

TABLES: GROUPS OF ACUPUNCTURE POINTS

The following tables collate much information relevant to a theoretical and practical understanding of acupuncture. In order to put the knowledge contained herein to proper use, a firm grounding in the teachings of traditional Chinese medicine is required, particularly in acupuncture.

Tables of Groups of Acupuncture Points/ Point Categories

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Group A

TABLE 1. 6 PRIMARY YIN MERIDIANS: 5 TRANSPORTING/SHU POINTS

	WOOD Jing/Well/ Well	FIRE Ying/Spring/ Gushing	EARTH Shu/Stream/ Transporting	METAL Jing/River/ Traversing	WATER He/Sea/ Uniting
LUNG	LU-11 (Shao Shang)	LU-10 (Yu Ji)	LU-9 (Tai Yuan)	LU-8 (Jing Qu)	LU-5 (Chi Ze)
SPLEEN	SP-1 (Yin Bai)	SP-2 (Da Du)	SP-3 (Tai Bai)	SP-5 (Shang Qiu)	SP-9 (Yin Ling Quan)
HEART	HT-9 (Shao Chong)	HT-8 (Shao Fu)	HT-7 (Shen Men)	HT-4 (Ling Dao)	HT-3 (Shao Hai)
KIDNEY	KID-1 (Yong Quan)	KID-2 (Ran Gu)	KID-3 (Tai Xi)	KID-7 (Fu Liu)	KID-10 (Yin Gu)
PERI- CARDIUM	PC-9 (Zhong Chong)	PC-8 (Lao Gong)	PC-7 (Da Ling)	PC-5 (Jian Shi)	PC-3 (Qu Ze)
LIVER	LIV-1 (Da Dun)	LIV-2 (Xing Jian)	LIV-3 (Tai Chong)	LIV-4 (Zhong Feng)	LIV-8 (Qu Quan)

TABLE 2. 6 PRIMARY YANG MERIDIANS: 5 TRANSPORTING/SHU POINTS

	METAL Jing/Well/ Well	WATER Ying/Spring/ Gushing	WOOD Shu/Stream/ Transporting	FIRE Jing/River/ Traversing	EARTH He/Sea/ Uniting
LARGE INTESTINE	LI-1 (Shang Yang)	LI-2 (Er Jian)	LI-3 (San Jian)	LI-5 (Yang Xi)	LI-11 (Qu Chi)
STOMACH	ST-45 (Li Dui)	ST-44 (Nei Ting)	ST-43 (Xian Gu)	ST-41 (Jie Xi)	ST-36 (Zu San Li)
SMALL INTESTINE	SI-1 (Shao Ze)	SI-2 (Qian Gu)	SI-3 (Hou Xi)	SI-5 (Yang Gu)	SI-8 (Xiao Hai)
URINARY BLADDER	BL-67 (Zhi Yin)	BL-66 (Zu Tong Gu)	BL-65 (Shu Gu)	BL-60 (Kun Lun)	BL-40 (Wei Zhong)
SAN JIAO	SJ-1 (Guan Chong)	SJ-2 (Ye Men)	SJ-3 (Zhong Zhu)	SJ-6 (Zhi Gou)	SJ-10 (Tian Jing)
GALL BLADDER	GB-44 (Zu Qiao Yin)	GB-43 (Xia Xi)	GB-41 (Zu Lin Qi)	GB-38 (Yang Fu)	GB-34 (Yang Ling Quan)

TABLE 3. 6 LOWER HE/SEA/UNITING POINTS:

PRIMARY YANG CHANNELS

Small Intestine, hand Tai Yang	ST-39 (Xia Ju Xu)
San Jiao, hand Shao Yang	BL-39 (Wei Yang)
Large Intestine, hand Yang Ming	ST-37 (Shang Ju Xu)
Stomach, foot Yang Ming	ST-36 (Zu San Li)
Gall Bladder, foot Shao Yang	GB-34 (Yang Ling Quan)
Urinary Bladder, foot Tai Yang	BL-40 (Wei Zhong)

TABLE 4. MOTHER/CHILD TREATMENT POINTS: 12 PRIMARY MERIDIANS

ON PARTICULAR CHANNELS			HORARY POINTS OF MOTHER & CHILD CHANNELS	
	MOTHER POINT	CHILD POINT	MOTHER CHANNEL	CHILD CHANNEL
LUNG	LU-9 (Tai Yuan)	LU-5 (Chi Ze)	SP-3 (Tai Bai)	KID-10 (Yin Gu)
LARGE INTESTINE	LI-11 (Qu Chi)	LI-2 (Er Jian)	ST-36 (Zu San Li)	BL-66 (Zu Tong Gu)
STOMACH	ST-41 (Jie Xi)	ST-45 (Li Dui)	SI-5 (Yang Gu)	LI-1 (Shang Yang)
SPLEEN	SP-2 (Da Du)	SP-5 (Shang Qiu)	HT-8 (Shao Fu)	LU-8 (Jing Qu)
HEART	HT-9 (Shao Chong)	HT-7 (Shen Men)	LIV-1 (Da Dun)	SP-3 (Tai Bai)
SMALL INTESTINE	SI-3 (Hou Xi)	SI-8 (Xiao Hai)	GB-41 (Zu Lin Qi)	ST-36 (Zu San Li)
URINARY BLADDER	BL-67 (Zhi Yin)	BL-65 (Shu Gu)	LI-1 (Shang Yang)	GB-41 (Zu Lin Qi)
KIDNEY	KID-7 (Fu Liu)	KID-1 (Yong Quan)	LU-8 (Jing Qu)	LIV-1 (Da Dun)
PERI-CARDIUM	PC-9 (Zhong Chong)	PC-7 (Da Ling)	LIV-1 (Da Dun)	SP-3 (Tai Bai)
SAN JIAO	SJ-3 (Zhong Zhu)	SJ-10 (Tian Jing)	GB-41 (Zu Lin Qi)	ST-36 (Zu San Li)
GALL BLADDER	GB-43 (Xia Xi)	GB-38 (Yang Fu)	BL-66 (Zu Tong Gu)	SI-5 (Yang Gu)
LIVER	LIV-8 (Qu Quan)	LIV-2 (Xing Jian)	KID-10 (Yin Gu)	HT-8 (Shao Fu)

