

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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TABLE 22. POINT SELECTION: EXAMPLES OF LOCAL, ADJACENT & DISTAL POINTS

REGION, ZANG FU	LOCAL POINTS	ADJACENT POINTS	DISTAL POINTS
VERTEX	DU-20 (Bai Hui), BL-7 (Tong Tian)	GB-20 (Feng Chi), M-HN-9 (Tai Yang), M-HN-1 (Si Shen Cong)	LIV-3 (Tai Chong), GB-34 (Yang Ling Quan)
FOREHEAD, TEMPORAL REGION	GB-14 (Yang Bai), M-HN-3 (Yin Tang), GB-7 (Qu Bin), ST-8 (Tou Wei)	GB-15 (Tou Lin Qi), BL-5 (Wu Chu), M-HN-9 (Tai Yang)	LIV-3 (Tai Chong), ST-43 (Xian Gu), GB-41 (Zu Lin Qi), SJ-3 (Zhong Zhu)
EYES	BL-1 (Jing Ming), SJ-23 (Si Zhu Kong), ST-1 (Cheng Qi)	M-HN-9 (Tai Yang), DU-23 (Shang Xing), ST-2 (Da Du), GB-20 (Feng Chi)	GB-37 (Guang Ming), LIV-3 (Tai Chong), SI-6 (Yang Lao)
EARS	GB-2 (Ting Hui), SJ-17 (Yi Feng), SI-19 (Ting Gong)	GB-20 (Feng Chi), SI-17 (Tian Rong), SJ-21 (Er Men)	SJ-5 (Wai Guan), GB-41 (Zu Lin Qi), SJ-3 (Zhong Zhu)
NOSE	LI-20 (Ying Xiang), DU-25 (Su Liao)	M-HN-3 (Yin Tang), DU-23 (Shang Xing), BL-7 (Tong Tian)	LI-3 (San Jian), LI-4 (He Gu), ST-44 (Nei Ting)
THROAT	REN-23 (Lian Quan), SI-17 (Tian Rong)	REN-22 (Tian Tu), ST-9 (Ren Ying)	LI-4 (He Gu), LI-11 (Qu Chi), KID-6 (Zhao Hai)
MOUTH (tongue, cheek)	ST-4 (Di Cang), ST-6 (Jia Che), ST-7 (Xia Guan)	M-HN-9 (Tai Yang), GB-20 (Feng Chi)	LI-4 (He Gu), HT-5 (Tong Li), ST-44 (Nei Ting), DU-15 (Ya Men)
SHOULDER	LI-15 (Jian Yu), SI-9 (Jian Zhen)	LI-14 (Bi Nao), SI-10 (Nao Shu), LI-16 (Ju Gu)	ST-38 (Tiao Kou), LI-4 (He Gu)
LUNG	BL-13 (Fei Shu), LU-1 (Zhong Fu), REN-17 (Dan Zhong), REN-22 (Tian Tu)	DU-14 (Da Zhui), REN-18 (Yu Tang), KID-25 (Shen Cang)	LU-5 (Chi Ze), LU-7 (Lie Que), ST-40 (Feng Long)
HEART	BL-15 (Xin Shu), REN-17 (Dan Zhong)	REN-14 (Ju Que), DU-11 (Shen Dao), BL-14 (Jue Yin Shu)	HT-7 (Shen Men), PC-6 (Nei Guan), PC-5 (Jian Shi), PC-4 (Xi Men)
SPLEEN, STOMACH	REN-12 (Zhong Wan), BL-20 (Pi Shu), BL-21 (Wei Shu)	LIV-13 (Zhang Men), SP-15 (Da Heng), REN-10 (Xia Wan)	ST-36 (Zu San Li), SP-4 (Gong Sun), PC-6 (Nei Guan)
UPPER ABDOMEN	REN-12 (Zhong Wan), REN-13 (Shang Wan)	REN-8 (Shen Que), ST-19 (Bu Rong), KID-21 (You Men)	ST-36 (Zu San Li), SP-4 (Gong Sun), PC-6 (Nei Guan)
LATERAL COSTAL	LIV-13 (Zhang Men), GB-25 (Jing Men)	LIV-14 (Qi Men), SP-21 (Da Bao)	GB-38 (Yang Fu), SJ-5 (Wai Guan), GB-43 (Xia Xi)

