

Notes on the Point Information Provided Here

The banner heading for each acupuncture point derives from Ellis A. et al (1989) **Grasping the Wind**. This includes the point number, pinyin name with tones, Chinese characters, and English translation/ interpretation of the characters. These have been cross-checked with many of the other references listed earlier on this web page, such as Ellis et al (1988), Wiseman & Boss (1990), Wiseman & Feng (1998), Zhang (1990), Shandong (1982), Rogers (1981), Ross (1995), O'Connor & Bensky (1981), Ming et al (1997), Maciocia (1989b), Cheng (1987), and Soulié de Morant (1994).

Point order is the same as that given in the Meridian information in other papers. Intersecting points on other Channels are included together with the nominal points belonging to a Channel.

The language used to describe each point location has been revised and sometimes rewritten. This has been done to ensure precision and clarity, and also ensure that the terminology used is both consistent and accurate in terms of modern anatomical landmarks/ language. The location of nearby points is sometimes included to aid differential identification and location.

For each acupuncture point the remaining information is grouped into the following categories: Features & Categories, Functions, Indications, and Supplementary Indications. This reasonably comprehensive information is edited from the sources noted in **References** earlier on this web page, particularly from those indicated in paragraph 1. above.

The point details provided in **Features & Categories** are essentially the same as those outlined in other papers on this web page, for example, where Meridian details are given or in lists of points with similar qualities (e.g. Luo points, Yuan points).

POINTS OF DU MAI

CV-1 (*huì yīn*)

會 *huì*: meeting, convergence

陰 *yīn*: yin, the complement of yang

會陰

Meeting of Yin

Location: In the centre of the perineum, midway between the anus and the posterior margin of the external genitalia - which is the posterior border of the scrotum in males and the posterior labial commissure in females.

Features & Categories: Intersection point of Du Mai (Governing Vessel) and Chong Mai (Penetrating Vessel) on Ren Mai - initial acupuncture point of all three Vessels. 11th of the 13 Ghost points - Gui Cang, Ghost Store. General Luo-Connecting point of the Yin.

Functions: Strengthens the lumbar and benefits the Kidneys; benefits Jing; regulates Chong Mai (Penetrating Vessel) and Ren Mai; nourishes Yin; clears Heat and resolves Damp; restores consciousness.

Indications: Genital itch; vaginitis; irregular menstruation; urethritis; vaginal discharge; pruritis vulvae; pain and swelling of the anus; urinary retention; enuresis; incontinence;

nocturnal seminal emission; prostatitis; mania and withdrawal; fainting; respiratory failure; asphyxia.

ST-30 (*qì chōng*)

氣 *qì*: qì

沖 *chōng*: to flush, surge; a thoroughfare; important place;
to rush against

氣沖

Surging Qi

Location: At the lower border of the abdomen in the depression immediately superior to the pubic bone. The point is located 2 cun lateral to Ren Mai point REN-2 (Qu Gu), 1.5 cun lateral to KID-11 (Heng Gu), and medial to the femoral nerve and vessels. This location is 5 cun inferior to the level of the umbilicus (ST-25, Tian Shu).

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang, Ren Mai (Conception Vessel), Chong Mai (Penetrating Vessel), and Du Mai (Governing Vessel) on the Stomach Channel. Point of the Sea of Nourishment (ST-30, ST-36).

Functions: Soothes the Sinews; disperses counterflow Qi; regulates Stomach Qi; regulates the Urinary Bladder; harmonizes Ying and Blood; regulates Chong Mai (Penetrating Vessel); benefits Jing.

Indications: Pain and swelling of the external genitalia; hernia; abdominal pain or masses; borborygmus; irregular menstruation; other menstrual disorders; retained placenta; swollen prostate; impotence; diseases of the reproductive organs generally.

GV-1 (*cháng qiáng*)

長 *cháng*: long (in space or time);

zhǎng: to grow; to excel; to lead

強 *qiáng*: strong, forceful; stiff

長強

Long Strong

Location: At the base of the trunk in the posterior triangle of the perineum. The point is located midway between the caudal tip of the coccyx and the anus. [An alternative location is immediately caudal (anterior) to the caudal tip of the coccyx.]

Features & Categories: Connecting-Luo point of Du Mai (Governing Vessel), connecting to the Ren Mai (Conception Vessel); intersection point of the Kidney Channel of foot Shao Yin on Du Mai. General Luo-Connecting point of the Yang.

Functions: Opens and regulates Ren and Du Mai; frees and regulates local Channel Qi; harmonizes Yin and Yang; regulates Qi of the Intestines and stops diarrhea; resolves Damp Heat; disperses swelling and relieves pain; calms the Shen.

Indications: Blood in the faeces; diarrhea; constipation; hemorrhoids; prolapse of the rectum or anus; scrotal eczema; impotence; induction of labour, psychosis; pain in the lumbar spine.

