

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 KIDNEY ZANG**KI-1 (*yǒng quán*)**

湧 *yǒng*: to gush, well up, surge

泉 *quán*: a spring; ancient term for coin **Gushing Spring**

湧泉

Location: On the plantar surface of the foot, in the depression at the junction of the anterior one third and posterior two thirds of the sole. The point is located between the 2nd and 3rd metatarsals, proximal to the heads of these bones. The location should be confirmed with palpation.

Features & Categories: Wood, Well-Jing point of the Kidney Channel; one of the nine needles for returning Yang.

Functions: Clears Kidney Heat; tonifies Yin; rectifies Yin Fire (Empty Heat); subdues Wind; calms the Shen; recovers consciousness; opens the sensory orifices.

Indications: Vertex headache; dizziness; blurred vision; sore throat; dry tongue; loss of voice; dysuria; urinary retention; difficult defecation; diarrhoea; colic; infantile convulsions; heat in the soles of the feet; fainting; shock; heat exhaustion; insomnia; stroke; hypertension; epilepsy; seizures; psychosis; hysteria; mental illness; paralysis of the lower limbs.

Supplementary Indications: Dark complexion; susceptibility to fear or fright; poor memory; irascibility; throat Bi; swelling of the pharynx; dry tongue; nosebleed; cough and spitting of blood; oedema; hernia; impotence; heat in the palms and soles; pain in (tips of) the toes; lumbar pain; vexation; no pleasure in eating; cough and shortness of breath; cold stretching from the sole of the foot to the knee; backache; female infertility; madness; swelling of the feet; gynaecological disorders; Wind papules in the skin.

KI-2 (*rán gǔ*)

然 *rán*: so, however; suddenly; same as 燃, *rán*, burn
谷 *gǔ*: valley

然谷

Blazing Valley

Location: On the medial aspect of the foot at the instep. The point is located in the depression immediately inferior to the tuberosity of the navicular bone, at the junction of the red and white skin.

Features & Categories: Fire, Spring, Gushing-Ying point of the Kidney Channel; Intersection point of Yin Qiao Mai (Yin heel/motility Vessel) on the Kidney Channel.

Functions: Resolves Kidney Heat; clears Empty Heat; cools the Blood; enhances the lower Jiao; invigorates Yin Qiao Mai.

Indications: Genital itch; cystitis; prolapse of the uterus; irregular menstruation; seminal emission; coughing of blood; pharyngitis; diarrhea; painful swelling of the dorsum of the foot; malar flush; mental restlessness; infantile convulsions.

Supplementary Indications: Throat Bi and swelling of the pharynx; spitting of blood; impotence; seminal emission and turbid white urethral discharge; malaria; diarrhea; urinary stoppage; thirst and emaciation; diabetes; jaundice; spontaneous and night sweating; swelling of the dorsum of the foot that prevents walking; Cold hernia with lower abdominal distension; infertility; pain in the lower leg that prevents standing for long periods; no pleasure in eating; vexation Heat diseases; cold feet; heat in one foot and cold in the other; protracted tongue; vexation and fullness; tetanus.

KI-3 (*tài xī*)

太 *tài*: great, big, the most
谿 *xī*: a mountain stream, ravine

太谿

Great Ravine

Location: On the medial aspect of the ankle, directly posterior to the tip (medial prominence) of the medial malleolus. The point is located in the depression (approximately midway) between the tip of the malleolus and the calcaneal (Achilles) tendon.

Features & Categories: Earth, Stream, Transporting-Shu point, and Source-Yuan point of the Kidney Channel; one of the nine needles for returning Yang.

Functions: Benefits the Kidneys; tonifies Kidney Yin; resolves Deficient Heat; invigorates Jing; regulates the Uterus; strengthens the lower back and knees; benefits Bones and Marrow.

Indications: Nephritis; cystitis; sore throat; toothache; chronic laryngitis; deafness; tinnitus; dizziness; coughing of blood; asthma; emphysema; irregular menstruation; insomnia; nocturnal seminal emission; impotence; urinary frequency; enuresis; constipation; neurasthenia; lumbar pain; paralysis of the lower limb; pain in sole of foot.

Supplementary Indications: Throat Bi and swelling of the pharynx; toothache; Kidney Deficiency impotence and seminal emission; hernia; difficult defecation; mastitis; cardiac pain; cold in the extremities; Damp itch and sores on the inside of the thigh; fullness in the chest and lateral costal region; wheezing; breast abscess; kidney disease; Heat disease with copious sweating; gluey sensation in the mouth; dyspnea with fullness and phlegm tinnitus.

