

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 HEART ZANG**HT-1 (*jí quán*)**

極 *jí*: extreme, most venerable, best
泉 *quán*: spring, fountain

極泉

Highest Spring

Location: In the centre of the armpit (axilla), on the medial side of the axillary artery.

Functions: Regulates flow of Qi and loosens the chest; nourishes Heart Yin; frees the Channels and quickens the Connecting vessels.

Indications: Pain in the ribs and the region of the heart; intercostal neuralgia; angina pectoris; arthritis of the shoulder; inflammation of the shoulder joint; scrofula; cold and pain in the elbow and arm.

Supplementary Indications: Cardiac Bi; dry retching; cardiac pain; thirst with desire to drink; jaundice; depression; pleurisy; fullness and pain in the lateral costal region; cold in the arm and elbow.

HT-2 (qīng líng)

青 qīng: cyan, blue-green, purple
 靈 líng: spirit; divine; efficacious

青靈

Cyan Spirit

Location: Three cun proximal to the medial end of the transverse cubital crease when the elbow is flexed, in the groove medial to biceps brachii muscle (medial bicipital furrow).

Functions: Frees the Channels and quickens the Connecting vessels; regulates Qi and Blood.

Indications: Yellowing of the sclera; precordial pain; lateral costal pain; shoulder and arm pain.

Supplementary Indications: Inability to lift the upper limb; headache and quivering with cold.

HT-3 (shào hǎi)

少 shào: less, few
 海 hǎi: sea

少海

Lesser Sea

Location: At the medial end of the transverse cubital crease with the elbow flexed. The point lies in a depression lateral (and anterior) to the medial epicondyle of the humerus.

Features & Categories: Water, Sea, Uniting-He point of the Heart Channel.

Functions: Promotes and frees Heart Qi and Blood; clears the Pericardium; calms and stabilizes the Shen; clears Heat and transforms Phlegm; clears the Vessels.

Indications: Pain in the region of the heart; intercostal neuralgia; psychosis; neurasthenia; numbness of the arm or forearm; ulnar nerve neuralgia; trembling hands; hypertonicity of the elbow; pain in the axillary and lateral costal region; scrofula.

Supplementary Indications: Toothache; headache and dizziness; vomiting of thin foamy phlegm; trembling hands and hypertonicity of the elbow; axillary pain; poor memory; absent mindedness; mania; Qi counterflow; numbness in both arms; cardiac pain; nodular growths in the neck.

HT-4 (líng dào)

靈 líng: spirit
 道 dào: pathway

靈道

Spirit Pathway

Location: One and a half cun proximal to the medial end of the transverse wrist crease on the anterior aspect of the forearm, immediately lateral to the tendon of flexor carpi ulnaris muscle.

Features & Categories: Metal, River, Traversing-Jing point of the Heart Channel.

Functions: Nourishes the Heart and calms the Shen; soothes the Sinews and quickens the Connecting vessels; removes obstructions from the Heart Channel.

Indications: Pain in the region of the heart; chest pain; sudden loss of voice; psychosis; hysteria; insomnia; hypertonicity of the elbow and forearm; convulsive spasm; neuralgia of the ulnar nerve.

Supplementary Indications: Visceral agitation; clonic spasm; sorrow and fear.

HT-5 (tōng lǐ)

通 tōng: to go through, unblock; connect

里 lǐ: unit of measurement; ward (neighborhood), village

通里

Connecting Li

Location: One cun proximal to the medial end of the transverse wrist crease on the palmar aspect of the forearm, immediately lateral to the tendon of flexor carpi ulnaris muscle.

Features & Categories: Connecting-Luo point of the Heart Channel connecting to the Small Intestine Channel of hand Tai Yang. A Heavenly Star point of Ma Dan-Yang.

Functions: Calms the Shen, regulates Heart Qi, resolves Internal Wind.

Indications: Palpitations and tachycardia; bradycardia; chest pain; angina pectoris; dizziness; blurred vision; sore, swollen throat; sudden loss of voice; insomnia; neurasthenia; psychosis; palpitations from fright; stiff tongue preventing speech; pain in the wrist and medial forearm.

Supplementary Indications: Throat Bi; profuse menstruation; visceral agitation; incontinence; cough; asthma; headache and dizziness.

HT-6 (yīn xī)

陰 yīn: yin, the complement of yang

窅 xī: cleft

陰窅

Yin Cleft

Location: Five fen proximal to the medial end of the transverse wrist crease on the palmar aspect of the forearm, immediately lateral to the tendon of flexor carpi ulnaris muscle.

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

Functions: Clears Heart Fire; nourishes Heart Yin; subdues deficient Yang excess; calms the Shen; secures the Exterior.

Indications: Cardiac pain; fright palpitations; cardiac arrhythmia; night sweating; high fever; hysteria; neurasthenia; pulmonary tuberculosis.

Supplementary Indications: Dizziness; fright palpitations; nosebleed; throat Bi; tonsillitis; infantile steaming bone fever; sudden loss of voice; fullness in the chest; fright.