Supplementary Indications: Diarrhea; bloody stool; hemorrhoids; seminal emission; fright epilepsy; clonic spasm; mania and withdrawal; retching of blood; dysuria or turbid urine; low back pain and stiffness of the spine; difficult defecation and urination; red and white dysentery.

GV-2 (yāo shū)

腰 yāo: lumbus, lower back; kidney; waist
 俞 shū: a general term for acupuncture points

腰俞

Lumbar Shu

Location: In the natal cleft on the posterior midline of the buttocks, in the sacral hiatus of the caudal posterior sacrum. The point is located inferior to the 4th sacral vertebra (inferior to the spinous tubercle if present).

Functions: Warms the Lower Jiao; extinguishes Interior Wind; expels Wind Damp and strengthens the knees and lumbar area; calms spasms and convulsions.

Indications: Irregular menstruation; pain and stiffness of the lumbar or sacral regions; epilepsy; seizures; hemorrhoids; loss of locomotive ability of the lower limbs; incontinence with paraplegia.

Supplementary Indications: Dysuria; enuresis; dark colored urine; bloody stool; malaria; fever without sweating; pain in the lateral costal region.

GV-3 (yāo yáng guān)

腰 yāo: lumbus, lower back; kidney; waist
 陽 yáng: yang, the complement of yin
 關 guān: pass, passageway; gate; joint

腰陽關

Lumbar Yang Pass

Location: On the posterior midline of the trunk in the lumbar region. The point is located in the depression immediately inferior to the spinous process of the 4th lumbar vertebra. BL-25 (Da Chang Guan) is located 1.5 cun lateral to DU-3 (Yao Yang Guan).

Functions: Warms the Uterus and the palace of Jing; regulates Kidney Qi; tonifies Yang; dispels Cold Damp in the Lower Jiao; benefits the lower back and knees.

Indications: Pain in the lumbosacral region; loss of locomotive ability or paralysis of the lower limbs; irregular menstruation; seminal emission; impotence; chronic enteritis.

Supplementary Indications: Red and white vaginal discharge; turbid dysuria; intestinal pain; lower abdominal distension; diarrhea; dysentery; incessant vomiting; copious watery saliva; knee pain; numbness and insensitivity in the lower limbs; scrofula.

GV-4 (mìng mén)

命 mìng: life; fate; command
 門 mén: gate, door

命門

Life Gate

Location: On the posterior midline of the trunk in the lumbar region. The point is located in the depression immediately inferior to the spinous process of the 2nd lumbar vertebra. BL-23 (Shen Shu) is located 1.5 cun lateral to DU-4 (Ming Men), BL-52 (Zhi Shi) is 3 cun lateral.

Functions: Nourishes Yuan Qi and strengthens the Kidneys; tonifies Kidney Yang; warms Ming Men and expels Cold; secures Jing and stops vaginal discharge; soothes the Sinews and harmonizes Blood; opens the Channels and regulates Qi; benefits the lumbar region.

Indications: Stiffness of the spinal column; lumbar pain or sprain; vaginal discharge; endometritis; irregular menstruation; peritonitis; impotence; seminal emission; nephritis; enuresis; diarrhea; myelitis.

Supplementary Indications: Headache; tinnitus; aversion to cold, and fever without sweating; lumbar and abdominal pain; sciatica; malaria; epilepsy in children; sequelae of infantile paralysis; clonic spasm; intestinal pain; red and white vaginal discharge; profuse uterine bleeding; white turbid urethral discharge; intestinal Wind bleeding; urinary retention; bleeding hemorrhoids and fistulae; prolapse of the rectum; no food intake.

GV-5 (*xuán shū*)

懸 *xuán*: to suspend, to hang; space
樞 *shū*: pivot, axis

懸樞

Suspended Pivot

Location: On the posterior midline of the trunk in the lumbar region. The point is located in the depression immediately inferior to the spinous process of the 1st lumbar vertebra. BL-22 (San Jiao Shu) is located 1.5 cun lateral to DU-5 (Xuan Shu), BL-51 (Huang Men) is 3 cun lateral.

Functions: Fortifies the Spleen and harmonizes the Stomach; strengthens the lumbar area and knees.

Indications: Deficient Spleen diarrhea; pain and stiffness of the lumbar spine; diarrhea.

Supplementary Indications: Red and white dysentery in children; prolapse of the rectum; abdominal pain; untransformed digestate; dysentery.

GV-6 (*jǐ zhōng*)

脊 *jǐ* (or *jī*): the spine
中 *zhōng*: center, central, middle

脊中

Spinal Center

Location: On the posterior midline of the trunk in the lower thoracic region. The point is located in the depression immediately inferior to the spinous process of the 11th thoracic vertebra. BL-20 (Pi Shu) is located 1.5 cun lateral to DU-6 (Ji Zhong), BL-49 (Yi She) is 3 cun lateral.

