<i>Zhongliao</i> (49)
<i>Xialiao</i> (49)	<i>Huiyang</i> (49)	<i>Chengfu</i> (50)
<i>Yinmen</i> (50)	<i>Fuxi</i> (50)	<i>Weiyang</i> (51)
<i>Weizhong</i> (51)	<i>Fufen</i> (51)	<i>Pohu</i> (52)
<i>Gaohuangshu</i> (52)	<i>Shentang</i> (52)	<i>Yixi</i> (53)
<i>Geguan</i> (53)	<i>Hunmen</i> (53)	<i>Yanggang</i> (54)
<i>Yishe</i> (54)	<i>Weicang</i> (54)	<i>Huangmen</i> (54)
<i>Zhishi</i> (55)	<i>Baohuang</i> (55)	<i>Zhibian</i> (55)
<i>Heyang</i> (55)	<i>Chengjin</i> (56)	<i>Chengshan</i> (56)
<i>Feiyang</i> (56)	<i>Fuyang</i> (57)	<i>Kunlun</i> (57)
<i>Pucan</i> (57)	<i>Shenmai</i> (57)	<i>Jinmen</i> (58)
<i>Jinggu</i> (58)	<i>Shugu</i> (58)	<i>Tonggu</i> (59)
<i>Zhiyin</i> (59)		

8. Kidney Meridian Points of Foot Shaoyin60

<i>Yongquan</i> (60)	<i>Rangu</i> (60)	<i>Taixi</i> (60)
<i>Dazhong</i> (61)	<i>Shuiquan</i> (61)	<i>Zhaohai</i> (61)
<i>Fuliu</i> (62)	<i>Jiaoxin</i> (62)	<i>Zhubin</i> (63)
<i>Yingu</i> (63)	<i>Henggu</i> (63)	<i>Dahe</i> (63)
<i>Qixue</i> (64)	<i>Siman</i> (64)	<i>Zhongzhu</i> (65)

- | | | |
|----------------------|----------------------|---------------------|
| <i>Huangshu</i> (65) | <i>Shangqu</i> (65) | <i>Shiguan</i> (66) |
| <i>Yindu</i> (66) | <i>Futonggu</i> (66) | <i>Youmem</i> (67) |
| <i>Bulang</i> (67) | <i>Shenfeng</i> (68) | <i>Lingxu</i> (68) |
| <i>Shencang</i> (68) | <i>Yuzhong</i> (69) | <i>Shufu</i> (69) |
9. Pericardium Meridian Points of Hand Jueyin...69
- | | | |
|---------------------|----------------------|------------------------|
| <i>Tianchi</i> (69) | <i>Tianquan</i> (70) | <i>Quze</i> (70) |
| <i>Ximen</i> (70) | <i>Jianshi</i> (71) | <i>Neiguan</i> (71) |
| <i>Daling</i> (72) | <i>Laogong</i> (72) | <i>Zhongchong</i> (72) |
10. Sanjiao Meridian Points of Hand Shaoyang... 73
- | | | |
|-----------------------|--------------------------|----------------------|
| <i>Guanchong</i> (73) | <i>Yemen</i> (73) | <i>Zhongzhu</i> (73) |
| <i>Yangchi</i> (74) | <i>Wai guan</i> (74) | <i>Zhi gou</i> (74) |
| <i>Huizong</i> (75) | <i>Sanyangluo</i> (75) | <i>Sidu</i> (75) |
| <i>Tianjing</i> (75) | <i>Qinglingyuan</i> (76) | <i>Xiaoluo</i> (76) |
| <i>Naohui</i> (76) | <i>Jianliao</i> (77) | <i>Tianliao</i> (77) |
| <i>Yifeng</i> (77) | <i>Chimai</i> (78) | <i>Luxi</i> (78) |
| <i>Jiaosun</i> (78) | <i>Ermen</i> (79) | <i>Heliao</i> (79) |
| <i>Sizhukong</i> (79) | | |
11. Gall Bladder Meridian Points of Foot
- Shaoyang*.....80
- | | | |
|------------------------|------------------------|-----------------------|
| <i>Tongziliao</i> (80) | <i>Tinghui</i> (80) | <i>Shangguan</i> (80) |
| <i>Hanyan</i> (81) | <i>Xuanlu</i> (81) | <i>Xuanli</i> (81) |
| <i>Qubin</i> (81) | <i>Shuai gu</i> (82) | <i>Tianchong</i> (82) |
| <i>Fubai</i> (82) | <i>Touqiaoyin</i> (82) | <i>Wangu</i> (83) |
| <i>Benshen</i> (83) | <i>Yangbai</i> (83) | <i>Toulinqi</i> (84) |
| <i>Muchuang</i> (84) | <i>Zhengying</i> (84) | <i>Chengling</i> (85) |
| <i>Naokong</i> (85) | <i>Fengchi</i> (85) | <i>Jianjing</i> (85) |
| <i>Yuanye</i> (86) | <i>Zhejin</i> (86) | <i>Riyue</i> (86) |
| <i>Jingmen</i> (86) | <i>Daimai</i> (87) | <i>Wushu</i> (87) |
| <i>Weidao</i> (87) | <i>Juliao</i> (87) | <i>Huantiao</i> (88) |

