

# Points of the 14 Main Meridians by English Translation/ Interpretation (alphabetical)

The English translations/ interpretations of acupuncture point names given here derive from the following sources:

- Wiseman N. & Boss K. (1990)
- Ellis A., Wiseman N. & Boss K. (1988 & 1989)
- O'Connor J. & Bensky D. (trans. & eds.) (1981)

## A

Abdominal Bind (SP-14) Fu Jie  
 Abdominal Lament (SP-16) Fu Ai  
 All-Round Flourishing (SP-20)  
     Zhou Rong  
 Angle Vertex (TB-20, SJ-20) Jiao Sun  
 Arm Five Li (LI-13) Shou Wu Li  
 Arm Three Li (LI-10) Shou San Li  
 Armpit Abyss (GB-22) Yuan Ye  
 Assuming Fullness (ST-20) Cheng Man  
 Attached Branch (BL-41) Fu Fen  
 Auditory Convergence (GB-2) Ting Hui  
 Auditory Palace (SI-19) Ting Gong

## B

Back Ravine (SI-3) Hou Xi  
 Bamboo Gathering (BL-2) Zan Zhu  
 Beam Gate (ST-21) Liang Men  
 Beam Hill (ST-34) Liang Qiu  
 Before the Vertex (GV-21, DU-21)  
     Qian Ding  
 Behind the Vertex (GV-19, DU-19)  
     Hou Ding  
 Below the Joint (ST-7) Xia Guan  
 Bend Middle (BL-40) Wei Zhong  
 Bend Yang (BL-39) Wei Yang  
 Bladder Huang (BL-53) Bao Huang  
 Bladder Shu (BL-28) Pang Guang Shu  
 Blazing Valley (KID-2) Ran Gu

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Body Pillar (GV-12, DU-12) Shen Zhu  
 Bountiful Bulge (ST-40) Feng Long  
 Bowel Abode (SP-13) Fu She  
 Brain Hollow (GB-19) Nao Kong  
 Brain's Door (GV-17, DU-17) Nao Hu  
 Branch Ditch (TB-6, SJ-6) Zhi Gou  
 Branch to the Correct (SI-7) Zhi Zheng  
 Breast Center (ST-17) Ru Zhong  
 Breast Root (ST-18) Ru Gen  
 Breast Window (ST-16) Ying Chuang  
 Bright Eyes (BL-1) Jing Ming  
 Bright Light (GB-37) Guang Ming  
 Broken Sequence (LU-7) Lie Que  
 Bundle Bone (BL-65) Shu Gu

## C

Calf's Nose (ST-35) Du Bi  
 Camphorwood Gate (LIV-13)  
     Zhang Men  
 Capital Bone (BL-64) Jing Gu  
 Capital Gate (GB-25) Jing Men  
 Celestial Bone-Hole (TB-15, SJ-15)  
     Tian Liao  
 Celestial Chimney (CV-22, REN-22)  
     Tian Tu  
 Celestial Connection (BL-7) Tong Tian  
 Celestial Countenance (SI-17)  
     Tian Rong  
 Celestial Gathering (SI-11) Tian Zong  
 Celestial Hub (GB-9) Tian Chong  
 Celestial Pillar (BL-10) Tian Zhu  
 Celestial Pivot (ST-25) Tian Shu  
 Celestial Pool (PC-1) Tian Chi  
 Celestial Ravine (SP-18) Tian Xi  
 Celestial Spring (PC-2) Tian Quan  
 Celestial Storehouse (LU-3) Tian Fu  
 Celestial Tripod (LI-17) Tian Ding  
 Celestial Well (TB-10, SJ-10) Tian Jing  
 Celestial Window (SI-16) Tian Chuang  
 Celestial Window (TB-16, SJ-16)  
     Tian You

Centre Palace (CV-16, REN-16)

Zhong Ting

Central Backbone Shu (BL-29)

Zhong Lu Shu

Central Bone-Hole (BL-33) Zhong Liao

Central Flow (KID-15) Zhong Zhu

Central Hub (PC-9) Zhong Chong

Central Islet (TB-3, SJ-3) Zhong Zhu

Central Metropolis (LIV-6) Zhong Du

Central Pivot (GV-7, DU-7) Zhong Shu

Central Pole (CV-3, REN-3) Zhong Ji

Central River (GB-32) Zhong Du

Central Shoulder Shu (SI-15)

