

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 THE GALL BLADDER FU

GB-1 (*tóng zǐ liáo*)

瞳 *tóng*: pupil of the eye

子 *zǐ*: noun suffix

膠 *liáo*: bone-hole

瞳子膠

Pupil Bone-Hole

Location: On the face 5 fen lateral to the outer canthus of the eye, in the slight depression on the lateral border of the orbit.

Features & Categories: Intersection point of the Small Intestine Channel of hand Tai Yang and San Jiao Channel of hand Shao Yang on the Gall Bladder Channel.

Functions: Expels Wind and dissipates Heat; clears Fire; enlivens the Channels and frees Qi; relieves pain and brightens the eyes.

Indications: Headache; conjunctivitis; iritis; keratitis; eye pain; loss of visual acuity; reddening of the eyes and excess lacrimation; dry, red and painful eyes; night blindness; migraine headache; ametropia; atrophy of the optic nerve; wryness of the eyes and mouth.

Supplementary Indications: Blindness; nearsightedness; blurred vision; glaucoma; painful reddening of the outer canthus; itching of the inner canthus; membranes on the eyes; sore throat.

GB-2 (*tīng huì*)聽 *tīng*: to hear, to listen會 *huì*: to converge, to gather; to meet, to join

聽會

Auditory Convergence

Location: On the lateral aspect of the head, immediately anterior to the intertragal notch of the ear. A depression appears when the mouth is opened. The point is located posterior to the neck of the mandible. It lies directly inferior to SI-19 (Ting Gong).

Functions: Frees the Liver and Gall Bladder; dispels Exterior Wind, moves Qi and benefits the ears.

Indications: Tinnitus; deafness; toothache; otitis media; deaf-mutism; facial paralysis; motor impairment or arthritis of the temporo-mandibular joint.

Supplementary Indications: Purulent discharge from the ear; excess lacrimation; dislocation of the jaw; swelling of the cheeks; parotitis; wryness of eyes and mouth; paralysis of the limbs due to Wind strike; mania; seizures with alternating hyper- and hypo- tonicity.

GB-3 (*shàng guān*)上 *shàng*: upper, above; to rise關 *guān*: gate, pass; joint

上關

Upper Gate

Location: On the lateral aspect of the head, directly superior to the zygomatic arch, in temporalis muscle. The point is located directly above ST-7 (Xia Guan), which is in the depression formed in the inferior border of the zygomatic arch (anterior to the articular tubercle). GB-3 (Shang Guan) is best located with the mouth closed.

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Stomach Channel of foot Yang Ming on the Gall Bladder Channel.

Functions: Frees the Channels and quickens the Connecting Vessels; opens the Portals and benefits hearing.

Indications: Headache; deafness; tinnitus; otitis media; toothache; wryness of the eyes and mouth; lockjaw; facial paralysis.

Supplementary Indications: Visual dizziness; aversion to wind and cold; painful upper jaw tooth decay; unilateral headache; fever and chills; tetany with bone pain.

TB-22 (*hé liáo*)和 *hé*: harmony, peace; to come together髎 *liáo*: bone-hole

和髎

Harmony Bone-Hole

Location: On the lateral aspect of the head, anterior and superior to SJ-21 (Er Men), level with the root of the auricle (helix). The point is at/within the (posterior) hairline of the temple, where the superficial temporal artery passes. This is approximately 1 cun anterior to the root of the auricle (helix), and lies approximately between SJ-21 (Er Men) and GB-7 (Qu Bin).

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang and the Small Intestine Channel of hand Tai Yang on the San Jiao Channel.

Functions: Dispels Wind and frees the Connecting Vessels; opens the Portals.

Indications: Tinnitus; headache and heavy headedness; hypertonicity of the jaws; lockjaw; facial paralysis.

ST-8 (*tóu wéi*)

頭 *tóu*: head

維 *wéi*: to bind, to tie together (originally, a net for catching birds), corner

頭維

Head Corner

Location: On the corner of the forehead, 4.5 cun lateral to DU-24 (Shen Ting), 5 fen within the (natural) anterior hairline. This is on the superior border of temporalis muscle. Du-24 (Shen Ting) is located 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.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang and Yang Wei Mai (Yang linking Vessel) on the Stomach Channel.

Functions: Dispels Wind and clears Heat; relieves pain; clears the head and brightens the eyes; relieves dizziness.

Indications: Headache; migraine headache; visual dizziness; vertigo; eye pain; lacrimation when exposed to wind; blurred vision; cloudiness or heaviness of the head; facial paralysis; psychosis.

GB-4 (*hàn yàn*)

額 *hàn*: corner of the forehead; chin

厭 *yàn*: full, satiated

額厭

Forehead Fullness

Location: On the lateral aspect of the head in the temporal region. The point is located one quarter of the distance along a slightly curved line connecting ST-8 (Tou Wei) and GB-7 (Qu Bin). ST-8 (Tou Wei) is located on the corner of the forehead, 4.5 cun lateral to DU-24 (Shen Ting), 5 fen within the (natural) anterior hairline. This is on the superior border of temporalis muscle. GB-7 (Qu Bin) is located approximately 7 fen (one finger width) directly anterior to SJ-20 (Jiao Sun).

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Stomach Channel of foot Yang Ming on the Gall Bladder Channel.

Functions: Eliminates Wind and quickens the Connecting Vessels; clears Heat, settles fright and relieves pain.

Indications: Unilateral headache; migraine headache; visual dizziness; vertigo; pain in the outer canthus; tinnitus; rhinitis; epilepsy; seizures; convulsions.

Supplementary Indications: Sneezing; toothache; pain in the wrist; articular Wind with sweating; convulsions.

GB-5 (*xuán lú*)懸 *xuán*: to suspend, to hang顱 *lú*: skull, cranium

懸顱

Suspended Skull

Location: On the lateral aspect of the head in the temporal region. The point is located half the distance along a slightly curved line connecting ST-8 (Tou Wei) and GB-7 (Qu Bin). ST-8 (Tou Wei) is located on the corner of the forehead, 4.5 cun lateral to DU-24 (Shen Ting), 5 fen within the (natural) anterior hairline. This is on the superior border of temporalis muscle. GB-7 (Qu Bin) is located approximately 7 fen (one finger breadth) directly anterior to SJ-20 (Jiao Sun).

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Stomach Channel of foot Yang Ming on the Gall Bladder Channel.

Functions: Eliminates Wind and quickens the Connecting Vessels; disperses swelling and relieves pain.

Indications: Unilateral headache; migraine headache; pain in the outer canthus; neurasthenia.

Supplementary Indications: Vexation and fullness with absence of sweating in Heat diseases; toothache; facial edema or swelling; convulsions; spasticity; disturbances of movement and speech.

GB-6 (*xuán lí*)懸 *xuán*: to suspend, to hang釐 (厘) *lí*: a very small unit of length or weight; minute

懸釐 (厘)

Suspended Tuft

Location: On the lateral aspect of the head in the temporal region. The point is located three quarters of the distance along a slightly curved line connecting ST-8 (Tou Wei) and GB-7 (Qu Bin). ST-8 (Tou Wei) is located on the corner of the forehead, 4.5 cun lateral to DU-24 (Shen Ting), 5 fen within the (natural) anterior hairline. This is on the superior border of temporalis muscle. GB-7 (Qu Bin) is located approximately 7 fen (one finger width) directly anterior to SJ-20 (Jiao Sun).

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Stomach Channel of foot Yang Ming on the Gall Bladder Channel.

Functions: Eliminates Wind and quickens the Connecting Vessels; removes obstructions from the Channel; frees the Portals and promotes movement of Qi; benefits the ear.

Indications: Headache; migraine headache; pain in the outer canthus; toothache; neurasthenia; ear problems generally.

Supplementary Indications: Tinnitus; frequent sneezing; painful reddening of the outer canthus; absence of sweating in Heat diseases; flushed and swollen face; facial edema or swelling; unilateral headache; disturbances of the Will, lack of motivation; speech difficulties.

GB-7 (qū bìn)曲 *qū*: curve, bend鬢 *bìn*: the hair of the temples

曲鬢

Temporal Hairline Curve

Location: On the lateral aspect of the head, anterior and superior to the auricle. The point is located approximately 7 fen (one finger breadth) directly anterior to SJ-20 (Jiao Sun). This is at the junction of a horizontal line level with the apex of the auricle, and a vertical line at the anterior border of ear.

