

# GLOSSARY OF ACUPUNCTURE POINTS OF THE 14 MAIN MERIDIANS

## Points by Meridian (alphabetical) and Point Number

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)

### (Urinary) Bladder Channel of foot Tai Yang

BL-1 (Jing Ming) Bright Eyes  
 BL-2 (Zan Zhu) Bamboo Gathering  
 BL-3 (Mei Chong) Eyebrow Ascension  
 BL-4 (Qu Cha) Deviating Turn  
 BL-5 (Wu Chu) Fifth Place  
 BL-6 (Cheng Guang) Light Guard  
 BL-7 (Tong Tian) Celestial Connection  
 BL-8 (Luo Que) Declining Connection  
 BL-9 (Yu Zhen) Jade Pillow  
 BL-10 (Tian Zhu) Celestial Pillar  
 BL-11 (Da Zhu) Great Shuttle  
 BL-12 (Feng Men) Wind Gate  
 BL-13 (Fei Shu) Lung Shu  
 BL-14 (Jue Yin Shu) Jue Yin Shu  
 BL-15 (Xin Shu) Heart Shu  
 BL-16 (Du Shu) Governing Shu  
 BL-17 (Ge Shu) Diaphragm Shu  
 BL-18 (Gan Shu) Liver Shu  
 BL-19 (Dan Shu) Gall Bladder Shu  
 BL-20 (Pi Shu) Spleen Shu  
 BL-21 (Wei Shu) Stomach Shu  
 BL-22 (San Jiao Shu)

Triple Burner Shu

BL-23 (Shen Shu) Kidney Shu  
 BL-24 (Qi Hai Shu) Sea-of-Qi Shu  
 BL-25 (Da Chang Shu)  
 Large Intestine Shu  
 BL-26 (Guan Yuan Shu)  
 Origin Pass Shu  
 BL-27 (Xiao Chang Shu)  
 Small Intestine Shu  
 BL-28 (Pang Guang Shu)  
 Urinary Bladder Shu  
 BL-29 (Zhong Lu Shu)  
 Central Backbone Shu  
 BL-30 (Bai Huan Shu) White Ring Shu  
 BL-31 (Shang Liao) Upper Bone-Hole  
 BL-32 (Ci Liao) Second Bone-Hole  
 BL-33 (Zhong Liao) Central Bone-Hole  
 BL-34 (Xia Liao) Lower Bone-Hole  
 BL-35 (Hui Yang) Meeting of Yang  
 BL-36 (Cheng Fu) Support  
 BL-37 (Yin Men) Gate of Abundance  
 BL-38 (Fu Xi) Superficial Cleft  
 BL-39 (Wei Yang) Bend Yang  
 BL-40 (Wei Zhong) Bend Middle  
 BL-41 (Fu Fen) Attached Branch  
 BL-42 (Po Hu) Po Door  
 BL-43 (Gao Huang Shu)  
 Gao Huang Shu  
 BL-44 (Shen Tang) Spirit Hall  
 BL-45 (Yi Xi) Yi Xi  
 BL-46 (Ge Guan) Diaphragm Pass  
 BL-47 (Hun Men) Hun Gate  
 BL-48 (Yang Gang) Yang Headrope  
 BL-49 (Yi She) Reflection Abode  
 BL-50 (Wei Cang) Stomach Granary  
 BL-51 (Huang Men) Huang Gate  
 BL-52 (Zhi Shi) Will Chamber  
 BL-53 (Bao Huang) Bladder Huang  
 BL-54 (Zhi Bian) Sequential Limit  
 BL-55 (He Yang) Yang Union  
 BL-56 (Cheng Jin) Sinew Support  
 BL-57 (Cheng Shan) Mountain Support

BL-58 (Fei Yang) Taking Flight  
 BL-59 (Fu Yang) Instep Yang  
 BL-60 (Kun Lun) Kunlun Mountains  
 BL-61 (Pu Can) Subservient Visitor  
 BL-62 (Shen Mai) Extending Vessel  
 BL-63 (Jin Men) Metal Gate  
 BL-64 (Jing Gu) Capital Bone  
 BL-65 (Shu Gu) Bundle Bone  
 BL-66 ([Zu] Tong Gu) Valley Passage  
 BL-67 (Zhi Yin) Reaching Yin

Purple Palace  
 CV-20, REN-20 (Hua Gai)  
 Florid Canopy  
 CV-21, REN-21 (Xuan Ji) Jade Pivot  
 CV-22, REN-22 (Tian Tu)  
 Celestial Chimney  
 CV-23, REN-23 (Lian Quan)  
 Ridge Spring  
 CV-24, REN-24 (Cheng Jiang)  
 Sauce Receptacle