Jian Zhong Shu

Central Treasury (LU-1) Zhong Fu

Central Venter (CV-12, REN-12)

Zhong Wan

Channel Ditch (LU-8) Jing Qu

Cheek Bone-Hole (SI-18) Quan Liao

Chest Center (CV-17, REN-17)

Dan Zhong

Chest Village (SP-19) Xiong Xiang

Clear Cold Abyss (TB-11, SJ-11)

Qing Leng Yuan

Cleft Gate (PC-4) Xi Men

Cloud Gate (LU-2) Yun Men

Collection Hole (LU-6) Kong Zui

Completion Bone (GB-12) Wan Gu

Connecting Li (HT-5) Tong Li

Convergence and Gathering

(TB-7, SJ-7) Hui Zong

Corridor Walk (KID-22) Bu Lang

Crooked Wall (SI-13) Qu Yuan

Crouching Rabbit (ST-32) Fu Tu

Cubit Marsh (LU-5) Chi Ze

Curved Bone (CV-2, REN-2) Qu Gu

Cyan Spirit (HT-2) Qing Ling

Cycle Gate (LIV-14) Qi Men

**D**

Dark Gate (KID-21) You Men

Declining Connection (BL-8) Luo Que

Deviating Turn (BL-4) Qu Cha

Diaphragm Pass (BL-46) Ge Guan

Diaphragm Shu (BL-17) Ge Shu

Dispersing Riverbed (TB-12, SJ-12)

Xiao Luo

**E**

Ear Gate (TB-21, SJ-21) Er Men

Earth Fivefold Convergence (GB-42) Di

Wu Hui

Earth Granary (ST-4) Di Cang

Earth's Crux (SP-8) Di Ji

Elbow Bone-Hole (LI-12) Zhou Liao

Empty Basin (ST-12) Que Pen

Extending Vessel (BL-62) Shen Mai

Extremity of Yang (GV-9, DU-9)

Zhi Yang

Extremity of the Mouth

(GV-27, DU-27) Dui Duan

Eye Window (GB-16) Mu Chuang

Eyebrow Ascension (BL-3) Mei Chong

**F**

Fifth Pivot (GB-27) Wu Shu

Fifth Place (BL-5) Wu Chu

Fish Border (LU-10) Yu Ji

Floating White (GB-10) Fu Bai

Florid Canopy (CV-20, REN-20)

Hua Gai

Fontanel Meeting (GV-22, DU-22)

Xin Hui

Food Hole (SP-17) Shi Dou

Foot Five Li (LIV-10) Zu Wu Li

Foot Overlooking Tears (GB-41)

Zu Lin Qi

Foot Portal Yin (GB-44) Zu Qiao Yin

Forehead Fullness (GB-4) Han Yan

Four Rivers (TB-9, SJ-9) Si Du

Four Whites (ST-2) Si Bai

Fourfold Fullness (KID-14) Si Man

Front Valley (SI-2) Qian Gu

**G**

Gall Bladder Shu (BL-19) Dan Shu

Gao Huang Shu (BL-43)

Gao Huang Shu

Gate of Abundance (BL-37) Yin Men

Girdling Vessel (GB-26) Dai Mai

Governing Shu (BL-16) Du Shu

Grain Bone-Hole (LI-19) He Liao

Grasping the Wind (SI-12) Bing Feng

Great Abyss (LU-9) Tai Yuan

Great Bone (LI-16) Ju Gu

Great Bone-Hole (ST-3) Ju Liao

Great Embrace (SP-21) Da Bao

Great Gigantic (ST-27) Da Ju

Great Hammer (GV-14, DU-14)

Da Zhui

Great Horizontal (SP-15) Da Heng

Great Manifestation (KID-12) Da He

Great Metropolis (SP-2) Da Du

Great Mound (PC-7) Da Ling

Great Ravine (KID-3) Tai Xi

Great Reception (ST-5) Da Ying

Great Shuttle (BL-11) Da Zhu

Great Surge (LIV-3) Tai Chong

Great Tower Gate (CV-14, REN-14) Ju

Que

Guarding White (LU-4) Xia Bai

Guest House (KID-9) Zhu Bin

Gum Intersection (GV-28, DU-28)