<i>Fengshi</i> (88)	<i>Zhongdu</i> (88)	<i>Xiyangguan</i> (89)
<i>Yanglingquan</i> (89)	<i>Yangjiao</i> (89)	<i>Waiqiu</i> (90)
<i>Guangming</i> (90)	<i>Yangfu</i> (90)	<i>Xuanzhong</i> (90)
<i>Qiuxu</i> (91)	<i>Zulinqi</i> (91)	<i>Diwuhui</i> (91)
<i>Xiaxi</i> (92)	<i>Zuqiaoyin</i> (92)	

12. Liver Meridian Points of Foot *Jueyin*92

<i>Dadun</i> (92)	<i>Xingjian</i> (93)	<i>Taichong</i> (93)
<i>Zhongfeng</i> (93)	<i>Ligou</i> (94)	<i>Zhongdu</i> (94)
<i>Xiguan</i> (94)	<i>Ququan</i> (94)	<i>Yinbao</i> (95)
<i>Zuwuli</i> (95)	<i>Yinlian</i> (95)	<i>Jimai</i> (96)
<i>Zhangmen</i> (96)	<i>Qimen</i> (96)	

13. Du(Governor Vessel)Meridian Points.....97

<i>Changqiang</i> (97)	<i>Yaoshu</i> (97)	<i>Yaoyangguan</i> (97)
<i>Mingmen</i> (98)	<i>Xuanshu</i> (98)	<i>Jizhong</i> (98)
<i>Zhongshu</i> (99)	<i>Jinsuo</i> (99)	<i>Zhiyang</i> (99)
<i>Lingtai</i> (99)	<i>Shendao</i> (100)	<i>Shenzhu</i> (100)
<i>Taodao</i> (100)	<i>Dazhui</i> (101)	<i>Yamen</i> (101)
<i>Fengfu</i> (101)	<i>Naohu</i> (101)	<i>Qiangjian</i> (102)
<i>Houding</i> (102)	<i>Baihui</i> (102)	<i>Qianding</i> (103)
<i>Xinhui</i> (103)	<i>Shangxing</i> (103)	<i>Shenting</i> (103)
<i>Suliao</i> (104)	<i>Shuiquo</i> (104)	<i>Duiduan</i> (104)
<i>Yinjiao</i> (105)		

14. Ren (Conception Vessel) Meridian Points... 105

<i>Huiyin</i> (105)	<i>Qugu</i> (105)	<i>Zhongji</i> (105)
<i>Guanyuan</i> (106)	<i>Shimen</i> (106)	<i>Qihai</i> (107)
<i>Yinjiao</i> (107)	<i>Shenque</i> (107)	<i>Shuifen</i> (108)
<i>Xiawan</i> (108)	<i>Jianli</i> (108)	<i>Zhongwan</i> (109)
<i>Shangwan</i> (109)	<i>Juque</i> (109)	<i>Jiuwei</i> (110)
<i>Zhongting</i> (110)	<i>Tanzhong</i> (110)	<i>Yutang</i> (111)

Zigong(111). *Huagai*(111) *Xuanji* (111)
Tiantu(112) *Lianquan*(112) *Chengjiang*(112)

Explanation of Names of Acu-points

1. Lung Meridian Points of Hand *Taiyin* 手太阴肺经经穴

1.1 *Zhongfu* 中府

zhong middle; inside the chest; middle *jiao*; the functional activities and the vital energy of the spleen and stomach in middle *jiao*

fu storehouse

Zhongfu The point is on the chest, it is the meeting place of the Lung Meridian and the Spleen Meridian. The vital energy stored in the chest is the compound of respiratory gas and the essence of water and grain. The formation of the essence depends on the functional activities and the vital energy of the spleen and stomach in middle *jiao*.