### **Conception Vessel/ Ren Mai/ Directing Vessel**

CV-1, REN-1 (Hui Yin) Meeting of Yin  
 CV-2, REN-2 (Qu Gu) Curved Bone  
 CV-3, REN-3 (Zhong Ji) Central Pole  
 CV-4, REN-4 (Guan Yuan) Origin Pass  
 CV-5, REN-5 (Shi Men) Stone Gate  
 CV-6, REN-6 (Qi Hai) Sea of Qi  
 CV-7, REN-7 (Yin Jiao)  
     Yin Intersection  
 CV-8, REN-8 (Shen Que) Spirit Gate  
 CV-9, REN-9 (Shui Fen) Water Divide  
 CV-10, REN-10 (Xia Wan)  
     Lower Venter  
 CV-11, REN-11 (Jian Li)  
     Interior Strengthening  
 CV-12, REN-12 (Zhong Wan)  
     Central Venter  
 CV-13, REN-13 (Shang Wan)  
     Upper Venter  
 CV-14, REN-14 (Ju Que)  
     Great Tower Gate  
 CV-15, REN-15 (Jiu Wei)  
     Turtledove Tail  
 CV-16, REN-16 (Zhong Ting)  
     Centre Palace  
 CV-17, REN-17 (Dan Zhong)  
     Chest Centre  
 CV-18, REN-18 (Yu Tang) Jade Hall  
 CV-19, REN-19 (Zi Gong)

### **Gall Bladder Channel of foot Shao Yang**

GB-1 (Tong Zi Liao) Pupil Bone-Hole  
 GB-2 (Ting Hui)  
     Auditory Convergence  
 GB-3 (Shang Guan) Upper Gate  
 GB-4 (Han Yan) Forehead Fullness  
 GB-5 (Xuan Lu) Suspended Skull  
 GB-6 (Xuan Li) Suspended Tuft  
 GB-7 (Qu Bin)  
     Temporal Hairline Curve  
 GB-8 (Shuai Gu) Valley Lead  
 GB-9 (Tian Chong) Celestial Hub  
 GB-10 (Fu Bai) Floating White  
 GB-11 (Tou Qiao Yin) Head Portal Yin  
 GB-12 (Wan Gu) Completion Bone  
 GB-13 (Ben Shen) Root Spirit  
 GB-14 (Yang Bai) Yang White  
 GB-15 (Tou Lin Qi)  
     Head Overlooking Tears  
 GB-16 (Mu Chuang) Eye Window  
 GB-17 (Zheng Ying)  
     Upright Construction  
 GB-18 (Cheng Ling) Spirit Support  
 GB-19 (Nao Kong) Brain Hollow  
 GB-20 (Feng Chi) Wind Pool  
 GB-21 (Jian Jing) Shoulder Well  
 GB-22 (Yuan Ye) Armpit Abyss  
 GB-23 (Zhe Jin) Sinew Seat  
 GB-24 (Ri Yue) Sun and Moon

GB-25 (Jing Men) Capital Gate  
 GB-26 (Dai Mai) Girdling Vessel  
 GB-27 (Wu Shu) Fifth Pivot  
 GB-28 (Wei Dao) Linking Path  
 GB-29 (Ju Liao) Squatting Bone-Hole  
 GB-30 (Huan Tiao) Jumping Round  
 GB-31 (Feng Shi) Wind Market  
 GB-32 (Zhong Du) Central River  
 GB-33 (Xi Yang Guan)  
     Knee Yang Joint  
 GB-34 (Yang Ling Quan)  
     Yang Mound Spring  
 GB-35 (Yang Jiao) Yang Intersection  
 GB-36 (Wai Qiu) Outer Hill  
 GB-37 (Guang Ming) Bright Light  
 GB-38 (Yang Fu) Yang Assistance  
 GB-39 (Xuan Zhong) Suspended Bell  
 GB-40 (Qiu Xu) Hill Ruins  
 GB-41 (Zu Lin Qi)  
     Foot Overlooking Tears  
 GB-42 (Di Wu Hui)  
     Earth Fivefold Convergence  
 GB-43 (Xia Xi) Pinched Ravine  
 GB-44 (Zu Qiao Yin) Foot Portal Yin

### **Governing Vessel/ Du Mai**

GV-1, DU-1 (Chang Qiang)  
     Long Strong  
 GV-2, DU-2 (Yao Shu) Lumbar Shu  
 GV-3, DU-3 (Yao Yang Guan)  
     Lumbar Yang Pass  
 GV-4, DU-4 (Ming Men) Life Gate  
 GV-5, DU-5 (Xuan Shu)  
     Suspended Pivot  
 GV-6, DU-6 (Ji Zhong) Spinal Centre  
 GV-7, DU-7 (Zhong Shu)  
     Central Pivot  
 GV-8, DU-8 (Jin Suo)  
     Sinew Contraction  
 GV-9, DU-9 (Zhi Yang)  
     Extremity of Yang

