



Three-Dimension

Colored Diagrams for
Meridians and Acupoints

(Chinese-English Edition)

三维经络穴位全彩图集

(中英对照版)

Male Meridians and Acupoints
男性经络穴位

海峡出版发行集团 | 福建科学技术出版社
THE STRAITS PUBLISHING & DISTRIBUTING GROUP | FUJIAN SCIENCE & TECHNOLOGY PUBLISHING HOUSE

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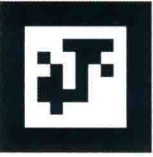

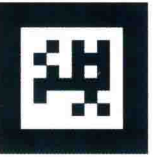
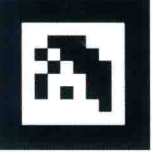
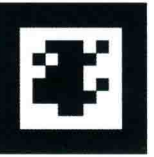

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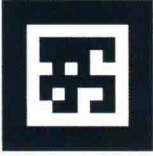



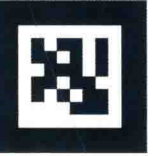
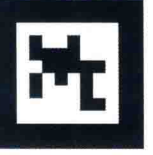


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目录 Contents

第一章 十四经穴图解 6

Chapter 1: Diagrams of Acupoints in the Fourteen Meridians

- 手太阴肺经
Lung Meridian of Hand-Taiyin, LU. 6 
- 手阳明大肠经
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- 足阳明胃经
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- 手太阳小肠经
Small Intestine Meridian of Hand-Taiyang, SI. 34 

- 足太阳膀胱经
Bladder Meridian of Foot-Taiyang, BL. 38 
- 足少阴肾经
Kidney Meridian of Foot-Shaoyin, KI. 50 
- 手厥阴心包经
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- 手少阳三焦经
Triple Energizer Meridian of Hand-Shaoyang, TE. 58 
- 足少阳胆经
Gallbladder Meridian of Foot-Shaoyang, GB. 64 
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Liver Meridian of Foot-Jueyin, LR. 70 
- 督脉
Governor Vessel Meridian, GV. 74 
- 任脉
Conception Vessel Meridian, CV. 80 

第二章 穴位分部图解 86

Chapter 2: Diagrams of Acupoints in Different Divisions

- 头颈肩部穴位
Acupoints of Head, Neck and Shoulder 86
- 胸腹部穴位
Acupoints of Chest and Abdomen 102
- 腰背臀部穴位
Acupoints of Waist, Back and Buttock 112
- 上肢部穴位
Acupoints of Upper Limbs 122
- 下肢部穴位
Acupoints of Lower Limbs 136

第三章 超时效三步对症按摩法 154

Chapter 3: Super Quick-acting Three-step Symptomatic Massage Manipulations

- ① 强腰壮肾 Strengthening Waist and Kidney 154
- ② 强筋健骨 Strengthening Tendon and Bone 154
- ③ 明目养肝 Nourishing Liver and Improving Eyesight 154
- ④ 补心健脑 Nourishing Heart and Brain 154
- ⑤ 缓解压力 Relieving Pressure 158
- ⑥ 延年益寿 Prolonging Life 156
- ⑦ 阳痿 Erectile Dysfunction 156
- ⑧ 早泄 Prostermia 156
- ⑨ 遗精 Spermatorrhea 156
- ⑩ 睾丸炎 Testitis 156
- ⑪ 前列腺炎 Prostatitis 156
- ⑫ 男性不育症 Male Infertility 158
- ⑬ 不射精症 Anejaculation 158

- ⑭ 前列腺囊肿 Cyst of Prostate 158
- ⑮ 少精子症 Oligospermia 158
- ⑯ 男性更年期综合征 Male Climacteric Syndrome 158
- ⑰ 感冒 Cold 158
- ⑱ 发热 Fever 160
- ⑲ 咳嗽 Cough 160
- ⑳ 哮喘 Asthma 160
- ㉑ 高血压 Hypertension 160
- ㉒ 冠心病 Coronary Heart Disease 160
- ㉓ 胃痛 Stomachache 160
- ㉔ 腹泻 Diarrhea 162
- ㉕ 便秘 Constipation 162
- ㉖ 糖尿病 Diabetes Mellitus 162
- ㉗ 高血脂症 Hyperlipemia 162
- ㉘ 头痛 Headache 162
- ㉙ 失眠 Insomnia 162
- ㉚ 健忘 Amnesia 164
- ㉛ 慢性咽炎 Chronic Pharyngitis 164
- ㉜ 慢性鼻炎 Chronic Rhinitis 164
- ㉝ 落枕 Stiff Neck 164
- ㉞ 颈椎病 Cervical Spondylosis 164
- ㉟ 肩周炎 Shoulder Periarthritis 164
- ㊱ 网球肘 (肱骨外上髁炎) Tennis Elbow (Lateral Epicondylitis) 166
- ㊲ 急性腰扭伤 Acute Waist Sprain 166
- ㊳ 腰痛 Waist Pain 166
- ㊴ 坐骨神经痛 Sciatica 166
- ㊵ 膝关节炎 Gonitis 166
- ㊶ 斑秃 Alopecia Areata 166
- ㊷ 痤疮 Acne 168
- ㊸ 戒烟 Smoking Cessation 168
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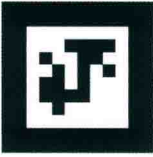