Functions: Fortifies the Spleen and resolves Damp; strengthens the Kidneys and stems desertion of Yin and Yang; strengthens the lumbar region.

Indications: Jaundice; hepatitis; diarrhea; epilepsy patterns; seizures; low back pain; paralysis of the lower limb.

Supplementary Indications: Prolapse of the rectum in children; stomach pain; abdominal distention 'tight as a drum'; hemorrhoids.

GV-7 (zhōng shū)

中 zhōng: center, central, middle

樞 shū: pivot, axis

中樞

Central Pivot

Location: On the posterior midline of the trunk in the lower thoracic region. The point is located in the depression immediately inferior to the spinous process of the 10th thoracic vertebra. BL-19 (Dan Shu) is located 1.5 cun lateral to DU-7 (Zhong Shu), BL-48 (Yang Gang) is 3 cun lateral.

Functions: Supplements the Kidneys and strengthens the lumbar area; harmonizes the Stomach and relieves pain.

Indications: Pain in the stomach area; lumbar pain; stiffness of the spinal column; diminishing vision; cholecystitis.

Supplementary Indications: Fever and chills; lumbar pain with inability to stoop or bend back; yellowing of the body; abdominal fullness; vomiting with no thought of food; rigidity of the tongue; loss of visual acuity.

GV-8 (jīn suō)

筋 jīn: sinew, tendon

縮 suō: to contract, to shrink

筋縮

Sinew Contraction

Location: On the posterior midline of the trunk in the lower thoracic region. The point is located in the depression immediately inferior to the spinous process of the 9th thoracic vertebra. BL-18 (Gan Shu) is located 1.5 cun lateral to DU-8 (Jin Suo), BL-47 (Hun Men) is 3 cun lateral.

Functions: Fortifies the Spleen and harmonizes the Stomach; strengthens the lumbar and boosts the Kidneys; relieves pain and calms the Shen; eliminates Interior Wind and relaxes the Sinews.

Indications: Hepatitis; cholecystitis; epilepsy patterns; seizures; stiffness of the spinal column; stomach pain; hysteria; intercostal neuralgia.

Supplementary Indications: Madness; dizziness; loss of speech; visceral agitation; pain in the stomach area; fright epilepsy in children; clonic spasm.

GV-9 (zhì yáng)

至 zhì: extreme; to reach, to arrive

陽 yáng: yang, the complement of yin

至陽

Extremity of Yang

Location: On the posterior midline of the trunk in the mid-thoracic region. The point is located in the depression immediately inferior to the spinous process of the 7th thoracic vertebra. BL-17 (Ge Shu) is located 1.5 cun lateral to DU-9 (Zhi Yang), BL-46 (Ge Guan) is 3 cun lateral.

Functions: Regulates and moves Qi and opens the chest; regulates Liver and Gall Bladder; clears Heat and resolves Damp; frees the Channels and quickens the Connecting Vessel.

Indications: Hepatitis; cholecystitis; jaundice; stomachache; malaria; asthma; cough; panting; dyspnea; pleurisy; chest and back pain; stiffness of the spinal column.

Supplementary Indications: Stomach Cold; intestinal rumbling; fatigued limbs; body curled up and lethargic; fever and chills; aching in the lower legs; diminished Qi with difficulty in speaking; fullness in the chest and lateral costal region; intercostal neuralgia; marked emaciation; round worm in the bile duct.

GV-10 (*líng tái*)

靈 *líng*: spirit, supernatural

台 *tái*: terrace, platform, tower

靈台

Spirit Tower

Location: On the posterior midline of the trunk in the mid-thoracic region. The point is located in the depression immediately inferior to the spinous process of the 6th thoracic vertebra. BL-16 (Du Shu) is located 1.5 cun lateral to DU-10 (Ling Tai), BL-45 (Yi Xi) is 3 cun lateral.

Functions: Promotes flow of Lung Qi and resolves cough; frees the Channels and quickens the Connecting Vessel.

Indications: Cough; dyspnea; bronchitis; asthma; malaria; stomachache; back pain and stiffness of the neck; carbuncles; boils.

Supplementary Indications: Wheezing dyspnea and enduring cough; common cold; Heat in the Spleen.

GV-11 (*shén dào*)

神 *shén*: spirit

道 *dào*: path, road, way

神道

Spirit Path

Location: On the posterior midline of the trunk in the mid-thoracic region. The point is located in the depression immediately inferior to the spinous process of the 5th thoracic vertebra. BL-15 (Xin Shu) is located 1.5 cun lateral to DU-11 (Shen Dao), BL-44 (Shen Tang) is 3 cun lateral.

Functions: Settles tetany and extinguishes Wind; calms the Heart and Shen; relieves pain.

