



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)

Female Meridians and Acupoints

女性经络穴位

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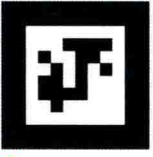
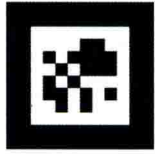
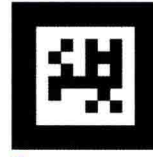
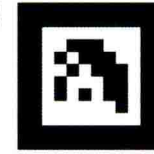
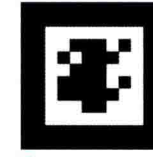
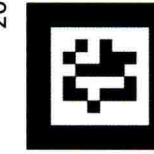
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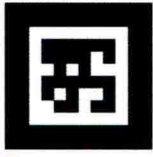
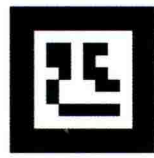
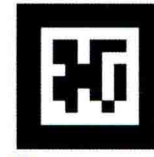
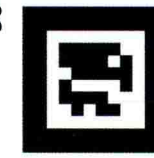

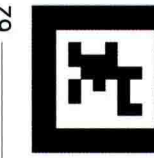
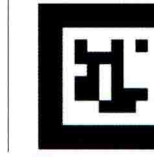
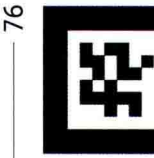
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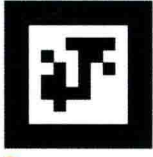
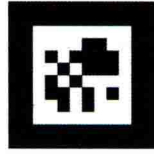


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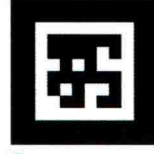
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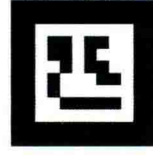
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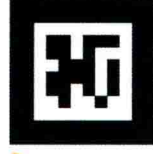
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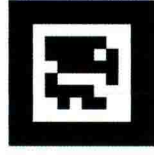
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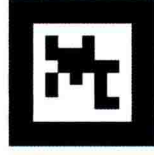
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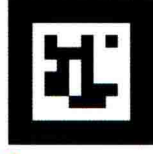
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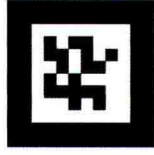
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本书特色与使用说明

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标声调外，其余穴名拼音均标声调。

2. 本书结合 AR 技术展示十四经脉循行和部分穴位的取穴，形象直观。读者扫描封底二维码并关注“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；接着再分部位解析各个穴位定位。从整体到局部帮您梳理相关知识。

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。

5. 另附“经外奇穴图解”供使用参考。

Features and Instructions

1. This book is based on the newest national standard proclaimed by *Nomenclature and Location of Acupuncture Points*. Each 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 the video after scanning the identification code.

3. Overall contents of meridians and acupoints are contained, convenient for search: The contents first takes the fourteen meridians as main thread, displays acupoints respectively according to meridians, encloses indications of points and marks the common-used acupoints of the meridians with “★”, and 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 message self-application: Super quick-acting symptomatic message manipulations for 35 common diseases are included. It is simple and practical with well curative effect.