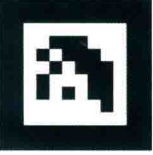
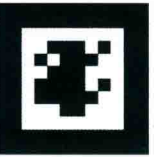
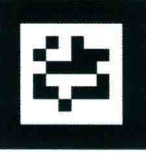
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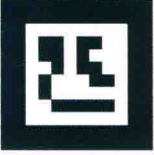

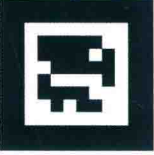


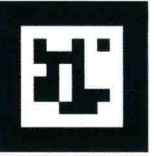
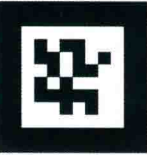
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⑧ 遗精 Spermatorrhea 156

⑨ 睾丸炎 Testitis 156

⑩ 前列腺炎 Prostatitis 156

⑪ 男性不育症 Male Infertility 158

⑫ 缓解压力 Relieving Pressure 158

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⑲ 哮喘 Asthma 160

⑳ 高血压 Hypertension 160

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㉓ 腹泻 Diarrhea 162

㉔ 便秘 Constipation 162

㉕ 糖尿病 Diabetes Mellitus 162

㉖ 高血脂症 Hyperlipemia 162

㉗ 头痛 Headache 162

㉘ 失眠 Insomnia 162

㉙ 健忘 Amnesia 164

㉚ 慢性咽炎 Chronic Pharyngitis 164

㉛ 慢性鼻炎 Chronic Rhinitis 164

㉜ 落枕 Stiff Neck 164

㉝ 颈椎病 Cervical Spondylosis 164

㉞ 肩周炎 Shoulder Periarthritis 164

㉟ 网球肘 (肱骨外上髁炎) Tennis Elbow (Lateral Epicondylitis) 166

㊱ 急性腰扭伤 Acute Waist Sprain 166

㊲ 腰痛 Waist Pain 166

㊳ 坐骨神经痛 Sciatica 166

㊴ 膝关节炎 Gonitis 166

㊵ 斑秃 Alopecia Areata 168

㊶ 痤疮 Acne 168

㊷ 戒烟 Smoking Cessation 168

㊸ 减肥 Weight Reduction 168

本书特色与使用说明

1. 本书以最新国家标准《腧穴名称与定位》为依据，穴位英文名由拼音与代码组成，图中的穴位中文名旁仅上代码。除在句子中出现的穴名拼音不上音调外，其余穴名拼音均上音调。
2. 结合 AR 技术展示十四经脉循行和部分穴位的取穴，形象直观。读者通过扫描并关注“健康乐读汇”微信公众号，按提示下载客户端，扫描识别码即可观看。
3. 经络腧穴内容全面，查找方便：先以十四经脉为纲，按经脉展示穴位，随图附穴位主治病症，并以“★”标出本经常用穴；接着再分五大部位分别解析各个穴位定位。从整体到局部帮您梳理相关腧穴知识。
4. 穴位应用不求人：收录 35 种常见病症的超速效对症按摩，简单实用疗效佳。

Features and Instructions

1. This book is based on the newest national standard proclaimed by *Nomenclature and Location of Acupuncture Points*. The international acupuncture nomenclature consists of spelling and code, whereas only code is added to the acupoints of the Picture beside the Chinese name considering limited space. Each spelling is marked with tone except for those occurring in sentences.
2. Circulations of the fourteen meridians and locations of some acupoints are displayed vividly and straightforwardly combined with AR technology. Readers may scan the QR code in back cover and focus on WeChat public account of *Happy Reading on Health*. Download the application under the instructions, then you can easily watch after scanning the identification code.
3. Overall contents of meridians collaterals and acupoints are contained, convenient for search: The contents first takes the fourteen meridians as main thread, displays respective acupoints according to meridians, encloses indications of points and marks the common-used acupoints with “★”, then analyzes the location of every point according to different divisions. Acupoints knowledge is arranged from the whole to the parts for better understanding.
4. Acupoints massage self-application: Super quick-acting symptomatic massage manipulations for 35 common syndromes are included. It is simple and practical with well curative effect.

