

Points of the 14 Main Meridians by Pin Yin Name (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)

B

Bai Huan Shu (BL-30) White Ring Shu

Bai Hui (GV-20, DU-20)

Hundred Convergences

Bao Huang (BL-53) Bladder Huang

Ben Shen (GB-13) Root Spirit

Bi Guan (ST-31) Thigh Joint

Bi Nao (LI-14) Upper Arm

Bing Feng (SI-12) Grasping the Wind

Bu Lang (KID-22) Corridor Walk

Bu Rong (ST-19) Not Contained

C

Chang Qiang (GV-1, DU-1)

Long Strong

Cheng Fu (BL-36) Support

Cheng Guang (BL-6) Light Guard

Cheng Jiang (CV-24, REN-24)

Sauce Receptacle

Cheng Jin (BL-56) Sinew Support

Cheng Ling (GB-18) Spirit Support

Cheng Man (ST-20) Assuming Fullness

Cheng Qi (ST-1) Tear Container

Cheng Shan (BL-57) Mountain Support

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

Chi Ze (LU-5) Cubit Marsh

Chong Men (SP-12) Surging Gate

Chong Yang (ST-42) Surging Yang

Ci Liao (BL-32) Second Bone-Hole

D

Da Bao (SP-21) Great Embrace

Da Chang Shu (BL-25)

Large Intestine Shu

Da Du (SP-2) Great Metropolis

Da Dun (LIV-1) Large Pile

Da He (KID-12) Great Manifestation

Da Heng (SP-15) Great Horizontal

Da Ju (ST-27) Great Gigantic

Da Ling (PC-7) Great Mound

Da Ying (ST-5) Great Reception

Da Zhong (KID-4) Large Goblet

Da Zhu (BL-11) Great Shuttle

Da Zhui (GV-14, DU-14)

Great Hammer

Dai Mai (GB-26) Girdling Vessel

Dan Shu (BL-19) Gall Bladder Shu

Dan Zhong (CV-17, REN-17)

Chest Centre

Di Cang (ST-4) Earth Granary

Di Ji (SP-8) Earth's Crux

Di Wu Hui (GB-42)

Earth Fivefold Convergence

Du Bi (ST-35) Calf's Nose

Du Shu (BL-16) Governing Shu

Dui Duan (GV-27, DU-27)

Extremity of the Mouth

E

Er Jian (LI-2) Second Space

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

F

Fei Shu (BL-13) Lung Shu

Fei Yang (BL-58) Taking Flight

Feng Chi (GB-20) Wind Pool

Feng Fu (GV-16, DU-16)

Wind Mansion

Feng Long (ST-40) Bountiful Bulge

Feng Men (BL-12) Wind Gate

Feng Shi (GB-31) Wind Market

Fu Ai (SP-16) Abdominal Lament

Fu Bai (GB-10) Floating White

Fu Fen (BL-41) Attached Branch

Fu Jie (SP-14) Abdominal Bind

Fu Liu (KID-7) Recover Flow
 Fu She (SP-13) Bowel Abode
 [Fu] Tong Gu (KID-20) Open Valley
 Fu Tu (LI-18) Protuberance Assistant
 Fu Tu (ST-32) Crouching Rabbit
 Fu Xi (BL-38) Superficial Cleft
 Fu Yang (BL-59) Instep Yang

G

Gan Shu (BL-18) Liver Shu
 Gao Huang Shu (BL-43)
 Gao Huang Shu
 Ge Guan (BL-46) Diaphragm Pass
 Ge Shu (BL-17) Diaphragm Shu
 Gong Sun (SP-4) Yellow Emperor
 Guan Chong (TB-1, SJ-1) Passage Hub
 Guan Men (ST-22) Pass Gate
 Guan Yuan (CV-4, REN-4) Origin Pass
 Guan Yuan Shu (BL-26)
 Origin Pass Shu
 Guang Ming (GB-37) Bright Light
 Gui Lai (ST-29) Return