Indications: Impaired memory; fright palpitations; cardiac pain; heart disease; pain and stiffness in the back and spinal column; cough; intercostal neuralgia.

Supplementary Indications: Body fever and headache; impaired memory; Wind epilepsy and clonic spasm in children; malaria; distraction, sorrow and worry.

GV-12 (*shēn zhù*)

身 *shēn*: body; person

柱 *zhù*: pillar, post; support

身柱

Body Pillar

Location: On the posterior midline of the trunk in the upper thoracic region. The point is located in the depression immediately inferior to the spinous process of the 3rd thoracic

vertebra. BL-13 (Fei Shu) is located 1.5 cun lateral to DU-12 (Shen Zhu), BL-42 (Po Hu) is 3 cun lateral.

Functions: Dispels pathogens and reduces fever; clears the Heart and stabilizes the Shen; eliminates Interior Wind; calms spasm; strengthens the Lung.

Indications: Cough; dyspnoea; common cold; bronchitis; pneumonia; asthma; tuberculosis; mental diseases; hysteria; epilepsy patterns; pain and stiffness of the lumbar region; boils; carbuncles.

Supplementary Indications: Clonic spasm; Deficiency cough; bleeding from upper orifices; body fever with raving; Wind strike with inability to speak; seizures; infantile convulsions; Heat in the chest.

BL-12 (*fēng mén*)

風 *fēng*: wind

門 *mén*: gate

風門

Wind Gate

Location: On the superior dorsal aspect of the trunk, 1.5 cun lateral to the depression immediately inferior to the spinous process of the 2nd thoracic vertebra. This is about 2 (middle) finger widths from Du Mai. BL-41 (Fu Fen) is 1.5 cun lateral to BL-12 (Feng Men), 3 cun from the posterior midline.

Features & Categories: Intersection point of Du Mai (Governing Vessel) on the Urinary Bladder Channel of foot Tai Yang. Special point to treat (Exterior) Wind.

Functions: Eliminates Wind and benefits the Lungs dispersing function; frees the Channels and releases the Exterior; regulates Ying Qi and Wei Qi.

Indications: Common cold; sneezing; chills; bronchitis; pneumonia; pleurisy; asthma; Wind damage; chronic rhinitis; cough; fever; headache; stiff neck; pain in the back and lumbar; urticaria; shoulder sprain; disorders of the back generally. Frequently used for acupuncture anesthesia in head/brain surgery.

GV-13 (*táo dào*)

陶 *táo*: kiln; pleased or happy

道 *dào*: path, road, way

陶道

Kiln Path

Location: On the posterior midline of the trunk in the upper thoracic region. The point is located in the depression immediately inferior to the spinous process of the 1st thoracic vertebra. BL-11 (Da Zhu) is located 1.5 cun lateral to DU-13 (Tao Dao), SI-14 (Jian Wai Shu) is 3 cun lateral.

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang on Du Mai.

Functions: relieves Exterior conditions; clears Lung Heat; calms the Shen; strengthens Deficiency; regulates Shao Yang.

Indications: Fever; stiffness of the spinal column; headache; malaria; seizures; psychosis; tuberculosis; Heat diseases; head and neck muscle spasm.

Supplementary Indications: Fever and chills; absence of sweating; heavy headedness and visual dizziness; tidal fevers; infantile convulsions; sensation of heat in the bones; Deficient Yin.

GV-14 (*dà zhūī*)

大 *dà*: great, big, large

椎 *zhūī*: hammer, mallet; vertebra

大椎

Great Hammer

Location: On the posterior midline between the spinous processes of the 7th cervical and the 1st thoracic vertebrae, approximately at the level of the shoulder. Flexion and rotation of the neck may facilitate location, and help differentiate between the spinous processes of vertebrae C6, C7, T1. SI-15 (Jian Zhong Shu) is located 2 cun lateral to DU-14 (Da Zhui).

Features & Categories: Intersection point of all six primary Yang Channels on Du Mai. Point of the Sea of Qi (BL-10, ST-9, DU-15, DU-14, REN-17).

Functions: Relieves Exterior conditions and supports Yang; expels Wind; frees Yang Qi of the whole body; clears the Heart and calms the Shen; clears Lung Heat and regulates Qi.

Indications: Heat diseases; fever; heat stroke; malaria; common cold; tidal fever; cough; dyspnea; bronchitis; asthma; tuberculosis; emphysema; hepatitis; blood diseases; eczema; hemiplegia; stiffness of the neck; tension and stiffness of the spinal column; epilepsy; seizures; psychosis; pain in the posterior shoulder.

Supplementary Indications: Vexation and retching in Cold damage with pronounced fever; fever and chills; cough; constricted sensation in the chest; pulmonary distention and pain in the lateral costal region; stiffness of the neck; throat Bi; Qi fullness and dyspnea; Wind pathogen; acute and chronic infantile fright Wind; Deficiency perspiration; sensation of Heat in the bones with recurrent fever; Deficient Yin.

