

Summary Tables, Groups of Points, References

The following tables collate information on the Eight Extraordinary meridians.

8 Extra Meridian Tables

MERIDIAN SUMMARIES: 8 EXTRA MERIDIANS

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8 EXTRA MERIDIANS: ANATOMICAL DISTRIBUTION OF POINTS

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MERIDIAN SUMMARIES: 8 EXTRA MERIDIANS

Full details of these Meridians and their constituent Points are available earlier in this volume.

MAIN CHANNEL PATHWAY [Non-indented]	INTERNAL PATHWAYS & BRANCHES, COMMAND POINTS [Indented] The indented text in this table indicates Internal Pathways and Branches of the 8 Extra Meridians. Command points are also noted.
<p>GOVERNING VESSEL [DU MAI] (28 NOMINAL POINTS)</p> <p>Du Mai has 4 pathways:</p> <ul style="list-style-type: none"> • <u>Main</u> pathway originates in pelvic cavity, emerges in perineum (REN-1), runs posteriorly to, <ul style="list-style-type: none"> • tip of coccyx (DU-1), ascends posterior midline within spinal column, <ul style="list-style-type: none"> • links to inner Bladder pathway on upper back (BL-12), • continues to nape of neck (DU-16), <ul style="list-style-type: none"> • enters brain, • ascends to vertex (DU-20), continues along midline to forehead (DU-24), down bridge of nose to philtrum (DU-26), terminates in maxillary gum (DU-28). <ul style="list-style-type: none"> • May continue to mentolabial fossa [REN-24]. • <u>2nd</u> pathway originates in lower abdomen, descends to genitals and perineal region, encircles anus, continues into gluteal region, intersects Kidney and Urinary Bladder Channels, enters and ascends spinal column, connects with Kidney Organ. • <u>3rd</u> pathway begins at inner canthus (BL-1) on each side. Branch from each inner canthus rises over forehead to meet at vertex. United pathway enters brain, emerges at nape (DU-16), divides into two branches which descend either side of spine, through BL-12, to lumbar region and join Kidney Organ. • <u>4th</u> pathway begins in lower abdomen, links to external genitals and ST-30, ascends abdomen to navel, continues upward and passes through Heart Organ, enters and rises along throat, crosses floor of mouth, divides in two and encircles lips, each branch crosses the cheeks to the infraorbital region. <p style="margin-left: 40px;">Master point: SI-3 (Hou Xi) Back Ravine</p> <p style="margin-left: 40px;">Coupling point: BL-62 (Shen Mai) Extending Vessel</p> <p style="margin-left: 40px;">Luo-Connecting point: DU-1 (Chang Qiang) Long Strong</p>	

CONCEPTION VESSEL [REN MAI] (24 NOMINAL POINTS)

- Begins in pelvic cavity, below REN-3 [at uterus in females, lower abdomen in males].
- Main pathway connects with internal urogenital organs, emerging in perineum (REN-1).
- From perineum (REN-1), emerges above the pubic bone (REN-2),
 - connects at region of pelvic rim (ST-30) both sides,
- ascends anterior midline [deep surface] of lower abdomen (REN-5), navel (REN-8), upper abdomen (REN-12), then chest (REN-17), neck (REN-23) to mentolabial groove of chin (REN-24).
 - Pathway divides, encircles mouth (DU-28), runs to both infraorbital regions (ST-1).
 - Second pathway arises in pelvic cavity, enters distal spine, ascends along the back.

Master point: LU-7 (Lie Que) Broken Sequence.

Coupling point: KID-6 (Zhao Hai) Shining Sea.

Luo-Connecting point: REN-15 (Jiu Wei) Turtledove Tail.