LIVER	LIV-14 (Qi Men), BL-18 (Gan Shu)	REN-12 (Zhong Wan), BL-20 (Pi Shu)	LIV-3 (Tai Chong), GB-34 (Yang Ling Quan)
GALL BLADDER	GB-24 (Ri Yue), BL-19 (Dan Shu),	ST-21 (Liang Men), REN-11 (Jian Li)	GB-34 (Yang Ling Quan), GB-40 (Qiu Xu), LIV-3 (Tai Chong)
LARGE INTESTINE	SP-15 (Da Heng)	ST-25 (Tian Shu), BL-25 (Da Chang Shu)	LI-11 (Qu Chi), ST-37 (Shang Ju Xu), LI-2 (Er Jian)
SMALL INTESTINE	REN-4 (Guan Yuan), REN-9 (Shui Fen), ST-28 (Shui Dao)	BL-27 (Xiao Chang Shu), KID-14 (Si Man)	SI-4 (Wan Gu), ST-39 (Xia Ju Xu)
LUMBAR REGION	BL-23 (Shen Shu), DU-4 (Ming Men)	GB-25 (Jing Men), GB-30 (Huan Tiao)	SI-6 (Yang Lao), SI-3 (Hou Xi), BL-60 (Kun Lun), BL-40 (Wei Zhong)
KIDNEYS	BL-23 (Shen Shu), BL-52 (Zhi Shi)	REN-4 (Guan Yuan), ST-29 (Gui Lai), DU-4 (Ming Men)	SP-6 (San Yin Jiao), KID-3 (Tai Xi)
URINARY BLADDER	REN-3 (Zhong Ji), BL-28 (Pang Guang Shu)	BL-23 (Shen Shu), ST-28 (Shui Dao)	KID-3 (Tai Xi), KID-7 (Fu Liu), BL-39 (Wei Yang)
URO- GENITAL	REN-4 (Guan Yuan), ST-29 (Gui Lai), M-CA-18 (Zi Gong)	BL-23 (Shen Shu), BL-32 (Ci Liao), REN-3 (Zhong Ji)	SP-6 (San Yin Jiao), KID-3 (Tai Xi), LIV-3 (Tai Chong)
RECTUM	REN-1 (Hui Yin), BL-35 (Hui Yang), BL-54 (Zhi Bian)	BL-30 (Bai Huan Shu), BL-34 (Xia Liao)	BL-57 (Cheng Shan), DU-20 (Bai Hui), M-UE-29 (Er Bai)

TABLE 23. SELECTED POINTS FOR COMMON COMPLAINTS

COMPLAINT/ SYMPTOM	COMMON POINTS
Abdominal distension	ST-36 (Zu San Li), ST-25 (Tian Shu), REN-6 (Qi Hai), PC-6 (Nei Guan), SP-4 (Gong Sun)
Abdominal pain	SP-4 (Gong Sun), ST-34 (Liang Qiu), PC-6 (Nei Guan),
Abdominal water	REN-9 (Shui Fen) (moxa), KID-7 (Fu Liu),
Bitter taste in mouth	GB-38 (Yang Fu),
Bleeding piles	M-UE-29 (Er Bai),
Chest pain & Oppression	PC-6 (Nei Guan), PC-5 (Jian Shi), SJ- 6 (Zhi Gou), REN-17 (Dan Zhong)
Congested throat	REN-22 (Tian Tu), LI-18 (Fu Tu), LI-4 (He Gu)
Constipation	SJ-6 (Zhi Gou), KID-6 (Zhao Hai), ST-25 (Tian Shu),
Cough	1. BL-12 (Feng Men), BL-13 (Fei Shu), LU-5 (Chi Ze) 2. REN-22 (Tian Tu), LU-7 (Lie Que)
Diarrhea	ST-25 (Tian Shu), SP-9 (Yin Ling Quan), ST-36 (Zu San Li), LI-11 (Qu Chi)
Dizziness	GB-20 (Feng Chi), M-HN-3 (Yin Tang), DU-20 (Bai Hui), LIV-3 (Tai Chong)
Dysphagia	REN-22 (Tian Tu), PC-6 (Nei Guan)
Enuresis	REN-2 (Qu Gu), SP-6 (San Yin Jiao)
Excessive dreaming	BL-15 (Xin Shu), HT-7 (Shen Men), LIV-3 (Tai Chong)
Excess perspiration, Spontaneous perspir.	LI-4 (He Gu), KID-7 (Fu Liu)
Fainting	DU-26 (Ren Zhong), M-UE-1 (Shi Xuan)
Fever	DU-14 (Da Zhui), LI-11 (Qu Chi), LI-4 (He Gu)
Frequent urination	REN-3 (Zhong Ji), KID-3 (Tai Xi), KID-7 (Fu Liu)
Frozen shoulder	ST-38 (Tiao Kou) joined to BL-57 (Cheng Shan) [modern usage]
Fullness in Chest	REN-12 (Zhong Wan), PC-6 (Nei Guan)
Gastric pain	REN-12 (Zhong Wan), ST-34 (Liang Qiu), PC-6 (Nei Guan)
Gastrocnemius spasm	BL-57 (Cheng Shan)
General weakness	ST-36 (Zu San Li), REN-4 (Guan Yuan), DU-4 (Ming Men), REN-6 (Qi Hai)
Halitosis	PC-7 (Da Ling)
Heart pain, Palpitations	PC-6 (Nei Guan), PC-5 (Jian Shi), HT-6 (Yin Xi), PC-4 (Xi Men)
Heel pain	BL-62 (Shen Mai), BL-40 (Wei Zhong)
Hiccough	PC-6 (Nei Guan), PC-8 (Lao Gong), BL-17 (Ge Shu)
Hoarseness	LI-18 (Fu Tu), PC-5 (Jian Shi), DU-15 (Ya Men), LI-4 (He Gu)