GV-15 (*yǎ mén*)

啞 *yǎ*: a mute

門 *mén*: gate, door

啞門

Mute's Gate

Location: On the posterior midline of the neck, superior to the spinous process of the 2nd cervical vertebra (axis). The point is located inferior to the external occipital protuberance, 5 fen above the hairline, and inferior to the tubercle on the posterior arch of the atlas (1st cervical vertebra). BL-10 (Tian Zhu) is located 1.3 cun lateral to DU-15 (Ya Men).

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) on Du Mai; one of the nine points for returning Yang. Point of the Sea of Qi (BL-10, ST-9, DU-15, DU-14, REN-17).

Functions: Clears the Shen and consciousness; disinhibits the joints; frees the Portals and Connecting Vessel; stimulates facility with speech.

Indications: Mania and withdrawal; epilepsy; seizures; deaf mutism; cerebral palsy; sudden loss of voice; hysteria; convulsions; insanity; Wind strike with stiffness of the tongue and loss of speech; occipital headache; stiffness of the neck; nosebleed.

Supplementary Indications: Sluggish tongue with loss of speech; dizziness; clonic spasm; large scrofulous lumps; phlegm nodules; Wind strike.

GV-16 (*fēng fǔ*)

風 *fēng*: wind

府 *fǔ*: mansion, palace; storehouse, treasury

風府

Wind Mansion

Location: On the posterior midline of the neck, in the depression immediately inferior to external occipital protuberance. The point is located 1 cun superior to the posterior hairline between the attachment of trapezius muscle on either side.

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) and Yang Qiao Mai (Yang heel/motility Vessel) on Du Mai; the sixth of the thirteen Ghost points - Gui Zhen, Ghost Pillow. Point of the Sea of Marrow (DU-16, DU-20). Window of the Sky point.

Functions: Dispels Wind pathogens and dissipates Cold; clears the Shen and benefits the brain; disinhibits the joints and drains Fire.

Indications: Headache; stiffness of the neck; visual dizziness; nosebleed; sore, swollen throat; common cold; Wind strike with loss of speech (stroke); mania and withdrawal; mental illness; hemiplegia.

Supplementary Indications: Headache with aversion to cold; loss of voice; jaundice; running amok; head wind and dizziness; Wind Cold Exterior patterns; numbness or lack of sensation in the legs.

GV-17 (*nǎo hù*)

腦 *nǎo*: brain

戶 *hù*: door, household

腦戶

Brain's Door

Location: On the midline of the posterior head, 2.5 cun superior to the hairline, at the superior border of the external occipital protuberance. This is 1.5 cun superior to DU-16 (Feng Fu). The point is located approximately 2 fen superior to one third of the distance between the midpoint of the posterior hairline and DU-20 (Bai Hui). The proportional distance between these landmarks is 7 cun. The proportional distance between the midpoints of the anterior and posterior hairline is 12 cun. BL-9 (Yu Zhen) is located 1.3 cun lateral to DU-17 (Nao Hu).

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang on Du Mai.

Functions: Dispels Wind and clears Heat; disperses swelling and settles tetany; benefits the brain and opens the Portals.

Indications: Epilepsy; seizures; dizziness; headache; insomnia; pain and stiffness of the neck.

Supplementary Indications: Facial swelling with red complexion; yellow eyes; swelling of the head; pain and swelling of the neck; jaundice; bleeding at the root of the tongue; reddening of the eyes; eye pain with unclear vision; loss of voice; clonic spasm.

GV-18 (*qiáng jiān*)

強 *qiáng*: unyielding, stiff; forceful, strong

間 *jiān*: a space; between, among, in the middle of

強間

Unyielding Space

Location: On the midline of the posterior head, midway between Du Mai points DU-19 (Hou Ding) and DU-17 (Nao Hu). This location is 3 cun posterior to DU-20 (Bai Hui). The proportional distance between DU-20 (Bai Hui) and the midpoint of the posterior hairline is 7 cun.

Functions: Calms the Liver and extinguishes Wind; soothes the Sinews and quickens the Connecting Vessel.

Indications: Mania and withdrawal; headache; visual dizziness; stiffness of the neck.

Supplementary Indications: Vomiting of foamy phlegm; epilepsy; clonic spasm; pain and stiffness of the neck; insomnia.

GV-19 (*hòu dǐng*)

後 *hòu*: behind; after

頂 *dǐng*: crown of the head, the vertex *Behind the Vertex*

後頂

Location: On the midline of the top of the head, 1.5 cun posterior to DU-20 (Bai Hui). This location is 5.5 cun superior to the midpoint of the posterior hairline. The proportional distance between DU-20 (Bai Hui) and the midpoint of the posterior hairline is 7 cun.