KI-4 (*dà zhōng*)

大 *dà*: large, great

鐘 *zhōng*: a handleless cup; a bell; to gather

大鐘

Large Goblet

Location: On the medial aspect of the heel, inferior and posterior to KID-3 (Tai Xi). The point is located in the depression immediately anterior to the attachment of the calcaneal tendon to the calcaneus bone.

Features & Categories: Luo-Connecting point of the Kidney Channel, connecting to the Urinary Bladder Channel of foot Tai Yang.

Functions: Regulates the Kidneys and harmonizes the Blood; supplements Jing; supports the Shen; strengthens the back.

Indications: Coughing or spitting of blood; sore throat; asthma; neurasthenia; hysteria; stiffness and pain in the lumbar region; dysuria; pain in the heel.

Supplementary Indications: Urinary retention; constipation; lumbar pain; feeble mindedness; prostrate exhaustion; abdominal fullness; susceptibility to fright or anger; heat in the mouth; sore pharynx; vexation and oppression; bleeding from the root of the tongue; insufficiency of Shen; dementia; malarial disease.

KI-5 (*shuǐ quán*)

水 *shuǐ*: water

泉 *quán*: spring

水泉

Water Spring

Location: On the medial aspect of the heel, approximately 1 cun directly inferior to KID-3 (Tai Xi). The point is located in a slight depression inferior and anterior to KID-4 (Da Zhong), and anterior and superior to the medial calcaneal tubercle.

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

Functions: Regulates menstruation; benefits the lower Jiao; promotes Blood circulation; resolves abdominal pain.

Indications: Irregular menstruation; menstrual pain; amenorrhoea; prolapse of the uterus; urinary retention; myopia; blurred vision.

Supplementary Indications: Absence of menstruation; oppression and pain below the heart; dribbling urination; near sightedness; abdominal pain.

KI-6 (*zhào hǎi*)

照 *zhào*: to shine, to reflect

海 *hǎi*: sea

照海

Shining Sea

Location: At the medial ankle in a depression directly inferior to the medial tip of the medial malleolus. The point is located 3-5 fen below the inferior border of the malleolus (depending on the patient's anatomy), on the medial surface of the talus. It lies posterior (and inferior) to the tendon of tibialis posterior muscle. This location is approximately 1 cun directly below the tip of the medial malleolus.

Features & Categories: Master point of Yin Qiao Mai (Yin heel/motility Vessel), Coupling point of Ren Mai (Conception Vessel). Intersection point of Yin Qiao Mai (Yin heel/motility Vessel) on the Kidney Channel.

Functions: Frees the Channels and harmonizes Ying Qi; drains Fire and enhances Qi; nourishes Yin; cools the Blood; calms the Shen; benefits the eyes; benefits the throat; invigorates Yin Qiao Mai; promotes the function of the Uterus; opens the chest.

Indications: Irregular menstruation; prolapse of the uterus; leukorrhoea; genital itch; hernia; urinary frequency or retention; epilepsy; seizures; psychosis; neurasthenia; dry, sore throat; pharyngitis; tonsillitis; insomnia; dry eyes; constipation; asthma.

Supplementary Indications: Vaginal discharge; abdominal pain; nocturnal epilepsy; sorrowfulness; no desire to eat; yellow urine; heat in the lower abdomen; pain and weakness of the limbs; thoracic oppression; Phlegm congestion; pharyngeal Wind; swelling and sagging of one testicle; difficult labour; postpartum abdominal pain; persistent flow of lochia; female lassitude due to Qi and Blood Deficiency; heat vexation in the five Hearts; cramp in the hands and feet preventing movement; cholera with vomiting and diarrhea; fever; headache; swelling of the face and limbs; eye pain; hemiplegia.

KI-7 (*fù liū*)

復 *fù*: to recover; to turn around

溜 *liū*: to slide, glide, flow; smooth; a swift current

復溜

Recover Flow

Location: On the medial aspect of the distal leg, 2 cun directly superior to KID-3 (Tai Xi). The point is located immediately anterior to the calcaneal tendon. The proportional distance between SP-9 (Yin Ling Quan) [or LIV-7 (Xi Guan)] and the tip of the medial malleolus is 13 cun.