5. The extra acupoints diagram is also enclosed for reference.

第一章 十四经穴图解

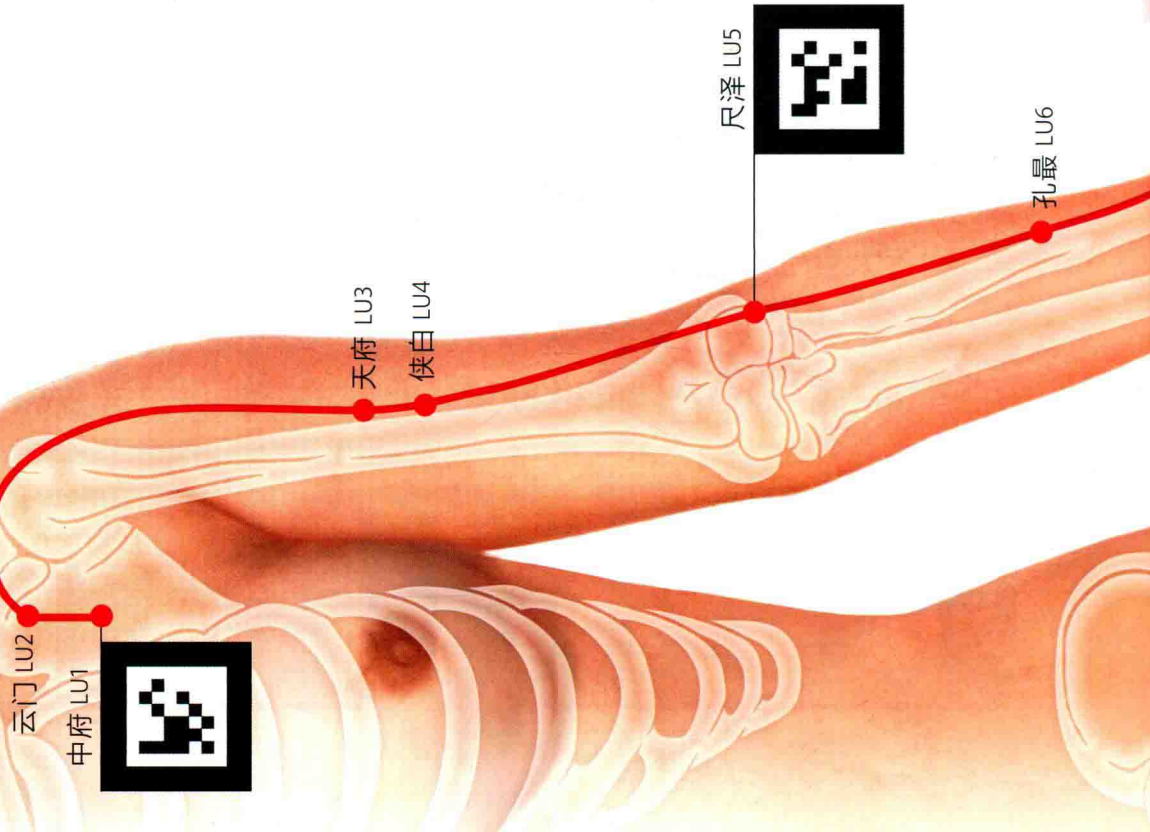
手太阴肺经



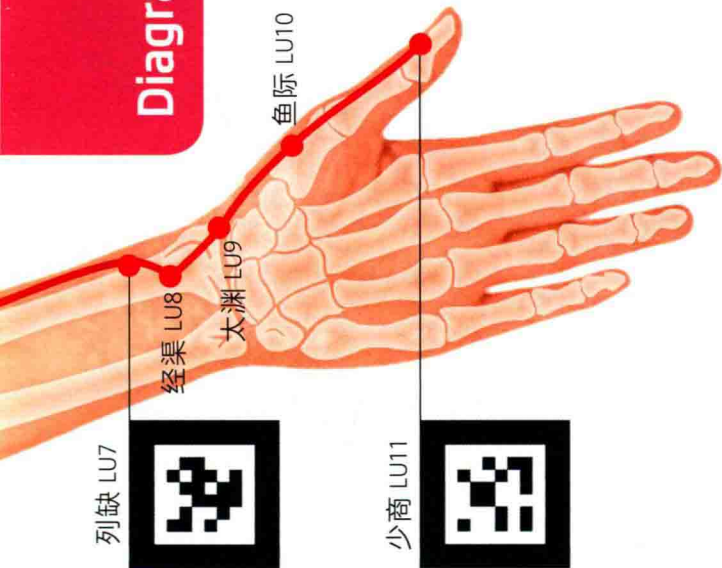
手太阴肺经从胸部走向手指，起于胸部的中府，经手臂内侧，止于手指拇指的少商。
 肺经主治病症：咳嗽、气急、喘息等呼吸系统疾患；上臂及前臂内侧疼痛不适等经脉循行部位的疾患。

LU	穴名	主治
★1	中府	咳嗽、气喘、胸痛、肩背痛
2	云门	咳嗽、气喘、胸痛、肩背痛
3	天府	咳嗽、气喘、鼻出血、上臂痛
4	侠白	咳嗽、气喘、干呕、上臂痛
★5	尺泽	咳嗽、气喘、咯血、咽喉肿痛、肘臂挛痛、急性吐泻、中暑、小儿惊风
6	孔最	咳嗽、咯血、气喘、咽喉肿痛、肘臂挛痛
★7	列缺	咳嗽、气喘、咽喉肿痛、头痛、齿痛、项强、口眼歪斜
8	经渠	咳嗽、气喘、胸痛、咽喉肿痛、手腕痛
9	太渊	咳嗽、气喘、无脉症、腕臂痛
10	鱼际	咳嗽、咯血、咽干、咽喉肿痛、失音、小儿疳积
★11	少商	咽喉肿痛、鼻出血、高热、昏迷、癫狂

★为本经常用穴



Chapter 1: Diagrams of Acupoints in the Fourteen Meridians



Lung Meridian of Hand-Taiyin, LU.