Functions: Calms the Liver and subdues Yang; calms the Heart and Shen.

Indications: Mania and withdrawal; epilepsy; seizures; headache; visual dizziness.

Supplementary Indications: Vertex headache; unilateral headache (migraine); insomnia; common cold; clouded or dizzy head.

GV-20 (*bǎi huì*)

百 *bǎi*: one hundred

會 *huì*: meeting, convergence

百會

Hundred Convergences

Location: On the vertex of the head, in the midline, 5 cun posterior to the natural anterior hairline. The proportional distance between the midpoints of the anterior and posterior hairline is 12 cun. DU-20 (Bai Hui) is located 1 cun anterior to the midpoint of this mid-sagittal line. It is also located at the midpoint of a line (coronal plane) drawn between the apex of each ear.

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang and the Liver Channel of foot Jue Yin on Du Mai. Meeting point of all Yang Channels. Point of the Sea of Marrow (DU-16, DU-20).

Functions: Extinguishes Liver Wind and subdues Liver Yang; eliminates Interior Wind; clears the mind and calms the Shen; returns consciousness; lifts fallen Yang Qi and stabilizes ascending Yang; discharges blazing Heat in the Yang Channels.

Indications: Mania and withdrawal; Wind strike; stroke; headache; dizziness; shock; hypertension; insomnia; tinnitus; visual dizziness; nasal congestion; prolapse of the rectum or anus.

Supplementary Indications: Fright palpitations; impaired memory; epilepsy; seizures; deafness; Wind dizziness and heavy-headedness; blindness; vertex headache; prolapse of the uterus; hemorrhoids; tetany; clenched jaws; hemiplegia; vexation and oppression in the heart; loss of taste.

GV-21 (*qián dǐng*)

前 *qián*: before, in front of

頂 *dǐng*: crown of the head, vertex

前頂

Before the Vertex

Location: On the midline of the top of the head, 1.5 cun anterior to DU-20 (Bai Hui). The proportional distance between DU-20 (Bai Hui) and the midpoint of the natural anterior hairline is 5 cun. This location is 3.5 cun posterior to the anterior hairline.

Functions: Extinguishes Wind and relieves tetany; frees the Collaterals and disperses swelling; stabilizes the Shen.

Indications: Epilepsy; dizziness; vertigo; visual dizziness; headache at the top of the head; rhinitis; rhinal polyps; deep source nasal congestion.

Supplementary Indications: Head Wind visual dizziness; facial swelling with red complexion; Water swelling; infantile fright epilepsy (convulsions); clonic spasm; nasal congestion with copious phlegm.

GV-22 (*xìn huì*)

囟 *xìn*: fontanel

會 *huì*: meeting, convergence

囟會

Fontanel Meeting

Location: On the midline of the top of the head, 3 cun anterior to DU-20 (Bai Hui). The proportional distance between DU-20 (Bai Hui) and the midpoint of the natural anterior hairline is 5 cun. This location is 2 cun posterior to the anterior hairline.

Functions: Calms the Liver and extinguishes Wind; opens the portals and settles fright.

Indications: Headache; visual dizziness; vertigo; rhinitis; rhinal polyps; deep source nasal congestion.

Supplementary Indications: Sudden epilepsy/convulsions in children; fright epilepsy; swelling of the head and face; nosebleed; nasal congestion; nasal polyps; insomnia or excessive sleeping; headache due to excessive drinking.

Contraindications: This point is contraindicated for acupuncture on children whose fontanels have not yet closed.

GV-23 (*shàng xīng*)上 *shàng*: upper, top; to rise星 *xīng*: star

上星

Upper Star

Location: On the midline of the head, 1 cun posterior to the natural anterior hairline. This is 5 fen posterior to DU-24 (Shen Ting) and 4 cun anterior to DU-20 (Bai Hui). The proportional distance between DU-20 (Bai Hui) and the midpoint of the natural anterior hairline is 5 cun. BL-5 (Wu Chu) is located 1.5 cun lateral to DU-23 (Shang Xing).

Features & Categories: The tenth of the thirteen Ghost points - Gui Tang, Ghost Hall.

Functions: Disperses Wind Heat; opens the nose; enhances and regulates localized Channel Qi; dispels Wind and brightens the eyes; clears Heat and stops bleeding; dissipates pathogens and frees the Portals.

Indications: Headache; eye pain; rhinal polyps; rhinitis; sinusitis; deep source nasal congestion; nosebleed; mania and withdrawal.

Supplementary Indications: Head Wind; Deficiency swelling of the head and face; nasal polyps; loss of smell; visual dizziness; nearsightedness; absence of sweating in febrile diseases.