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

Functions: Regulates Kidney Qi (Yang); clears and cools Damp Heat; regulates the sweat pores; frees the Urinary Bladder; dispels dryness and disperses Stagnation; strengthens the lower back.

Indications: Diarrhea; rumbling intestines; edema; abdominal distension; nephritis; orchitis; leukorrhoea; functional uterine bleeding; urinary tract infection; swelling of the thighs; atony of the lower limbs; spontaneous or night sweating; low back pain.

Supplementary Indications: Urinary frequency, urgency, difficulty and incontinence; dysentery; rumbling in the intestines; abdominal pain; lumbar pain; cold in the lower leg; absence of sweating; tidal fevers; abdominal distension; swelling of the limbs; bleeding hemorrhoids; heavy feeling in the rectum after diarrhea; pain in the nostrils; dry belching; irascibility and talkativeness; curled tongue preventing speech; insanity; pus and blood in the stool; Qi stagnation in the lumbar region; pain on the dorsum of the foot.

KI-8 (*jiāo xìn*)

交 *jiāo*: to connect, intersect; to deliver

信 *xìn*: faith, trust, evidence; true

交信

Intersection Reach

Location: On the medial aspect of the distal leg, 2 cun superior to KID-3 (Tai Xi) and 5 fen anterior to KID-7 (Fu Liu), just behind the posterior border of the tibia. The proportional distance between SP-9 (Yin Ling Quan) [or LIV-7 (Xi Guan)] and the tip of the medial malleolus is 13 cun. SP-6 (San Yin Jiao) is located 1 cun proximal to KID-8 (Jiao Xin).

Features & Categories: Xi-Cleft, Accumulation point of Yin Qiao Mai (Yin heel/motility Vessel); Intersection point of Yin Qiao Mai on the Kidney Channel.

Functions: Supplements the Kidneys; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); clears Heat and eliminates Damp; disperses masses; resolves abdominal pain; removes obstruction from the Channel; regulates Yin Qiao Mai.

Indications: Irregular menstruation; menorrhagia; metrorrhagia; prolapse of the uterus; diarrhea; defecation difficulty; constipation; dysentery; pain and swelling of the testicles.

Supplementary Indications: Urinary retention; pain or swelling of the lower abdomen or scrotum; hernia; pain on the medial aspect of the lower limb.

SP-6 (*sān yīn jiāo*)

三 *sān*: three

陰 *yīn*: yin, the complement of yang

交 *jiāo*: to intersect, join, meet, cross

三陰交

Three Yin Intersection

Location: On the medial aspect of the distal leg, 3 cun proximal to the tip (medial prominence) of the medial malleolus, immediately behind the posterior border of the tibia. The proportional distance between SP-9 (Yin Ling Quan) [or LIV-7 (Xi Guan)] and the tip of the medial malleolus is 13 cun. SP-6 (San Yin Jiao) is 2.5 fen distal to one quarter of the distance between these landmarks.

Features & Categories: Intersection point of the Kidney Channel of foot Shao Yin and the Liver Channel of foot Jue Yin on the Spleen Channel; one of the nine needles for returning Yang. Group Luo-Connecting point of the three Yin Meridians of the lower limb.

Functions: Strengthens the Spleen and resolves Damp; helps movement and transformation; moves Blood and frees Qi stagnation; promotes and spreads Liver Qi; enhances the Lower Jiao; benefits the Kidneys; regulates the Uterus and the palace of Jing; nourishes Blood and Yin; dispels Wind Damp from the Channels and Connecting Vessels.

Indications: Rumbling intestines; abdominal distension or pain; thin stool with untransformed digestate; irregular menses; metrorrhagia; vaginal discharge; leukorrhea; prolapse of the uterus; amenorrhea; nonconception; difficult labor; nocturnal seminal emission; genital pain; hernia; inhibited or difficult urination; enuresis; incontinence; muscular atrophy; loss of locomotive ability of the lower extremities; insomnia; hemiplegia; neurasthenia; neurodermatitis; eczema; urticaria.

KI-9 (*zhú bīn*)

築 *zhú*: to build, to construct; to pound, to attack
賓 *bīn*: guest; to submit

築賓

Guest House

Location: On the medial aspect of the leg, 5 cun superior to KID-3 (Tai Xi) in the muscle belly of the medial head of gastrocnemius muscle. The point is located on a line drawn between KID-3 (Tai Xi) and KID-10 (Yin Gu).