Yin Jiao

Gushing Spring (KID-1) Yong Quan

**H**

Harmony Bone-Hole (TB-22, SJ-22)

He Liao

Head Corner (ST-8) Tou Wei

Head Overlooking Tears (GB-15)

Tou Lin Qi

Head Portal Yin (GB-11) Tou Qiao Yin

Heart Shu (BL-15) Xin Shu

Hidden White (SP-1) Yin Bai

Highest Spring (HT-1) Ji Quan

Hill Ruins (GB-40) Qiu Xu

Huang Gate (BL-51) Huang Men

Huang Shu (KID-16) Huang Shu

Humor Gate (TB-2, SJ-2) Ye Men

Hun Gate (BL-47) Hun Men

Hundred Convergences

(GV-20, DU-20) Bai Hui

**I**

Inner Court (ST-44) Nei Ting

Inner Pass (PC-6) Nei Guan

Instep Yang (BL-59) Fu Yang

Interior Strengthening

(CV-11, REN-11) Jian Li

Intermediary Courier (PC-5) Jian Shi

Intersection Reach (KID-8) Jiao Xin

**J**

Jade Hall (CV-18, REN-18) Yu Tang

Jade Pillow (BL-9) Yu Zhen

Jade Pivot (CV-21, REN-21) Xuan Ji

Jawbone (ST-6) Jia Che

Jue Yin Shu (BL-14) Jue Yin Shu

Jumping Round (GB-30) Huan Tiao

**K**

Kidney Shu (BL-23) Shen Shu

Kiln Path (GV-13, DU-13) Tao Dao

Knee Joint (LIV-7) Xi Guan

Knee Yang Joint (GB-33) Xi Yang Guan

Kunlun Mountains (BL-60) Kun Lun

**L**

Large Goblet (KID-4) Da Zhong

Large Intestine Shu (BL-25)

Da Chang Shu

Large Pile (LIV-1) Da Dun

Leaking Valley (SP-7) Lou Gu

Leg Three Li (ST-36) Zu San Li

Lesser Mansion (HT-8) Shao Fu

Lesser Marsh (SI-1) Shao Ze

Lesser Sea (HT-3) Shao Hai

Lesser Shang (LU-11) Shao Shang

Lesser Surge (HT-9) Shao Chong

Life Gate (GV-4, DU-4) Ming Men

Light Guard (BL-6) Cheng Guang

Linking Path (GB-28) Wei Dao

Lively Center (KID-26) Yu Zhong  
 Liver Shu (BL-18) Gan Shu  
 Long Strong (GV-1, DU-1) Chang Qiang  
 Lower Bone-Hole (BL-34) Xia Liao  
 Lower Great Hollow (ST-39)  
 Xia Ju Xu  
 Lower Ridge (LI-8) Xia Lian  
 Lower Venter (CV-10, REN-10) Xia Wan  
 Lumbar Shu (GV-2, DU-2) Yao Shu  
 Lumbar Yang Pass (GV-3, DU-3)

Yao Yang Guan

Lung Shu (BL-13) Fei Shu

## M

Man's Prognosis (ST-9) Ren Ying  
 Marsh at the Bend (PC-3) Qu Ze  
 Meeting of Yang (BL-35) Hui Yang  
 Meeting of Yin (CV-1, REN-1) Hui Yin  
 Metal Gate (BL-63) Jin Men  
 Mound Center (LIV-4) Zhong Feng  
 Mountain Support (BL-57) Cheng Shan  
 Moving Between (LIV-2) Xing Jian  
 Mute's Gate (GV-15, DU-15) Ya Men

## N

Not Contained (ST-19) Bu Rong  
 Nursing the Aged (SI-6) Yang Lao

## O

Open Valley (KID-20) [Fu] Tong Gu  
 Origin Pass (CV-4, REN-4) Guan Yuan  
 Origin Pass Shu (BL-26)