第一章 十四经穴图解

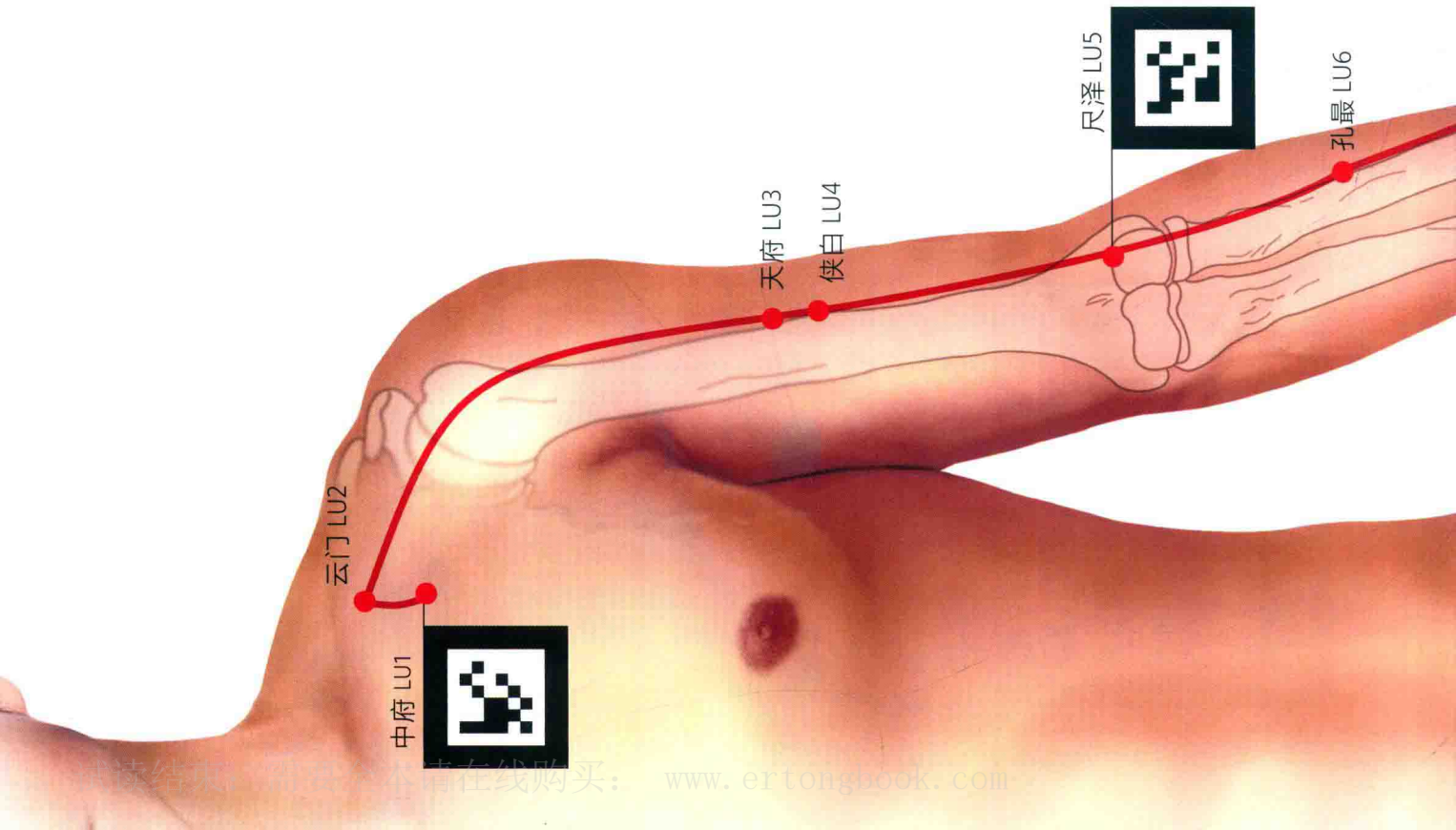
手太阴肺经



手太阴肺经从胸部走向手指，起于胸部的中府穴，经手臂内侧前缘，止于手指指的少商穴，每侧 11 穴，共 22 穴。

肺经主治病症：①咳嗽、气急、喘息等呼吸系统疾病。②心烦、胸闷、上臂及前臂内侧疼痛不适等经脉循行部位的疾患。

LU	穴位	主治
★ 1	中府	咳嗽、气喘、胸痛、肩背痛
2	云门	咳嗽、气喘、胸痛、肩痛
3	天府	鼻出血、咳嗽、气喘、肩及上肢内侧疼痛
4	侠白	咳嗽、气喘、上肢内侧痛
★ 5	尺泽	咳嗽、气喘、咯血、潮热、胸部胀满、咽喉肿痛、急性腹痛、腹泻、肘臂痛
★ 6	孔最	咯血、鼻出血、咳嗽、气喘、咽喉肿痛、热病（一切外感引起的热性病如传染病、中暑等）无汗、痔血、肘臂痛
★ 7	列缺	外感头痛、咳嗽、气喘、咽喉肿痛、口喎（口歪）、齿痛
8	经渠	咳嗽、气喘、胸痛、咽喉肿痛、手腕痛