Hyoglossus m. paralysis	REN-23 (Lian Quan), DU-15 (Ya Men), LI-4 (He Gu)
Impotence, Premature ejaculation, Spermatorrhea	REN-4 (Guan Yuan), SP-6 (San Yin Jiao)
Indigestion	ST-36 (Zu San Li), SP-4 (Gong Sun)
Insomnia	HT-7 (Shen Men), SP-6 (San Yin Jiao), KID-3 (Tai Xi)
Insufficient lactation	REN-17 (Dan Zhong), SI-1 (Shao Ze)
Itching, Pruritis	LI-11 (Qu Chi), SP-10 (Xue Hai), SP-6 (San Yin Jiao)
Jaundice	SI-3 (Hou Xi), PC-8 (Lao Gong)
Lack of pulse	LU-9 (Tai Yuan), ST-12 (Que Pen)
Masseter m. spasm	ST-6 (Jia Che), ST-7 (Xia Guan), LI-4 (He Gu)
Nasal congestion	LI-4 (He Gu), LI-20 (Ying Xiang), LI-10 (Shou San Li)
Nausea & vomiting	PC-6 (Nei Guan), REN-12 (Zhong Wan), ST-36 (Zu San Li)
Night sweats	SI-3 (Hou Xi), HT-6 (Yin Xi), DU-14 (Da Zhui)
Nosebleed	ST-44 (Nei Ting), LI-4 (He Gu), LU-11 (Shao Shang) (bleed), DU-20 (Bai Hui) (moxa)
Orchitis	LIV-4 (Zhong Feng)
Pain in the lateral costal region	GB-34 (Yang Ling Quan), SJ-6 (Zhi Gou)
Painful urination	REN-3 (Zhong Ji), LIV-8 (Qu Quan)
Phlegm expectoration	ST-40 (Feng Long), LU-5 (Chi Ze), REN-12 (Zhong Wan)
Plum-stone qi	REN-22 (Tian Tu), PC-5 (Jian Shi), KID-6 (Zhao Hai)
Prolapse of rectum, anus	DU-20 (Bai Hui), DU-1 (Chang Qiang), BL-57 (Cheng Shan)
Rectal pain	DU-1 (Chang Qiang), BL-65 (Shu Gu), LU-6 (Kong Zui)
Rib pain	SJ-6 (Zhi Gou)
Shivering	DU-14 (Da Zhui), PC-5 (Jian Shi)
Shock	needle ST-36 (Zu San Li); moxa DU-20 (Bai Hui), REN-8 (Shen Que), REN-4 (Guan Yuan)
Somnolence	ST-36 (Zu San Li), SP-4 (Gong Sun), SJ-2 (Ye Men)
Urine retention	SP-6 (San Yin Jiao), SP-9 (Yin Ling Quan)
Uterine bleeding	LIV-1 (Da Dun) (moxa)
Vaginal itching	LIV-5 (Li Gou), LIV-3 (Tai Chong)
Wrist sprain	SJ-5 (Wai Guan), SJ-2 (Ye Men)