H

Han Yan (GB-4) Forehead Fullness
 He Gu (LI-4) Union Valley
 He Liao (LI-19) Grain Bone-Hole
 He Liao (TB-22, SJ-22)
 Harmony Bone-Hole
 He Yang (BL-55) Yang Union
 Heng Gu (KID-11) Pubic Bone
 Hou Ding (GV-19, DU-19)
 Behind the Vertex
 Hou Xi (SI-3) Back Ravine
 Hua Gai (CV-20, REN-20)
 Florid Canopy
 Hua Rou Men (ST-24)
 Slippery Flesh Gate
 Huan Tiao (GB-30) Jumping Round
 Huang Men (BL-51) Huang Gate
 Huang Shu (KID-16) Huang Shu
 Hui Yang (BL-35) Meeting of Yang
 Hui Yin (CV-1, REN-1) Meeting of Yin

Hui Zong (TB-7, SJ-7)
 Convergence and Gathering
 Hun Men (BL-47) Hun Gate

J

Ji Mai (LIV-12) Urgent Pulse
 Ji Men (SP-11) Winnower Gate
 Ji Quan (HT-1) Highest Spring
 Ji Zhong (GV-6, DU-6) Spinal Centre
 Jia Che (ST-6) Jaw Bone
 Jian Jing (GB-21) Shoulder Well
 Jian Li (CV-11, REN-11)
 Interior Strengthening
 Jian Liao (TB-14, SJ-14)
 Shoulder Bone-Hole
 Jian Shi (PC-5) Intermediary Courier
 Jian Wai Shu (SI-14)
 Outer Shoulder Shu
 Jian Yu (LI-15) Shoulder Bone
 Jian Zhen (SI-9) True Shoulder
 Jian Zhong Shu (SI-15)
 Central Shoulder Shu
 Jiao Sun (TB-20, SJ-20) Angle Vertex
 Jiao Xin (KID-8) Intersection Reach
 Jie Xi (ST-41) Ravine Divide
 Jin Men (BL-63) Metal Gate
 Jin Suo (GV-8, DU-8)
 Sinew Contraction
 Jing Gu (BL-64) Capital Bone
 Jing Men (GB-25) Capital Gate
 Jing Ming (BL-1) Bright Eyes
 Jing Qu (LU-8) Channel Ditch
 Jiu Wei (CV-15, REN-15)
 Turtledove Tail
 Ju Gu (LI-16) Great Bone
 Ju Liao (GB-29) Squatting Bone-Hole
 Ju Liao (ST-3) Great Bone-Hole
 Ju Que (CV-14, REN-14)
 Great Tower Gate
 Jue Yin Shu (BL-14) Jue Yin Shu

K

Kong Zui (LU-6) Collection Hole

Ku Fang (ST-14) Store Room
Kun Lun (BL-60) Kunlun Mountains

L

Lao Gong (PC-8) Palace of Toil
Li Dui (ST-45) Severe Mouth
Li Gou (LIV-5) Woodworm Canal
Lian Quan (CV-23, REN-23)
Ridge Spring
Liang Men (ST-21) Beam Gate
Liang Qiu (ST-34) Beam Hill
Lie Que (LU-7) Broken Sequence
Ling Dao (HT-4) Spirit Pathway
Ling Tai (GV-10, DU-10) Spirit Tower
Ling Xu (KID-24) Spirit Ruins
Lou Gu (SP-7) Leaking Valley
Lu Xi (TB-19, SJ-19) Skull Rest
Luo Que (BL-8) Declining Connection

M

Mei Chong (BL-3) Eyebrow Ascension
Ming Men (GV-4, DU-4) Life Gate
Mu Chuang (GB-16) Eye Window

N

Nao Hu (GV-17, DU-17) Brain's Door
Nao Hui (TB-13, SJ-13)
Upper Arm Convergence

Nao Kong (GB-19) Brain Hollow
Nao Shu (SI-10) Upper Arm Shu
Nei Guan (PC-6) Inner Pass
Nei Ting (ST-44) Inner Court