Lung Meridian of Hand-Taiyin originates from the chest to fingers, emerges from Zhongfu (LU1) in the chest, runs along the medial side of the arm and ends at Shaoshang (LU11) in the thumb of the hand. Lung Meridian mainly treats the diseases of respiratory system including cough, short breath and asthma and diseases of running courses of the meridian including pain in medial side of upper arm and forearm.

LU	Acupoints	Indications
★ 1	Zhōngfǔ	Cough; asthma; chest pain; shoulder and back pain
2	Yúnmén	Cough; asthma; chest pain; shoulder and back pain
3	Tiānfǔ	Cough; asthma; nose bleeding; pain in upper arm
4	Xiábái	Cough; asthma; retch; pain in upper arm
★ 5	Chǐzé	Cough; asthma, hemoptysis; swelling and pain in throat; spasm and pain of elbow and arm; acute vomiting and diarrhea; heat stroke; infantile convulsion
6	Kǒngzùi	Cough; hemoptysis; asthma; swelling and pain in throat; spasm and pain in elbow and arm
★ 7	Lièquē	Cough; asthma; swelling and pain in throat; headache; toothache; stiff neck; deviation of mouth and eye
8	Jīngqú	Cough; asthma; chest pain; swelling and pain in throat; hand and wrist pain
9	Tàiyuān	Cough; asthma; pulseless disease; wrist and arm pain
10	Yújì	Cough; hemoptysis; dry throat; swelling and pain in throat; aphonia; infantile malnutrition
★ 11	Shàoshāng	Swelling and pain in throat; nose bleeding; high fever; coma; manic and depressive psychosis

★ Common acupoint used in treatment

手阳明大肠经



手阳明大肠经起于食指末端的商阳，沿手臂外侧经过肩部，止于脸部鼻旁的迎香。

大肠经主治病症：目赤、咽喉肿痛、齿痛、口歪、耳鸣耳聋等头面五官疾患；中暑、发热等热病；腹痛、腹泻、便秘等肠胃疾患；上臂部疼痛等经脉循行部位的疾患。

LI	穴名	主治
1	商阳	齿痛、咽喉肿痛、昏迷、热病、急症
2	二间	鼻出血、齿痛、热病
3	三间	齿痛、咽喉肿痛、腹胀、肠鸣、嗜睡
★4	合谷	头痛、目赤肿痛、齿痛、鼻出血、口眼歪斜、耳聋、发热、恶寒、经闭、滞产
5	阳溪	头痛、目赤肿痛、耳聋、手腕痛

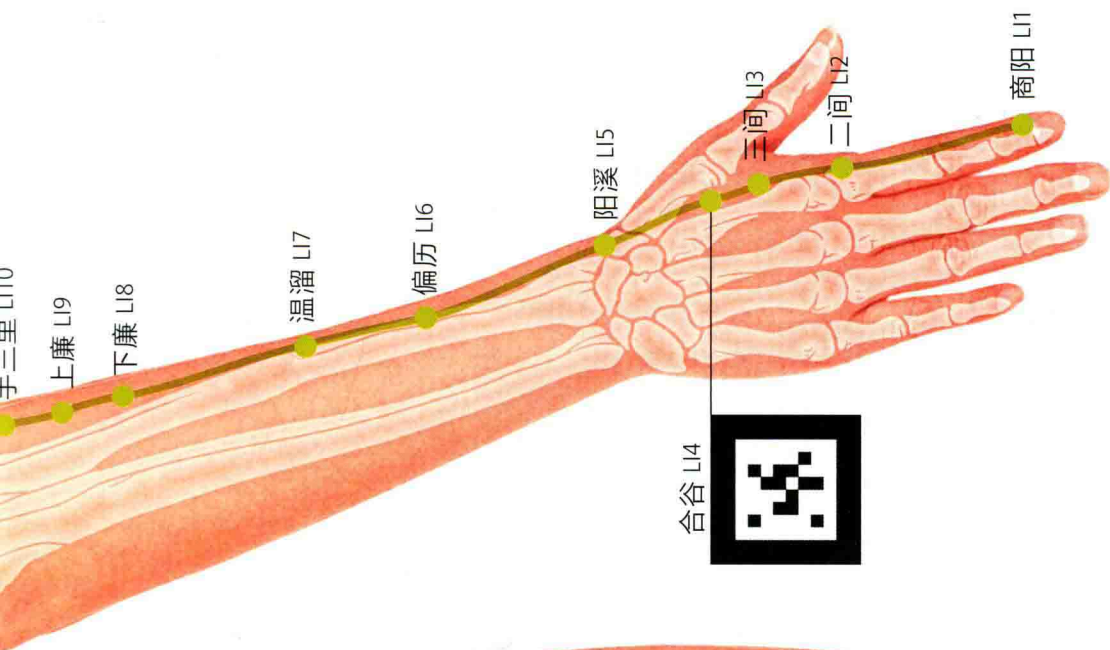


Large Intestine Meridian of Hand-Yangming, LI.



