

**Table B****14 MAIN MERIDIANS:****ANATOMICAL DISTRIBUTION OF NOMINAL MERIDIAN POINTS**

[These Acupuncture Points Constitute the Nominal, 'External' Pathways]

**LUNG (11 POINTS):**

**Anterior/superior chest:** Below clavical, LU-1 (Zhong Fu) Central Treasury, LU-2 (Yun Men) Cloud Gate,

**Lateral arm:** LU-3 (Tian Fu) Celestial Storehouse, LU-4 (Xia Bai) Guarding White,

**Cubital fossa/anterolateral forearm:** LU-5 (Chi Ze) Cubit Marsh, LU-6 (Kong Zui) Collection Hole, LU-7 (Lie Que) Broken Sequence,

**Anterolateral wrist:** LU-8 (Jing Qu) Channel Ditch, LU-9 (Tai Yuan) Great Abyss,

**Anterolateral hand/thenar eminence:** LU-10 (Yu Ji) Fish Border,

**Thumb:** LU-11 (Shao Shang) Lesser Shang.

**LARGE INTESTINE (20 POINTS):**

**Index finger:** LI-1 (Shang Yang) Shang Yang, LI-2 (Er Jian) Second Space,

**Dorsolateral hand:** LI-3 (San Jian) Third Space, LI-4 (He Gu) Union Valley,

**Lateral wrist/forearm:** LI-5 (Yang Xi) Yang Ravine to LI-10 (Shou San Li) Arm Three Li,

**Lateral elbow/arm:** LI-11 (Qu Chi) Pool at the Bend, LI-12 (Zhou Liao) Elbow Bone-Hole, LI-13 (Shou Wu Li) Arm Five Li, LI-14 (Bi Nao) Upper Arm,

**Shoulder region:** LI-15 (Jian Yu) Shoulder Bone, LI-16 (Ju Gu) Great Bone,

**Lateral neck:** LI-17 (Tian Ding) Celestial Tripod, LI-18 (Fu Tu) Protuberance Assistant,

**Contralateral face:** LI-19 (He Liao) Grain Bone-Hole, LI-20 (Ying Xiang) Welcome Fragrance.

**STOMACH (45 POINTS):**

**Face:** Bottom of orbit, ST-1 (Cheng Qi) Tear Container, to ST-6 (Jia Che) Jawbone,

**Side of head/forehead:** ST-7 (Xia Guan) Below the Joint, ST-8 (Tou Wei) Head Corner,

**Neck/supraclavicular fossa:** 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,

**Anterolateral chest:** ST-13 (Qi Hu) Qi Door to ST-18 (Ru Gen) Breast Root,

**Upper abdomen:** ST-19 (Bu Rong) Not Contained to ST-24 (Hua Rou Men) Slippery Flesh Gate,

**Lower abdomen/inguinal region:** ST-25 (Tian Shu) Celestial Pivot to ST-30 (Qi Chong) Surging Qi,

**Anterior thigh:** ST-31 (Bi Guan) Thigh Joint to ST-34 (Liang Qiu) Beam Hill,

**Anterolateral knee/ leg:** ST-35 (Du Bi) Calf's Nose to ST-40 (Feng Long) Bountiful Bulge,

**Anterior ankle/dorsum of foot:** ST-41 (Jie Xi) Ravine Divide to 2nd toe ST-45 (Li Dui) Severe Mouth.

**SPLEEN (21 POINTS):**

**Medial foot/ankle:** Great toe, SP-1 (Yin Bai) Hidden White to SP-5 (Shang Qiu) Shang Hill,

**Medial leg:** 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,

**Anteromedial thigh/inguinal region:** SP-10 (Xue Hai) Sea of Blood to SP-13 (Fu She) Bowel Abode,

**Anterolateral abdomen:** SP-14 (Fu Jie) Abdominal Bind, SP-15 (Da Heng) Great Horizontal, SP-16 (Fu Ai) Abdominal Lament,

**Lateral chest:** SP-17 (Shi Dou) Food Hole to SP-21 (Da Bao) Great Embrace.

**HEART (9 POINTS):**

**Axilla:** HT-1 (Ji Quan) Highest Spring,

**Medial arm/elbow:** HT-2 (Qing Ling) Cyan Spirit, HT-3 (Shao Hai) Lesser Sea,

**Distal anteromedial forearm/wrist:** HT-4 (Ling Dao) Spirit Pathway, HT-5 (Tong Li) Connecting Li, HT-6 (Yin Xi) Yin Cleft, HT-7 (Shen Men) Spirit Gate,