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

Functions: Clears Heat and disperses swelling; extinguishes Wind and relieves pain.

Indications: Pain in the temporal region; migraine headache; trigeminal neuralgia; swelling of the cheek and submandibular region; clenched jaws; spasms of temporalis muscle.

Supplementary Indications: Eye diseases; retching and vomiting; stiff neck; toothache; lockjaw; infantile convulsions.

TB-20 (jiǎo sūn)角 *jiǎo*: angle, corner; horn; a constellation孫 *sūn*: grandson; posterity, descendants; a young shoot

角孫

Angle Vertex

Location: On the lateral aspect of the head, in the posterior fibres of temporalis muscle. The point is located within the hairline immediately superior to (level with) the apex of the auricle.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the San Jiao Channel.

Functions: Clears the head and brightens the eyes; disperses Wind and quickens the Connecting Vessels.

Indications: Redness, pain and swelling in the region of the eyes; redness and swelling of the earlobe; toothache; parotitis; pannus; corneal opacity.

GB-8 (shuài gǔ)率 *shuài*: to lead谷 *gǔ*: valley

率谷

Valley Lead

Location: On the lateral aspect of the head, within the hairline, 1.5 cun directly superior to the apex of the auricle (superior to SJ-20, Jiao Sun).

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

Functions: Eliminates Wind and quickens the Connecting Vessels; removes obstructions from the Channel; settles tetany and relieves pain; benefits the ears.

Indications: Unilateral headache; migraine headache; dizziness; vertigo; eye diseases; tinnitus; deafness.

Supplementary Indications: Stomach Cold; vexation and fullness after eating; persistent retching and vomiting; chronic infantile fright Wind (convulsions); cough; expectoration of phlegm; head Wind with pain at the corners of the forehead.

GB-9 (*tiān chōng*)

天 *tiān*: celestial, of the heavens, sky; Nature; heaven
 衝 *chōng*: surge, rush, flush (冲); thoroughfare;
 a place of importance (a hub)

天衝

Celestial Hub

Location: On the lateral aspect of the head, within the hairline, superior and posterior to the auricle. The point is located 5 fen directly posterior to GB-8 (Shuai Gu). GB-8 (Shuai Gu) is 1.5 cun directly superior to the apex of the auricle [SJ-20, Jiao Sun].

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

Functions: Releases and clears Heat from the Gall Bladder; removes obstructions from the Channel; dissipates rising rebellious Qi; eliminates Interior Wind and calms spasms; settles and calms the Shen.

Indications: Headache; migraine headache; gingivitis; toothache; epilepsy; seizures; goitre; convulsions; muscular spasms; ataxia; aphasia.

Supplementary Indications: Mania and withdrawal; Wind tetany; susceptibility to fright and fear; disturbances of movement and speech.

GB-10 (*fú bái*)

浮 *fú*: to float, to drift, to rise
 白 *bái*: white, pure

浮白

Floating White

Location: On the lateral posterior aspect of the head, one third of the distance along a slightly curved line drawn between GB-9 (Tian Chong) and GB-12 (Wan Gu). GB-9 (Tian Chong) is located 5 fen directly posterior to GB-8 (Shuai Gu). GB-12 (Wan Gu) is located in the depression posterior and inferior to the mastoid process.

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

Functions: Benefits and frees the Liver and Gall Bladder; dissipates Wind and frees the Connecting Vessels.

Indications: Headache; tinnitus; deafness; toothache; bronchitis.

Supplementary Indications: Fever and chills; Wind headache; heavy headedness; throat Bi; thoracic fullness and dyspnea; painful swelling of the neck; goitre; cough with phlegm and foamy mucus; atony of the lower limbs that prevents walking.

GB-11 (*tóu qiào yīn*)頭 *tóu*: head竅 *qiào*: portal, orifice陰 *yīn*: yin, the complement of yang**頭竅陰***Head Portal Yin*

Location: On the lateral posterior aspect of the head, two thirds of the distance along a slightly curved line drawn between GB-9 (Tian Chong) and GB-12 (Wan Gu). GB-9 (Tian Chong) is located 5 fen directly posterior to GB-8 (Shuai Gu). GB-12 (Wan Gu) is located in the depression posterior and inferior to the mastoid process.

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

Functions: Clears Heat and releases Gall Bladder Channel Damp Heat; benefits the ears and frees the throat.

Indications: Headache and pain in the neck; stiff neck; ear pain; deafness; tinnitus; bronchitis; laryngitis; goitre; pain in the chest.

Supplementary Indications: Heat diseases of the skin, including inflammation; vexatious Heat in the hands and feet; stiff tongue; throat Bi; goitre; nauseating bitter taste in the mouth.

GB-12 (*wán gǔ*)完 *wán*: completed, finished骨 *gǔ*: bone**完骨***Completion Bone*

Location: On the lateral, posterior and proximal aspect of the neck, in the depression immediately posterior and inferior to the mastoid process of the temporal bone.

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

Functions: Rouses the brain and opens the Portals; eliminates Wind and clears Heat; dissipates rising rebellious Qi and settles spasms; calms the Shen.

Indications: Headache; insomnia; pain and stiffness in the neck; swelling of the cheek or face; otitis media; parotitis; toothache; wryness of the eyes and mouth; facial paralysis; epilepsy; seizures; migraine headache.

Supplementary Indications: Atony of the lower extremities with inability to walk; pain in the neck and nape; neck disorders; head Wind with pain behind the ear; vexation; dark-colored urine; throat Bi; tooth decay; clenched jaws.

GB-13 (*běn shén*)本 *běn*: root, origin, source神 *shén*: spirit**本神***Root Spirit*

Location: On the superior aspect of the head, 5 fen within the (natural) anterior hairline. The point is located 3 cun lateral to DU-24 (Shen Ting). This is two thirds of the distance between

DU-24 (Shen Ting) and ST-8 (Tou Wei). GB-15 (Tou Lin Qi) is located medial to GB-13 (Ben Shen), midway between DU-24 (Shen Ting) and ST-8 (Tou Wei). BL-4 (Qu Cha) is located one third of the distance between DU-24 (Shen Ting) and ST-8 (Tou Wei).

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Clears and drains Excess from the Liver and Gall Bladder; calms the Liver and eliminates Wind; draws Jing to the head; settles epilepsy and calms the Shen; strengthens the Will.

Indications: Headache; visual dizziness; stiffness and pain of the neck; vertigo; epilepsy; seizures; hemiplegia; insomnia; mental and emotional problems generally; schizophrenia; anxiety; unfounded jealousy and suspicion.

Supplementary Indications: Stiff neck and nape; lateral costal pain; infantile fright epilepsy; hemilateral Wind.

GB-14 (*yáng bái*)

陽 *yáng*: yang, the complement of yin

白 *bái*: white, pure, clear

陽白

Yang White

Location: On the forehead, superior to the pupil. The point is located 1 cun superior to the midpoint of the eyebrow. This is approximately one third of the distance between the eyebrow and the anterior hairline.

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Dispels Wind and clears Heat; eliminates Exterior Wind; dissipates rising rebellious Qi; enhances Qi and clears the vision.

Indications: Frontal headache (unilateral); visual dizziness; vertigo; lacrimation on exposure to wind; pain in the outer canthus; twitching of the eyelids; facial paralysis; trigeminal neuralgia; supraorbital neuralgia; ptosis; eye diseases generally.

Supplementary Indications: Headache; itching and painful eyes; itchy eyelids; upwardlooking eyes; nearsightedness; inability to see at dusk or night; eye discharge; aversion to cold in the back; vomiting; chills; stiff neck.

GB-15 (*tóu lín qì*)

頭 *tóu*: head

臨 *lín*: to overlook, to face towards; to arrive at

泣 *qì*: tear

頭臨泣

Head Overlooking Tears

Location: On the superior aspect of the head, 5 fen within the (natural) anterior hairline. The point is located lateral to DU-24 (Shen Ting), midway between DU-24 (Shen Ting) and ST-8 (Tou Wei). GB-15 (Tou Lin Qi) is medial to GB-13 (Ben Shen), which is two thirds of the distance, 3 cun, between DU-24 (Shen Ting) and ST-8 (Tou Wei). BL-4 (Qu Cha) is medial to

GB-15 (Tou Lin Qi), one third of the distance, 1.5 cun, between DU-24 (Shen Ting) and ST-8 (Tou Wei).