Large Intestine Meridian of Hand-Yangming emerges from Shangyang (LI1) at the end of the index finger, runs along the lateral part of the arm and through the shoulder, then terminates at Yingxiang (LI20) near the nose ala in the face.

Large Intestine Meridian mainly treats diseases of head, face and five sensory organs including red eyes, swelling and pain in throat, toothache, deviation of mouth, tinnitus and deafness; febrile diseases including heatstroke and fever; diseases of intestine and stomach including abdominal pain, diarrhea and constipation; diseases of running courses of meridian including upper arm pain.



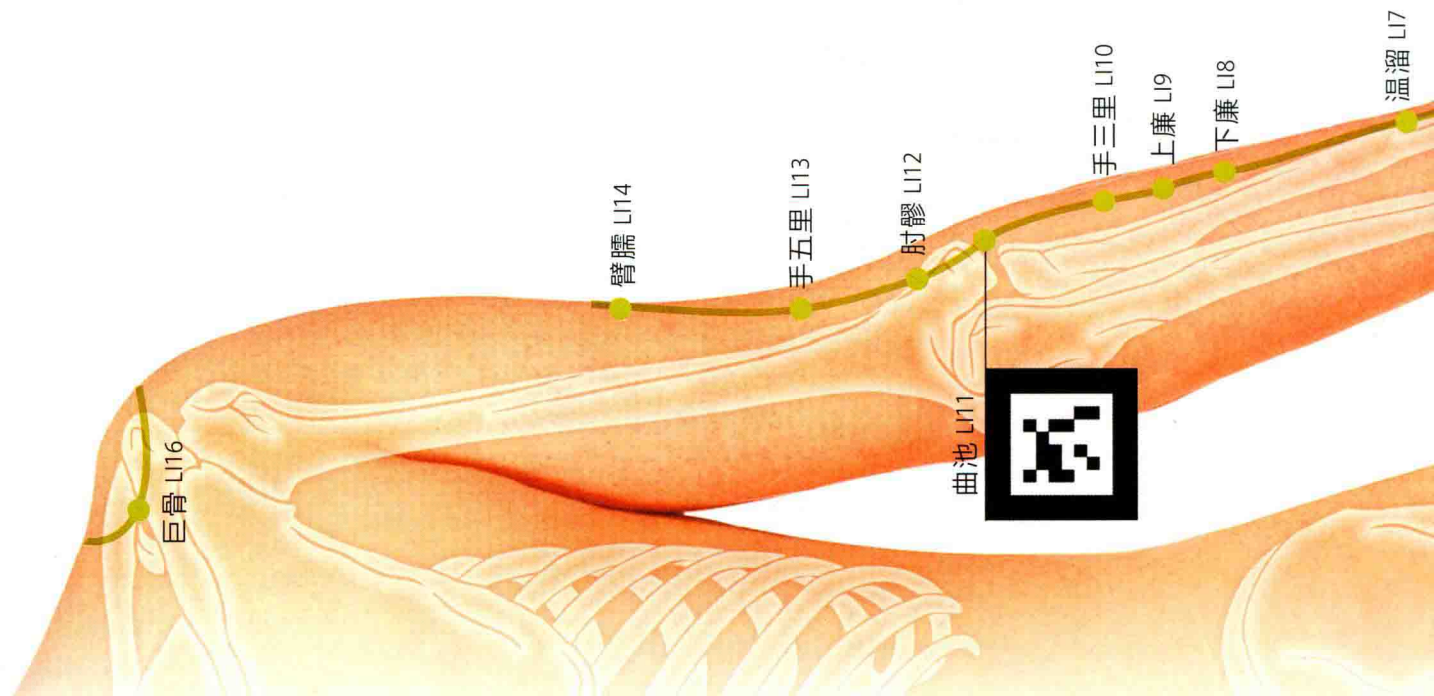
LI	Acupoints	Indications
1	Shāngyáng	Toothache; swelling and pain in throat; coma; febrile diseases; emergency syndromes
2	Èrjiān	Nose bleeding; toothache; febrile diseases
3	Sānjiān	Toothache; swelling and pain in throat; distention of abdomen; borborygmus; somnolence
★ 4	Hégǔ	Headache; redness, swelling and pain of eyes; toothache; nose bleeding; deviation of mouth and eye; deafness; fever; aversion to cold; amenorrhea; prolonged delivery
5	Yángxī	Headache; redness, swelling and pain of eyes; deafness; hand and wrist pain