**Anteromedial palm:** HT-8 (Shao Fu) Lesser Mansion,

**Little finger:** HT-9 (Shao Chong) Lesser Surge.

**SMALL INTESTINE (19 POINTS):**

**Little finger:** SI-1 (Shao Ze) Lesser Marsh, SI-2 (Qian Gu) Front Valley,

**Medial hand/wrist:** SI-3 (Hou Xi) Back Ravine, SI-4 (Wan Gu) Wrist Bone, SI-5 (Yang Gu) Yang Valley,

**Posterior & medial forearm/elbow:** SI-6 (Yang Lao) Nursing the Aged, SI-7 (Zhi Zheng) Branch to the Correct, SI-8 (Xiao Hai) Small Sea,

**Posterior shoulder/upper trunk:** SI-9 (Jian Zhen) True Shoulder to SI-15 (Jian Zhong Shu) Central Shoulder Shu,

**Lateral neck:** SI-16 (Tian Chuang) Celestial Window, SI-17 (Tian Rong) Celestial Countenance,

**Face/side of head:** SI-18 (Quan Liao) Cheek Bone-Hole, SI-19 (Ting Gong) Auditory Palace.

**[URINARY] BLADDER (67 POINTS):**

**Face:** Medial orbit, BL-1 (Jing Ming) Bright Eyes, BL-2 (Zan Zhu) Bamboo Gathering,  
**Forehead/top of head:** BL-3 (Mei Chong) Eyebrow Ascension to BL-8 (Luo Que) Declining Connection,

**Posterior head/neck:** BL-9 (Yu Zhen) Jade Pillow, BL-10 (Tian Zhu) Celestial Pillar,

**Posterior trunk:**

**Inner line:** BL-11 (Da Zhu) Great Shuttle to BL-30 (Bai Huan Shu) White Ring Shu,

**Posterior sacrum/coccyx:** BL-31 (Shang Liao) Upper Bone-Hole to  
 BL-35 (Hui Yang) Meeting of Yang,

**Outer line:** BL-41 (Fu Fen) Attached Branch to BL-54 (Zhi Bian) Sequential Limit,

**Posterior thigh:** BL-36 (Cheng Fu) Support, BL-37 (Yin Men) Gate of Abundance,

**Popliteal region:** BL-38 (Fu Xi) Superficial Cleft, BL-39 (Wei Yang) Bend Yang, BL-40 (Wei Zhong) Bend Middle,

**Posterior/lateral leg:** BL-55 (He Yang) Yang Union to BL-59 (Fu Yang) Instep Yang,

**Lateral ankle/foot:** BL-60 (Kun Lun) Kunlun Mountains to little toe BL-67 (Zhi Yin) Reaching Yin.

**KIDNEY (27 POINTS):**

**Plantar surface of foot:** KID-1 (Yong Quan) Gushing Spring,

**Medial foot/ankle region:** KID-2 (Ran Gu) Blazing Valley to KID-6 (Zhao Hai) Shining Sea,

**Medial leg/posteromedial knee:** KID-7 (Fu Liu) Recover Flow, KID-8 (Jiao Xin) Intersection Reach, KID-9 (Zhu Bin) Guest House, KID-10 (Yin Gu) Yin Valley,

**Lower abdomen:** KID-11 (Heng Gu) Pubic Bone to KID-16 (Huang Shu) Huang Shu,

**Upper abdomen:** KID-17 (Shang Qu) Shang Bend to KID-21 (You Men) Dark Gate,

**Anterior chest:** KID-22 (Bu Lang) Corridor Walk to KID-27 (Shu Fu) Shu Mansion.

**PERICARDIUM (9 POINTS):**

**Lateral chest:** Lateral breast, PC-1 (Tian Chi) Celestial Pool,

**Anterior arm/cubital fossa/:** PC-2 (Tian Quan) Celestial Spring, PC-3 (Qu Ze) Marsh at the Bend,

**Anterior forearm/ wrist:** PC-4 (Xi Men) Cleft-Xi Gate, PC-5 (Jian Shi) Intermediary Courier, PC-6 (Nei Guan), PC-7 (Da Ling) Great Mound,

**Hand:** PC-8 (Lao Gong) Palace of Toil, middle finger PC-9 (Zhong Chong) Central Hub.

**SAN JIAO (23 POINTS):**

**Dorsum of hand/wrist:** 4th finger SJ-1 (Guan Chong) Passage Hub, SJ-2 (Ye Men) Humor Gate, SJ-3 (Zhong Zhu) Central Islet, SJ-4 (Yang Chi) Yang Pool,