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang and Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Clears the Shen and brightens the eyes; frees the nose; balances the emotions.

Indications: Headache; visual dizziness; vertigo; lacrimation upon exposure to wind; pain in the outer canthus; acute and chronic conjunctivitis; nebula; nasal congestion; occluded nose; epilepsy; coma with stroke; moodiness, particularly alternating elation and depression.

Supplementary Indications: Blurred vision; pannus; Wind strike loss of consciousness; seizures; thoracic Bi; malaria.

GB-16 (*mù chuāng*)

目 mù: eye

窗 chuāng: window

目窗

Eye Window

Location: On the superior aspect of the head, 1.5 cun directly posterior to GB-15 (Tou Lin Qi). The point is located on a curved line drawn between GB-15 (Tou Lin Qi) and GB-20 (Feng Chi), 2.25 cun lateral to the midline (Du Mai).

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Frees the Channels and Connecting Vessels; clears the head and brightens the eyes.

Indications: Headache; visual dizziness; vertigo; red and painful eyes; conjunctivitis; facial edema; toothache; nasal obstruction; coma with stroke.

Supplementary Indications: Nearsightedness; aching among the upper teeth; aversion to cold and nasal congestion; fever and chills without sweating.

GB-17 (*zhèng yíng*)

正 zhèng: right, upright, true, straight

營 yíng: the former half of construction-blood, nourishment; to manage, to regulate

正營

Upright Construction

Location: On the superior aspect of the head, 1.5 cun directly posterior to GB-16 (Mu Chuang). The point is located on a curved line drawn between GB-15 (Tou Lin Qi) and GB-20 (Feng Chi), 2.25 cun lateral to the midline (Du Mai).

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Clears Heat and drains the Gall Bladder; soothes the Sinews and quickens the Connecting Vessels.

Indications: Unilateral headache; migraine headache; visual dizziness; vertigo; stiff neck.

Supplementary Indications: Unilateral headache and stiffness of the neck; aversion to wind and cold; toothache; nausea; retching and vomiting; stiff lips.

GB-18 (*chéng líng*)承 *chéng*: to support; to contain; to receive靈 *líng*: spirit; ingenious

承靈

Spirit Support

Location: On the superior aspect of the head, 1.5 cun directly posterior to GB-17 (Zheng Ying). The point is located on a curved line drawn between GB-15 (Tou Lin Qi) and GB-20 (Feng Chi), 2.25 cun lateral to the midline (Du Mai).

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Clears the Gall Bladder and drains Heat; diffuses the Lung and frees the Portals; calms the Shen and clears the brain.

Indications: Headache; occluded nose; nasal congestion; common cold; bronchitis; nosebleed; eye diseases; emotional imbalance; obsessions; dementia.

Supplementary Indications: Brain Wind headache; fever and aversion to cold; clear, runny nose and nosebleed; dizziness; vertigo; eye pain.

GB-19 (*nǎo kōng*)腦 *nǎo*: brain空 *kōng*: empty, spacious

腦空

Brain Hollow

Location: On the posterior aspect of the head, 1.5 cun directly superior to GB-20 (Feng Chi). The point is located on the same transverse level as DU-17 (Nao Hu). GB-19 (Nao Kong) is thus lateral to the superior border of the external occipital protuberance. BL-9 (Yu Zhen) is located 1.3 cun lateral to DU-17 (Nao Hu).

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Clears the Gall Bladder and drains Fire; soothes the Sinews and quickens the Connecting Vessels; rouses the brain and frees the Portals.

Indications: Headache; pain and stiffness of the neck; common cold; painful eyes; asthma; tinnitus; epilepsy; seizures; mental illness.

Supplementary Indications: Wind dizziness; vertigo; palpitations; stiff neck; manic disorders.

GB-20 (*fēng chí*)風 *fēng*: wind池 *chí*: pool, pond

風池

Wind Pool

Location: On the posterior superior aspect of the neck, in the depression immediately inferior to the occipital bone. The point is located between the attachments to the occiput of trapezius (and semispinalis capitus) and sternocleidomastoideus muscles. GB-20 (Feng Chi) is on the same transverse plane as DU-16 (Feng Fu).

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) and Yang Qiao Mai (Yang heel/motility Vessel) on the Gall Bladder Channel.

Functions: Eliminates Wind (Internal & External) and clears Heat; rectifies rising Liver Yang; clears the head and opens the Portals; benefits the vision and hearing; frees the Channels and quickens the Connecting Vessels; harmonizes Qi and Blood.

Indications: Headache (occipital); visual dizziness; dizziness; vertigo; pain and stiffness of the neck; red and painful eyes; nasal occlusion; rhinitis; sinusitis; iritis; cataract; glaucoma; optic nerve atrophy; blurred vision; pain in the shoulder and back; Heat diseases; tidal fevers; common cold; hypertension; epilepsy; seizures; infantile convulsions; hemiplegia; eye diseases generally; diseases involving the brain.

Supplementary Indications: Clear, runny nasal discharge and nosebleed; tinnitus; deafness; loss of speech; lumbar and back pain; unilateral, midline and ambilateral headache; insomnia; poor memory; goitre; mental illness; absence of sweating in Cold damage or febrile disease; swellings or tumors of the neck.

TB-17 (*yì fēng*)

翳 *yì*: a screen, to screen, to shade

風 *fēng*: wind

翳 風

Wind Screen

Location: On the lateral aspect of the head, posterior to the ear lobe. The point lies between the mastoid process of the temporal bone and the ramus of the mandible.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the San Jiao Channel.

Functions: Resolves Wind and discharges Heat; frees the Portals; benefits hearing and vision; quickens the Connecting Vessels and relieves pain.

Indications: Tinnitus; deafness; ear ache; wryness of the eyes and mouth; clenched jaws; facial paralysis; trigeminal neuralgia; swelling of the cheek; parotitis; temporo-mandibular arthritis; deaf-mutism; toothache; sore eyes; scrofula.

SI-19 (*tīng gōng*)

聽 *tīng*: to hear

宮 *gōng*: palace

聽 宮

Auditory Palace

Location: Immediately anterior to the ear, between the middle of the tragus and the temporomandibular joint (head/condylar process of the mandible). A large depression forms when the mouth is opened.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang and the San Jiao Channel of hand Shao Yang on the Small Intestine Channel.

Functions: Frees the Channels and Connecting Vessels; opens the ear portals; relieves pain; boosts visual and hearing acuity; benefits the ears.

Indications: Deafness; tinnitus; purulent ear discharge; deaf-mutism; otitis media; inflammation of the external ear canal; motor impairment or pain of the temporo-mandibular joint.

ST-7 (*xià guān*)

下 *xià*: below, lower

關 *guān*: joint, hinge; barrier; to shut, to close

下關

Below the Joint

Location: In the depression formed by the inferior border of the zygomatic arch. The point is located anterior to the articular tubercle of the zygomatic arch. It is therefore anterior to the head and neck of the mandible. GB-3 (Shang Guan) is directly above ST-7 (Xia Guan), immediately superior to the zygomatic arch.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the Stomach Channel.

Functions: Eliminates Wind and quickens the Connecting Vessels; opens the Portals and benefits the ear; removes obstructions from the Channel.

Indications: Deafness; tinnitus; ear pain with purulent discharge; otitis media; wryness of the mouth and eyes; (upper jaw) toothache; inhibited opening and closing of the jaws; temporo-mandibular arthritis; spasms of masseter muscle; facial paralysis; facial pain; trigeminal neuralgia; deaf-mutism.

GB-1 (*tóng zǐ liáo*)

瞳 *tóng*: pupil of the eye

子 *zǐ*: noun suffix

髎 *liáo*: bone-hole

瞳子髎

Pupil Bone-Hole

Location: On the face 5 fen lateral to the outer canthus of the eye, in the slight depression on the lateral border of the orbit.