P

Pang Guang Shu (BL-28)
Urinary Bladder Shu
Pi Shu (BL-20) Spleen Shu
Pian Li (LI-6) Veering Passageway
Po Hu (BL-42) Po Door
Pu Can (BL-61) Subservient Visitor

Q

Qi Chong (ST-30) Surging Qi
Qi Hai (CV-6, REN-6) Sea of Qi
Qi Hai Shu (BL-24) Sea-of-Qi Shu
Qi Hu (ST-13) Qi Door

Qi Men (LIV-14) Cycle Gate
Qi She (ST-11) Qi Abode
Qi Xue (KID-13) Qi Hole
Qian Ding (GV-21, DU-21)
Before the Vertex
Qian Gu (SI-2) Front Valley
Qiang Jian (GV-18, DU-18)
Unyielding Space
Qing Leng Yuan (TB-11, SJ-11)
Clear Cold Abyss
Qing Ling (HT-2) Cyan Spirit
Qiu Xu (GB-40) Hill Ruins
Qu Bin (GB-7)

Temporal Hairline Curve

Qu Cha (BL-4) Deviating Turn
Qu Chi (LI-11) Pool at the Bend
Qu Gu (CV-2, REN-2) Curved Bone
Qu Quan (LIV-8) Spring at the Bend
Qu Yuan (SI-13) Crooked Wall
Qu Ze (PC-3) Marsh at the Bend
Quan Liao (SI-18) Cheek Bone-Hole
Que Pen (ST-12) Empty Basin

R

Ran Gu (KID-2) Blazing Valley
Ren Ying (ST-9) Man's Prognosis
Ri Yue (GB-24) Sun and Moon
Ru Gen (ST-18) Breast Root
Ru Zhong (ST-17) Breast Centre

S

San Jian (LI-3) Third Space
San Jiao Shu (BL-22)
Triple Burner Shu
San Yang Luo (TB-8, SJ-8)
Three Yang Connection
San Yin Jiao (SP-6)
Three Yin Intersection
Shan Zhong (CV-17, REN-17)
Chest Centre
Shang Guan (GB-3) Upper Gate
Shang Ju Xu (ST-37)
Upper Great Hollow

Shang Lian (LI-9) Upper Ridge
 Shang Liao (BL-31) Upper Bone-Hole
 Shang Qiu (SP-5) Shang Hill
 Shang Qu (KID-17) Shang Bend
 Shang Wan (CV-13, REN-13)
 Upper Venter
 Shang Xing (GV-23, DU-23)
 Upper Star
 Shang Yang (LI-1) Shang Yang
 Shao Chong (HT-9) Lesser Surge
 Shao Fu (HT-8) Lesser Mansion
 Shao Hai (HT-3) Lesser Sea
 Shao Shang (LU-11) Lesser Shang
 Shao Ze (SI-1) Lesser Marsh
 Shen Cang (KID-25) Spirit Storehouse
 Shen Dao (GV-11, DU-11) Spirit Path
 Shen Feng (KID-23) Spirit Seal
 Shen Mai (BL-62) Extending Vessel
 Shen Men (HT-7) Spirit Gate
 Shen Que (CV-8, REN-8) Spirit Gate
 Shen Shu (BL-23) Kidney Shu
 Shen Tang (BL-44) Spirit Hall
 Shen Ting (GV-24, DU-24)
 Spirit Court
 Shen Zhu (GV-12, DU-12) Body Pillar
 Shi Dou (SP-17) Food Hole
 Shi Guan (KID-18) Stone Pass
 Shi Men (CV-5, REN-5) Stone Gate
 Shou San Li (LI-10) Arm Three Li
 Shou Wu Li (LI-13) Arm Five Li
 Shu Fu (KID-27) Shu Mansion
 Shu Gu (BL-65) Bundle Bone
 Shuai Gu (GB-8) Valley Lead
 Shui Dao (ST-28) Waterway
 Shui Fen (CV-9, REN-9) Water Divide
 Shui Gou (GV-26, DU-26)
 Water Trough
 Shui Quan (KID-5) Water Spring
 Shui Tu (ST-10) Water Prominence
 Si Bai (ST-2) Four Whites
 Si Du (TB-9, SJ-9) Four Rivers