续表

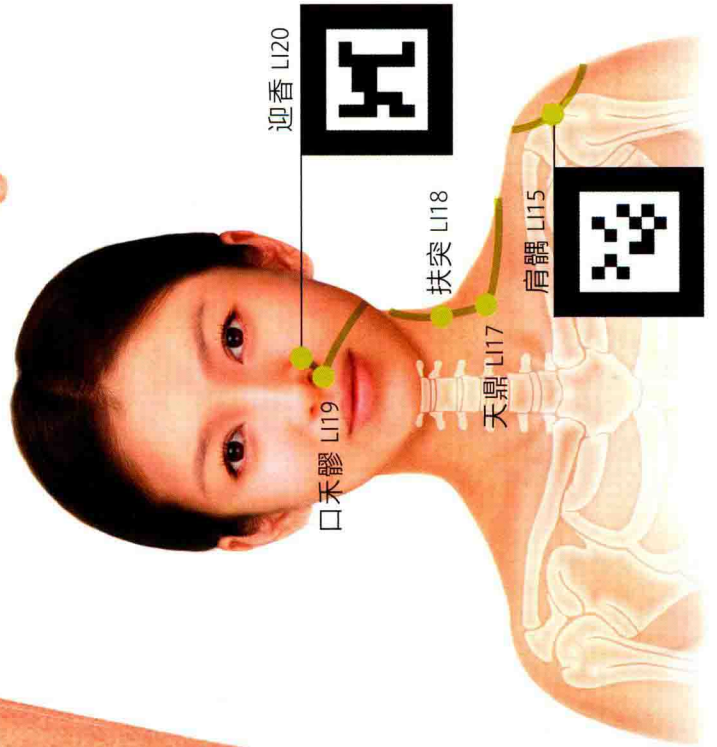
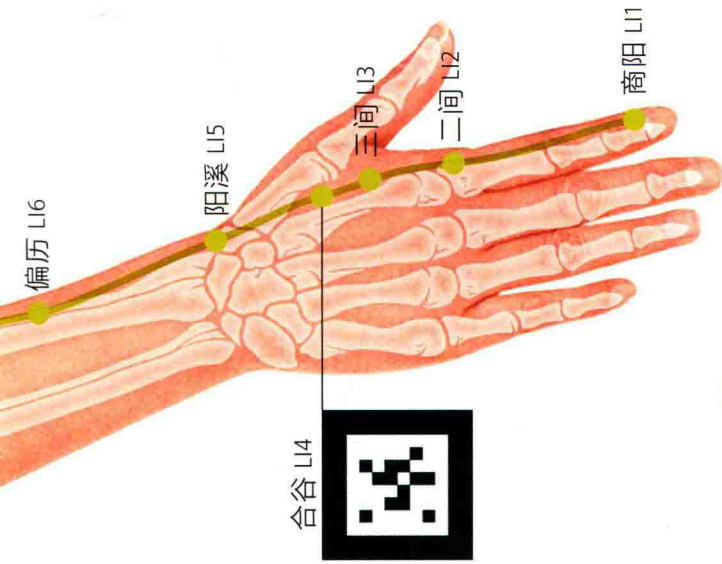
LI	穴名	主治
6	偏历	耳鸣、耳聋、目赤、鼻出血、喉痛、手臂酸痛、水肿
7	温溜	肠鸣、腹痛、头痛、面肿、咽喉肿痛、肩周炎、背酸痛
8	下廉	肘臂痛、头痛、眩晕、目痛、腹胀、腹痛
9	上廉	肘臂痛、半身不遂、手臂麻木、头痛、肠鸣、腹痛
10	手三里	手臂无力、上肢不遂、腹痛、腹泻、齿痛、颊肿
★ 11	曲池	手臂痹痛、上肢不遂、热病、高血压、癫狂、腹痛、吐泻、咽喉肿痛、齿痛、目赤肿痛、荨麻疹、湿疹、颈淋巴结结核
12	肘髎	肘臂部疼痛、麻木、挛急
13	手五里	肘臂部疼痛或挛急，颈淋巴结结核
14	臂臑	肩周炎、颈项拘挛、颈淋巴结结核、目疾
★ 15	肩髃	肩周炎、上肢不遂、荨麻疹
16	巨骨	肩周炎、颈淋巴结结核、甲状腺肿大
17	天鼎	急性咽喉炎、气哽、咽喉肿痛、颈淋巴结结核、甲状腺肿大
18	扶突	咽喉肿痛、急性咽喉炎、颈淋巴结结核、甲状腺肿大、咳嗽、气喘，是颈部手术针麻用穴
19	口禾髎	口歪、鼻塞不通、鼻出血
★ 20	迎香	鼻塞、鼻出血、口歪、胆道蛔虫症

