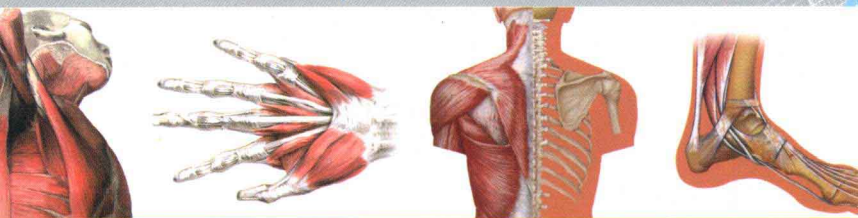


经外奇穴 全真图解

中英文
对照版

Illustration of Extrapoints
(Chinese-English)



主 编 郭长青 刘乃刚 张丽萍

中国医药科技出版社

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内容提要

本书由北京中医药大学针灸推拿学院的专家、教授编写，选择了较为常用和疗效较好的经外奇穴，具有较高的学术价值和临床参考价值。

本书主要介绍经外奇穴的定位、主治和常见病的治疗，并配以精美的插图，具有简明实用、易学易记、图文并茂的特点。

本书可供中医院校师生，国内外针灸临床工作者，国外留学生以及针灸爱好者使用。

Abstract

The book is written by experts and professors at School of Acupuncture and Moxibustion and Tuina, Beijing University of Chinese Medicine . The extrapoints are commonly used and are proved with good therapeutic effect , which has high academic value and clinical reference value.

The book mainly introduces the positioning , indications and treatments for common diseases of extrapoints, which accompanied by beautiful illustrations, with the features of concise and practical, easy to learn and remember. Also the picture and its accompanying essay are both excellent.

The book is applicable to both teachers and students of TCM colleges and universities, clinical practitioners in China and abroad, foreign students, and amateurs.



前言

经外奇穴具有改善血液循环，促进新陈代谢，调节内分泌，提高免疫力，以及调节脏腑器官功能等作用，具有绿色安全、疗效好、操作简便、经济实用的特点。

本书主要介绍经外奇穴的定位、主治和常见病的治疗，并配以精美的插图，具有简明实用、易学易记、图文并茂的特点。

本书主要适宜从事针灸临床、教学、科研的工作人员，学生及中医爱好者，是一本非常实用的口袋书。

编者

2013年3月



Preface

Extrapoints have the roles of improving blood circulation, promoting metabolism, endocrining regulation, enhancing immunity, and regulating the functions of organs, which can achieve the effects of healing diseases and health care. These points have the characteristics of green safety, well efficiency, simple operations, and cost saving.

This book mainly introduces the positioning, indications and treatments for common diseases of extrapoints, which accompanied by beautiful illustrations, with the features of concise and practical, easy to learn and remember. Also the picture and its accompanying essay are both excellent.

It is mainly for staff of acupuncture – moxibustion clinical, teaching and scientific research, students and Chinese medicine fans. It is a very useful extrapoints pocket book.

March, 2013

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第一章 头颈部奇穴

Chapter 1 Points of Head and Neck, EX - HN

当阳 Dāng Yáng EX - HN 2

【标准定位】在头部，瞳孔直上，前发际上1寸（图1-1）。

【刺灸法】平刺，针尖向上或向下，针0.3~0.5寸，局部重胀。

【主治】失眠，健忘，癫痫，头痛，眩晕等。

Locating The point is located in the sitting or supine position, directly above the pupil, 1 cun within the anterior hairline. (Figure 1-1)

Acupuncture Insert the needle subcutaneously 0.3 ~ 0.5cun deep and stimulate until there is a sore and distending sensation in the local area.

Indications Disorders of the head and five sense organs: Headache, nasal obstruction and rhinitis. Disorders of the nervous system: Dizziness.

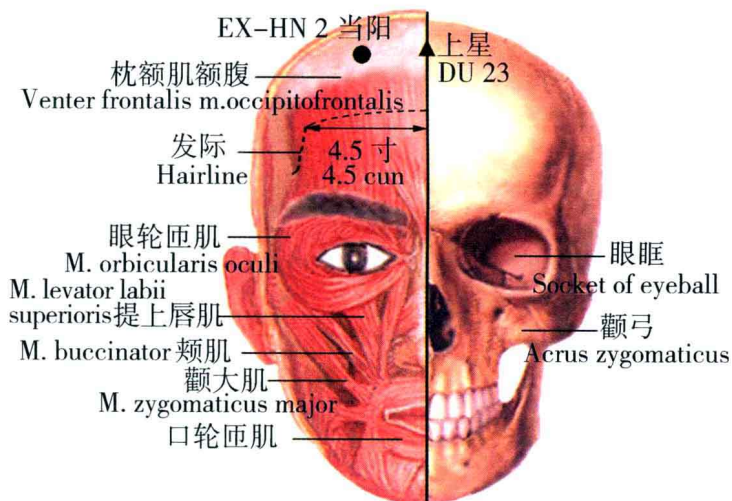


图 1 - 1

Figure 1 - 1



耳尖 ěr Jiān EX – HN 6

【标准定位】在耳区，在外耳轮的最高点（图1-2）。

【刺灸法】直刺0.1~0.2寸，局部疼痛；或用三棱针点刺挤压出血。

【主治】五官科系统疾病：急性结膜炎，麦粒肿，沙眼。

Locating The point is located in the sitting or lateral position, at the apex of the ear when it is folded forward. (Figure 1-2)

Acupuncture

1. Insert the needle perpendicularly 0.1~0.2 deep and stimulate until there is a sore and distending sensation in the local area.