TABLE 5. 12 YUAN/SOURCE POINTS: 12 PRIMARY MERIDIANS

MERIDIAN	YUAN/SOURCE POINT	MERIDIAN	YUAN/SOURCE POINT
LUNG	LU-9 (Tai Yuan)	URINARY BLADDER	BL-64 (Jing Gu)
LARGE INTESTINE	LI-4 (He Gu)	KIDNEY	KID-3 (Tai Xi)
STOMACH	ST-42 (Chong Yang)	PERICARDIUM	PC-7 (Da Ling)
SPLEEN	SP-3 (Tai Bai)	SAN JIAO	SJ-4 (Yang Chi)
HEART	HT-7 (Shen Men)	GALL BLADDER	GB-40 (Qiu Xu)
SMALL INTESTINE	SI-4 (Wan Gu)	LIVER	LIV-3 (Tai Chong)

TABLE 6. 7 VISCERA RELATED YUAN/SOURCE POINTS

LUNG	LU-9 (Tai Yuan) Great Abyss
HEART	PC-7 (Da Ling) Great Mound
SPLEEN	SP-3 (Tai Bai) Supreme White
LIVER	LIV-3 (Tai Chong) Great Surge
KIDNEY	KID-3 (Tai Xi) Great Ravine
GAO	REN-15 (Jiu Wei) Turtledove Tail
HUANG	REN-6 (Qi Hai) Sea of Qi

(Gao-Huang is the region below the Heart and above the Diaphragm)

TABLE 7. 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 8. COMBINED USE: YUAN/SOURCE POINTS & LUO/CONNECTING POINTS

RELATED ZANG FU	YUAN POINT	LUO POINT	COMBINED USE: SIGNS/SYMPTOMS
LUNG	LU-9 (Tai Yuan)	LI-6 (Pian Li)	Bronchitis, sore throat, shortness of breath, copious phlegm, perspiration, heat in the palms and soles, breast pain, shoulder pain that follows the Lung Channel.
LARGE INTESTINE	LI-4 (He Gu)	LU-7 (Lie Que)	Throat and gum illnesses, lymph node inflammation in the neck, mumps, sore throat, dry mouth, yellow eyes, clear nasal discharge, nosebleed, and Large Intestine Channel shoulder pain.
STOMACH	ST-42 (Chong Yang)	SP-4 (Gong Sun)	Nosebleed, facial numbness, Stomach Channel leg pain, malarial illness, abdominal distension, general weakness.
SPLEEN	SP-3 (Tai Bai)	ST-40 (Feng Long)	Stiff tongue, abdominal pain, bodily weakness and heaviness, constipation, jaundice, leg pain along the Spleen Channel, malarial illness.
HEART	HT-7 (Shen Men)	SI-7 (Zhi Zheng)	Heart pain, rapid heartbeat, dry mouth, yellow eyes, Heart Channel arm pain.
SMALL INTESTINE	SI-4 (Wan Gu)	HT-5 (Tong Li)	Submandibular swelling and pain, shoulder pain, neck pain, deafness, arm pain along the Small Intestine Channel.
URINARY BLADDER	BL-64 (Jing Gu)	KID-4 (Da Zhong)	Eye pain, neck pain, pain in the back, lower back or legs, epilepsy, psychiatric disorders, nosebleed, rectal prolapse, hemorrhoids, malarial illness.
KIDNEY	KID-3 (Tai Xi)	BL-58 (Fei Yang)	General weakness and lassitude, lack of appetite, decrease in visual acuity, lower back soreness, weakness in the lower extremities, grey facial colour.
PERI-CARDIUM	PC-7 (Da Ling)	SJ-5 (Wai Guan)	Spasms or pain in the forearm or hand, chest pain, palpitations, nausea, restlessness, heat in the palms, incessant laughter.
SAN JIAO	SJ-4 (Yang Chi)	PC-6 (Nei Guan)	Deafness, sore throat, conjunctivitis, shoulder and back pain, intra-vertebral pain, constipation, urinary block, enuresis.
GALL BLADDER	GB-40 (Qiu Xu)	LIV-5 (Li Gou)	Pain in the chest and lateral costal region, headache, eye pain, malarial illness, enlarged thyroid, swollen lymph nodes in the neck.
LIVER	LIV-3 (Tai Chong)	GB-37 (Guang Ming)	Testicular pain and swelling, Shan Qi pain, thoracic fullness, vomiting, abdominal pain, diarrhea, enuresis, urinary block.

TABLE 9. 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 10. 4 GROUP LUO POINTS

MERIDIANS	GROUP LUO POINTS
3 ARM YANG	SJ-8 (San Yang Luo)
3 ARM YIN	PC-5 (Jian Shi)
3 LEG YANG	GB-39 (Xuan Zhong)
3 LEG YIN	SP-6 (San Yin Jiao)

TABLE 11. 5 GENERAL LUO POINTS

	GENERAL LUO POINTS
YANG POINTS	SJ-5 (Wai Guan), DU-1 (Chang Qiang)
YIN POINTS	PC-6 (Nei Guan), LU-7 (Lie Que), REN-1 (Hui Yin)