Continued

LI	Acupoints	Indications
6	Piānlì	Tinnitus; deafness; red eyes; nose bleeding; sore throat; sourness and pain in hand and arm; edema
7	Wēnlǐu	Borborygmus; abdominal pain; headache; facial edema; swelling and pain in throat; peri-arthritis of the shoulder; sourness and pain of back
8	Xiàlián	Elbow and arm pain; headache; dizziness; eyes pain; distention of abdomen; abdominal pain



LI	Acupoints	Indications
9	Shànglián	Elbow and arm pain; hemiplegia; numbness of hand and arm; headache; borborygmus; abdominal pain
10	Shǒusānlǐ	Flaccidity of hand and arm; motor impairment of upper limbs; abdominal pain; diarrhea; toothache; swollen cheek
★ 11	Qūchí	Arthralgia of hand and arm; motor impairment of upper limbs; febrile diseases; hypertension; manic and depressive psychosis; abdominal pain; vomiting and diarrhea; swelling and pain in throat; toothache; redness, swelling and pain of eyes; measles; eczema; cervical lymph node tuberculosis
12	Zhǒuliáo	Pain, numbness and spasm of elbow and arm
13	Shǒuwǔlǐ	Pain and spasm of elbow and arm; cervical lymph node tuberculosis
14	Bìnào	Periarthritis of shoulder; neck spasm; cervical lymph node tuberculosis; eyes disease
★ 15	jiānyú	Periarthritis of shoulder; motor impairment of upper limbs; measles
16	Jùgǔ	Periarthritis of shoulder; cervical lymph node tuberculosis; goiter
17	Tiāndǐng	Acute sphagitis; choke; swelling and pain in throat; cervical lymph node tuberculosis; goiter
18	Fútū	Swelling and pain in throat; acute sphagitis; cervical lymph node tuberculosis; goiter; cough; short breath; acupuncture anaesthesia point for neck surgery
19	Kǒuhéliáo	Deviation of mouth; nasal obstruction; nose bleeding
★ 20	Yíngxiāng	Nasal obstruction; nose bleeding; deviation of mouth; biliary tract ascariasis



足阳明胃经



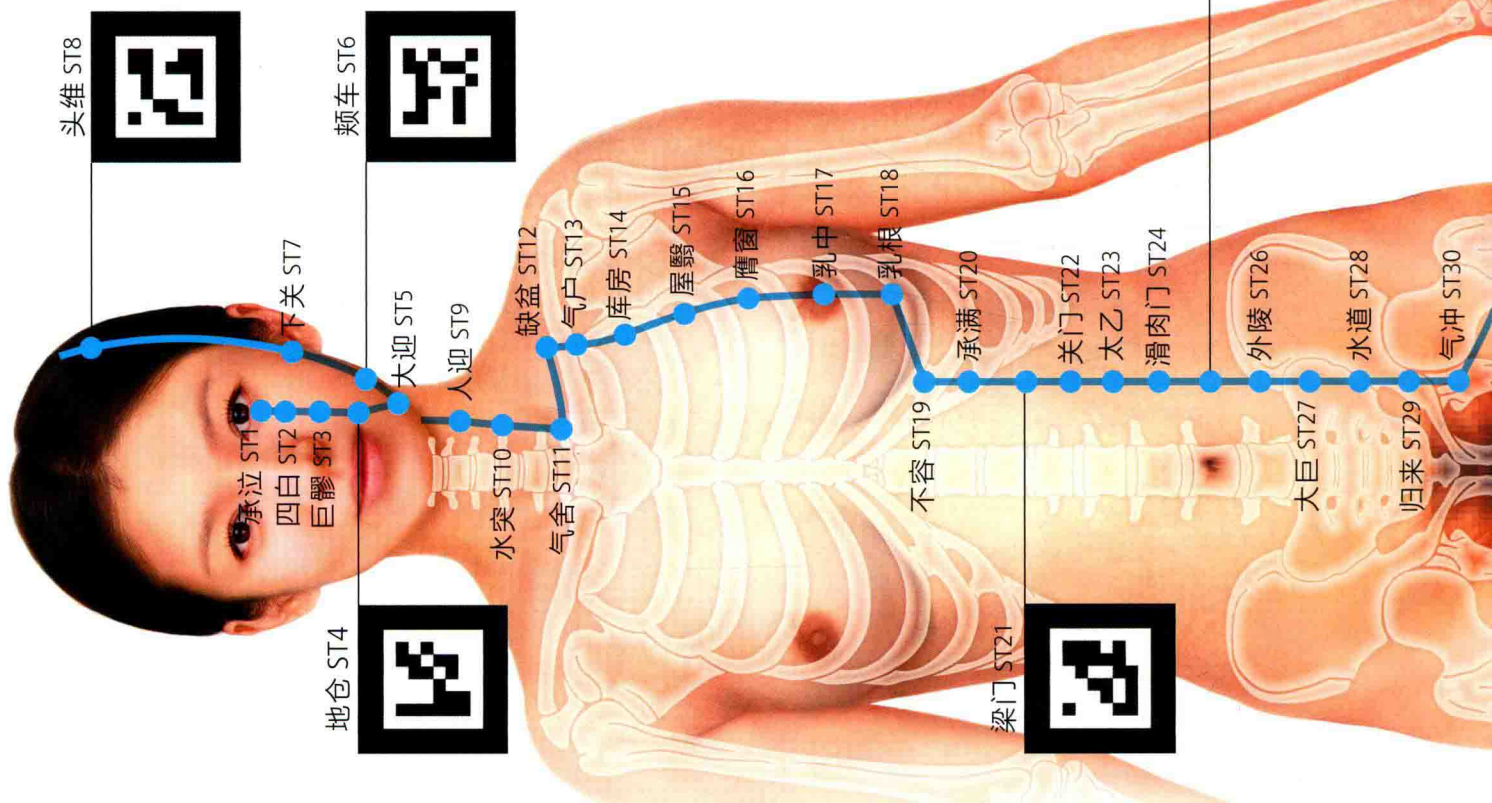
足阳明胃经起于头部，往下经过胸部、腹部、下肢外侧前缘达到足背。
胃经主治病症：呕吐、腹胀、腹痛、水肿、食欲不振等肠胃疾患；目赤、咽喉肿痛、齿痛、口歪、耳鸣耳聋等头五官疾患；昏迷、癫狂、中风等神经精神疾病；咳嗽、气喘、膝关节肿痛等经脉循行部位的疾患。另外，本经的部分腧穴有强身健体的作用，常用于日常保健。