中府 LU1

云门 LU2

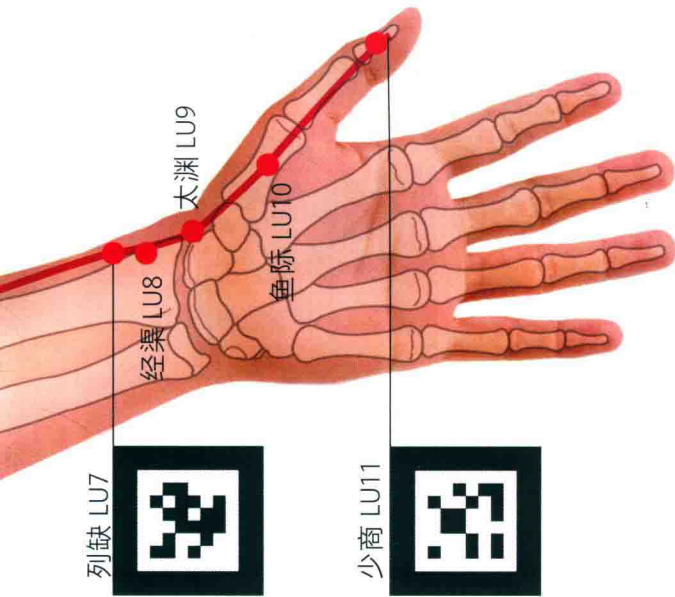
天府 LU3

侠白 LU4

尺泽 LU5

孔最 LU6

Chapter 1: Diagrams of Acupoints in the Fourteen Meridians



Lung Meridian of Hand-Taiyin, LU.

Lung Meridian of Hand-Taiyin from the chest to fingers. It emerges from Zhongfu acupoint, travels along the anterior-medial aspect of the arms and terminates at Shaoshang acupoint of the thumb. There are 11 acupoints in each side of Lung meridian and 22 acupoints in total.