The proportional distance between LIV-7 (Xi Guan) [or SP-9 (Yin Ling Quan)] and KID-3 (Tai Xi) is 13 cun. KID-9 (Zhu Bin) is located 1.5 cun distal to the midway point between these landmarks. It lies directly posterior to LIV-5 (Li Gou).

Features & Categories: Xi-Cleft, Accumulation point of Yin Wei Mai (Yin linking Vessel); Intersection point of Yin Wei Mai on the Kidney Channel.

Functions: Tonifies Kidney Yin; Clears the Heart and transforms Phlegm; settles fright and calms the Shen; resolves toxins and relieves pain; opens the chest; regulates Yin Wei Mai.

Indications: Nephritis; cystitis; orchitis; pelvic inflammatory disease; menorrhagia; seizures; psychosis; anxiety; mental restlessness; pain on the medial aspect of the lower leg; spasm of gastrocnemius muscle.

Supplementary Indications: Colic; insanity; mania and withdrawal; pain or swelling of the abdomen or scrotum; hernia.

KI-10 (*yīn gǔ*)

陰 *yīn*: yin, the complement of yang
谷 *gǔ*: valley

陰谷

Yin Valley

Location: Posterior to the knee at the medial end of the transverse popliteal crease. The point is located between the tendons of semimembranosus and semitendinosus muscles, medial to BL-40 (Wei Zhong). It is readily found with the knee slightly flexed.

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

Functions: Dispels Damp and frees urination; benefits the Kidneys and clears Heat; benefits Kidney Yin; frees the lower Jiao.

Indications: Impotence; nocturnal seminal emission; hernia; menorrhagia; metrorrhagia; arthritis of the knee; pain along the medial aspect of the knee and thigh; urinary tract infection; dysuria; diseases of the urogenital system generally.

Supplementary Indications: Difficult urination; urinary urgency; protracted tongue and dribbling; abdominal distension; hernia pain; mania and withdrawal; mental disorders.

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.

CV-4 (*guān yuán*)

關 *guān*: pass, passageway, gate; critical juncture;
 to lock in
 原 *yuán*: origin, original, source

關原

Origin Pass

Location: On the anterior midline of the lower abdomen, 3 cun below the umbilicus. The proportional distance between the middle of the umbilicus and the superior border of the pubic symphysis is 5 cun. The point lies 3 cun inferior to REN-8 (Shen Que), and 2 cun superior to REN-2 (Qu Gu). KID-13 (Xi Xue) is located 5 fen lateral to REN-4 (Guan Yuan), ST-28 (Shui Dao) is 2 cun lateral.

Features & Categories: Front Alarm-Mu, Collecting point of the Small Intestine Fu. Intersection point of the Kidney Channel of foot Shao Yin, Spleen Channel of foot Tai Yin and Liver Channel of foot Jue Yin on Ren Mai.

Functions: Nourishes and tonifies the Kidneys; supplements Qi and strengthens Yang; warms and regulates the Uterus and the palace of Jing; nourishes Blood and Yin; dispels Cold Damp and eliminates Cold in the genitals; separates the Clear and the Turbid; benefits Yuan Qi and dispels Pathogens; strengthens the lower Jiao; safeguards health and prevents disease; calms the Shen.

Indications: Nocturnal seminal emission; enuresis; urinary frequency; urinary retention; urinary tract infections; irregular or painful menstruation, amenorrhoea and other menstrual disorders; vaginal discharge; leukorrhoea; scant metrorrhagia; functional uterine bleeding; prolapse of the uterus; postpartum hemorrhage; hernia; lower abdominal pain; indigestion; diarrhea; dysentery; prolapse of the rectum; Wind Deficiency patterns; impotence; peritonitis; nephritis; anxiety; vague fearfulness.

CV-3 (*zhōng jí*)

中 *zhōng*: center, central

極 *jí*: pole (as in polar opposites), extreme

中極

Central Pole

Location: On the anterior midline of the lower abdomen, one cun superior to REN-2 (Qu Gu). The proportional distance between the middle of the umbilicus (REN-8, Shen Que) and the superior border of the pubic symphysis (REN-2, Qu Gu) is 5 cun. REN-3 (Zhong Ji) is located one fifth of the distance between these landmarks. KID-12 (Da He) is located 5 fen lateral to REN-3 (Zhong Ji), ST-29 (Gui Lai) is 2 cun lateral.