CHONG MAI [PENETRATING VESSEL, THOROUGHFARE VESSEL] (11 NOMINAL POINTS)

Chong Mai has five pathways:

- Main pathway originates in lower abdomen (uterus in women), emerges at perineum (REN-1), connects to Qi thoroughfare, inguinal region (ST-30).
- Ascends abdomen with Kidney Channel (KID-11 to KID-21) just lateral to midline. Connects to Ren Mai (REN-7) on lower abdomen, travels to chest, disperses into intercostal spaces.
 - 2nd pathway constitutes in chest from region of dispersed main pathway, ascends beside throat, curves around lips, terminates in nasal cavity (below eyes).
 - 3rd pathway emerges in region of Qi thoroughfare (KID-11), descends along medial thigh to popliteal fossa, continues down medial aspect of tibia, passes behind medial ankle, disperses in plantar surface of foot.
 - 4th pathway separates in inguinal region (ST-30), descends lower limb to medial ankle, possibly encompassing lateral aspect of tibia, enters heel, crosses tarsal bones of foot, reaches big toe.
 - 5th pathway separates in pelvic cavity, ascends inside spinal column, circulates through back.

Master point: SP-4 (Gong Sun) Yellow Emperor.

Coupling point: PC-6 (Nei Guan) Inner Pass.

DAI MAI [GIRDLE VESSEL, BELT VESSEL] (3 NOMINAL POINTS)

- Originates in region of LIV-13 (below 10th rib in hypochondrium, approximate level of 2nd lumbar vertebra).
- Encircles trunk like girdle or belt. Intersects Gall Bladder Channel at GB-26, GB-27, GB-28 on lateral abdomen.

Master point: GB-41 (Zu Lin Qi) Foot Overlooking Tears.

Coupling point: SJ-5 (Wai Guan) Outer Pass.

YANG QIAO MAI [YANG MOTILITY VESSEL] (12 POINTS)

• Originates below lateral ankle (BL-62), ascends along posterior border of fibula and lateral thigh, to hip region (GB-29). Curves posteriorly as ascends lateral trunk, distributes to posterolateral chest and passes posterior axillary fold, reaches shoulder region (SI-10, LI-15, LI-16). Proceeds anteriorly and ascends lateral neck (ST-9). Crosses jaw, ascends to corner of mouth (ST-4), and infraorbital region (ST-3, ST-1), reaches inner canthus (BL-1), where it communicates with Yin Qiao Mai [Yin Motility Vessel] and Urinary Bladder Channel. Runs up forehead, over superior lateral head (parietal region), to point posterior to mastoid process (GB-20). Enters brain (DU-16).

Master point: BL-62 (Shen Mai) Extending Vessel.

Coupling point: SI-3 (Hou Xi) Back Ravine.

Xi-Cleft/ Accumulation point: BL-59 (Fu Yang) Instep Yang.

YIN QIAO MAI [YIN MOTILITY VESSEL] (5 POINTS)

• Originates below medial ankle (KID-2, KID-6), ascends distal medial leg (KID-8), travels up medial lower limb, penetrates genital region, continues Internally through abdomen and chest, emerges at supraclavicular fossa (ST-12). Ascends throat lateral to thyroid cartilage but anterior to ST-9, ascends anterior cheek to inner canthus (BL-1), where it joins Yang Qiao Mai and Urinary Bladder Channel. All three ascend over head and enter brain.

Master point: KID-6 (Zhao Hai) Shining Sea.

Coupling point: LU-7 (Lie Que) Broken Sequence.

Xi-Cleft/ Accumulation point: KID-8 (Jiao Xin) Intersection Reach.

YANG WEI MAI [YANG LINKING VESSEL] (16 NOMINAL POINTS)

• Originates below lateral ankle near lateral margin of foot (BL-63) - an area contiguous for the 3 leg Yang Channels. Ascends lateral leg along Gall Bladder Channel (GB-35), [connects posteriorly to calf (BL-57)], continues through hip region [GB-29]. Travels up posterolateral trunk, past axilla, to posterior shoulder (SI-10), [connects to LI-14, SJ-13]. Travels up shoulder (SJ-15, GB-21) and neck, crosses behind ear to corner of forehead (ST-8). Wends forward and backward over head, following Gall Bladder Channel, to nape of neck (GB-13 to GB-20). Connects with Du Mai (DU-16, DU-15). [There may be a branch from posterior shoulder (SI-10), via GB-21 to nape of neck (GB-20)].

Master point: SJ-5 (Wai Guan) Outer Pass.

Coupling point: GB-41 (Zu Lin Qi) Foot Overlooking Tears.