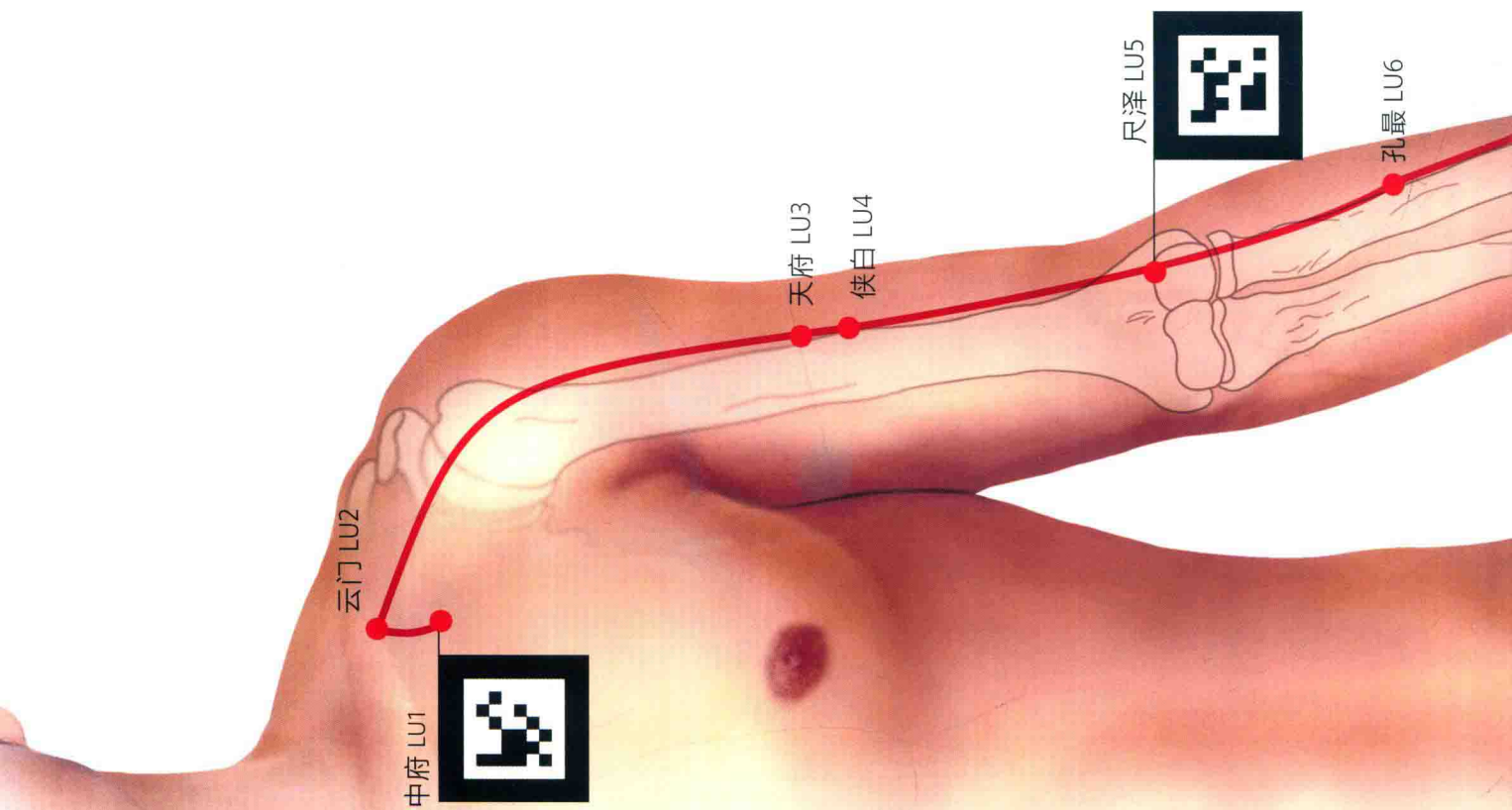
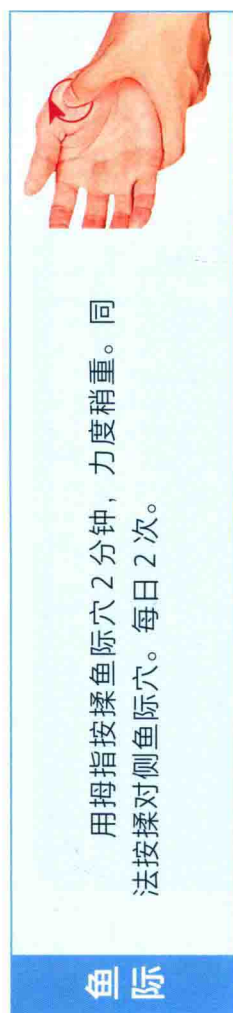
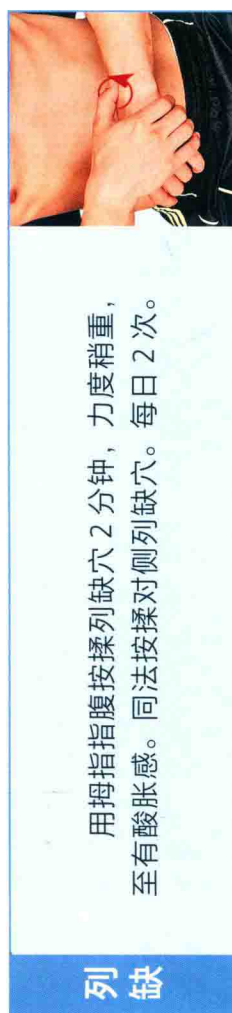
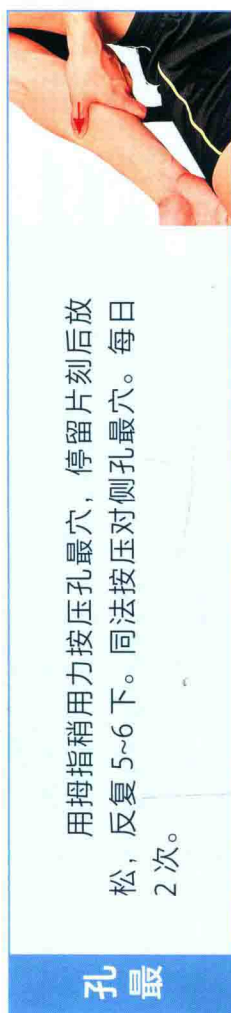
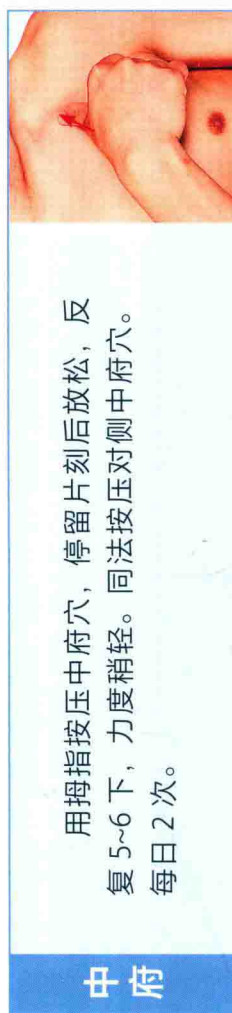
Lung Meridian indications: ① Respiratory system diseases including cough, short breath and wheezing. ② Diseases of running courses of meridian including vexation, chest tightness and pain in medial side of upper arm and forearm.