HT-7 (shén mén)

神 shén: spirit

門 mén: gate, door

神門

Spirit Gate

Location: Towards the medial end of the transverse wrist crease on the palmar aspect of the wrist, immediately lateral (radial aspect) to the tendon of flexor carpi ulnaris muscle. This is in the articular region between the pisiform and ulna bones.

Features & Categories: Earth, Stream, Transporting-Shu point, and Source-Yuan point of the Heart Channel.

Functions: Calms the Heart and Shen; clears Fire and cools the Blood; clears Heart Heat; regulates Qi counterflow; clears the Channels.

Indications: Cardiac pain; angina pectoris; vexation; mania and withdrawal; poor memory; tachycardia; bradycardia; fright palpitations; depressive psychosis; hysteria; insomnia;

excessive dreaming; nightmares; yellowing of the sclera; pain in the lateral costal region; heat in the palms; paralysis of the tongue.

Supplementary Indications: Dizziness; feeble-mindedness; epilepsy; retching or spitting of blood; visceral agitation; throat Bi; dryness of the throat with no desire to eat; Qi ascent dyspnea; red facial complexion and tendency to laugh; loss of voice; panting; dementia.

HT-8 (*shào fǔ*)

少 *shào*: lesser, minor; few, little

府 *fǔ*: residence, storehouse, mansion

少府

Lesser Mansion

Location: On the palmar surface between the 4th and 5th metacarpal bones. When a loose fist is made the point is at the tip of the little finger on the distal transverse palmar crease ("heart" line in palmistry).

Features & Categories: Fire, Spring, Gushing-Ying point of the Heart Channel. Horary point.

Functions: Regulates Heart Qi and calms the Shen; clears Heat in the Heart and Phlegm Fire.

Indications: Palpitations; chest pain; angina pectoris; rheumatic heart disease; cardiac arrhythmias; hysteria; spasmodic pain and hypertonicity of the little finger; heat in the palm; itchy skin; inhibited urination; dysuria; enuresis.

Supplementary Indications: Genital itch; vexation, fullness, and diminished Qi; sorrow, fear, and fearfulness of people.

HT-9 (*shào chōng*)

少 *shào*: lesser, minor

冲 *chōng*: thoroughfare, a hub; to surge, clash

少冲

Lesser Surge

Location: On the dorsal, radial (lateral) aspect of the little finger, approximately one fen from the proximal, lateral corner of the nail.

Features & Categories: Wood, Well-Jing point of the Heart Channel.

Functions: Opens the Heart portals; calms the Shen; revives from fainting; discharges pathogenic Heat and clears Internal Wind; revives depleted Yang.

Indications: Palpitations; cardiac pain; angina pectoris; high fever; pain in the chest and lateral costal region; mania and withdrawal; hysteria; febrile diseases; fainting; infantile convulsions.

Supplementary Indications: Jaundice; throat Bi; heat diseases with vexation and agitation; emergency treatment of cerebrovascular accident; shock; pain in the root of the tongue.

CV-14 (jù què)

巨 jù: great, gigantic

關 què: gate tower (watch towers located on either side of a palace gate); a palace

巨 關

Great Tower Gate

Location: On the superior abdomen in the anterior midline. The point is located 6 cun superior to REN-8 (Shen Que) in the middle of the umbilicus, and 2 cun inferior to the xiphisternal junction (REN-16, Zhong Ting). KID-21 (You Men) is located 5 fen lateral to REN-14 (Ju Que), ST-19 (Bu Rong) is 2 cun lateral.

Features & Categories: Front Alarm-Mu, Collecting point of the Heart Zang.

Functions: Disperses congealed Phlegm in the chest and diaphragm; transforms Damp Stagnation in the middle Jiao; pacifies the Stomach and benefits the diaphragm; clears the Heart and calms the Shen; regulates Qi and frees the middle Jiao; rectifies rebellious Stomach Qi.

Indications: Cardio-thoracic pain; angina pectoris; stomach pain; gastric reflux and acid regurgitation; esophageal constriction; difficulty in swallowing; nausea; vomiting; hiccough; stomach or digestive problems with an emotional foundation; mental illness; mania and withdrawal; epilepsy; seizures; palpitations; chronic hepatitis.

BL-15 (xīn shū)

心 xīn: heart

俞 shū: acupuncture point

心 俞

Heart Shu

Location: Between the scapulae on the posterior aspect of the trunk, 1.5 cun lateral to Du Mai point DU-11 (Shen Dao). DU-11 (Shen Dao) is located on the midline in the depression immediately inferior to the spinous process of 5th thoracic vertebra. BL-44 (Shen Tang) is 1.5 cun lateral to BL-15 (Xin Shu), 3 cun from the posterior midline.

Features & Categories: back Associated-Shu, Transporting point of the Heart Zang.

Functions: Stabilizes and nourishes the Heart and calms the Shen; clears Heat; opens the chest and regulates Qi; regulates Blood; stimulates the brain.

Indications: Neurasthenia; intercostal neuralgia; angina pectoris; rheumatic heart disease; epilepsy; distress; palpitations; atrial fibrillation; tachycardia; arrhythmias; Heart disorders generally; absent mindedness; vexation; cough; coughing or spitting blood; depression; psychosis; seizures; panic; nervous anxiety; insomnia; hysteria; childhood mental retardation.