ST-5 (*dà yíng*)

大 *dà*: great, large

迎 *yíng*: to receive, to welcome

大迎

Great Reception

Location: On the lateral aspect of the face, at the anterior inferior border of masseter muscle. The point is located anterior to the angle of the mandible on the lateral aspect of the mandibular body, approximately 5 fen superior to its lower border. The pulse of the facial artery is palpable at this point.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the Stomach Channel.

Functions: Eliminates Wind and quickens the Connecting Vessels.

Indications: Clenched jaws; lockjaw; wryness of the mouth; swelling of the cheek; facial paralysis; facial pain; toothache.

SI-18 (*quán liáo*)顛 *quán*: cheekbone髅 *liáo*: bone hole**顛髅***Cheek Bone-Hole*

Location: On the face directly below the outer canthus of the eye (GB-1, Tong Zi Liao), in the depression immediately below the inferior border of the zygomatic bone, and anterior to masseter muscle. The point is approximately level with LI-20 (Ying Xiang).

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang and the San Jiao Channel of hand Shao Yang on the Small Intestine Channel.

Functions: Relieves pain and tetany; expels Wind in the face.

Indications: Wryness of the mouth and eyes; twitching of the eyelids; toothache; trigeminal neuralgia; facial paralysis; facial pain; spasm of facial muscles; yellowing sclera.

ST-6 (*jiá chē*)頰 *jiá*: jaw車 *chē*: vehicle, chariot, car**頰車***Jawbone*

Location: On the lateral aspect of the lower jaw, approximately one (middle) finger breadth anterior and superior to the angle of the mandible. The point is located in the centre of the belly of masseter muscle. This is prominent when the teeth are clenched.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the Stomach Channel; seventh of the thirteen Ghost points - Gui Chuang, Ghost Bed.

Functions: Benefits the teeth and jaw and frees the Connecting Vessels; disperses Wind and regulates Qi.

Indications: Wryness of the mouth; swelling of the cheek or face; (lower jaw) toothache; clenched jaws; painful stiffness of the neck; parotitis; mumps; temporo-mandibular arthritis; spasm of masseter muscle; facial paralysis.

ST-12 (*quē pén*)缺 *quē*: empty, vacant; imperfect, defective盆 *pén*: basin, bowl**缺盆***Empty Basin*

Location: At the base of the neck in the middle of the supraclavicular fossa, 4 cun lateral to the anterior midline, REN-22 (Tian Tu). ST-12 (Que Pen) is the highest point of the mamillary line. This is the mid-point of the clavicle.

GB-20 (*fēng chí*)風 *fēng*: wind池 *chí*: pool, pond

風池

Wind Pool

Location: On the posterior superior aspect of the neck, in the depression immediately inferior to the occipital bone. The point is located between the attachments to the occiput of trapezius (and semispinalis capitus) and sternocleidomastoideus muscles. GB-20 (Feng Chi) is on the same transverse plane as DU-16 (Feng Fu).

SI-17 (*tiān róng*)天 *tiān*: celestial, of the heavens; sky; Nature; heaven容 *róng*: contain, receive; a hood

天容

Celestial Countenance

Location: On the lateral aspect of the neck, immediately posterior to the angle of the mandible, in a slight depression on the anterior border of sternocleidomastoideus muscle. The pulse of the external carotid artery is readily palpable deep to this point.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the Small Intestine Channel. Window of the Sky point.

Functions: Soothes the Sinews and quickens the Connecting Vessels; clears Heat and disperses swelling; resolves Damp Heat.

Indications: Deafness and tinnitus; sore, swollen throat; tonsillitis; pharyngitis; sensation of throat being obstructed and difficulty with swallowing; swelling and soreness of the neck; goitre; swelling of the cheek; parotitis.

GB-21 (*jiān jǐng*)肩 *jiān*: shoulder井 *jǐng*: a well

肩井

Shoulder Well

Location: On the superior aspect of the shoulder, at its highest point. The point lies midway between the spinous process of the 7th cervical vertebra and the acromio-clavicular joint, in (upper) trapezius muscle. This is directly superior to the nipple (mamillary line). Another approach is: midway between the midpoint of the clavicle and the superior angle of the scapula.

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Frees the Channels and quickens the Connecting Vessels; resolves Phlegm and opens the Portals; relaxes the Sinews; promotes delivery and lactation.

Indications: Stiff neck; shoulder and back pain; disorders of the shoulder and back; motor impairment of the upper limb; mastitis; scrofula; hemiplegia due to stroke; difficult delivery; functional uterine bleeding; retained placenta; post-partum hemorrhage; possible miscarriage; insufficient lactation.

Supplementary Indications: Dizziness; vertigo; fever and chills; Cold in the limbs; cough caused by rebellious Qi; shortness of breath; miscarriage with loss of blood; aphasia due to stroke.

Contraindications: Needling contraindicated in pregnancy as it may cause abortion.

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.

BL-11 (*dà zhù*)

大 *dà*: large

杼 *zhù*: a reed, a weaver's shuttle

大杼

Great Shuttle

Location: On the superior dorsal aspect of the trunk, 1.5 cun lateral to the depression immediately inferior to the spinous process of the 1st thoracic vertebra (DU-13, Tao Dao). This is approximately 2 (middle) finger widths from DU-13 (Tao Dao). SI-14 (Jian Wai Shu) is 1.5 cun lateral to BL-11 (Da Zhu), 3 cun from the posterior midline.

Features & Categories: Meeting point of the Bones; intersection point of the Small Intestine Channel of hand Tai Yang and the Gall Bladder Channel of foot Shao Yang on the Urinary Bladder Channel. Point of the Sea of Blood (BL-11, ST-37, ST-39).

Functions: Dispels Wind; resolves Exterior Heat; soothes the Sinews and Connecting Vessels; regulates and strengthens the Bones and joints; nourishes Blood.

Indications: Cough; fever; headache; common cold; bronchitis; pneumonia; pleurisy; pain or soreness in the scapula or shoulder; rigidity or stiffness of the neck; pain in the neck and back; arthritis; numbness in the limbs; Deficient Blood or Ying Qi.

SI-12 (bǐng fēng)秉 *bǐng*: grasp, control風 *fēng*: wind

秉風

Grasping the Wind

Location: On the superior aspect of the shoulder in the centre of the suprascapular fossa, directly superior to SI-11 (Tian Zong) and superior and anterior to the spine of the scapula. A slight depression forms when the arm is abducted. The point lies approximately midway between SI-13 (Qu Yuan) and LI-16 (Ju Gu).

Features & Categories: Intersection point of the Large Intestine Channel of hand Yang Ming, the San Jiao Channel of hand Shao Yang and the Gall Bladder Channel of foot Shao Yang on the Small Intestine Channel.

Functions: Frees the Channels and quickens the Connecting Vessels.

Indications: Pain or soreness of the scapular region, or in the posterior aspect of the shoulder; inflammation of supraspinatus tendon; pain or numbness in the upper limb.

ST-12 (quē pén)缺 *quē*: empty, vacant; imperfect, defective盆 *pén*: basin, bowl

缺盆

Empty Basin

Location: At the base of the neck in the middle of the supraclavicular fossa, 4 cun lateral to the anterior midline, REN-22 (Tian Tu). ST-12 (Que Pen) is the highest point of the mamillary line. This is the mid-point of the clavicle.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang, Large Intestine Channel of hand Yang Ming, San Jiao Channel of hand Shao Yang, Small Intestine Channel of hand Tai Yang and Yin Qiao Mai (Yin heel/motility Vessel) on the Stomach Channel.

Although ST-12 (Que Pen) is nominated by some authorities (Shandong 1982; Rogers 1981) as an intersection point on the Stomach Channel for these Meridians, it is presented by others as not actually participating in their pathways, even though the Channels pass through the supraclavicular fossa (State 1991; Ellis, Wiseman & Boss 1991; O'Connor & Bensky 1981; Cheng 1987). It is probably best thought of as a 'landmark' point.

Functions: Diffuses and benefits Lung Qi; frees the Channels and quickens the Connecting Vessels; regulates Qi and the Blood; subdues rebellious Qi.

Indications: Cough; dyspnea; breathlessness; asthma; sore, swollen throat; pain in the supraclavicular fossa; intercostal neuralgia.