LU	Acupoints	Indications
★ 1	Zhōngfǔ	Cough; asthma; chest pain; pain in the shoulder and the back
2	Yúnmén	Cough; asthma; chest pain; shoulder pain
3	Tiānfǔ	Nose bleeding; cough; asthma; pain in the shoulder and medial upper limbs
4	Xiábái	Cough; asthma; pain in medial upper limbs
★ 5	Chǐzé	Cough; asthma; hemoptysis; hot flash; fullness in chest; swelling and pain in the throat; acute abdominal pain; diarrhea; pain in the elbow and the arm
★ 6	Kǒngzúì	Hemoptysis; nose bleeding; cough; asthma; swelling and pain in the throat; fever (any heat disease caused by exogenous pathogenic factors such as heat stroke and infectious disease); adiapneustia; hemorrhoidal bleeding; pain in elbow and arm
★ 7	Lièquē	Exogenous headache; cough; asthma; swelling and pain in the throat; deviation of mouth; toothache
8	Jīngqū	Cough; asthma; chest pain; swelling and pain in the throat; wrist pain

续表

LU	穴位	主治
9	太渊	感冒、咳嗽、气喘、咽喉肿痛、胸痛、无脉症、腕臂痛
★ 10	鱼际	咳嗽、哮喘、咯血、咽喉肿痛、失音、发热
11	少商	咽喉肿痛、发热、咳嗽、失音、鼻出血、昏迷、癫狂（指以情绪改变为主要症状的一类疾病）、指肿、麻木

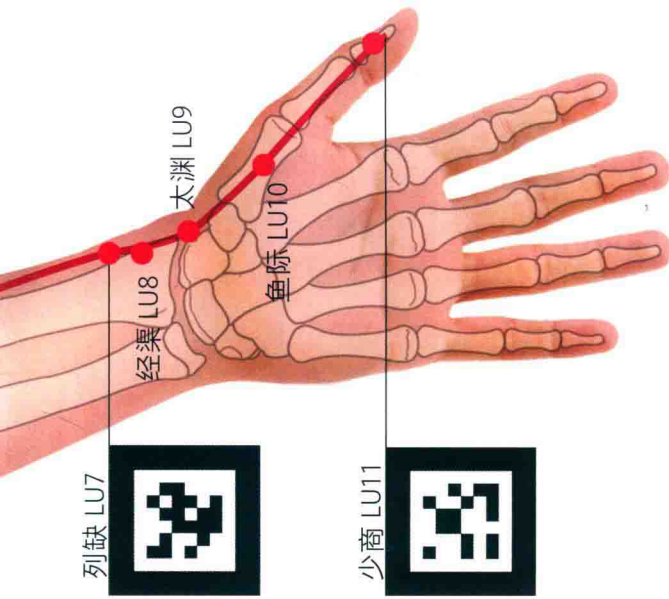
★为本经常用穴



Continued

LU	Acupoints	Indications
9	Tāiyuān	Cold; cough; asthma; swelling and pain in the throat; chest pain; pulseless disease; wrist and arm pain
★ 10	Yújì	Cough; asthma; swelling and pain in the throat; hemoptysis; fever; aphonia
★ 11	Shàoshāng	Swelling and pain in throat; fever; cough; aphonia; nose bleeding; coma; manic-depressive psychosis(a kind of disease of which the main symptoms mood change); finger edema; numbness

★ Common acupoint used in treatment



Zhōngfǔ (LU1)



Use the thumb to press the Zhongfu acupoint for a minute and then relax, repeat 5~6 times with slight strength. Press the contralateral acupoint with the same method. Twice a day.

Kǒngzùi (LU6)



Use the thumb to press the acupoint with a little heavy strength for a minute, then relax. Press the contralateral acupoint with the same method. Twice a day.

Lièquē (LU7)



Use the finger pulp of the thumb to knead the acupoint for 2 minutes with a little heavy strength till feeling soreness. Knead the contralateral acupoint. Twice a day.

Yújì (LU10)



Use the thumb to knead the acupoint for 2 minutes with a little heavy strength. Knead the contralateral acupoint with the same method. Twice a day.