GV-10, DU-10 (Ling Tai) Spirit Tower  
 GV-11, DU-11 (Shen Dao) Spirit Path  
 GV-12, DU-12 (Shen Zhu) Body Pillar  
 GV-13, DU-13 (Tao Dao) Kiln Path  
 GV-14, DU-14 (Da Zhui)  
     Great Hammer  
 GV-15, DU-15 (Ya Men) Mute's Gate  
 GV-16, DU-16 (Feng Fu)  
     Wind Mansion  
 GV-17, DU-17 (Nao Hu) Brain's Door  
 GV-18, DU-18 (Qiang Jian)  
     Unyielding Space  
 GV-19, DU-19 (Hou Ding)  
     Behind the Vertex  
 GV-20, DU-20 (Bai Hui)  
     Hundred Convergences  
 GV-21, DU-21 (Qian Ding)  
     Before the Vertex  
 GV-22, DU-22 (Xin Hui)  
     Fontanel Meeting  
 GV-23, DU-23 (Shang Xing)  
     Upper Star  
 GV-24, DU-24 (Shen Ting)  
     Spirit Court  
 GV-25, DU-25 (Su Liao)  
     White Bone-Hole  
 GV-26, DU-26 (Shui Gou)  
     Water Trough  
 GV-27, DU-27 (Dui Duan)  
     Extremity of the Mouth  
 GV-28, DU-28 (Yin Jiao)  
     Gum Intersection

### **Heart Channel of hand Shao Yin**

HT-1 (Ji Quan) Highest Spring  
 HT-2 (Qing Ling) Cyan Spirit  
 HT-3 (Shao Hai) Lesser Sea  
 HT-4 (Ling Dao) Spirit Pathway  
 HT-5 (Tong Li) Connecting Li  
 HT-6 (Yin Xi) Yin Cleft



LU-8 (Jing Qu) Channel Ditch  
 LU-9 (Tai Yuan) Great Abyss  
 LU-10 (Yu Ji) Fish Border  
 LU-11 (Shao Shang) Lesser Shang

TB-14, SJ-14 (Jian Liao)  
 Shoulder Bone-Hole  
 TB-15, SJ-15 (Tian Liao)  
 Celestial Bone-Hole  
 TB-16, SJ-16 (Tian You)  
 Celestial Window

### **Pericardium Channel of hand Jue Yin**

PC-1 (Tian Chi) Celestial Pool  
 PC-2 (Tian Quan) Celestial Spring  
 PC-3 (Qu Ze) Marsh at the Bend  
 PC-4 (Xi Men) Cleft-Xi Gate  
 PC-5 (Jian Shi) Intermediary Courier  
 PC-6 (Nei Guan) Inner Pass  
 PC-7 (Da Ling) Great Mound  
 PC-8 (Lao Gong) Palace of Toil  
 PC-9 (Zhong Chong) Central Hub

TB-17, SJ-17 (Yi Feng) Wind Screen  
 TB-18, SJ-18 (Chi Mai) Spasm Vessel  
 TB-19, SJ-19 (Lu Xi) Skull Rest  
 TB-20, SJ-20 (Jiao Sun) Angle Vertex  
 TB-21, SJ-21 (Er Men) Ear Gate  
 TB-22, SJ-22 (He Liao)  
 Harmony Bone-Hole  
 TB-23, SJ-23 (Si Zhu Kong)  
 Silk Bamboo Hole

### **San Jiao Channel of hand Shao Yang [Triple Burner, Triple Heater, Triple Energiser, Three Heater]**

TB-1, SJ-1 (Guan Chong)  
 Passage Hub  
 TB-2, SJ-2 (Ye Men) Humor Gate  
 TB-3, SJ-3 (Zhong Zhu) Central Islet  
 TB-4, SJ-4 (Yang Chi) Yang Pool  
 TB-5, SJ-5 (Wai Guan) Outer Pass  
 TB-6, SJ-6 (Zhi Gou) Branch Ditch  
 TB-7, SJ-7 (Hui Zong)  
 Convergence and Gathering  
 TB-8, SJ-8 (San Yang Luo)  
 Three Yang Connection  
 TB-9, SJ-9 (Si Du) Four Rivers  
 TB-10, SJ-10 (Tian Jing) Celestial Well  
 TB-11, SJ-11 (Qing Leng Yuan)  
 Clear Cold Abyss  
 TB-12, SJ-12 (Xiao Luo)  
 Dispersing Riverbend  
 TB-13, SJ-13 (Nao Hui)  
 Upper Arm Convergence