ST

穴名

主治

1	承泣	眼睑跳动、迎风流泪、夜盲、近视、口眼歪斜、面肌痉挛
2	四白	目赤痛痒、眼睑跳动、口眼歪斜、三叉神经痛、面肌痉挛、头痛、眩晕
3	巨髎	口眼歪斜、鼻出血、齿痛、唇颊肿
★4	地仓	口眼歪斜、流涎、三叉神经痛
5	大迎	口眼歪斜、唇颊肿、齿痛
★6	颊车	口眼歪斜、齿痛、牙关不利、唇颊肿
★7	下关	牙关不利、三叉神经痛、齿痛、口眼歪斜、耳聋、耳鸣



头维 ST8

承泣 ST1
四白 ST2
巨髎 ST3

地仓 ST4

颊车 ST6

大迎 ST5

水突 ST10

气舍 ST11

缺盆 ST12

气户 ST13

库房 ST14

屋翳 ST15

膺窗 ST16

乳中 ST17

乳根 ST18

不容 ST19

承满 ST20

关门 ST22

太乙 ST23

滑肉门 ST24

外陵 ST26

水道 ST28

气冲 ST30

梁门 ST21

天枢 ST25

下关 ST7

承泣 ST1

四白 ST2

巨髎 ST3

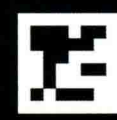
地仓 ST4

大迎 ST5

颊车 ST6

人迎 ST9

水突 ST10

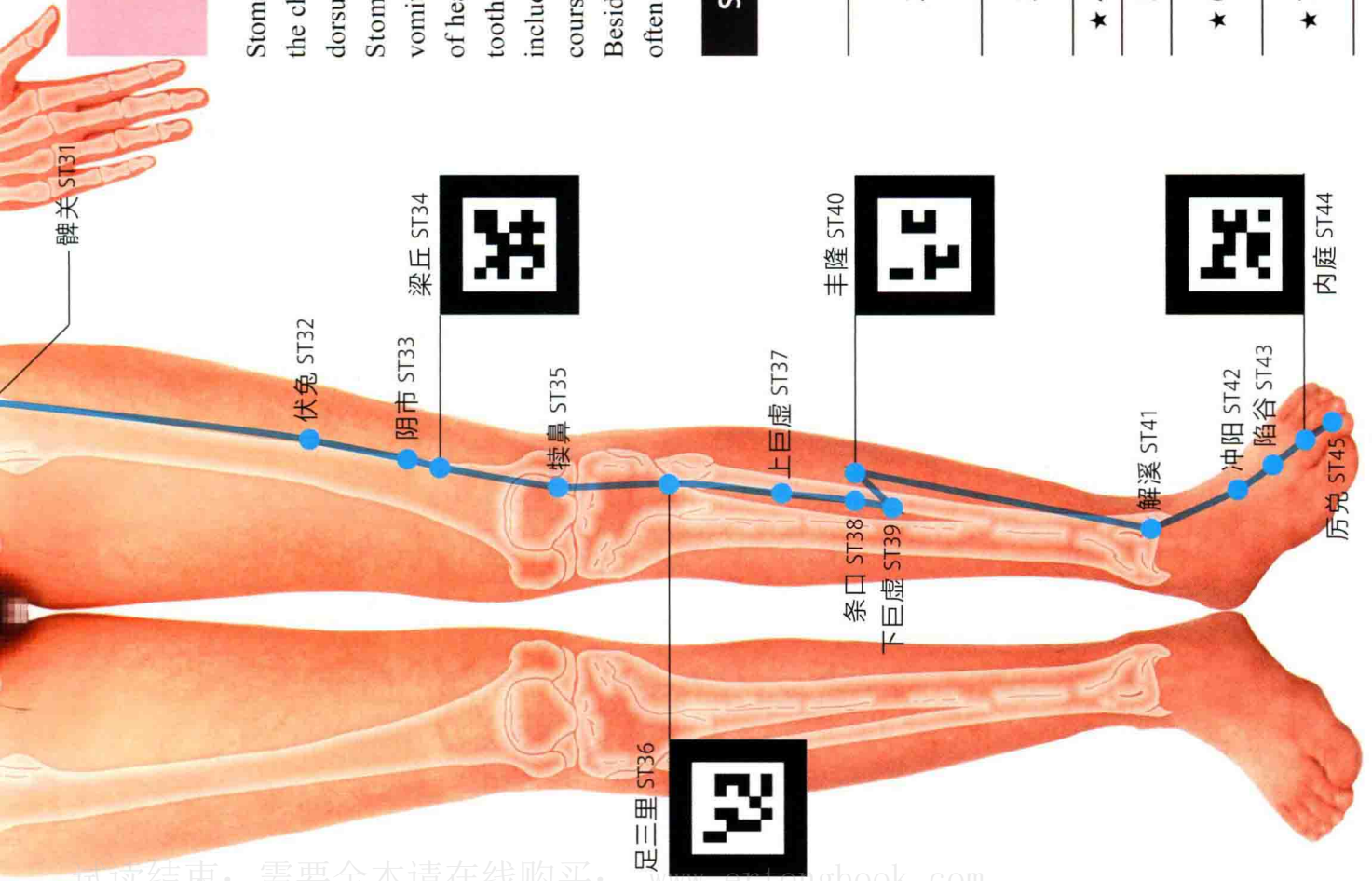


Stomach Meridian of Foot-Yangming, ST.



Stomach Meridian of Foot-Yangming emerges from the head, runs downward through the chest and abdomen and lateral frontal side of lower limbs, then terminates on the dorsum of foot.

Stomach Meridian mainly treats diseases of intestine and stomach including vomiting, distention of abdomen, abdominal pain, edema and poor appetite; diseases of head, face and five sensory organs including red eyes, swelling and pain in throat, toothache, deviation of mouth, tinnitus and deafness; diseases of nervous system including coma, manic and depressive psychosis and wind stroke; diseases of running courses of meridian including cough, asthma and swelling and pain of the knees. Besides, some points of Stomach Meridian has the effect of physical fitness, which is often used for daily health care.



ST	Acupoints	Indications
1	Chéngqì	Eyelid twitching; tearing induced by the wind; nyctalopia; myopia; deviation of mouth and eye; spasm of facial muscle
2	Sìbái	Redness; pain and itch of the eyes; eyelid twitching; deviation of mouth and eye; prosopalgia; spasm of facial muscle; headache; dizziness
3	Jùliáo	Deviation of mouth and eye; nose bleeding; toothache; swollen lip and cheek
★ 4	Dìcāng	Deviation of mouth and eye; salivation; prosopalgia
5	Dàiyǐng	Deviation of mouth and eye; swollen lip and cheek; toothache
★ 6	Jiáché	Deviation of mouth and eye; toothache; difficulty in opening and closing tooth; swollen lip and cheek
★ 7	Xiànguān	Difficulty in opening and closing tooth; prosopalgia; toothache; deviation of mouth and eye; deafness; tinnitus