手阳明大肠经



手阳明大肠经起于食指末端的高阳穴，沿手臂外侧经过肩部，止于脸部鼻子旁的迎香穴。本经一侧 20 穴，左右两侧共 40 穴。

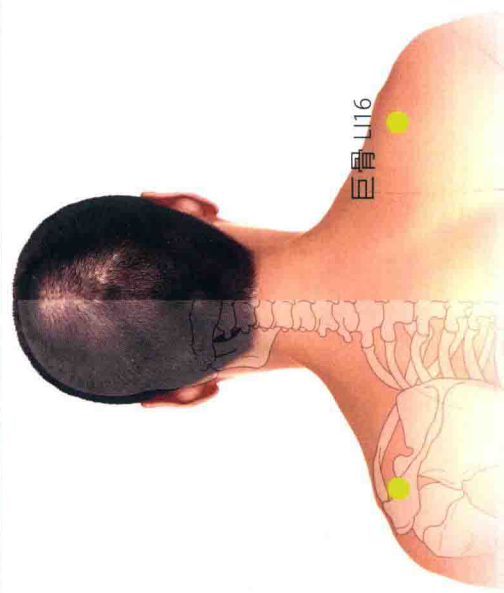
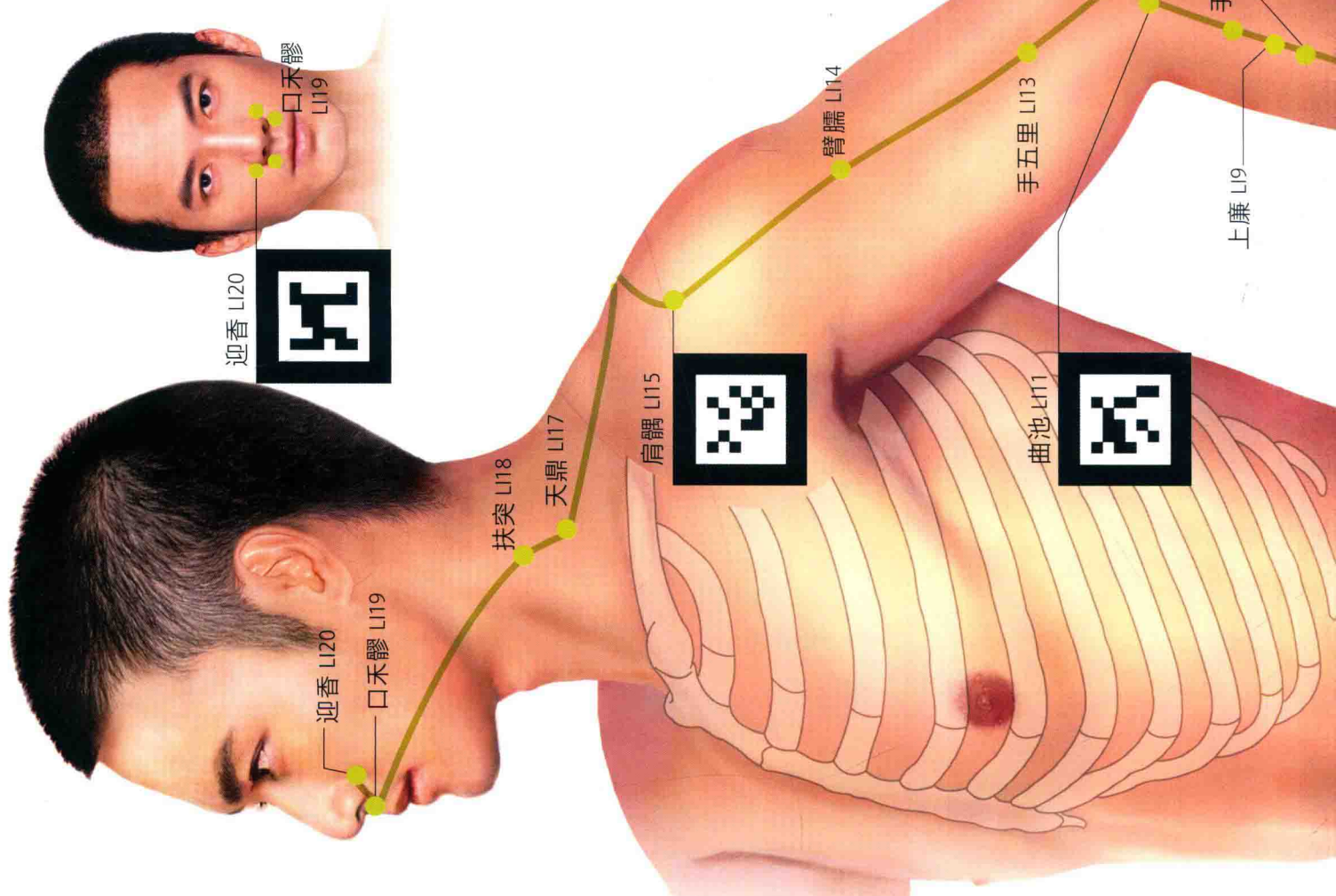
大肠经主治病症：①目赤、咽喉肿痛、齿痛、口喎（口歪）、耳鸣、耳聋等头面五官疾患。②中暑、发热等热病。③腹痛、腹泻、便秘等肠胃病。④上臂部疼痛等经脉循行的疾患。