Guan Yuan Shu

Outer Hill (GB-36) Wai Qiu  
 Outer Mound (ST-26) Wai Ling  
 Outer Pass (TB-5, SJ-5) Wai Guan  
 Outer Shoulder Shu (SI-14)

Jian Wai Shu

## P

Palace of Toil (PC-8) Lao Gong  
 Pass Gate (ST-22) Guan Men  
 Passage Hub (TB-1, SJ-1) Guan Chong  
 Pinched Ravine (GB-43) Xia Xi

Po Door (BL-42) Po Hu  
 Pool at the Bend (LI-11) Qu Chi  
 Protuberance Assistant (LI-18) Fu Tu  
 Pubic Bone (KID-11) Heng Gu  
 Pupil Bone-Hole (GB-1) Tong Zi Liao  
 Purple Palace (CV-19, REN-19) Zi Gong

## Q

Qi Abode (ST-11) Qi She  
 Qi Door (ST-13) Qi Hu  
 Qi Point (KID-13) Qi Xue

## R

Ravine Divide (ST-41) Jie Xi  
 Reaching Yin (BL-67) Zhi Yin  
 Recover Flow (KID-7) Fu Liu  
 Reflection Abode (BL-49) Yi She  
 Return (ST-29) Gui Lai  
 Ribbon Opening (ST-38) Tiao Kou  
 Ridge Spring (CV-23, REN-23)

Lian Quan

Roof (ST-15) Wu Yi  
 Root Spirit (GB-13) Ben Shen

## S

Sauce Receptacle (CV-24, REN-24)  
 Cheng Jiang

Sea of Blood (SP-10) Xue Hai  
 Sea of Qi (CV-6, REN-6) Qi Hai  
 Sea-of-Qi Shu (BL-24) Qi Hai Shu  
 Second Bone-Hole (BL-32) Ci Liao  
 Second Space (LI-2) Er Jian  
 Sequential Limit (BL-54) Zhi Bian  
 Severe Mouth (ST-45) Li Dui  
 Shang Bend (KID-17) Shang Qu  
 Shang Hill (SP-5) Shang Qiu  
 Shang Yang (LI-1) Shang Yang  
 Shining Sea (KID-6) Zhao Hai  
 Shoulder Bone (LI-15) Jian Yu  
 Shoulder Bone-Hole (TB-14, SJ-14)

Jian Liao

Shoulder Well (GB-21) Jian Jing  
 Shu Mansion (KID-27) Shu Fu

Silk Bamboo Hole (TB-23, SJ-23) Si Zhu

Kong

Sinew Contraction (GV-8, DU-8)

Jin Suo

Sinew Seat (GB-23) Zhe Jin

Sinew Support (BL-56) Cheng Jin

Skull Rest (TB-19, SJ-19) Lu Xi

Slippery Flesh Gate (ST-24)

Hua Rou Men

Small Intestine Shu (BL-27)

Xiao Chang Shu

Small Sea (SI-8) Xiao Hai

Spasm Vessel (TB-18, SJ-18) Chi Mai

Spinal Center (GV-6, DU-6) Ji Zhong

Spirit Court (GV-24, DU-24)

Shen Ting

Spirit Gate (HT-7) Shen Men

Spirit Gate (CV-8, REN-8) Shen Que

Spirit Hall (BL-44) Shen Tang

Spirit Path (GV-11, DU-11) Shen Dao

Spirit Pathway (HT-4) Ling Dao

Spirit Ruins (KID-24) Ling Xu

Spirit Seal (KID-23) Shen Feng

Spirit Storehouse (KID-25) Shen Cang

Spirit Support (GB-18) Cheng Ling

Spirit Tower (GV-10, DU-10) Ling Tai

Spleen Shu (BL-20) Pi Shu

Spring at the Bend (LIV-8) Qu Quan

Squatting Bone-Hole (GB-29) Ju Liao

Stomach Granary (BL-50) Wei Cang

Stomach Shu (BL-21) Wei Shu

Stone Gate (CV-5, REN-5) Shi Men

Stone Pass (KID-18) Shi Guan

Storeroom (ST-14) Ku Fang

Subservient Visitor (BL-61) Pu Can

Sun and Moon (GB-24) Ri Yue

Sunken Valley (ST-43) Xian Gu

Superficial Cleft (BL-38) Fu Xi

Support (BL-36) Cheng Fu

Supreme Unity (ST-23) Tai Yi

Supreme White (SP-3) Tai Bai

Surging Gate (SP-12) Chong Men

Surging Qi (ST-30) Qi Chong

Surging Yang (ST-42) Chong Yang

Suspended Bell (GB-39) Xuan Zhong

Suspended Pivot (GV-5, DU-5)