TABLE 24. 12 HEAVENLY STAR POINTS OF MA DAN-YANG

	HEAVENLY STAR POINT INDICATIONS
LU-7 (LIE QUE)	One-sided headache, wind painful obstruction and numbness of the whole body, obstruction of phlegm in the upper body, and lockjaw.
LI-4 (HE GU)	Headache, swelling of the face, malaria with chills and fever, tooth decay, nosebleed and lockjaw with inability to speak.
LI-11 (QU CHI)	Aching elbow, hemiplegia with inability to close the hand, inability to draw a bow, flaccidity of the sinews so that a person cannot comb their hair, throat painful obstruction as if going to die, recurring fevers, skin disorders due to wind.
ST-36 (ZU SAN LI)	Cold Stomach, borborygmus and diarrhoea, swelling of the leg, soreness of the knee and calf, injury by Cold, weakness, emaciation, parasitic infection of all types.
ST-44 (NEI TING)	Deathly chill in the hands and feet, dislike of voices, skin rashes, sore throat, continuous yawning, toothache, malaria with inability to eat.
HT-5 (TONG LI)	Inability to speak despite a desire to do so, vexation and anger, pounding of the Heart, when excess there is heaviness of the four limbs, the head, cheeks and face are red, when deficient there is inability to eat, sudden loss of voice and an expressionless face.
BL-40 (WEI ZHONG)	Lumbar pain with inability to straighten up, severe lumbar pain that radiates up the back with pain and stiffness of the sinews and bones, wind painful obstruction that frequently reoccurs, difficulty in stretching and bending the knee.
BL-57 (CHENG SHAN)	Lumbar pain, haemorrhoids, difficulty in defecation, leg Qi, swelling of the knee, cramps and spasms and pain with cholera, tremors.
BL-60 (KUN LUN)	Cramping of the lumbar region and sacrum, sudden dyspnoea, fullness of the Heart, inability to walk or even take a step, as soon as he moves he groans.
GB-30 (HUAN TIAO)	Cold Wind and Damp painful obstruction, pain radiating from the hip to the calf, sighing with pain when turning over.
GB-34 (YANG LING QUAN)	Swelling and numbness of the knee, Cold painful obstruction, hemiplegia, inability to raise the leg
LIV-3 (TAI CHONG)	Fright epilepsy Wind, distension of the throat and Heart, both legs unable to walk, the seven types of Shan disorder, unilateral sagging and swelling of the testicle, cloudy vision, lumbar pain.

TABLE 25. 13 GHOST POINTS OF SUN SI-MIAO:

MODERN VERSION		ALTERNATIVE VERSION	
GHOST NAME	USUAL POINT NAME	GHOST NAME	USUAL POINT NAME
GUI GONG (GHOST PALACE)	DU-26 (Ren Zhong)	GHOST PALACE	DU-26 (Ren Zhong)
GUI XIN (GHOST FAITH)	LU-11 (Shao Shang)	GHOST LIGHT	DU-24 (Shen Ting)
GUI LEI (GHOST FORTRESS)	SP-1 (Yin Bai)	GHOST WRIST	DU-16 (Feng Fu)
GUI XIN (GHOST HEART)	PC-7 (Da Ling), [LU-9 (Tai Yuan)]	GHOST BODY	M-HN-37 (Hai Quan)
GUI LU (GHOST PATH)	BL-62 (Shen Mai),	GHOST DOOR	REN-24 (Cheng Jiang)
GUI ZHEN (GHOST PILLOW)	DU-16 (Feng Fu)	GHOST BARRIER	ST-6 (Jia Che)
GUI CHUANG (GHOST BED)	ST-6 (Jia Che)	GHOST ROOM	LU-11 (Shao Shang)
GUI SHI (GHOST MARKET)	REN-24 (Cheng Jiang)	GHOST HEART	PC-7 (Da Ling), [LU-9 (Tai Yuan)]
GUI CU (GHOST CAVE)	PC-5 (Jian Shi) [PC-8 (Lao Gong)]	GHOST ARM	PC-5 (Jian Shi) [PC-8 (Lao Gong)]
GUI TANG (GHOST HALL)	DU-23 (Shang Xing)	GHOST SITE	ST-17 (Ru Zhong)
GUI CANG (GHOST STORE)	REN-1 (Hui Yin), [Yu Men Tou, Yin Xia Feng]	GHOST LEG	GB-34 (Yang Ling Quan)
GUI TUI (GHOST LEG)	LI-11 (Qu Chi)	GHOST FESTIVAL	SP-1 (Yin Bai)
GUI FENG (GHOST SEAL)	M-HN-37 (Hai Quan)	GHOST ROAD	LIV-2 (Xing Jian)

Hung Pui Yu (1995) The song of the thirteen ghost points. *Pacific Journal of Oriental Medicine*. (4), 8-19.

TABLE 26. 10 WINDOW OF SKY/HEAVEN POINTS

LU-3 (Tian Fu) Celestial Storehouse	REN-22 (Tian Tu) Celestial Chimney
ST-9 (Ren Ying) Man's Prognosis	SI-16 (Tian Chuang) Celestial Window
LI-18 (Fu Tu) Protuberance Assistant	SI-17 (Tian Rong) Celestial Countenance
SJ-16 (Tian You) Celestial Window	DU-16 (Feng Fu) Wind Mansion
BL-10 (Tian Zhu) Celestial Pillar	PC-1 (Tian Chi) Celestial Pool