GV-24 (*shén tíng*)神 *shén*: spirit庭 *tíng*: court, courtyard; hall; palace

神庭

Spirit Court

Location: On the superior midline of the head, 5 fen posterior to the natural anterior hairline. This is 4.5 cun anterior to DU-20 (Bai Hui). The proportional distance between DU-20 (Bai Hui) and the midpoint of the natural anterior hairline is 5 cun. The proportional distance between the glabella (midway between the medial ends of the eyebrows) and the natural anterior hairline is 3 cun. Five points are located lateral to DU-24 (Shen Ting) - BL-4 (Qu Cha) is 1.5 cun lateral, GB-15 (Tou Lin Qi) is 2.25 cun lateral, GB-13 (Ben Shen) is 3 cun lateral, ST-8 (Tou Wei) is 4.5 cun lateral, BL-3 (Mei Chong) is midway between DU-24 (Shen Ting) and BL-4 (Qu Cha).

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang and the Stomach Channel of foot Yang Ming on Du Mai.

Functions: Calms the Liver and extinguishes Wind; calms the Heart and Shen.

Indications: Epilepsy; seizures; fright palpitations; insomnia; headache; visual dizziness; vertigo; rhinitis; rhinal polyps; deep source nasal congestion; mucosal inflammation of the mouth.

Supplementary Indications: Dizziness and headache; swelling of the eyes; eye screens; excess lacrimation; nosebleed; opisthotonos; protrusion of the tongue; mental illness; Wind epilepsy; hemiplegia.

GV-25 (sù liáo)

素 sù: pure, simple, plain; white;
the original nature of things; common
髃 liáo: bone-hole

素髃

White Bone-Hole

Location: On the midline of the face, in the middle of the apex (tip) of the nose.

Functions: Discharges Heat and clears the senses; opens the Portals; returns Yang and restores Qi.

Indications: Shock; low blood pressure; bradycardia; nasal congestion; nosebleed; rhinitis; drinker's nose.

Supplementary Indications: Nasal polyps; copious watery nasal mucus; nasal sores; excessive lacrimation; nasal congestion with dyspnea; acute infantile fright Wind (convulsions); clonic spasm.

GV-26 (shuǐ gōu)

水 shuǐ: water
溝 gōu: trough, ditch

水溝

Water Trough

Location: On the midline of the face, in the philtrum of the upper lip. The point is located at the junction of the superior one third and inferior two thirds of this groove.

LI-19 (He Liao) is located 5 fen lateral to this point.

Features & Categories: Intersection point of the Stomach Channel of foot Yang Ming and the Large Intestine Channel of hand Yang Ming on Du Mai. Regional Command point for resuscitation. First of the thirteen Ghost points - Gui Gong, Ghost Palace.

Note: This point is also called **Ren Zhong, Man's Centre**.

Functions: Returns consciousness; calms the Shen; dispels Wind pathogens; disperses Heat in the Interior and clears the senses; benefits the lumbar spine.

Indications: Mania and withdrawal; epilepsy; shock; infantile fright Wind; coma; stupor; clenched jaws; wryness or spasm of the eyes or mouth; facial edema; heat exhaustion; motion sickness; halitosis; nasal diseases; pain and stiffness of the lumbar spinal column.

Supplementary Indications: Wind strike with clenched jaws; loss of consciousness; trembling lips; fright Wind; convulsions; red, itchy, painful eye Wind; clear, runny nose; loss of smell; gripping pain in the heart and abdomen; Qi surging into the heart and chest; inability to stand erect; emaciation and thirst; edema; headache.

GV-27 (duì duān)

兌 duì: the 58th trigram of the *Book of Changes*;
to exchange, to barter; to weigh
端 duān: end, extremity; proper, upright

兌端

Extremity of the Mouth

Location: On the midline of the face, at the junction of the philtrum and the upper lip.

Functions: Nourishes Yin and clears Heat; relieves pain and calms the Shen.

Indications: Mania and withdrawal; seizures; stiff, swollen lips; pain in the gums; vomiting; rhinitis; rhinal polyps.

Supplementary Indications: Nasal congestion or occlusion; nosebleed; mouth sores; jaundice; yellow urine; dry tongue; clenched jaws and chattering of the teeth.

GV-28 (*yín jiāo*)

齦 *yín*: the gums

交 *jiāo*: intersection

齦交

Gum Intersection

Location: On the midline of the face, in the vestibule of the oral cavity. The point is located in the frenulum of the upper lip, at the junction of the frenulum and the maxillary gum (gingiva).

Features & Categories: Intersection point of Ren and Du Mai.

Functions: Diffuses the Lung and frees the Portals; clears Heat and drains Fire; brightens the eyes and relieves itching.

Indications: Mania and withdrawal; mental illness; nasal polyps; deep-source nasal congestion; pain and swelling of the gums; acute wrist sprain.