Xuan Shu

Suspended Skull (GB-5) Xuan Lu

Suspended Tuft (GB-6) Xuan Li

**T**

Taking Flight (BL-58) Fei Yang

Tear Container (ST-1) Cheng Qi

Temporal Hairline Curve (GB-7)

Qu Bin

Thigh Joint (ST-31) Bi Guan

Third Space (LI-3) San Jian

Three Yang Connection (TB-8, SJ-8)

San Yang Luo

Three Yin Intersection (SP-6)

San Yin Jiao

Triple Burner Shu (BL-22)

San Jiao Shu

True Shoulder (SI-9) Jian Zhen

Turtledove Tail (CV-15, REN-15)

Jiu Wei

**U**

Union Valley (LI-4) He Gu

Unyielding Space (GV-18, DU-18)

Qiang Jian

Upper Arm (LI-14) Bi Nao

Upper Arm Convergence

(TB-13, SJ-13) Nao Hui

Upper Arm Shu (SI-10) Nao Shu

Upper Bone-Hole (BL-31) Shang Liao

Upper Gate (GB-3) Shang Guan

Upper Great Hollow (ST-37)

Shang Ju Xu

Upper Ridge (LI-9) Shang Lian

Upper Star (GV-23, DU-23)

Shang Xing

Upper Venter (CV-13, REN-13)

Shang Wan

Upright Construction (GB-17)

Zheng Ying

Urgent Pulse (LIV-12) Ji Mai

**V**

Valley Lead (GB-8) Shuai Gu

Valley Passage (BL-66) [Zu] Tong Gu

Veering Passageway (LI-6) Pian Li

**W**

Warm Dwelling (LI-7) Wen Liu

Water Divide (CV-9, REN-9) Shui Fen

Water Prominence (ST-10) Shui Tu

Water Spring (KID-5) Shui Quan

Water Trough (GV-26, DU-26)

Shui Gou

Waterway (ST-28) Shui Dao

Welcome Fragrance (LI-20) Ying Xiang

White Bone-Hole (GV-25, DU-25)

Su Liao

White Ring Shu (BL-30) Bai Huan Shu

Will Chamber (BL-52) Zhi Shi

Wind Gate (BL-12) Feng Men

Wind Mansion (GV-16, DU-16) Feng Fu

Wind Market (GB-31) Feng Shi

Wind Pool (GB-20) Feng Chi

Wind Screen (TB-17, SJ-17) Yi Feng

Winnower Gate (SP-11) Ji Men

Woodworm Canal (LIV-5) Li Gou

Wrist Bone (SI-4) Wan Gu

**Y**

Yang Assistance (GB-38) Yang Fu

Yang Headrope (BL-48) Yang Gang

Yang Intersection (GB-35) Yang Jiao

Yang Mound Spring (GB-34)

Yang Ling Quan

Yang Pool (TB-4, SJ-4) Yang Chi

Yang Ravine (LI-5) Yang Xi

Yang Union (BL-55) He Yang

Yang Valley (SI-5) Yang Gu

Yang White (GB-14) Yang Bai

Yellow Emperor (SP-4) Gong Sun

Yi Xi (BL-45) Yi Xi

Yin Bladder (LIV-9) Yin Bao

Yin Cleft (HT-6) Yin Xi

Yin Corner (LIV-11) Yin Lian

Yin Intersection (CV-7, REN-7)

Yin Jiao

Yin Market (ST-33) Yin Shi

Yin Metropolis (KID-19) Yin Du

Yin Mound Spring (SP-9)

Yin Ling Quan

Yin Valley (KID-10) Yin Gu