PC-1 (*tiān chí*)

天 *tiān*: celestial, of the heavens; sky; Nature; heaven
池 *chí*: pool, pond

天池

Celestial Pool

Location: On the chest, 1 cun lateral to the centre of the nipple in the 4th intercostal space.

This point is contra-indicated on women.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the Pericardium Channel. Meeting point of Jue Yin (Pericardium & Liver). Window of the Sky point.

Functions: Opens the chest and rectifies flow of Qi; suppresses cough and calms dyspnea; promotes smooth flow of Lung Qi and clears Heat.

Indications: Thoracic fullness or oppression; angina pectoris; pain in the lateral costal region; intercostal neuralgia; pain and swelling of the axillary region.

GB-24 (*rì yuè*)

日 *rì*: sun; day

月 *yuè*: moon; month

日月

Sun and Moon

Location: On the anterior chest in the 7th intercostal space, approximately 4 cun lateral to the Ren Mai. The point is on the mamillary line, one intercostal space below LIV-14 (Qi Men). On males this is inferior to the nipple. Use palpation to confirm the location of this point. There is considerable variation in thoracic wall anatomy between individuals, so differences may be found in the distance this point is located from the midline.

ST-30 (*qì chōng*)

氣 *qì*: qi

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

氣冲

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.

GB-30 (*huán tiào*)環 *huán*: ring, circle; to encircle; turn跳 *tiào*: to jump, to leap

環跳

Jumping Round

Location: In the gluteal region, one third of the distance from the superior border of the greater trochanter of the femur, to DU-2 (Yao Shu) in the sacral hiatus. The point is best needled with the patient laterally recumbent and the hip and knee flexed.

ST-12 (*quē pén*)缺 *quē*: empty, vacant; imperfect, defective盆 *pén*: basin, bowl

缺盆

Empty Basin

Location: At the base of the neck in the middle of the supraclavicular fossa, 4 cun lateral to the anterior midline, REN-22 (Tian Tu). ST-12 (Que Pen) is the highest point of the mamillary line. This is the mid-point of the clavicle.

GB-22 (*yuān yè*)淵 *yuān*: abyss, deep pool腋 *yè*: armpit

淵腋

Armpit Abyss

Location: On the lateral aspect of the chest, on the midaxillary line. The point is located 3 cun inferior to the apex of the axilla, in the 4th intercostal space. The proportional distance from the apex of the axilla to the free end of the 11th (floating) rib (LIV-13, Zhang Men) is 12 cun.

Functions: Opens the chest and normalizes the flow of Qi; soothes the Sinews and quickens the Connecting Vessels.

Indications: Lateral costal pain; swelling of the axillary region; inflamed axillary lymph nodes; intercostal neuralgia; pleurisy; motor impairment and/or pain of the shoulder and upper limb.

Supplementary Indications: Thoracic fullness; cough.

GB-23 (*zhé jīn*)輓 *zhé*: the two seats of an ancient chariot;

the sides of the chariot just above the wheels

筋 *jīn*: sinew

輓筋

Sinew Seat

Location: On the lateral aspect of the chest, 1 cun anterior to GB-22 (Yuan Ye) in the 4th intercostal space. GB-22 (Yuan Ye) is located 3 cun inferior to the apex of the axilla in the 4th intercostal space on the midaxillary line. The proportional distance from the apex of the axilla to the free end of the 11th (floating) rib (LIV-13, Zhang Men) is 12 cun.

Features & Categories: possibly an alternative front Alarm-Mu point of the Gall Bladder Fu (Ellis, Wiseman & Boss, 1988).

Functions: Frees the Liver and rectifies movement of Qi; calms dyspnea and disperses counterflow of Qi.

Indications: Pain in the hypochondrium; vomiting; acid regurgitation; hiccough; jaundice; asthma; pleurisy.

Supplementary Indications: Fullness in the chest; insomnia.

GB-24 (*rì yuè*)

日 *rì*: sun; day

月 *yuè*: moon; month

日 月

Sun and Moon

Location: On the anterior chest in the 7th intercostal space, approximately 4 cun lateral to the Ren Mai. The point is on the mamillary line, one intercostal space below LIV-14 (Qi Men). On males this is inferior to the nipple. Use palpation to confirm the location of this point. There is considerable variation in thoracic wall anatomy between individuals, so differences may be found in the distance this point is located from the midline.

Features & Categories: front Alarm-Mu, Collecting point of the Gall Bladder Fu; intersection point of the Spleen Channel of foot Tai Yin on the Gall Bladder Channel.

Functions: Frees Gall Bladder and Liver Qi and promotes their function; resolves Damp Heat; harmonizes the middle Jiao.

Indications: Borborygmi; diarrhea; abdominal distension; vomiting; jaundice; acute and chronic hepatitis; cholecystitis; cholelithiasis; stomach pain; peptic ulcer; lumbar and lateral costal pain; lateral costal pain and distension; intercostal neuralgia; hiccoughs; nausea with thick yellow tongue coat.

Supplementary Indications: Pain in the ribs; pain in the stomach region; retching and vomiting; acid regurgitation; jaundice; belching; sleepiness; sensation of bodily heaviness; sighing and sorrowful demeanour; Heat in the lower abdomen; disorders of the shoulder.

LV-13 (*zhāng mén*)

章 *zhāng*: complete (an essay); a chapter; a strain of music; the flat area on top of a hill

門 *mén*: gate, door

章 門

Camphorwood Gate

Location: On the lateral aspect of the abdomen (hypogastric region) immediately inferior to (lower border of) the free end of the 11th (floating) rib. On obese individuals the point may be located by flexing the elbow of the adducted arm - the point is level with the tip of the olecranon process of the ulna.

Features & Categories: front Alarm-Mu, Collecting point of the Spleen, intersection point of the Gall Bladder Channel of foot Shao Yang and Dai Mai (Girdle Vessel) on the Liver Channel; Meeting point of the Zang Organs.

Functions: Enhances and frees Liver Qi, and regulates Qi; quickens the Blood and transforms Stasis; relieves food retention; harmonises Liver and Spleen; benefits the Spleen and Stomach.

Indications: Vomiting; abdominal distension or swelling; enlargement of liver or spleen; hepatitis; cirrhosis; enteritis; diarrhea; jaundice; untransformed digestate; borborygmus; lumbar pain; pain in the costal region or hypochondrium.

GB-25 (*jīng mén*)

京 *jīng*: capital city; hill

門 *mén*: gate, door

京門

Capital Gate

Location: On the lateral trunk, at the inferior border of the free end of the 12th (floating) rib. [This point is sometimes located at the tip of the 12th rib.] GB-25 (Jing Men) lies posterior to LIV-13 (Zhang Men).

Features & Categories: front Alarm-Mu, Collecting point of the Kidney Zang.

Functions: Warms Kidney Cold; eliminates Damp; rectifies counterflow of Stomach Qi; soothes the Sinews and quickens the Connecting Vessels; promotes free flow through the Waterways; important diagnostic point for Kidney Disharmonies.

Indications: Borborygmi; diarrhea; abdominal distension; lumbar and lateral costal pain; intercostal neuralgia; painful intestinal hernia; nephritis; pain in the lower limb.

Supplementary Indications: Fever and chills; opisthotonos; pain in the hip joint; diarrhea; facial swelling and reduced urine; vomiting; lower abdominal pain or discomfort; urinary retention.

GB-26 (*dài mài*)

帶 *dài*: girdle, belt; to lead, take in one's charge; to carry

脈 *mài (mo)*: vessel (of blood and qi); pulse

帶脈

Girdling Vessel

Location: On the lateral margin of the abdomen, level with the umbilicus (REN-8, Shen Que; KID-16, Huang Shu; ST-25, Tian Shu; SP-15, Da Heng). The point is located inferior to LIV-13 (Zhang Men).

Features & Categories: Intersection point of Dai Mai (Girdle Vessel) on the Gall Bladder Channel.

Functions: Frees the Channels and quickens the Connecting Vessels; clears and disperses Damp Heat; regulates the Uterus; regulates Dai Mai (Girdle Vessel).