Si Man (KID-14) Fourfold Fullness
 Si Zhu Kong (TB-23, SJ-23)
 Silk Bamboo Hole
 Su Liao (GV-25, DU-25)
 White Bone-Hole

T

Tai Bai (SP-3) Supreme White
 Tai Chong (LIV-3) Great Surge
 Tai Xi (KID-3) Great Ravine
 Tai Yi (ST-23) Supreme Unity
 Tai Yuan (LU-9) Great Abyss
 Tao Dao (GV-13, DU-13) Kiln Path
 Tian Chi (PC-1) Celestial Pool
 Tian Chong (GB-9) Celestial Hub
 Tian Chuang (SI-16) Celestial Window
 Tian Ding (LI-17) Celestial Tripod
 Tian Fu (LU-3) Celestial Storehouse
 Tian Jing (TB-10, SJ-10) Celestial Well
 Tian Liao (TB-15, SJ-15)
 Celestial Bone-Hole
 Tian Quan (PC-2) Celestial Spring
 Tian Rong (SI-17)
 Celestial Countenance
 Tian Shu (ST-25) Celestial Pivot
 Tian Tu (CV-22, REN-22)
 Celestial Chimney
 Tian Xi (SP-18) Celestial Ravine
 Tian You (TB-16, SJ-16)
 Celestial Window
 Tian Zhu (BL-10) Celestial Pillar
 Tian Zong (SI-11) Celestial Gathering
 Tiao Kou (ST-38) Ribbon Opening
 Ting Gong (SI-19) Auditory Palace
 Ting Hui (GB-2) Auditory Convergence
 Tong Gu (BL-66) Valley Passage
 Tong Gu (KID-20) Open Valley
 Tong Li (HT-5) Connecting Li
 Tong Tian (BL-7) Celestial Connection
 Tong Zi Liao (GB-1) Pupil Bone-Hole
 Tou Lin Qi (GB-15)

Head Overlooking Tears

Tou Qiao Yin (GB-11) Head Portal Yin

Tou Wei (ST-8) Head Corner

W

Wai Guan (TB-5, SJ-5) Outer Pass

Wai Ling (ST-26) Outer Mound

Wai Qiu (GB-36) Outer Hill

Wan Gu (GB-12) Completion Bone

Wan Gu (SI-4) Wrist Bone

Wei Cang (BL-50) Stomach Granary

Wei Dao (GB-28) Linking Path

Wei Shu (BL-21) Stomach Shu

Wei Yang (BL-39) Bend Yang

Wei Zhong (BL-40) Bend Middle

Wen Liu (LI-7) Warm Dwelling

Wu Chu (BL-5) Fifth Place

Wu Shu (GB-27) Fifth Pivot

Wu Yi (ST-15) Roof

X

Xi Guan (LIV-7) Knee Joint

Xi Men (PC-4) Cleft-Xi Gate

Xi Yang Guan (GB-33)

Knee Yang Joint

Xia Bai (LU-4) Guarding White

Xia Guan (ST-7) Below the Joint

Xia Ju Xu (ST-39)

Lower Great Hollow

Xia Lian (LI-8) Lower Ridge

Xia Liao (BL-34) Lower Bone-Hole

Xia Wan (CV-10, REN-10)

Lower Venter

Xia Xi (GB-43) Pinched Ravine

Xian Gu (ST-43) Sunken Valley

Xiao Chang Shu (BL-27)

Small Intestine Shu

Xiao Hai (SI-8) Small Sea

Xiao Luo (TB-12, SJ-12)

Dispersing Riverbend

Xin Hui (GV-22, DU-22)

Fontanel Meeting

Xin Shu (BL-15) Heart Shu

Xing Jian (LIV-2) Moving Between

Xiong Xiang (SP-19) Chest Village

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

Xuan Li (GB-6) Suspended Tuft

Xuan Lu (GB-5) Suspended Skull

Xuan Shu (GV-5, DU-5)