2. Prick with a three-edged needle to bleed.

Indications Disorders of the head and five sense organs: Redness, swelling and pain of the eyes, febrile disease, trachoma and conjunctivitis.

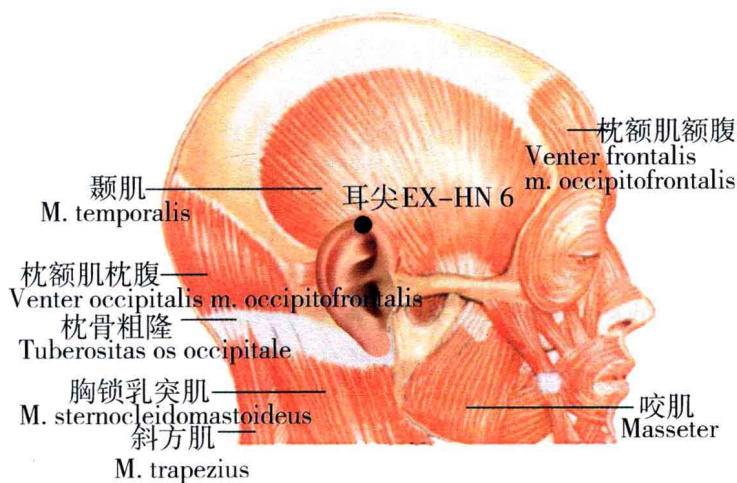


图 1-2

Figure 1-2



海泉 Hǎi Quán EX – HN 11

【标准定位】在口腔内，舌下系带中点处（图1-3）。

【刺灸法】直刺0.1~0.2寸，局部或整个舌头痛胀；或用三棱针点刺出血。

【主治】口舌生疮，呕吐，腹泻，高热神昏，咽喉炎，脑血管意外后遗症语言障碍，糖尿病等。

Locating The point is located in the sitting position when the mouth is open, at the midpoint of the frenulum of tongue. (Figure 1-3)

Acupuncture

1. Insert the needle perpendicularly 0.1~0.2 cun deep and stimulate until there is a sore and distending sensation in the local area.

2. Prick with a three-edged needle to bleed.

Indications Disorders of the head and five sense organs: Acute conjunctivitis and aphasia.

Disorders of the stomach and intestines: Vomiting, diarrhea, pharyngolaryngitis and diabetes.

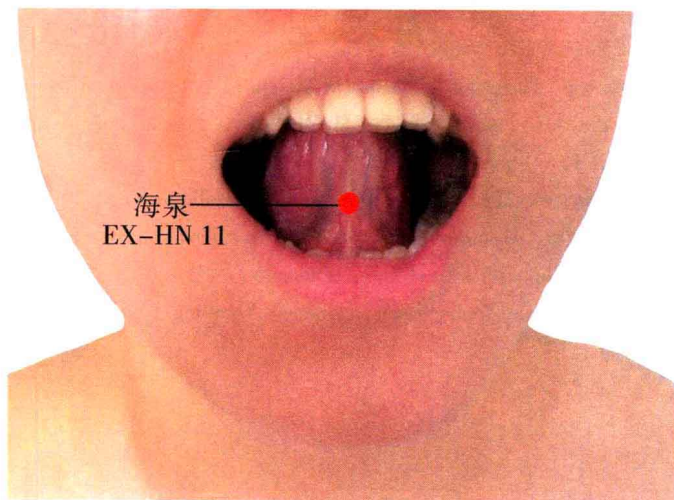


图 1 - 3

Figure 1 - 3



金津 Jin JinEX – HN 12

【标准定位】在口腔内，舌下系带左侧的静脉上（图1-4）。

【刺灸法】三棱针点刺出血。

【主治】五官科系统疾病：口腔炎，咽喉炎，扁桃体炎。脑血管病后遗症语言障碍，呕吐，腹泻等。

Locating The point is located in the sitting position when the mouth is open, the veins beneath the tongue, left of the frenulum of the tongue. (Figure 1-4)

Acupuncture Prick with a three-edged needle to bleed.

Indications Disorders of the head and five sense organs: Swelling of the tongue and aphasia with stiffness of tongue.

Disorders of the stomach and intestines: Vomiting.