Xi-Cleft/ Accumulation point: GB-35 (Yang Jiao) Yang Intersection.

YIN WEI MAI [YIN LINKING VESSEL] (8 POINTS)

• Originates on medial leg (KID-9) - a contiguous area for the 3 leg Yin Channels. Ascends medial lower limb, enters abdomen, communicates with Spleen Channel (SP-12, SP-13, SP-15, SP-16). Travels over chest (LIV-14), to throat midline (REN-22, REN-23).

Master point: PC-6 (Nei Guan) Inner Pass.

Coupling point: SP-4 (Gong Sun) Yellow Emperor.

Xi-Cleft/ Accumulation point: KID-9 (Zhu Bin) Guest House.

POINTS OF THE 8 EXTRA MERIDIANS

POINTS CONSTITUTING, AND INTERSECTED BY, THE 8 EXTRA MERIDIANS	COMMAND POINTS
<p>REN MAI</p> <p>Ren Mai has 24 of its own points: REN-1 (Hui Yin) to REN 24 (Cheng Jiang). Stomach: ST-1 (Cheng Qi), ST-30 (Qi Chong) Du Mai: DU-28 (Yin Jiao)</p>	<p>Master point: LU-7 (Lie Que) Coupling point: KID-6 (Zhao Hai) Luo-Connecting point: REN-15 (Jiu Wei)</p>
<p>DU MAI</p> <p>Du Mai has 28 of its own points: DU-1 (Chang Qiang) to DU-28 (Yin Jiao). Ren Mai: REN-1 (Hui Yin), [REN-24 (Cheng Jiang)] Stomach: [ST-30 (Qi Chong)] Urinary Bladder: BL-1 (Jing Ming), BL-12 (Feng Men)</p>	<p>Master point: SI-3 (Hou Xi) Coupling point: BL-62 (Shen Mai) Luo-Connecting point: DU-1 (Chang Qiang)</p>
<p>CHONG MAI</p> <p>Ren Mai: REN-1 (Hui Yin), [REN-7 (Yin Jiao)] Stomach: ST-30 (Qi Chong) Kidney: KID-11 (Heng Gu), KID-12 (Da He), KID-13 (Qi Xue), KID-14 (Si Man), KID-15 (Zhong Zhu), KID-16 (Huang Shu), KID-17 (Shang Qu), KID-18 (Shi Guan), KID-19 (Yin Du), KID-20 (Tong Gu), KID-21 (You Men). Spleen: [SP-10 (Xue Hai)]</p>	<p>Master point: SP-4 (Gong Sun) Coupling point: PC-6 (Nei Guan)</p>
<p>DAI MAI</p> <p>Gall Bladder: GB-26 (Dai Mai), GB-27 (Wu Shu), GB-28 (Wei Dao). Liver: [LIV-13 (Zhang Men)]</p>	<p>Master point: GB-41 (Zu Lin Qi) Coupling point: SJ-5 (Wai Guan)</p>
<p>YANG QIAO MAI</p> <p>Urinary Bladder: BL-62 (Shen Mai), BL-61 (Pu Can), BL-59 (Fu Yang), BL-1 (Jing Ming) Large Intestine: LI-16 (Ju Gu), LI-15 (Jian Yu) Stomach: ST-4 (Di Cang), ST-3 (Ju Liao), ST-1 (Cheng Qi), [ST-9 (Ren Ying)] Gall Bladder: GB-20 (Feng Chi), GB-29 (Ju Liao) Small Intestine: SI-10 (Nao Shu). Du Mai: [DU-16 (Feng Fu)]</p>	<p>Master point: BL-62 (Shen Mai) Coupling point: SI-3 (Hou Xi) Xi-Cleft, Accumulation point: BL-59 (Fu Yang)</p>

