

## 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.

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## Group B

**TABLE 12. 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 13. FRONT ALARM-MU, COLLECTING POINTS:**

POINT	RELATED ZANG FU
LU-1 (Zhong Fu)	Lung Zang
REN-17 (Dan Zhong)	Pericardium Zang, Upper Jiao
LIV-14 (Qi Men)	Liver Zang
GB-24 (Ri Yue)	Gall Bladder Fu
LIV-13 (Zhang Men)	Spleen Zang
GB-25 (Jing Men)	Kidney Zang
REN-14 (Ju Que)	Heart Zang
REN-12 (Zhong Wan)	Stomach Fu, Middle Jiao
ST-25 (Tian Shu)	Large Intestine Fu
REN-5 (Shi Men)	San Jiao Fu, Lower Jiao
REN-4 (Guan Yuan)	Small Intestine Fu
REN-3 (Zhong Ji)	Urinary Bladder Fu

**TABLE 14. BACK ASSOCIATED-SHU, TRANSPORTING POINTS:  
DORSAL URINARY BLADDER POINTS, INNER BRANCH**

POINT	RELATED ZANG FU, CHANNEL, FUNCTION, OR BODY REGION
BL-11 (Da Zhu)	Great Shuttle, Bones
BL-12 (Feng Men)	Wind Gate
BL-13 (Fei Shu)	Lung Zang
BL-14 (Jue Yin Shu)	Pericardium Zang
BL-15 (Xin Shu)	Heart Zang
BL-16 (Du Shu)	Du Mai (Governing Vessel)
BL-17 (Ge Shu)	Diaphragm
BL-18 (Gan Shu)	Liver Zang
BL-19 (Dan Shu)	Gall Bladder Fu
BL-20 (Pi Shu)	Spleen Zang
BL-21 (Wei Shu)	Stomach Fu
BL-22 (San Jiao Shu)	San Jiao Fu
BL-23 (Shen Shu)	Kidney Zang
BL-24 (Qi Hai Shu)	Sea-of-Qi Shu, Lumbar
BL-25 (Da Chang Shu)	Large Intestine Fu
BL-26 (Guan Yuan Shu)	Gate of Origin Shu, Lumbar
BL-27 (Xiao Chang Shu)	Small Intestine Fu
BL-28 (Pang Guang Shu)	Urinary Bladder Fu
BL-29 (Zhong Lu Shu)	Sacrum
BL-30 (Bai Huan Shu)	Perineum

**TABLE 15. DORSAL URINARY BLADDER POINTS, OUTER BRANCH:  
PARTICULARLY RELATED TO THE SPIRIT.**

POINT	ASPECT OF SPIRIT
BL-42 (Po Hu)	Po; Corporeal Soul, Instinct, Animal Spirit
BL-43 (Gao Huang Shu)	Gao Huang; between the Heart and the Diaphragm, location of chronic or incurable disease
BL-44 (Shen Tang)	Shen; Divine Spirit, overall Spirit
BL-47 (Hun Men)	H'un; Ethereal Soul
BL-49 (Yi She)	Yi; Ideas, Memory, Meaning
BL-52 (Zhi Shi)	Zhi; Will, Will Power, Ambition