Features & Categories: Front Alarm-Mu, Collecting point of the Urinary Bladder Fu. Intersection point of the Kidney Channel of foot Shao Yin, Spleen Channel of foot Tai Yin and Liver Channel of foot Jue Yin on Ren Mai.

Functions: Regulates the Uterus; warms the palace of Jing; frees the Urinary Bladder; rectifies the lower Jiao; resolves Damp Heat; clears Heat; supports the transforming functions of Qi in the lower Jiao.

Indications: Nocturnal seminal emission; impotence; premature ejaculation; enuresis; urinary retention; urinary frequency; urethritis; interrupted urinary flow; all urinary problems (especially acute); lower abdominal pain; irregular menstruation; metrorrhagia; dysmenorrhoea; vaginal discharge; leukorrhoea; prolapse of the uterus; infertility; genital pain; genital itch; vaginitis; gonorrhea; nephritis; peritonitis; sciatica.

KI-11 (*héng gǔ*)

橫 *héng*: horizontal, crosswise

谷 *gǔ*: bone

橫骨

Pubic Bone

Location: At the inferior border of the abdomen 5 fen lateral to Ren Mai point REN-2 (Qu Gu). The point is located in the depression immediately superior to the pubic bone. This is 5 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-30 (Qi Chong) is located 1.5 cun lateral to KID-11 (Heng Gu).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Tonifies the Stomach and resolves Damp.

Indications: Pain in the genitals; nocturnal seminal emission; impotence; dysuria; urinary retention; urethritis; hernia.

Supplementary Indications: Abdominal distension; lower abdominal pain; chronic prolapse of the rectum; painful protraction of the genitals; enuresis; urinary frequency, urgency, difficulty or incontinence; swelling of the lower extremities.

KI-12 (*dà hè*)

大 *dà*: large, big, great

赫 *hè*: bright, luminous or awe-inspiring (manifestation)

大赫

Great Manifestation

Location: On the lower abdomen 5 fen lateral to Ren Mai point REN-3 (Zhong Ji). This is 1 cun superior to KID-11 (Heng Gu) and 4 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-29 (Gui Lai) is located 1.5 cun lateral to KID-12 (Da He).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Supplements Kidney Qi and regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel).

Indications: Pain in the genitals; impotence; nocturnal seminal emission; vaginal discharge; leukorrhoea; uterine prolapse.

Supplementary Indications: Genital retraction; pain in the penis; neuralgia of the spermatic cord.

KI-13 (*qì xuè*)

氣 *qì*: qi

穴 *xuè*: acupuncture point; cave, hole

氣穴

Qi Hole

Location: On the lower abdomen 5 fen lateral to Ren Mai point REN-4 (Guan Yuan). This is 1 cun superior to KID-12 (Da He) and 3 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-28 (Shui Dao) is located 1.5 cun lateral to KID-13 (Qi Xue).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Supplements Kidney Qi and Jing; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); benefits the lower Jiao; removes obstruction from the Channel.

Indications: Irregular menstruation; dysmenorrhoea; leukorrhoea; sterility; urinary tract infection; dysuria; diarrhea; abdominal pain, fullness or masses.

Supplementary Indications: Vaginal discharge; infertility; urinary retention; lumbar pain; upsurging Kidney or Liver Qi.

KI-14 (*sì mǎn*)四 *sì*: four滿 *mǎn*: full, complete

四 滿

Fourfold Fullness

Location: On the lower abdomen 5 fen lateral to Ren Mai point REN-5 (Shi Men). This is 1 cun superior to KID-13 (Qi Xue) and 2 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-27 (Da Ju) is located 1.5 cun lateral to KID-14 (Si Man).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Supplements Kidney Qi; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); promotes free flow through the Waterways.

Indications: Metrorrhagia; irregular menstruation; leukorrhoea; dysmenorrhoea; abdominal distension; postpartum abdominal pain; diarrhea; infertility; urinary tract infection.

Supplementary Indications: Acute pain due to stagnant Blood; nocturnal seminal emission; white turbid urethral discharge; cutting pain below the navel; upsurging Kidney or Liver Qi; hernia.

KI-15 (*zhōng zhù*)中 *zhōng*: center, middle注 *zhù*: to flow, to pour; to fix on

中 注

Central Flow

Location: On the lower abdomen 5 fen lateral to Ren Mai point REN-7 (Yin Jiao). This is 1 cun superior to KID-14 (Si Man) and 1 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-26 (Wai Ling) is located 1.5 cun lateral to KID-15 (Zhong Zhu).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Nourishes the Kidney Channel; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); benefits the lower Jiao.