<p>YIN QIAO MAI</p> <p>Urinary Bladder: BL-1 (Jing Ming)</p> <p>Kidney: KID-6 (Zhao Hai), KID-8 (Jiao Xin), [KID-2 (Ran Gu)]</p> <p>Stomach: ST-12 (Que Pen), [ST-9 (Ren Ying)]</p>	<p>Master point: KID-6 (Zhao Hai)</p> <p>Coupling point: LU-7 (Lie Que)</p> <p>Xi-Cleft, Accumulation point: KID-8 (Jiao Xin)</p>
<p>YANG WEI MAI</p> <p>Gall Bladder: GB-35 (Yang Jiao), [GB-29 (Ju Liao)], GB-21 (Jian Jing), GB-20 (Feng Chi), GB-19 (Nao Kong), GB-18 (Cheng Ling), GB-17 (Zheng Ying), GB-16 (Mu Chuang), GB-15 (Tou Lin Qi), GB-14 (Yang Bai), GB-13 (Ben Shen)</p> <p>San Jiao: SJ-15 (Tian Liao), [SJ-13 (Nao Hui)]</p> <p>Small Intestine: SI-10 (Nao Shu)</p> <p>Du Mai: DU-15 (Ya Men), DU-16 (Feng Fu)</p> <p>Stomach: ST-8 (Tou Wei)</p> <p>Urinary Bladder: BL-63 (Jin Men), [BL-57 (Cheng Shan)]</p> <p>Large Intestine: [LI-14 (Bi Nao)]</p>	<p>Master point: SJ-5 (Wai Guan)</p> <p>Coupling point: GB-41 (Zu Lin Qi)</p> <p>Xi-Cleft, Accumulation point: GB-35 (Yang Jiao)</p>
<p>YIN WEI MAI</p> <p>Kidney: KID-9 (Zhu Bin)</p> <p>Spleen: SP-12 (Chong Men), SP-13 (Fu She), SP-15 (Da Heng), SP-16 (Fu Ai)</p> <p>Liver: LIV-14 (Qi Men)</p> <p>Ren Mai: REN-22 (Tian Tu), REN-23 (Lian Quan).</p>	<p>Master point: PC-6 (Nei Guan)</p> <p>Coupling point: SP-4 (Gong Sun)</p> <p>Xi-Cleft, Accumulation point: KID-9 (Zhu Bin)</p>

8 EXTRA MERIDIANS: ANATOMICAL DISTRIBUTION OF POINTS

REGIONAL ANATOMICAL DISTRIBUTION OF POINTS, INCLUDING POINTS OF INTERSECTION	ANATOMICAL DISTRIBUTION OF COMMAND POINTS
<p>REN MAI Perineum: REN-1 (Hui Yin), Lower abdomen/navel: ST-30 (Qi Chong), REN-2 (Qu Gu) to REN-8 (Shen Que) Upper abdomen: REN-9 (Shui Fen) to REN-15 (Jiu Wei), Anterior chest: REN-16 (Zhong Ting) to REN-21 (Xuan Ji), Anterior neck: REN-22 (Tian Tu), REN-23 (Lian Quan), Face: REN 24 (Cheng Jiang), DU-28 (Yin Jiao), ST-1 (Cheng Qi).</p>	<p>Lateral wrist: Master point, LU-7 (Lie Que) Medial ankle: Coupling point, KID-6 (Zhao Hai) Upper abdomen: Luo-Connecting point, REN-15 (Jiu Wei)</p>
<p>DU MAI Perineum/base of spine: REN-1 (Hui Yin), DU-1 (Chang Qiang), Lower abdomen: [ST-30 (Qi Chong)], Posterior sacrum/lumbar: DU-2 (Yao Shu) to DU-5 (Xuan Shu), Posterior thorax: DU-6 (Ji Zhong) to DU-13 (Tao Dao), BL-12 (Feng Men), Posterior neck: DU-14 (Da Zhui) to DU-16 (Feng Fu), Midline of head (back/top): DU-17 (Nao Hu) to DU-24 (Shen Ting), Face: BL-1 (Jing Ming), DU-25 (Su Liao) to DU-28 (Yin Jiao), [REN-24 (Cheng Jiang)]</p>	<p>Medial hand: Master point, SI-3 (Hou Xi) Lateral ankle: Coupling point, BL-62 (Shen Mai) Perineum: Luo-Connecting point, DU-1 (Chang Qiang)</p>
<p>CHONG MAI Perineum: REN-1 (Hui Yin), Anterior thigh: [SP-10 (Xue Hai)] Lower abdomen: ST-30 (Qi Chong), KID-11 (Heng Gu), KID-12 (Da He), KID-13 (Qi Xue), KID-14 (Si Man), KID-15 (Zhong Zhu), [REN-7 (Yin Jiao)], KID-16 (Huang Shu), Upper abdomen: KID-17 (Shang Qu), KID-18 (Shi Guan), KID-19 (Yin Du), KID-20 (Tong Gu), KID-21 (You Men).</p>	<p>Medial foot: Master point, SP-4 (Gong Sun) Anterior distal forearm: Coupling point, PC-6 (Nei Guan)</p>
<p>DAI MAI Lateral trunk/abdomen [LIV-13 (Zhang Men)], GB-26 (Dai Mai), GB-27 (Wu Shu), GB-28 (Wei Dao).</p>	<p>Lateral foot: Master point, GB-41 (Zu Lin Qi) Posterior distal forearm: Coupling point, SJ-5 (Wai Guan)</p>