1.2 *Yunmen* 云门

yun cloud, referring to the compound of respiratory

gas and essence formed from water and grain;
the network of all the small vessels in the
lung

men gate

Yunmen The point is on the chest where the respiratory gas and essence formed from water and grain rise up and fall down. The network of small vessels in the lung is compared to clouds in the sky.

1.3 *Tianfu* 天府

tian heaven, referring to atmosphere; the upper
part of human body

fu see *Zhongfu*(1.1)

Tianfu It is the name for the two breasts. There is a point on each of the arms at about the same level as the nipples of man, so it is just in touch with the nipple when the arm is folded. The point belongs to the Lung Meridian of Hand *Taiyin*, it is responsible for the storage of respiratory gas.

1.4 *Xiabai* 侠白

xia clamp

bai white, referring to lung

Xiabai The point is at the medial side of the upper

arm, belonging to the Lung Meridian of Hand *Taiyin*, and the lung is in the chest clamped between the upper arms.

1.5 *Chize* 尺泽

chi unit of length (about a foot long); ulna (it is called *chi* bone because it is about a foot long)
ze depression

Chize This point is located in the depression at the elbow, in medical classics the elbow is often referred to as "*chi*", and the wrist as "*cun*" (one tenth of a *chi*, that is, a little longer than an inch).

1.6 *Kongzui* 孔最

kong orifice, hole

zui most

Kongzui It is a point where the energy of the Lung Meridian of Hand *Taiyin* is stored deeply and it is most thriving.

1.7 *Lieque* 列缺

lie split open

que gap; crevice

Lieque The ancient Chinese people called lightning *lieque*. The point is located in the crevice above

the styloid process of the radius. The propagation of sensation caused by puncturing at the point is usually rapid like lightning.

1.8 *Jingqu* 经渠

jing meridian; Meridian energy; pass through
qu channel

Jingqu It is a meridian channel, meridian energy and blood that are both circulating meet through this channel.

1.9 *Taiyuan* 太渊

tai imperial; sovereign; highest; greatest
yuan deep pool; the crook place of the bow

Taiyuan It is the energy base of the Lung Meridian of Hand *Taiyin*, at a bow-like place on the lateral border of the radial artery. The Meridian energy is compared to water in a deep pool, moistening and nourishing the whole body.

1.10 *Yuji* 鱼际

yu fish; thenar
ji border; edge

Yuji The point is located on the border of the thenar, the shape of which is like a fish.

1.11 *Shaoshang* 少商

shao young; tiny

shang the name for one of the Five Notes in ancient music, the sound of metal, metaphor for the lung

Shaoshang Here the Meridian energy of the Lung Meridian of Hand *Taiyin* initiates.

2. Large Intestine Meridian Points of Hand *Yangming* 手阳明大肠经经穴

2.1 *Shangyang* 商阳

shang see *Shaoshang*(1.11)

yang referring to Yang Metal

Shangyang The Lung belongs to Yin Metal, the Large Intestine belongs to Yang Metal. They both belong to metal. *Shangyang* is the place where Yang Metal initiates.

2.2 *Erjian* 二间

er second

jian crevice, in the crevice of the index finger

Erjian It is the second point of the Large Intestine Meridian of Hand *Yangming*.

2.3 *Sanjian* 三间

san third

jian crevice; see *Erjian*(2.2)

Sanjian It is the third point of the Large Intestine Meridian of Hand Yangming.

2.4 *Hegu* 合谷

he put together; close

gu valley

Hegu This point is between metacarpal bones.

When the thumb and the index finger are put together, a small hill is formed, and when they part, a valley-like depression is formed.

The interface of two adjacent muscles is also called a valley.

2.5 *Yangxi* 阳谿

yang referring to Yang Meridian; handback

xi stream

Yangxi The point is located in the streamlike depression on the lateral side of the wrist joint.

2.6 *Pianli* 偏历

pian side; oblique

li walk; pass through

Pianli The point is located in the lateral side of the forearm. The meridian has a branch here, collaterally connecting with the Hand *Taiyin* Meridian on the medial side.

2.7 *Wenliu* 温溜

wen warm

liu flow; stay

Wenliu The point has the function of diaphoresis by warming the meridians.

2.8 *Xialian* 下廉

xia lower

lian side; border; margin; the narrow part

Xialian The point is in the anterior margin on the forearm, i.e. the narrow part, below the *Shanglian* point(2.9).

2.9 *Shanglian* 上廉

shang upper

lian see *Xialian*(2.8)

Shanglian The point is above the *Xialian* point (2.8).

2.10 *Shousanli* 手三里

shou upper limb

san three