Indications: Irregular menstruation; lower abdominal pain; constipation; painful reddening of the eyes spreading from the inner canthus.

Supplementary Indications: Dry, hard stool; pain in the abdomen and lumbar region; heat in the lower abdomen.

KI-16 (*huāng shū*)育 *huāng*: the area just below the diaphragm俞 *shū*: acupuncture point

育 俞

Huang Shu

Location: On the abdomen 5 fen lateral to Ren Mai point REN-8 (Shen Que), level with the centre of the umbilicus. ST-25 (Tian Shu) is located 1.5 cun lateral to KID-16 (Huang Shu). The proportional distance between KID-16 (Huang Shu) and KID-11 (Heng Gu) is 5 cun.

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Tonifies the Kidneys; harmonizes the Stomach and rectifies counterflow of Qi; benefits the Heart; relieves pain; removes obstructions from the Channel.

Indications: Abdominal pain; vomiting; abdominal distension; stomach spasms; enteritis; chronic constipation; hiccough; painful hernia; diarrhoea.

Supplementary Indications: Cold hernia; dry stool; constipation.

KI-17 (*shāng qū*)

商 *shāng*: the musical tone associated with metal

曲 *qū*: bent, curved

商 曲

Shang Bend

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-10 (Xia Wan). This is 2 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-23 (Tai Yi) is located 1.5 cun lateral to KID-17 (Shang Qu). The proportional distance from the centre of the umbilicus to the xiphisternal junction is 8 cun.

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Fortifies the Spleen and resolves Damp; soothes the sinews and quickens the Connecting Vessels.

Indications: Abdominal fullness or pain; stomach ache; colic; diarrhea; constipation.

Supplementary Indications: Abdominal accumulations and gatherings with periodic cutting pain; pain in the intestines with no pleasure in eating; painful hernia; peritonitis; painful reddening of the eye spreading from the inner canthus.

KI-18 (*shí guān*)

石 *shí*: stone

關 *guān*: gate, passageway, pass

石 關

Stone Pass

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-11 (Jian Li). This is 3 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-22 (Guan Men) is located 1.5 cun lateral to KID-18 (Shi Guan).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Fortifies the Centre and harmonizes the Stomach; frees the Intestines and resolves Stagnation.

Indications: Vomiting; stomach ache; abdominal pain; hiccough; constipation; postpartum abdominal pain; spasms of the oesophagus.

Supplementary Indications: Infertility; copious spittle; pathogenic Blood surging upward in the abdomen; pain and distension with abdominal masses; painful reddening of the eyes spreading from the inner canthus.

KI-19 (*yīn dū*)

陰 *yīn*: yin, the complement of yang
 都 *dū*: metropolis, capital

陰都

Yin Metropolis

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-12 (Zhong Wan). This is 4 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-21 (Liang Men) is located 1.5 cun lateral to KID-19 (Yin Du).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Fortifies the Spleen and harmonizes the Stomach; regulates Qi; frees abdominal Qi; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel).

Indications: Borborygmi; abdominal distension; abdominal pain; epigastric pain; constipation; vomiting; emphysema; pleurisy; pleuritis; malaria.

Supplementary Indications: Counterflow Qi with abdominal pain; heat and pain in the lateral costal region; difficult defecation; infertility; vexation and fullness; painful reddening of the eyes spreading from the inner canthus.

KI-20 (*tōng gǔ*)

通 *tōng*: to free, unblock; to pass through
 谷 *gǔ*: valley; grain

通谷

Open Valley

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-13 (Shang Wan). This is 5 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-20 (Cheng Man) is located 1.5 cun lateral to KID-20 (Tong Gu).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Fortifies the Spleen and harmonizes the Stomach; opens the chest and rectifies Qi.

Indications: Abdominal pain; abdominal distension; intercostal neuralgia; vomiting; indigestion; untransformed digestate in stool; diarrhoea.

Supplementary Indications: Pain and distension with abdominal masses; abdominal and lateral costal masses; fixed Phlegm; pain in the chest and lateral costal region; stiff neck; retching; cough and dyspnea; epilepsy; seizures; sudden loss of voice; palpitations.