Indications: Irregular menstruation; dysmenorrhoea; amenorrhoea; vaginal discharge; endometritis; profuse leukorrhoea and bleeding; cystitis; hernia; lumbar and lateral costal pain; paraplegia due to trauma.

Supplementary Indications: Lower abdominal pain in women; chronic vaginal discharge; uterine prolapse; colic; abdominal discomfort; clonic spasm; diarrhoea; convulsions.

GB-27 (wǔ shū)

五 wǔ: five, fifth

樞 shū: pivot, axis, central point; indispensable, cardinal

五 樞

Fifth Pivot

Location: On the lateral aspect of the lower abdomen, medial to the anterior superior iliac spine. The point is located 3 cun inferior to the level of the umbilicus, approximately level with REN-4 (Guan Yuan).

Features & Categories: Intersection point of Dai Mai (Girdle Vessel) on the Gall Bladder Channel.

Functions: Strengthens the lumbar and tonifies the Kidneys; frees the Liver and rectifies Qi; treats vaginal discharge; benefits Dai Mai (Girdle Vessel).

Indications: Vaginal discharge; endometritis; leukorrhoea; orchitis; lumbar and hip pain; painful hernia; lower abdominal pain.

Supplementary Indications: Cold hernia in males; lumbar and back pain; abdominal pain; colic; constipation; abdominal discomfort; clonic spasm; vaginal discharge containing blood; infantile convulsions.

GB-28 (wéi dào)

維 wéi: to link, to hold together; to protect

道 dào: road, path, way; to lead, to guide

維 道

Linking Path

Location: On the lateral aspect of the lower abdomen, medial and inferior to the anterior superior iliac spine. The point is located 5 fen inferior and slightly medial to GB-27 (Wu Shu).

Features & Categories: Intersection point of Dai Mai (Girdle Vessel) on the Gall Bladder Channel.

Functions: Moves stagnant Qi; rectifies the Small and Large Intestines; benefits Dai Mai (Girdle Vessel).

Indications: Lumbar and hip pain; vaginal discharge; leukorrhoea; endometritis; inflammation of the adnexa; prolapse of the uterus; lower abdominal pain; painful intestinal hernia; chronic constipation.

Supplementary Indications: Water swelling; intestinal inflammation and stagnation; Cold pain and swelling of the lower abdomen, possibly extending to the genitals; vomiting; no thought of food; lower abdominal pain.

GB-29 (jū liáo)

居 jū: to sit, to squat; to reside, to dwell

髎 liáo: bone-hole

居 髎

Squatting Bone-Hole

Location: On the lateral aspect of the hip, midway between the anterior superior iliac spine and the superior border of the greater trochanter of the femur. The point is best needled with the patient laterally recumbent.

Features & Categories: Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) and Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Soothes the Sinews and quickens the Connecting Vessels; removes obstructions from the Channel; strengthens the lumbar and lower limbs.

Indications: Bi pain and numbness in the lumbar and thigh; paralysis or atrophy of the lower limb; stomach ache; lower abdominal pain; orchitis; endometritis; cystitis; disorders of the hip joint and surrounding soft tissue.

Supplementary Indications: Diarrhea; Cold hernia; lumbar and associated lower abdominal pain.

BL-31 (*shàng liáo*)

上 *shàng*: up, upper, upward; to rise

髖 *liáo*: bone-hole

上髖

Upper Bone-Hole

Location: On the posterior sacrum, approximately midway between the upper border of the posterior superior iliac spine and Du Mai (the posterior midline). The point is located in the 1st (superior) posterior sacral foramen. BL-27 (Xiao Chang Shu) is lateral to this point, 1.5 cun lateral to the posterior midline.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the Urinary Bladder Channel.

Functions: Frees the Channels and quickens the Connecting Vessels; regulates the lower Jiao; strengthens the lumbar and lower limbs; nourishes the Kidneys.

Indications: Diseases of the lumbo-sacral joint; lumbar pain or weakness; sciatica; lower abdominal pain; irregular or painful menstruation; vaginal protrusion; uterine prolapse; vaginal discharge; leukorrhoea; infertility; orchitis; impotence; nocturnal seminal emission; prostatitis; peritonitis; difficult or painful defecation or urination; constipation; dysuria; prolapse of anus; induction of labour; paralysis of lower limb; sequelae of infantile paralysis.

BL-34 (*xià liáo*)

下 *xià*: lower, below

髖 *liáo*: bone-hole

下髖

Lower Bone-Hole

Location: On the posterior sacrum, in the 4th (inferior) posterior sacral foramen. BL-30 (Bai Huan Shu) is on the same level as BL-34 (Xia Liao), 1.5 cun lateral to the posterior midline (Du Mai). BL-54 (Zhi Bian) is also on the same level, 3 cun lateral to Du Mai.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the Urinary Bladder Channel.

Functions: Frees the stools and urine; frees the Channels and relieves pain; regulates the lower Jiao; strengthens the lumbar and lower limbs.

Indications: Lower abdominal pain; irregular or painful menstruation; leukorrhoea; constipation; urinary retention; lumbar pain; peritonitis; orchitis; dysuria; impotence; nocturnal

seminal emission; prolapse of anus; sequelae of infantile paralysis; disorders of the Urinary Bladder.

GB-30 (*huán tiào*)

環 *huán*: ring, circle; to encircle; turn
跳 *tiào*: to jump, to leap

環跳

Jumping Round

Location: In the gluteal region, one third of the distance from the superior border of the greater trochanter of the femur, to DU-2 (Yao Shu) in the sacral hiatus. The point is best needled with the patient laterally recumbent and the hip and knee flexed.

Features & Categories: Intersection point of the Urinary Bladder Channel of foot Tai Yang on the Gall Bladder Channel. One of the nine needles for returning Yang. A Heavenly Star point of Ma Dan-Yang.

Functions: Disperses Wind Damp in the Channels and Connecting Vessels; removes obstructions from the Channel; frees the lumbar and hip; strengthens the lumbar and lower limbs; tonifies Qi and Blood generally; resolves Damp Heat in lower Jiao.

Indications: Sciatica; lumbar, hip and lower limb pain; Bi and atony of the lower limbs; numbness and paralysis of the lower limb; diseases of the hip joint and surrounding soft tissues; rheumatism; hemiplegia.

Supplementary Indications: Pain in the lumbar and pubic regions; peroneal pruritus; vaginal discharge; urethritis; Bi pain in the lower limbs and knees; hemiplegia from stroke; beriberi; Water swelling; skin rashes.

GB-31 (*fēng shì*)

風 *fēng*: wind
市 *shì*: market, fair, city

風市

Wind Market

Location: On the lateral aspect of the thigh, 7 cun superior to the joint line (and transverse popliteal crease) of the knee. The point lies on a line drawn between the lateral joint line of the knee and the superior border of the greater trochanter of the femur. The proportional distance between these landmarks is 19 cun. The point may also be located by placing the patient 'at attention' in military posture - it lies on the thigh at the tip of the middle finger.

Functions: Disperses Wind and dissipates Cold; resolves Wind Heat; relaxes the Sinews and strengthens the Bones; regulates Qi and the Blood distribution in the lower limb.

Indications: Hemiplegia; atony, Bi, and numbness of the lower limb; paralysis of the lower limb; soreness and pain in the lumbar and thigh; neuritis of the lateral thigh; urticaria; herpes zoster; general itching.

Supplementary Indications: Wind Bi pain; small intestine Qi pain; rumbling noises in the abdomen; scrotal swelling; numbness and stiffness of the leg and foot; unilateral itching; headache; red and swollen eyes; beriberi.

GB-32 (*zhōng dú*)中 *zhōng*: center, central瀆 *dú*: river, ditch, drain

中瀆

Central River

Location: On the lateral aspect of the thigh, 5 cun superior to the joint line (and transverse popliteal crease) of the knee. The point lies on a line drawn between the lateral joint line of the knee and the superior border of the greater trochanter of the femur. The proportional distance between these landmarks is 19 cun. The point lies 2 cun distal to GB-31 (Feng Shi).

Functions: Soothes the Sinews and quickens the Connecting Vessels; expels Wind and dissipates Cold.

Indications: Atony, Bi, and numbness of the lower limbs; pain and soreness of the thigh and knee; paralysis of the lower limb; sciatica; hemiplegia; beriberi.