**Posterior forearm:** SJ-5 (Wai Guan) Outer Pass to SJ-9 (Si Du) Four Rivers,

**Posterior elbow/arm:** SJ-10 (Tian Jing) Celestial Well, SJ-11 (Qing Leng Yuan) Clear Cold Abyss, SJ-12 (Xiao Luo) Dispersing Riverbed, SJ-13 (Nao Hui) Upper Arm Convergence,

**Lateral and posterior/superior shoulder:** SJ-14 (Jian Liao) Shoulder Bone-hole, SJ-15 (Tian Liao) Celestial Bone-hole,

**Lateral neck:** SJ-16 (Tian You) Celestial Window, SJ-17 (Yi Feng) Wind Screen,

**Side of head/face:** SJ-18 (Chi Mai) Spasm Vessel to SJ-23 (Si Zhu Kong) Silk Bamboo Hole.

**GALL BLADDER (44 POINTS):**

**Face:** Lateral to orbit, GB-1 (Tong Zi Liao) Pupil Bone-Hole, GB-2 (Ting Hui) Auditory Convergence, GB-3 (Shang Guan) Upper Gate,

**Side of head/temple/forehead:** GB-4 (Han Yan) to GB-18 (Cheng Ling) Spirit Support,

**Posterior head/neck:** GB-19 (Nao Kong) Brain Hollow, GB-20 (Feng Chi) Wind Pool,

**Top of shoulder:** GB-21 (Jian Jing) Shoulder Well,

**Lateral chest/abdomen:** GB-22 (Yuan Ye) Armpit Abyss to GB-28 (Wei Dao) Linking Path,

**Hip/buttock region:** GB-29 (Ju Jiao) Squatting Bone-hole, GB-30 (Huan Tiao) Jumping Round,

**Lateral thigh:** GB-31 (Feng Shi) Wind Market, GB-32 (Zhong Du) Central River,

**Lateral knee region:** GB-33 (Xi Yang Guan) Knee Yang Joint, GB-34 (Yang Ling Quan) Yang Mound Spring,

**Lateral leg:** GB-35 (Yang Jiao) Yang Intersection to GB-39 (Xuan Zhong) Suspended Bell,

**Lateral/dorsal foot:** GB-40 (Qiu Xu) Hill Ruins to 4th toe, GB-44 (Zu Qiao Yin) Foot Portal Yin.

**LIVER (14 POINTS):**

**Dorsum/medial foot:** Great toe, LIV-1 (Da Dun) Large Pile, LIV-2 (Xing Jian) Moving Between, LIV-3 (Tai Chong) Great Surge, LIV-4 (Zhong Feng) Mound Centre,

**Medial leg/knee:** LIV-5 (Li Gou) Woodworm Canal, LIV-6 (Zhong Du) Central Metropolis, LIV-7 (Xi Guan) Knee Joint, LIV-8 (Qu Quan) Spring at the Bend,

**Anteromedial thigh/inguinal region:** LIV-9 (Yin Bao) Yin Bladder, LIV-10 (Zu Wu Li) Foot Five Li, LIV-11 (Yin Lian) Yin Corner, LIV-12 (Ji Mai) Urgent Pulse,

**Lateral abdomen/chest:** LIV-13 (Zhang Men) Camphorwood Gate, LIV-14 (Qi Men) Cycle Gate.

**REN MAI (24 POINTS)**

**Perineum:** REN-1 (Hui Yin) Meeting of Yin,

**Lower abdomen/navel:** REN-2 (Qu Gu) Curved Bone to REN-8 (Shen Que) Spirit Gate,

**Upper abdomen:** REN-9 (Shui Fen) Water Divide to REN-15 (Jiu Wei) Turtledove Tail,

**Anterior chest:** REN-16 (Zhong Ting) Centre Palace to REN-21 (Xuan Ji) Jade Pivot,

**Anterior neck:** REN-22 (Tian Tu) Celestial Chimney, REN-23 (Lian Quan) Ridge Spring,

**Face:** REN 24 (Cheng Jiang) Sauce Receptacle.

**DU MAI (28 POINTS)**

**Perineum/base of spine:** DU-1 (Chang Qiang) Long Strong,

**Posterior sacrum/lumbar:** DU-2 (Yao Shu) Lumbar Shu to DU-5 (Xuan Shu) Suspended Pivot,

**Posterior thorax:** DU-6 (Ji Zhong) Spinal Centre to DU-13 (Tao Dao) Kiln Path,

**Posterior neck:** DU-14 (Da Zhui) Great Hammer to DU-16 (Feng Fu) Wind Mansion,

**Midline of head (back & top):** DU-17 (Nao Hu) Brain's Door to DU-24 (Shen Ting) Spirit Court,

**Face:** DU-25 (Su Liao) White Bone-hole to DU-28 (Yin Jiao) Gum Intersection.