KI-21 (*yōu mén*)

幽 *yōu*: dark, gloomy; secret, subtle, hidden
 門 *mén*: gate, door

幽門

Dark Gate

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-14 (Ju Que). This is 6 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-19 (Bu Rong) is located 1.5 cun lateral to KID-21 (You Men). The proportional distance from the centre of the umbilicus to the xiphisternal junction is 8 cun.

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Benefits the Liver and rectifies Qi; fortifies the Spleen and harmonizes the Stomach; clears abdominal Heat.

Indications: Abdominal pain and distension; vomiting; diarrhea; stomach spasms; nausea; morning sickness; epigastric pain; intercostal neuralgia; chronic gastritis.

Supplementary Indications: Pain in the chest referring to the back and lumbar region; obstruction and distension below the heart; untransformed digestate in the stool; painful reddening of the eyes spreading from the inner canthus.

KI-22 (*bù láng*)

步 *bù*: a step; on foot

廊 *láng*: corridor, veranda, porch;
an upward path (新華字典)

步 廊

Corridor Walk

Location: On the anterior chest in the 5th intercostal space, approximately 2 cun lateral to Ren Mai. This part of the Kidney Meridian lies midway between the anterior midline and the mamillary line.

Functions: Benefits the Lung and resolves cough; rectifies counterflow of Qi and stops vomiting.

Indications: Cough; asthma; pleurisy; intercostal neuralgia; rhinitis; bronchitis; gastritis; vomiting; anorexia.

Supplementary Indications: Fullness in the chest and lateral costal region (hypochondrium); nasal congestion; deficient Qi; inability to move the upper limbs.

KI-23 (*shén fēng*)

神 *shén*: spirit

封 *fēng*: to seal; a border

神 封

Spirit Seal

Location: On the anterior chest in the 4th intercostal space, 2 cun lateral to Ren Mai point, REN-17 (Dan Zhong). This part of the Kidney Meridian lies midway between the anterior midline and the mamillary line.

Functions: Benefits the Lung and resolves cough; tonifies the Kidneys; calms the Shen; harmonizes the Stomach and rectifies counterflow of Qi.

Indications: Cough; asthma; distension and fullness in the chest and lateral costal region (hypochondrium); mastitis; bronchitis; pleurisy; intercostal neuralgia; anxiety; mental restlessness.

Supplementary Indications: Fullness in the chest and lateral costal region; breathing difficulty; cough; shortness of breath; vomiting; no pleasure in eating.

KI-24 (*líng xū*)

靈 *líng*: spirit (similar, but more yin than 神 *shén*)
墟 *xū*: ruins; old burial grounds; residence 帝王布攬

靈墟

Spirit Ruins

Location: On the anterior chest in the 3rd intercostal space, 2 cun lateral to Ren Mai point, REN-18 (Yu Tang). This part of the Kidney Meridian lies midway between the anterior midline and the mamillary line.

Functions: Opens the chest and rectifies counterflow of Qi; clears Heat and disperses swellings; tonifies the Kidneys; calms the Shen.

Indications: Cough; asthma; distension and fullness in the chest and lateral costal region (hypochondrium); intercostal neuralgia; mastitis; bronchitis; anxiety; mental restlessness.

Supplementary Indications: Fullness in the chest and lateral costal region; breathing difficulty; vomiting; no pleasure in eating; vexation and fullness.

KI-25 (*shén cáng*)

神 *shén*: spirit
藏 *cáng*: to store; the viscera

神藏

Spirit Storehouse

Location: On the anterior chest in the 2nd intercostal space, 2 cun lateral to Ren Mai point, REN-19 (Zi Gong). This part of the Kidney Meridian lies midway between the anterior midline and the mamillary line.

Functions: Opens the chest; calms dyspnea and relieves cough; tonifies the Kidneys; calms the Shen; rectifies Qi.

Indications: Cough; asthma; bronchitis; intercostal neuralgia; pain in the chest; anxiety; mental restlessness.

Supplementary Indications: Fullness in the chest and lateral costal region; vomiting; vexation and fullness; no pleasure in eating.

CV-17 (*dàn zhōng*)

膻 *dàn*: the central area of the chest
中 *zhōng*: center, middle

膻中

Chest Center

Location: On the anterior midline, midway between the nipples, level with the medial end of the 4th intercostal space. It is best if the patient is supine. Use of the nipples to locate this point is obviously not so relevant for females. It is located midway between Ren-16 (Zhong Ting) and Ren-18 (Yu Tang), about 1.6 cun from each point. The point is approximately located at the junction of the superior $\frac{3}{4}$ and inferior $\frac{1}{4}$ of the body of the sternum. It is often sensitive to pressure with palpation. KID-23 (Shen Feng) is located 2 cun lateral to this point.