LI

穴名

主治

★ 1	商阳	咽喉肿痛、齿痛、耳聋、热病、手指麻木
2	二间	咽喉肿痛、齿痛、目痛、鼻出血、热病
3	三间	目痛、咽喉肿痛、齿痛、身热、手背肿痛
★ 4	合谷	头痛、齿痛、咽喉肿痛、口喎、突发性耳聋、难产、闭经、便秘、上肢疼痛不遂
5	阳溪	头痛、目赤肿痛、齿痛、咽喉肿痛、手腕痛
6	偏历	目赤、耳聋、鼻出血、喉痛、水肿、手臂酸痛
7	温溜	头痛、面肿、咽喉肿痛、腹痛、肩背酸痛



迎香 LI20

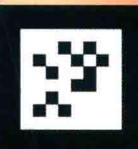


口禾髻 LI19

扶突 LI18

天鼎 LI17

肩髃 LI15



臂臑 LI14

手五里 LI13

肘髻 LI12

上廉 LI9

手三里 LI10

下廉 LI8

曲池 LI11



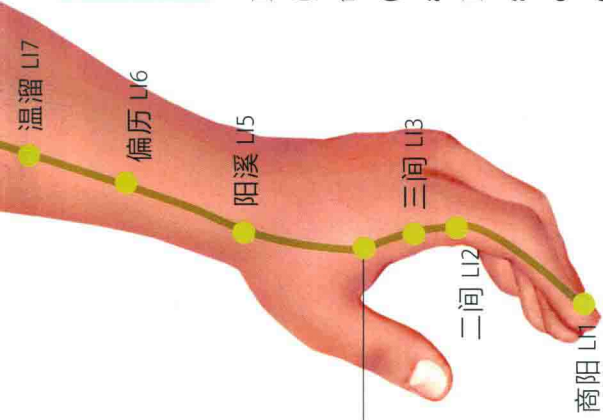
巨骨 LI16

Large Intestine Meridian of Hand-Yangming, LI.



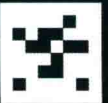
Large Intestine Meridian originates from the tip of the index finger (Shangyang acupoint), proceeds along the lateral side of the arm, passes through the highest point of the shoulder and ends at the side of the nose (Yingxiang acupoint). There are 20 acupoints in each side of the meridian and 40 acupoints in total.

Large Intestine Meridian indications: ① HEENT diseases including red eye, swelling and pain in the throat, toothache, deviation of mouth, tinnitus and deafness. ② Heat diseases including heat stroke and fever. ③ Any pain or discomfort on pathway of the meridian.



LI	Acupoints	Indications
★ 1	Shāngyáng	Swelling and pain in the throat; toothache; tinnitus; heat disease; finger numbness
2	Èrjiān	Swelling and pain in the throat; toothache; eyes pain; nose bleeding; heat disease
3	Sānjiān	Eyes pain; swelling and pain in the throat; toothache; fever; swelling and pain on the dorsum of the hand
★ 4	Hégǔ	Headache; toothache; swelling and pain in the throat; deviation of mouth; sudden deafness; dystocia; amenorrhea; constipation; pain and motor impairment in upper limbs
5	Yángxī	Headache; redness, swelling and pain of eyes; toothache; swelling and pain in throat; wrist pain
6	Piānlǐ	Red eye; deafness, nose bleeding; pain in the throat; edema; arm soreness and pain
7	Wēnlǐū	Headache; facial edema; swelling and pain in the throat; abdominal pain; soreness and pain in the shoulder and the back

合谷 LI4



续表

LI	穴名	主治
8	下廉	头痛、眩晕、目痛、腹胀、腹痛、肘臂痛
9	上廉	手臂麻木、肩臂酸痛、半身不遂、腹痛肠鸣
★10	手三里	肩臂麻木、上肢不遂、腹痛、腹泻、齿痛颊肿
★11	曲池	热病、咽喉肿痛、齿痛、目赤痛、头痛、眩晕、癫狂、肘臂疼痛、腹痛、青春痘(痤疮)
12	肘髎	肘臂酸痛、麻木、挛急
13	手五里	肘臂挛痛
14	臂臑	肩臂痛
★15	肩髃	上肢不遂、肩周炎
16	巨骨	肩臂疼痛不遂
17	天鼎	咽喉肿痛、失音
18	扶突	咽喉肿痛、失音、咳嗽气喘
19	口禾髎	鼻塞、鼻出血、口咽
★20	迎香	鼻炎、口咽、胆道蛔虫病

★为本经常用穴