<p>YANG QIAO MAI</p> <p>Lateral ankle/ heel/ distal leg: BL-62 (Shen Mai), BL-61 (Pu Can), BL-59 (Fu Yang),</p> <p>Hip region: GB-29 (Ju Liao)</p> <p>Shoulder region: SI-10 (Nao Shu), LI-15 (Jian Yu), LI-16 (Ju Gu),</p> <p>Neck: [ST-9 (Ren Ying)],</p> <p>Face: ST-4 (Di Cang), ST-3 (Ju Liao), ST-1 (Cheng Qi), BL-1 (Jing Ming),</p> <p>Back of head: GB-20 (Feng Chi), [DU-16 (Feng Fu)]</p>	<p>Lateral ankle: Master point, BL-62 (Shen Mai)</p> <p>Medial hand: Coupling point, SI-3 (Hou Xi)</p> <p>Lateral distal leg: Xi-Cleft, Accumulation point, BL-59 (Fu Yang)</p>
<p>YIN QIAO MAI</p> <p>Medial foot/ ankle/ distal leg: [KID-2 (Ran Gu)], KID-6 (Zhao Hai), KID-8 (Jiao Xin),</p> <p>Supraclavicular fossa: [ST-9 (Ren Ying)],</p> <p>Neck/face: ST-12 (Que Pen), BL-1 (Jing Ming)</p>	<p>Medial ankle: Master point, KID-6 (Zhao Hai)</p> <p>Lateral wrist: Coupling point, LU-7 (Lie Que)</p> <p>Medial ankle/distal leg: Xi-Cleft, Accumulation point, KID-8 (Jiao Xin)</p>
<p>YANG WEI MAI</p> <p>Lateral foot: BL-63 (Jin Men),</p> <p>Lateral/posterior leg: GB-35 (Yang Jiao), [BL-57 (Cheng Shan)],</p> <p>Hip region: [GB-29 (Ju Liao)]</p> <p>Shoulder region: [SJ-13 (Nao Hui)], [LI-14 (Bi Nao)], SI-10 (Nao Shu), SJ-15 (Tian Liao), GB-21 (Jian Jing),</p> <p>Forehead/top/side of head: ST-8 (Tou Wei), GB-13 (Ben Shen), GB-14 (Yang Bai), GB-15 (Tou Lin Qi), GB-16 (Mu Chuang), GB-17 (Zheng Ying), GB-18 (Cheng Ling),</p> <p>Posterior head/neck: GB-19 (Nao Kong), GB-20 (Feng Chi), DU-16 (Feng Fu), DU-15 (Ya Men)</p>	<p>Posterior distal forearm: Master point, SJ-5 (Wai Guan)</p> <p>Lateral foot: Coupling point, GB-41 (Zu Lin Qi)</p> <p>Lateral leg: Xi-Cleft, Accumulation point, GB-35 (Yang Jiao)</p>
<p>YIN WEI MAI</p> <p>Medial leg: KID-9 (Zhu Bin)</p> <p>Lower abdomen: SP-12 (Chong Men), SP-13 (Fu She), SP-15 (Da Heng),</p> <p>Upper abdomen: SP-16 (Fu Ai)</p> <p>Anterolateral chest: LIV-14 (Qi Men)</p> <p>Anterior neck/throat: REN-22 (Tian Tu), REN-23 (Lian Quan).</p>	<p>Anterior distal forearm: Master point, PC-6 (Nei Guan)</p> <p>Medial foot: Coupling point, SP-4 (Gong Sun)</p> <p>Medial leg: Xi-Cleft, Accumulation point, KID-9 (Zhu Bin)</p>