### **Small Intestine Channel of hand Tai Yang**

SI-1 (Shao Ze) Lesser Marsh  
 SI-2 (Qian Gu) Front Valley  
 SI-3 (Hou Xi) Back Ravine  
 SI-4 (Wan Gu) Wrist Bone  
 SI-5 (Yang Gu) Yang Valley  
 SI-6 (Yang Lao) Nursing the Aged  
 SI-7 (Zhi Zheng) Branch to the Correct  
 SI-8 (Xiao Hai) Small Sea  
 SI-9 (Jian Zhen) True Shoulder  
 SI-10 (Nao Shu) Upper Arm Shu  
 SI-11 (Tian Zong) Celestial Gathering  
 SI-12 (Bing Feng) Grasping the Wind  
 SI-13 (Qu Yuan) Crooked Wall  
 SI-14 (Jian Wai Shu)  
 Outer Shoulder Shu  
 SI-15 (Jian Zhong Shu)  
 Central Shoulder Shu  
 SI-16 (Tian Chuang) Celestial Window  
 SI-17 (Tian Rong)  
 Celestial Countenance  
 SI-18 (Quan Liao) Cheek Bone-Hole  
 SI-19 (Ting Gong) Auditory Palace

## Spleen Channel of foot Tai Yin

SP-1 (Yin Bai) Hidden White  
 SP-2 (Da Du) Great Metropolis  
 SP-3 (Tai Bai) Supreme White  
 SP-4 (Gong Sun) Yellow Emperor  
 SP-5 (Shang Qiu) Shang Hill  
 SP-6 (San Yin Jiao)

Three Yin Intersection

SP-7 (Lou Gu) Leaking Valley  
 SP-8 (Di Ji) Earth's Crux  
 SP-9 (Yin Ling Quan)

Yin Mound Spring

SP-10 (Xue Hai) Sea of Blood  
 SP-11 (Ji Men) Winnower Gate  
 SP-12 (Chong Men) Surging Gate  
 SP-13 (Fu She) Bowel Abode  
 SP-14 (Fu Jie) Abdominal Bind  
 SP-15 (Da Heng) Great Horizontal  
 SP-16 (Fu Ai) Abdominal Lament  
 SP-17 (Shi Dou) Food Hole  
 SP-18 (Tian Xi) Celestial Ravine  
 SP-19 (Xiong Xiang) Chest Village  
 SP-20 (Zhou Rong)

All-Round Flourishing

SP-21 (Da Bao) Great Embrace

## Stomach Channel of foot Yang Ming

ST-1 (Cheng Qi) Tear Container  
 ST-2 (Si Bai) Four Whites  
 ST-3 (Ju Liao) Great Bone-Hole  
 ST-4 (Di Cang) Earth Granary  
 ST-5 (Da Ying) Great Reception  
 ST-6 (Jia Che) Jaw Bone  
 ST-7 (Xia Guan) Below the Joint  
 ST-8 (Tou Wei) Head Corner  
 ST-9 (Ren Ying) Man's Prognosis  
 ST-10 (Shui Tu) Water Prominence  
 ST-11 (Qi She) Qi Abode  
 ST-12 (Que Pen) Empty Basin

ST-13 (Qi Hu) Qi Door  
 ST-14 (Ku Fang) Store Room  
 ST-15 (Wu Yi) Roof  
 ST-16 (Ying Chuang) Breast Window  
 ST-17 (Ru Zhong) Breast Centre  
 ST-18 (Ru Gen) Breast Root  
 ST-19 (Bu Rong) Not Contained  
 ST-20 (Cheng Man) Assuming Fullness  
 ST-21 (Liang Men) Beam Gate  
 ST-22 (Guan Men) Pass Gate  
 ST-23 (Tai Yi) Supreme Unity  
 ST-24 (Hua Rou Men)

Slippery Flesh Gate

ST-25 (Tian Shu) Celestial Pivot  
 ST-26 (Wai Ling) Outer Mound  
 ST-27 (Da Ju) Great Gigantic  
 ST-28 (Shui Dao) Waterway  
 ST-29 (Gui Lai) Return  
 ST-30 (Qi Chong) Surging Qi  
 ST-31 (Bi Guan) Thigh Joint  
 ST-32 (Fu Tu) Crouching Rabbit  
 ST-33 (Yin Shi) Yin Market  
 ST-34 (Liang Qiu) Beam Hill  
 ST-35 (Du Bi) Calf's Nose  
 ST-36 (Zu San Li) Leg Three Li  
 ST-37 (Shang Ju Xu)

Upper Great Hollow

ST-38 (Tiao Kou) Ribbon Opening  
 ST-39 (Xia Ju Xu)

Lower Great Hollow

ST-40 (Feng Long) Bountiful Bulge  
 ST-41 (Jie Xi) Ravine Divide  
 ST-42 (Chong Yang) Surging Yang  
 ST-43 (Xian Gu) Sunken Valley  
 ST-44 (Nei Ting) Inner Court  
 ST-45 (Li Dui) Severe Mouth