GB-33 (*xī yáng guān*)膝 *xī*: knee陽 *yáng*: yang, the complement of yin關 *guān*: gate; passage; joint

膝陽關

Knee Yang Joint

Location: On the lateral aspect of the knee, approximately 3 cun superior to GB-34 (Yang Ling Quan). The point is located in the 'V' shaped depression between the tendon of biceps femoris muscle and the lateral epicondyle of the femur. It is readily located with the knee slightly flexed.

Functions: Dispels Wind and dissipates Cold; removes obstruction from the Channel; soothes the Sinews, quickens the Connecting Vessels, and relieves pain.

Indications: Pain and swelling of the knee (joint); hypertonicity of the popliteal Sinews; stiffness and pain on lateral aspect of knee; numbness or paralysis of the lower limb; diseases of the knee and surrounding soft tissues.

Supplementary Indications: Inability to flex or extend the knee; beriberi; progressive swelling and pain of the knee.

GB-34 (*yáng líng quán*)陽 *yáng*: yang, the complement of yin陵 *líng*: mound, burial mound泉 *quán*: spring, fountain

陽陵泉

Yang Mound Spring

Location: On the lateral proximal aspect of the leg, in the depression immediately anterior and distal to the head of the fibula.

Features & Categories: Earth, Sea, Uniting-He point of the Gall Bladder Channel; Meeting point of the Sinews. A Heavenly Star point of Ma Dan-Yang.

Functions: Benefits the Liver and Gall Bladder; promotes smooth flow of Liver Qi; soothes the Sinews and Connecting Vessels; clears Gall Bladder Heat; expels Wind from the knee and

lower limb; resolves Damp and Stagnation in the Channels and Connecting Vessels; removes obstructions from the Channel; rectifies rebellious Qi of the middle Jiao; invigorates Qi and the Blood distribution in the lower limb.

Indications: Hepatitis; cholecystitis; hypertension; hemiplegia; atony, Bi and numbness of the lower limb; paralysis of the lower limb; sciatica; pain and swelling of the knee (joint); inflammation of the shoulder; intercostal neuralgia; lateral costal pain; nausea; vomiting; jaundice; chronic constipation; discomfort in the epigastrium or lower abdomen; muscle cramps or spasms; bitter taste in the mouth.

Supplementary Indications: Fullness in the chest and lateral costal region; bitter taste in the mouth; sighing; urinary incontinence; constipation; headache; hemiplegia with stroke; swelling of the mouth, tongue, throat, head or face; disorders of the Sinews; infantile convulsions.

GB-35 (*yáng jiāo*)

陽 *yáng*: yang, the complement of yin
交 *jiāo*: to intersect, to meet; to hand over

陽交

Yang Intersection

Location: On the lateral aspect of the leg, 7 cun superior to the tip (lateral prominence) of the lateral malleolus. The point is located at the posterior border of the fibula, on the same level as GB-36 (Wai Qiu) and BL-58 (Fei Yang). The proportional distance between the joint line of the knee and the tip of the lateral malleolus is 16 cun. Some references transpose the location of GB-35 (Yang Jiao) and GB-36 (Wai Qiu).

Features & Categories: Xi-Cleft, Accumulation point of Yang Wei Mai (Yang linking Vessel); intersection point of Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Frees the Gall Bladder and calms the Shen; removes obstructions from the Channel; soothes the Sinews; quickens the Blood; relieves pain.

Indications: Distension and fullness in the chest and lateral costal region; asthma; knee pain; pain on the lateral aspect of the leg; weakness and atony of the lower limb; stiffness and cramp of lower limb muscles; sciatica.

Supplementary Indications: Fever and chills; dyspnea; throat Bi; Cold in the lower limbs; fright mania; beriberi; edema or swelling of the face.

GB-36 (*wài qiū*)

外 *wài*: outer, outside
丘 *qiū*: hill, mound

外丘

Outer Hill

Location: On the lateral aspect of the leg, 7 cun superior to the tip (lateral prominence) of the lateral malleolus. The point is located at the anterior border of the fibula, on the same level as GB-35 (Yang Jiao) and ST-39 (Xia Ju Xu). The proportional distance between the joint line of the knee and the tip of the lateral malleolus is 16 cun. Some references transpose the location of GB-36 (Wai Qiu) and GB-35 (Yang Jiao).

Features & Categories: Xi-Cleft, Accumulation point of the Gall Bladder Channel.

Functions: Frees the Liver and Gall Bladder; dispels Wind; removes obstructions from the Channel; resolves toxins and clears Heat; resolves pain.

Indications: Headache; neck pain; pain in the chest and lateral costal region; hepatitis; paralysis of the lower limb; painful conditions of the Channel or Organ.

Supplementary Indications: Fever and aversion to cold; bitter fullness in the chest and lateral costal region; rabies; mania; pigeon chest in infants.

GB-37 (*guāng míng*)

光 *guāng*: light, brightness

明 *míng*: clear, bright; acute (of eyesight)

光明

Bright Light

Location: On the lateral distal aspect of the leg, 5 cun superior to the tip (lateral prominence) of the lateral malleolus. The point is located at the anterior border of the fibula. The proportional distance between the joint line of the knee and the tip of the lateral malleolus is 16 cun.

Features & Categories: Luo-Connecting point of the Gall Bladder Channel, connecting to the Liver Channel of foot Jue Yin.

Functions: Regulates the Liver and benefits the eyes; expels Wind and resolves Damp; clears Heat; directs Liver Fire downwards.

Indications: Knee pain; loss of locomotive ability of the lower limb; eye pain; dry, red and painful eyes; blurred vision; night blindness; optic nerve atrophy; cataract; migraine headache; pain and distension of the breast; pain along the lateral aspect of the calf; muscular atrophy.

Supplementary Indications: Fever and chills without sweating; mania; seizures; painful or itchy eyes; atrophy, Bi and numbness of the leg; pigeon chest in infants; grinding of the teeth.

GB-38 (*yáng fǔ*)

陽 *yáng*: yang, the complement of yin

輔 *fǔ*: to assist, to support;

pole attached to a cart to keep it from upsetting

陽輔

Yang Assistance

Location: On the lateral distal aspect of the leg, 4 cun superior to the tip (lateral prominence) of the lateral malleolus. The point is located at the anterior border of the fibula. The proportional distance between the joint line of the knee and the tip of the lateral malleolus is 16 cun.

Features & Categories: Fire, River, Traversing-Jing point of the Gall Bladder Channel.

Functions: Harmonizes Shao Yang; subdues Liver Yang Excess; dissipates Cold and clears Heat; resolves Damp Heat; soothes the Liver and resolves Stagnation; quickens the Connecting Vessels and relieves pain.

Indications: Unilateral headache; migraine headache; pain in the outer canthus; inflammation of cervical lymph nodes; pain in the supraclavicular fossa; axillary pain; scrofulous lumps; pain in the chest, lateral costal region, and lateral aspect of the lower limbs; paralysis or numbness of the lower limb; arthritis of the knee; malarial disease.

Supplementary Indications: Beriberi; Sinew hypertonicity; throat Bi; hemiplegia; chronic migraine headache.

GB-39 (*xuán zhōng*)

懸 *xuán*: to suspend, to hang

鐘 *zhōng*: bell; clock; handleless cup

懸鐘

Suspended Bell

Location: On the lateral distal aspect of the leg, 3 cun superior to the tip (lateral prominence) of the lateral malleolus. The point is located between the posterior border of the fibula and the tendons of peroneus longus and brevis muscles. The proportional distance between the joint line of the knee and the tip of the lateral malleolus is 16 cun.

Alternatively, this point may be located in an homologous position, but at the anterior border of the fibula.

Features & Categories: Meeting point of the Marrow. Group Luo-Connecting point of the three Yang Meridians of the lower limb.

Functions: Nourishes Jing; discharges Gall Bladder Fire; clears Marrow Heat; expels Wind Damp from the Channels and Connecting Vessels; harmonizes Shao Yang.

Indications: Hemiplegia; stiff neck; migraine headache; inability to turn head to side; abdomino-thoracic distension and fullness; lateral costal pain; scrofula; sciatica; pain in the knee and thigh; diseases of the knee and ankle joints and surrounding soft tissues; beriberi.