TABLE 1. COMMAND POINTS/ CONFLUENT POINTS [JIAO HUI]:

8 EXTRA MERIDIANS

	MASTER POINT	COUPLING POINT
REN MAI (CONCEPTION)	LU-7 (Lie Que)	KID-6 (Zhao Hai)
DU MAI (GOVERNOR)	SI-3 (Hou Xi)	BL-62 (Shen Mai)
CHONG MAI (PENETRATING)	SP-4 (Gong Sun)	PC-6 (Nei Guan)
DAI MAI (GIRDLE)	GB-41 (Zu Lin Qi)	SJ-5 (Wai Guan)
YANG QIAO MAI (YANG MOTILITY)	BL-62 (Shen Mai)	SI-3 (Hou Xi)
YIN QIAO MAI (YIN MOTILITY)	KID-6 (Zhao Hai)	LU-7 (Lie Que)
YANG WEI MAI (YANG LINKING)	SJ-5 (Wai Guan)	GB-41 (Zu Lin Qi)
YIN WEI MAI (YIN LINKING)	PC-6 (Nei Guan)	SP-4 (Gong Sun)

TABLE 2. 15 LUO/CONNECTING POINTS: 14 MAIN MERIDIANS

	LUO POINT		LUO POINT
LUNG	LU-7 (Lie Que)	PERICARDIUM	PC-6 (Nei Guan)
LARGE INTESTINE	LI-6 (Pian Li)	SAN JIAO	SJ-5 (Wai Guan)
STOMACH	ST-40 (Feng Long)	GALL BLADDER	GB-37 (Guang Ming)
SPLEEN	SP-4 (Gong Sun)	LIVER	LIV-5 (Li Gou)
HEART	HT-5 (Tong Li)	REN MAI	REN-15 (Jiu Wei)
SMALL INTESTINE	SI-7 (Zhi Zheng)	DU MAI	DU-1 (Chang Qiang)
URINARY BLADDER	BL-58 (Fei Yang)	GREAT LUO OF SPLEEN	SP-21 (Da Bao)
KIDNEY	KID-4 (Da Zhong)		

TABLE 3. 16 XI-CLEFT/ACCUMULATION POINTS:

12 PRIMARY & 4 EIGHT EXTRA MERIDIANS

MERIDIAN	XI-CLEFT/ ACCUMULATION POINT	MERIDIAN	XI-CLEFT/ ACCUMULATION POINT
LUNG	LU-6 (Kong Zui)	PERICARDIUM	PC-4 (Xi Men)
LARGE INTESTINE	LI-7 (Wen Liu)	SAN JIAO	SJ-7 (Hui Zong)
STOMACH	ST-34 (Liang Qiu)	GALL BLADDER	GB-36 (Wai Qiu)
SPLEEN	SP-8 (Di Ji)	LIVER	LIV-6 (Zhong Du)
HEART	HT-6 (Yin Xi)	YANG QIAO	BL-59 (Fu Yang)
SMALL INTESTINE	SI-6 (Yang Lao)	YIN QIAO	KID-8 (Jiao Xin)
URINARY BLADDER	BL-63 (Jin Men)	YANG WEI	GB-35 (Yang Jiao)
KIDNEY	KID-5 (Shui Quan)	YIN WEI	KID-9 (Zhu Bin)