**TABLE 16. COMBINED USE: FRONT ALARM/MU COLLECTING POINTS, &  
BACK ASSOCIATED/SHU TRANSPORTING POINTS**

RELATED ZANG FU	ALARM, MU POINT	ASSOCIATED SHU POINT	COMBINED USE: TYPICAL SCOPE OF TREATMENT
LUNG	LU-1 (Zhong Fu)	BL-13 (Fei Shu)	Respiratory system disorders such as cough, dyspnea, thoracic fullness and distension
PERI-CARDIUM	REN-17 (Dan Zhong)	BL-14 (Jue Yin Shu)	Heart diseases such as cardiac pain and palpitations
HEART	REN-14 (Ju Que)	BL-15 (Xin Shu)	Heart and Stomach disorders such as palpitations, stomach pain, and neurasthenia
LIVER	LIV-14 (Qi Men)	BL-18 (Gan Shu)	Liver and Stomach disorders such as liver region pain, vomiting and regurgitation of acid fluid
GALL BLADDER	GB-24 (Ri Yue)	BL-19 (Dan Shu)	Liver and Gallbladder disorders such as pain in the area of GB-24 (Ri Yue) and jaundice
SPLEEN	LIV-13 (Zhang Men)	BL-20 (Pi Shu)	Liver and Spleen disorders such as enlargement or pain in either organ, abdominal pain or distention, and poor digestion
STOMACH	REN-12 (Zhong Wan)	BL-21 (Wei Shu)	Stomach region disorders such as stomach pain or distention and lack of appetite
SAN JIAO	REN-5 (Shi Men)	BL-22 (San Jiao Shu)	Fluid metabolism dysfunctions such as edema, ascites, and diarrhea
KIDNEYS	GB-25 (Jing Men)	BL-23 (Shen Shu)	Kidney and genitourinary disorders, low back pain or soreness, seminal loss, and premature ejaculation
LARGE INTESTINE	ST-25 (Tian Shu)	BL-25 (Da Chang Shu)	Large Intestine disorders such as constipation, diarrhea, and abdominal pain
SMALL INTESTINE	REN-4 (Guan Yuan)	BL-27 (Xiao Chang Shu)	Small Intestine, Bladder and genitourinary disorders such as gripping intestinal pain, Shan Qi, enuresis, urinary block, and seminal loss
URINARY BLADDER	REN-3 (Zhong Ji)	BL-28 (Pang Guang Shu)	Bladder and genitourinary disorders such as enuresis, urinary block, seminal loss, and menstrual disorders

Note: Points adjacent to Alarm/Mu and Associated/Shu points have functions that are similar to those points, and may on occasion be substituted for them.

**TABLE 17. HUA TUO JIA JI/ PARAVERTEBRAL POINTS OF HUA TUO (M-BW-35)**

<b>M-BW-35, (Jia Ji), Lining the Spine [also called, Hua Tuo Jia Ji]</b>
<b>Location:</b> Twenty four points on each side of the vertebral column, 0.5 - 1 cun lateral to the midline (Du Mai). These points are located in the cervical, thoracic and lumbar regions, just lateral (on both sides) to the depression just below the spinous process of each vertebra. The cervical spine is sometimes excluded, leaving 17 points on each side.
<b>Indications:</b> These vary with the region of the spine, but are very similar to the indications of Urinary Bladder, Du Mai, and other Extra points located nearby to particular Jia Ji points.

**TABLE 18. 6 REGIONAL COMMAND POINTS**

	POINT INDICATIONS
<b>LU-7 (Lie Que)</b>	Disorders of the head and nape of neck.
<b>LI-4 (He Gu)</b>	Disorders of the face and mouth.
<b>BL-40 (Wei Zhong)</b>	Disorders of the lumbar region and back.
<b>ST-36 (Zu San Li)</b>	Disorders of the abdomen.
<b>PC-6 (Nei Guan)</b>	Disorders of the chest and lateral costal region.
<b>DU-26 (Shui Gou)</b>	Resuscitation.

**TABLE 19. 8 HUI/MEETING POINTS**

	HUI/MEETING POINT		HUI/MEETING POINT
<b>ZANG</b>	LIV-13 (Zhang Men)	<b>SINEWS</b>	GB-34 (Yang Ling Quan)
<b>FU</b>	REN-12 (Zhong Wan)	<b>VESSELS</b>	LU-9 (Tai Yuan)
<b>QI</b>	REN-17 (Shan Zhong)	<b>BONES</b>	BL-11 (Da Zhu)
<b>BLOOD</b>	BL-17 (Ge Shu)	<b>MARROW</b>	GB-39 (Xuan Zhong)

**TABLE 20. 9 NEEDLES FOR RETURNING YANG**

<b>LI-4 (He Gu)</b>	<b>PC-8 (Lao Gong)</b>
<b>ST-36 (Zu San Li)</b>	<b>[PC-7 (Da Ling)]</b>
<b>SP-6 (San Yin Jiao)</b>	<b>GB-30 (Huan Tiao)</b>
<b>KID-1 (Yong Quan)</b>	<b>DU-15 (Ya Men)</b>
<b>KID-3 (Tai Xi)</b>	<b>REN-12 (Zhong Wan)</b>

TABLE 21. THE FOUR SEAS

	POINTS	SHI/REPLETION SIGNS	XU/DEPLETION SIGNS
<b>SEA OF NOURISHMENT</b> (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”.
<b>SEA OF BLOOD</b> (Chong Mai - Sea of 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”.
<b>SEA OF Qi</b> (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”.
<b>SEA OF MARROW</b> (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”.