Supplementary Indications: Heat in the stomach region; dry nose; nosebleed; throat Bi; stiff neck; cough due to rebellious Qi; hypertonicity of the Sinews; urinary frequency, difficulty, urgency and incontinence; scrofulous lumps; axillary swelling; generalized heaviness due to Wind Damp; inability to lift the limbs; anxiety and anger.

GB-40 (*qiū xū*)

丘 *qiū*: hill, hillock, mound

墟 *xū*: old burial grounds; ruins; wasteland

丘墟

Hill Ruins

Location: On the dorsum of the foot, at the anterior aspect of the ankle. The point is located in the depression anterior and inferior to the lateral malleolus, on the lateral side of the tendon sheath of extensor digitorum longus muscle. The point is superficial to the entrance to the tarsal tunnel (between the talus and calcaneal bones).

Features & Categories: Yuan-Source point of the Gall Bladder Channel.

Functions: Clears the Channels and dispels Pathogens; promotes smooth flow of Liver Qi; spreads Liver Qi and benefits the Gall Bladder; transforms Damp Heat; rectifies counterflow of Qi.

Indications: Cholecystitis; neck pain; axillary pain; thoracic and lateral costal pain; hypochondriac pain, distension and sighing; inflammation of axillary lymph nodes; vomiting and acid belching; muscular atrophy and loss of locomotive ability of the lower limbs; sciatica;

pain and swelling of the lateral malleolus; diseases of the ankle and surrounding soft tissue; malarial disease; inability to make decisions.

Supplementary Indications: Fever and chills; swelling of the neck; throat Bi; cough and rapid breathing; inflammation of cervical lymph nodes; poor eyesight; intestinal Qi pain; lower abdominal pain or distension; tidal fevers; sighing; axillary swelling; atony; inability to move the wrist; twisted ankle; beriberi.

GB-41 (*zú lín qì*)

足 *zú*: foot

臨 *lín*: to overlook, to face toward; to arrive at

泣 *qì*: tears; to weep (silent tears)

足臨泣

Foot Overlooking Tears

Location: On the dorsum of the foot in the depression immediately distal to the 'V' formed by the bases of the 4th and 5th metatarsal bones. The point is located lateral to tendon to the small toe of extensor digitorum longus muscle.

Features & Categories: Wood, Stream, Transporting-Shu point of the Gall Bladder Channel. Horary point. Master point of Dai Mai (Girdle Vessel), Coupling point of Yang Wei Mai (Yang linking Vessel).

Functions: Clears Fire and extinguishes Wind; brightens the vision and benefits hearing; frees Liver and Gall Bladder Qi Stagnation; transforms obstructing Phlegm Heat; resolves Damp Heat; regulates Dai Mai (Girdle Vessel).

Indications: Headache; conjunctivitis; pain in the outer canthus; visual dizziness; vertigo; pain in the lateral costal region; scrofula; painful swelling of the dorsum of the foot; mastitis; pain and distension of the breasts; breast abscess; irregular menstruation; chronic vaginal discharge; cystitis; urethritis; malarial disease; disorders along the Channel in the lower limb.

Supplementary Indications: Axillary swelling; dyspnea; dry eyes; fever and chills; thoracic Bi; pain in the supraclavicular fossa; mastitis; menstrual disorders; scrofulus lumps; migratory Wind pain; Damp swelling of the dorsum of the foot; pain at the vertex; migraine headache; fullness and pain in the region of the hypochondrium; arthritis of the knee or hip.

LV-1 (*dà dūn*)

大 *dà*: large, great, major

敦 *dūn*: to pile up; a hill; thick

大敦

Large Pile

Location: On the dorsal lateral aspect of the distal phalanx of the great toe, one fen proximal to the lateral proximal corner of the toenail.

Features & Categories: Wood, Well-Jing point of the Liver Channel. Intersecting point of the Gall Bladder Channel of foot Shao Yang on the Liver Channel. Horary point.

Functions: Promotes smooth flow of Liver Qi; regulates menstruation; harmonizes Ying Qi (Nutritive Qi); regulates the Lower Jiao; resolves Damp Heat; returns Yang and restores consciousness; clears the Shen; frees the Channels; opens the Spirit portals.

Indications: Prolapsed uterus; painful hernia; metrorrhagia; irregular menstruation; enuresis; orchitis; hematuria, syncope.

GB-42 (*dì wǔ huì*)

地 *dì*: earth, ground

五 *wǔ*: five, fifth

會 *huì*: to converge, to meet

地五會

Earth Fivefold Convergence

Location: On the dorsum of the foot between the fourth and fifth metatarsal bones, immediately proximal to the metatarso-phalangeal joints. The point is located in the depression just proximal to the heads of these bones, medial to tendon to the small toe of extensor digitorum longus muscle.

Functions: Clears the Liver and drains the Gall Bladder; brightens the eyes and benefits hearing.

Indications: Red and painful eyes; pain in the outer canthus; axillary swelling; inflammation of the dorsum of the foot; mastitis; pain and distension of the breast.

Supplementary Indications: Tinnitus; itching eye; spitting blood due to internal injury; lumbar pain.

GB-43 (*xiá xī*)

俠 *xiá*: bold, generous

谿 (溪) *xī*: ravine, mountain stream gully

俠谿

Pinched Ravine

Location: On the dorsum of the foot between the fourth and fifth toes, distal to the metatarso-phalangeal joints. The point is located approximately 5 fen posterior to the distal border of the webbing, between the bases of the proximal phalanges.

Features & Categories: Water, Spring, Gushing-Ying point of the Gall Bladder Channel.

Functions: Clears Heat; resolves Damp Heat; extinguishes Wind; resolves Liver Yang Excess; relieves pain; benefits the ears.

Indications: Pain in the outer canthus; visual dizziness; vertigo; migraine headache; temporal headache; tinnitus; otitis media; pain in the cheek and submandibular region; swelling of the cheek; intercostal neuralgia; hypertension; pain in the lateral costal region; pain and distension in the breast; Heat diseases.

Supplementary Indications: Absence of sweating in Heat diseases; excess lacrimation; deafness; expectoration of blood; pain in the chest that prevents turning; mania; amenorrhoea; mastitis.

GB-44 (*zú qiào yīn*)足 *zú*: foot, (lower) leg竅 *qiào*: portal, orifice陰 *yīn*: yin, the complement of yang

足竅陰

Foot Portal Yin

Location: On the dorsal lateral aspect of the distal phalanx of the 4th toe, 1 fen proximal to the lateral proximal corner of the toenail.

Features & Categories: Metal, Well-Jing point of the Gall Bladder channel.

Functions: Extinguishes Wind and frees the Liver and Gall Bladder; resolves Liver Yang Excess; clears Heat and drains Fire; calms the Shen; benefits the eyes; restores consciousness.

Indications: Unilateral headache; migraine headache; visual dizziness; conjunctivitis; dry, red and painful eyes; hypertension; tinnitus; lateral costal pain; intercostal neuralgia; excessive dreaming; insomnia; dream-disturbed sleep; agitation; stiffness of the tongue; Heat diseases; fainting; asthma; pleuritis; pleurisy.

Supplementary Indications: Cough; cramp in the limbs; eye pain; throat Bi; headache; vexation; dry curled tongue; deafness; menstrual disorders; pain and swelling of the dorsum of the foot; pain in the outer canthus.

BL-19 (*dǎn shū*)膽 *dǎn*: gallbladder俞 *shū*: acupuncture point

膽俞

Gallbladder Shu

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

Features & Categories: back Associated-Shu, Transporting point of the Gall Bladder Fu.

Functions: Clears and drains Heat from the Liver and Gall Bladder; clears Gall Bladder Fire; resolves Damp Heat; harmonizes the Stomach; relaxes the diaphragm and regulates Qi; brightens the eyes.

Indications: Jaundice; hepatitis; cholecystitis; gastritis; bitter taste in the mouth; pain or soreness in the chest and lateral costal (hypochondriac) region; abdominal distension; hiccough; belching; nausea; vomiting; tidal fever; afternoon malar flush; pulmonary tuberculosis; tuberculosis of the lymph glands; fever and sweating due to tuberculosis; sciatica; disorders of the back.