TABLE 4. THE FOUR SEAS

	POINTS	SHI/REPLETION SIGNS	XU/DEPLETION SIGNS
SEA OF NOURISHMENT (Grain & Water - the Stomach)	upper, ST-30 (Qi Chong); lower, ST-36 (Zu San Li)	Abdominal distension. “..there is abdominal fullness”.	Inability to eat. “..there is hunger with inability to eat”.
SEA OF BLOOD (Chong Mai, Sea of the 12 Channels)	upper, BL-11 (Da Zhu); lower, ST-37 (Shang Ju Xu), ST-39 (Xia Ju Xu)	Sensation that the body has increased in volume. “.. there is a sensation as if the body were big; one feels disquiet, but does not know what disease there is”.	General malaise, with inability to ascribe any particular cause. “.. the sensation of one’s body being small; one feels reduced but does not know what could be the illness”.
SEA OF Qi (Tan Zhong, Chest Centre)	above clavicle, BL-10 (Tian Zhu), [DU-15 (Ya Men), DU-14 (Da Zhui)]; below clavicle, REN-17 (Dan Zhong); and at ST-9 (Ren Ying).	Chest pains, flushed complexion, dyspnea. “..there is fullness in the chest, urgent breathing, and a red complexion”.	Inability to speak. “.. there is scanty energy insufficient for speech”.
SEA OF MARROW (the Brain)	above, DU-20 (Bai Hui); below, DU-16 (Feng Fu)	Feeling of excess energy. “..there is lightness of the body and much strength .. a person’s self exceeds the normal level”.	Fatigue and cramps in the lower extremities. “..a whirling sensation of the brain, dizziness, tinnitus, pain of the lower legs, vision impairment, indolence and desire to sleep”.

LOCATIONS AND INDICATIONS OF SOME EXTRA POINTS**MATSUMOTO & BIRCH, O'CONNOR & BENSKY**

"above the throat", the location of this extra point is unclear though its meaning is likely to be a sore point (ah shi point) found above the larynx.

Bai lao (M-HN-30, Hundred Taxations), is located two divisions above and one division lateral to GV-14, on both sides.

M-HN-30, (Bai Lao), Hundred Taxations

Location: On the posterior neck, 2 cun superior and 1 cun lateral to DU-14 (Da Zhui).

Indications: Cough, stiff neck, scrofula

Ba xie (M-UE-22, Eight Evils), refers to four points on each hand. These are found with the hand in a clenched fist, between the heads of each of the metacarpal bones.

M-UE-22, (Ba Xie), Eight Evils

Location: Four points on the dorsum of each hand in the skin webbing, just distal to the bases of the proximal phalanx of each digit.

Indications: Diseases of the finger joints, numbness of the fingers, headache, stiffneck, toothache, sore throat, snake bite

Du yin (M-LE-18a, Solitary Yin), is located on the underside of each of the second toes in the middle of the second crease. [An alternative name for this point is, **Du Hui**, Solitary Confluence].

Gui yen, refers to the bilateral, simultaneous treatment of SP-1 (Yin Bai, Hidden White), and LU-11 (Shao Shang, Lesser Shang) with the thumbs and big toes bound together.

Hai quan (M-HN-37, Sea Source), is located on the underside of the tongue in the center of the frenum linguae.

M-HN-37, (Hai Quan), Sea Source

Location: In the center of the lingual frenulum on the ventral surface of the tongue.

Indications: Spasm of diaphragm, symptoms of emaciation and thirst, glossitis.

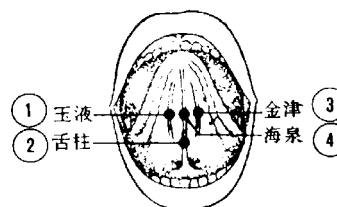
Jin jin (M-HN-20a, Gold Liquid), is found on the underside of the tongue with the tongue rolled back, at the vein to the left of the vinculum linguae.

M-HN-20a, (Jin Jin), Gold Liquid

M-HN-20b, (Yu Ye), Jade Humor

Location: In the mouth in the veins on either side of the lingual frenulum, when the tongue is raised. Left side is Jin Jin, right side is Yu Ye.

- ① M-HN-20 (*Yuye*)
- ② M-HN-38 (*Shezhu*)
- ③ M-HN-20 (*Jinjin*)
- ④ M-HN-37 (*Haiquan*)



(from O'Connor & Bensky, 1981, p.372)

Indications: Stomatitis, glossitis, tonsillitis, acute gastritis, symptoms of emaciation and thirst, aphasia

Ju quan (M-HN-36, Gathering Spring), is found on the upper surface of the tongue, in the center of the dorsum.