Supplementary Indications: Nasal polyp inhibiting respiration; pain along the midline of the face; clear, runny nasal mucus and nosebleed; excessive tearing; redness, pain, and itching of the outer canthus; periodontal ulceration with swelling and pain; pain and bleeding of the teeth or gums; facial sores and enduring eczema in children; red facial complexion; vexation.

CV-24 (*chéng jiāng*)

承 *chéng*: to receive; to support

漿 *jiāng*: sauce, juice, rich fluid

承漿

Sauce Receptacle

Location: On the anterior midline of the face, on the mandible, in the depression at the centre of the mentolabial groove.

Features & Categories: Intersection point of the Stomach Channel of foot Yang Ming on Ren Mai; 8th of the 13 Ghost points - Gui Shi, Ghost Market.

Note: Ellis, Wiseman & Boss (1991, 1989) and O'Connor & Bensky (1981) both list REN-24 (Cheng Jiang) as an Intersection point of the Large Intestine Channel of hand Yang Ming and Du Mai (Governing Vessel) on Ren Mai, even though these Meridians do not overtly intersect at this point.

Functions: Eliminates Wind, disperses swelling and frees the Connecting Vessels; relieves pain and settles tetany; calms the Shen.

Indications: Wryness of the eyes and mouth; facial swelling or puffiness; facial paralysis; hemiplegia; trigeminal neuralgia; swelling of the gums; mouth ulcers; toothache; dribbling; mania and withdrawal; mental illness.

BL-1 (jīng míng)睛 *jīng*: eye, pupil明 *míng*: to brighten, bright

睛明

Bright Eyes

Location: On the face at the medial border of the orbit, in the depression 1 fen superior to the inner canthus. The patient's eye should be closed when locating and needling this point.

Features & Categories: Intersection point of the Small Intestine Channel of hand Tai Yang, Stomach Channel of foot Yang Ming, Yin Qiao Mai (Yin heel/motility Vessel), Yang Qiao Mai (Yang heel/motility Vessel) and Du Mai (Governing Vessel) on the Urinary Bladder Channel.

Functions: Eliminates Wind and clears Heat; opens the Channels, nourishes Water and brightens the eyes; stops pain, itching and lacrimation.

Indications: Acute and chronic conjunctivitis; myopia; hypermetropia; astigmatism; strabismus; glaucoma; redness, pain and swelling of the eye; optic nerve atrophy; optic nerve neuritis; excess lacrimation, possibly on exposure to wind; itching of the inner canthus; night blindness; colour blindness; blurred vision; early stage of cataract; pterygium; keratoleukoma; insomnia, or chronic somnolence, with Yin or Yang Qiao Mai signs and symptoms.

SI-3 (hòu xī)後 *hòu*: back, behind谿 *xī*: ravine, creek

後谿

Back Ravine

Location: With a loose fist, the point is proximal to the head of the 5th metacarpal bone on the ulnar (medial) side, in a depression at the border of the red and white skin. It is at the medial end of the distal transverse palmar crease ('heart line' in palmistry).

Features & Categories: Wood, Stream, Transporting-Shu point of the Small Intestine Channel; Master point of Du Mai, Coupling point of Yang Qiao Mai.

Functions: Clears the Shen; dispels Interior Heat; opens Du Mai; secures the Exterior; resolves Exterior and Interior Wind; relaxes the Muscle Channels; resolves Damp.

Indications: Headache; stiff neck; sore throat; reddening of the eyes; conjunctivitis; tinnitus; deafness; deaf-mutism; hypertonicity and numbness of the fingers, elbow and arm; Heat diseases; epilepsy; seizures; psychosis; hysteria; mania; malarial disease; night sweating; intercostal neuralgia; jaundice; low back pain; acute lumbar sprain.

BL-62 (shēn mài)申 *shēn*: to extend; the ninth of the 12 earthly branches脈 *mài*: vessel; pulse

申脈

Extending Vessel

Location: On the lateral aspect of the ankle in the depression directly inferior to the tip (lateral extremity) of the lateral malleolus. The point is located 5 fen inferior to the lower margin of the malleolus. This is inferior (and posterior) to the tendons of peroneus longus and brevis muscles.

Features & Categories: Master point of Yang Qiao Mai (Yang heel/motility Vessel), Coupling point of Du Mai (Governing Vessel); intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Urinary Bladder Channel; fifth of the thirteen Ghost points - Gui Lu, Ghost Path.

Functions: Resolves Exterior Patterns and removes obstructions from the Channel; eliminates Interior Wind; clears the Shen and benefits the eyes; soothes the Sinews and Connecting Vessels; opens Yang Qiao Mai (Yang heel/motility Vessel).

Indications: Epilepsy; mania and withdrawal; headache; neck pain; meningitis; Ménière's disease; dizziness; insomnia; chronic backache; pain in the lumbar and leg; seizures; epilepsy; psychosis; dementia; arthritis of the ankle; disorders of the lumbo-sacral region and lower limb.