Features & Categories: Meeting point of the Qi; Intersection point of the San Jiao Channel of hand Shao Yang and Small Intestine Channel of hand Tai Yang on Ren Mai. Front Alarm-Mu, Collecting point of the Pericardium Zang; front Alarm-Mu, Collecting point of the Upper Jiao. Point of the Sea of Qi (BL-10, ST-9, DU-15, DU-14, REN-17).

Note: An alternative name for this point is **Shan Zhong, Chest Centre**.

Note: Ellis, Wiseman & Boss (1991, 1989) and O'Connor & Bensky (1981) both list REN-17 (Dan Zhong) as an Intersection point of the Spleen Channel of foot Tai Yin and Kidney Channel of foot Shao Yin on Ren Mai, even though these Meridians do not make this overt intersection. The Pericardium Channel of hand Jue Yin may intersect in a similar way at this point (Rogers, 1981), thereby establishing the Meridian connection from the Kidney Channel.

Functions: Regulates Qi and rectifies rebellious Qi counterflow; tonifies Qi; dispels Fullness from the chest; clears the Lung and resolves Phlegm; opens the chest and frees the diaphragm; benefits the breasts.

Indications: Dyspnea; asthma; bronchitis; hiccough; breathlessness; pain or fullness of the chest; tightness or constriction of the chest; (chronic) cough; chronic bronchitis; difficulty in swallowing; angina pectoris; palpitations; mastitis; lactation insufficiency; intercostal neuralgia; Phlegm obstruction of the chest; insufficient dispersing and descending action of Lung Qi; hiatus hernia.

KI-26 (*yù zhōng*)

彙 *yù*: elegant, cultured; flourishing

中 *zhōng*: center, middle

彙 中

Lively Center

Location: On the anterior chest in the 1st intercostal space, 2 cun lateral to Ren Mai point, REN-20 (Hua Gai). This part of the Kidney Meridian lies midway between the anterior midline and the mamillary line.

Functions: Opens the chest and promotes smooth flow of Qi; calms dyspnea and relieves cough.

Indications: Cough; asthma; bronchitis; distension and fullness in the chest and lateral costal region (hypochondrium); intercostal neuralgia.

Supplementary Indications: Fullness in the chest and lateral costal region; phlegm congestion; vomiting; no pleasure in eating.

KI-27 (*shū fǔ*)

俞 *shū*: acupuncture point; to transport

府 *fǔ*: mansion; storehouse, treasury

俞 府

Shu Mansion

Location: On the anterior chest immediately below the medial inferior border of the clavicle, approximately 2 cun lateral to Ren Mai point, REN-21 (Xuan Ji). This is superior to the medial end of the 1st rib. This part of the Kidney Meridian lies midway between the anterior midline and the mamillary line.

Functions: Benefits the Lung and rectifies counterflow of Qi; calms dyspnea and resolves cough; stimulates Kidney's reception of Qi; resolves Phlegm; fortifies the Spleen and harmonizes the Stomach.

Indications: Cough; asthma; bronchitis; pain in the chest.

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.

BL-23 (*shèn shū*)腎 *shèn*: kidney俞 *shū*: acupuncture point

腎俞

Kidney Shu

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

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

Functions: Regulates and tonifies the Kidneys; nourishes Jing; strengthens the transforming action of Qi; resolves Damp; strengthens the lumbar and spine; nourishes Blood; benefits Bones and Marrow; tonifies Water and invigorates Fire; brightens the eyes and benefits hearing.

Indications: Nocturnal seminal emission; impotence; infertility; lack of sexual interest; enuresis; urinary tract infection; urinary retention; dysuria; irregular menstruation; vaginal discharge; leukorrhoea; nephritis; nephroptosis; renal colic; (chronic) low back pain or weakness, and weakness of the knees; blurred vision; tinnitus; dizziness; fatigue; deafness; edema; (chronic) asthma; anemia; alopecia; soft tissue injury to the lumbar region; (chronic) diarrhoea; sequelae of infantile paralysis; Deficient Yin or Yang of the Kidneys; poor vision; dry eyes; diminished willpower; osteoporosis; osteomalacia; osteophytes; arthritic bone deformities.