M-HN-36, (Ju Quan), Gathering Spring

Location: In the centre of the dorsum of the tongue.

Indications: Paralysis of lingual muscles, asthma, symptoms of emaciation and thirst.

Lu xi, is located on the superior surface of the internal malleolus.

Shi xuan (M-UE-[1-5], Ten Diffusing Points), refers to ten points, on the middle of the tip of each finger about 0.1 divisions from the finger nail.

M-UE-[1-5], (Shi Xuan), Ten Diffusing Points

Location: Ten points, five on each hand, at the tip of each finger. This is 1-2 fen from the nail.

Indications: Shock, fainting, high fever, heat exhaustion, seizures, hysteria, infantile fainting due to fright, numbness of the finger tips

Tai yang (M-HN-9, Tai Yang), lies on the temple about one division behind the mid point between the outer canthus of the eye and tip of the eyebrow.

M-HN-9, (Tai Yang), Tai Yang

Location: At the temple, in the depression approximately 1 cun posterior to the midpoint between the lateral end of the eyebrow and the lateral canthus of the eye.

Indications: Headache, migraine headache, common cold, facial paralysis, trigeminal neuralgia, eye diseases.

Tian ying, is a reactive point similar in character to an 'ah shi' point. It refers to the reactive point that feels comfortable with, and is relieved by, pressure.

Wu hu (M-UE-45, Five Tigers), refers to points on the knuckles of the index and ring

M-UE-45, (Wu Hu), Five Tigers

Location: On the dorsum of the metacarpophalangeal joint of the 2nd and 4th digits.

Indications: Neck pain, sciatica, finger spasm.

Xiao gu kong (M-UE-17, Little Finger Bone Hollow), lies at the dorsal aspect in the middle of the transverse crease of the phalangeal joint of the little finger.

M-UE-17, (Xiao Gu Kong), Little Finger Bone Hollow

Location: At the middle of the transverse crease of the proximal interphalangeal joint of the little finger, dorsal aspect

Indications: Eye diseases, sore throat, arthritis of the fingers.

Xi yan (M-LE-16, Knee Eyes), the eyes of the knee, are found with the knee flexed. They are in the hollows either side of the patellar tendon below the kneecap.

M-LE-16, (Xi Yan), Knee Eyes

M-LE-16a, (Nei Xi Yan), Inner Eye of the Knee

M-LE-16b, (Wai Xi Yan), Outer Eye of the Knee

Location: Two points on the anterior aspect of the knee. They are located with the knee flexed, on either side of ligamentum patellae, in the two depressions inferior to the patella. The lateral point [M-LE-16b, Wai Xi Yan] is the same as ST-35 (Du Bi, Calf's Nose)

Indications: Diseases of the knee and surrounding soft tissue, pain of the knee, paralysis of the lower limb

Yin tang (M-HN-3, Hall of Impression), is the mid point between the two eyebrows.

M-HN-3, (Yin Tang), Hall of Impression

Location: On the face at the midpoint between the medial ends of the eyebrows, on the glabella.

Indications: Headache, vertigo, rhinitis, common cold, hypertension, insomnia, infantile convulsions.

Yu ye (M-HN-20b, Jade Humor), is found on the underside of the tongue with the tongue rolled back, at the vein to the right of the vinculum linguae. [Refer to **Jin jin** (M-HN-20a, Gold Liquid) above].

Zhong kui (M-UE-16, Central Eminence), lies on the dorsal aspect at the tip of the bone on the proximal phalangeal joint of the middle finger.

M-UE-16, (Zhong Kui), Central Eminence

Location: At the distal tip of the proximal phalanx of the middle finger, dorsal aspect

Indications: Vomiting, hiccough, spasm of the esophagus, nosebleed.

Zhou jian (M-UE-46, Tip of the Elbow), lies at the prominence of the olecranon when the elbow is flexed.

M-UE-46, (Zhou Jian), Tip of the Elbow

Location: At the prominence (tip) of the olecranon when the elbow is flexed.

Indications: Scrofula, abscessed carbuncle.

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