Suspended Pivot

Xuan Zhong (GB-39) Suspended Bell

Xue Hai (SP-10) Sea of Blood

Y

Ya Men (GV-15, DU-15) Mute's Gate

Yang Bai (GB-14) Yang White

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

Yang Fu (GB-38) Yang Assistance

Yang Gang (BL-48) Yang Headrope

Yang Gu (SI-5) Yang Valley

Yang Jiao (GB-35) Yang Intersection

Yang Lao (SI-6) Nursing the Aged

Yang Ling Quan (GB-34)

Yang Mound Spring

Yang Xi (LI-5) Yang Ravine

Yao Shu (GV-2, DU-2) Lumbar Shu

Yao Yang Guan (GV-3, DU-3)

Lumbar Yang Pass

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

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

Yi She (BL-49) Reflection Abode

Yi Xi (BL-45) Yi Xi

Yin Bai (SP-1) Hidden White

Yin Bao (LIV-9) Yin Bladder

Yin Du (KID-19) Yin Metropolis

Yin Gu (KID-10) Yin Valley

Yin Jiao (GV-28, DU-28)

Gum Intersection

Yin Jiao (CV-7, REN-7)

Yin Intersection

Yin Lian (LIV-11) Yin Corner

Yin Ling Quan (SP-9)

Yin Mound Spring

Yin Men (BL-37) Gate of Abundance

Yin Shi (ST-33) Yin Market

Yin Xi (HT-6) Yin Cleft

Ying Chuang (ST-16) Breast Window
 Ying Xiang (LI-20) Welcome Fragrance
 Yong Quan (KID-1) Gushing Spring
 You Men (KID-21) Dark Gate
 Yu Ji (LU-10) Fish Border
 Yu Tang (CV-18, REN-18) Jade Hall
 Yu Zhen (BL-9) Jade Pillow
 Yu Zhong (KID-26) Lively Centre
 Yuan Ye (GB-22) Armpit Abyss
 Yun Men (LU-2) Cloud Gate

Z

Zan Zhu (BL-2) Bamboo Gathering
 Zhang Men (LIV-13)
 Camphorwood Gate
 Zhao Hai (KID-6) Shining Sea
 Zhe Jin (GB-23) Sinew Seat
 Zheng Ying (GB-17)
 Upright Construction
 Zhi Bian (BL-54) Sequential Limit
 Zhi Gou (TB-6, SJ-6) Branch Ditch
 Zhi Shi (BL-52) Will Chamber
 Zhi Yang (GV-9, DU-9)
 Extremity of Yang
 Zhi Yin (BL-67) Reaching Yin
 Zhi Zheng (SI-7) Branch to the Correct
 Zhong Chong (PC-9) Central Hub
 Zhong Du (LIV-6) Central Metropolis
 Zhong Du (GB-32) Central River
 Zhong Feng (LIV-4) Mound Centre
 Zhong Fu (LU-1) Central Treasury
 Zhong Ji (CV-3, REN-3) Central Pole
 Zhong Liao (BL-33) Central Bone-Hole
 Zhong Lu Shu (BL-29)
 Central Backbone Shu
 Zhong Shu (GV-7, DU-7) Central Pivot
 Zhong Ting (CV-16, REN-16)
 Centre Palace
 Zhong Wan (CV-12, REN-12)
 Central Venter
 Zhong Zhu (TB-3, SJ-3) Central Islet
 Zhong Zhu (KID-15) Central Flow

Zhou Liao (LI-12) Elbow Bone-Hole
 Zhou Rong (SP-20)
 All-Round Flourishing
 Zhu Bin (KID-9) Guest House
 Zi Gong (CV-19, REN-19)
 Purple Palace
 Zu Lin Qi (GB-41)
 Foot Overlooking Tears
 Zu Qiao Yin (GB-44) Foot Portal Yin
 Zu San Li (ST-36) Leg Three Li
 [Zu] Tong Gu (BL-66) Valley Passage
 Zu Wu Li (LIV-10) Foot Five Li