

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 LARGE INTESTINE FU**LI-1 (*shāng yáng*)**

商 *shāng*: 5th note of Chinese musical scale; merchant
陽 *yáng*: yang, the complement of yin

商陽

Shang Yang

Location: On the radial (lateral) side of the index finger approximately 1 fen proximal to the lateral, proximal corner of the nail.

Features & Categories: Metal, Well-Jing point of the Large Intestine Channel. Horary point.

Functions: Resolves the Exterior and dissipates Heat; clears the Lung and benefits the throat; benefits the eyes; clears Yang Ming pathogenic Heat; expels Wind and disperses Cold; opens the Portals and revives the Shen.

Indications: Toothache; sore, swollen throat; swelling of the submandibular region; high fever; numbness of the fingers; Heat diseases; acute conjunctivitis; fainting.

Supplementary Indications: Heat disease with sweating; blindness; deafness and tinnitus; throat Bi preventing speech; shoulder and back pain reaching into the clavicle; malaria; thoracic fullness.

LI-2 (èr jiān)

二 èr: two, second

間 jiān: space, gap, crevice

二 間

Second Space

Location: On the radial (lateral) side of the index finger just distal to the base of the proximal phalanx of the second digit. The point is located at the border of the red and white skin on the lateral (radial) end of the transverse digital skin crease.

Features & Categories: Water, Spring, Gushing-Ying point of the Large Intestine Channel.

Functions: Dissipates pathogenic Heat; benefits the throat.

Indications: Blurred vision; dizziness; nosebleed; toothache; sore, swollen throat; Heat diseases; fever; facial paralysis; trigeminal neuralgia; constipation; dry stool; abdominal pain.

Supplementary Indications: Severe clouding of vision; throat Bi; submandibular swelling; shoulder and back pain; wryness of mouth and eyes; headache.

LI-3 (sān jiān)

三 sān: three, third

間 jiān: space, crevice, gap

三 間

Third Space

Location: On the radial (lateral) side of the hand just proximal to the head of the second metacarpal bone. The point is located in a slight depression at the junction of the red and white skin when a loose fist is made.

Features & Categories: Wood, Stream, Transporting-Shu point of the Large Intestine Channel.

Functions: Discharges pathogenic Heat; dispels Wind; brightens the eyes and benefits the throat; regulates bowel Qi.

Indications: Eye pain; (lower jaw) toothache; sore, swollen throat; redness and swelling of the fingers and backs of the hands; malaria; trigeminal neuralgia.

Supplementary Indications: Acute eye pain; aching among the lower teeth; throat Bi; blockage of the pharynx; fever and chills; abdominal fullness and rumbling intestines; shoulder pain; dryness of the mouth and lips; body fever; dyspnea; constipation; dry stool.

LI-4 (hé gǔ)

合 hé: a union; to meet

谷 gǔ: valley

合 谷

Union Valley

Location: In the centre of the flesh (high point) between the first and second metacarpal bones in the first dorsal interosseus muscle. This is approximately midway along the length of the second metacarpal bone. The point may be located by placing the transverse interphalangeal crease of one thumb at the margin of the webbing between the thumb and index finger of the opposite hand - the point is where the distal end of the thumb touches.

Features & Categories: Yuan-Source point of the Large Intestine Channel; Regional

Command point of the face and mouth. One of the nine needles for returning Yang. A Heavenly Star point of Ma Dan-Yang.

Functions: Frees the Channels and quickens the Connecting Vessels; disperses Wind and resolves the Exterior; clears Lung Heat; stimulates dispersal function of the Lungs; relieves pain and calms the Shen.

Indications: Headache; painful swelling and reddening of the eyes; nosebleed; swelling of the face; nasal obstruction or congestion; runny nose; sore, swollen throat; throat Bi; parotitis; common cold; deafness; hypertonicity of the fingers; pain in the arm; neck pain; toothache; wryness of the eyes and mouth; facial paralysis; hemiplegia; neurasthenia; sweating or absence of it in Heat diseases; tidal fever; amenorrhoea; prolonged labor; diarrhoea; dysentery; pain generally; diseases of the sensory organs; motor impairment of upper limb.

Supplementary Indications: Lockjaw; malaria with fever and chills; mania; loss of voice; Wind papules; scabies; cardiac pain; unilateral or bilateral headache; great thirst, fever and aversion to cold in Cold damage; headache and rigid spine; childhood tonsillitis; membrane on the eye; induction of abortion.

Contraindications: This point is contraindicated for pregnant women.

LI-5 (*yáng xī*)

陽 *yáng*: yang, the complement of yin

谿 *xī*: ravine, mountain creek gully, gorge

陽谿

Yang Ravine

Location: On the radial (lateral) side of the wrist in the anatomical "snuff-box". The point is located in the depression between the tendons of extensor pollicis longus and brevis muscles, just proximal to the pulse of the radial artery in the snuff box.

Features & Categories: Fire, River, Traversing-Jing point of the Large Intestine Channel.

Functions: Disperses Wind and drains Fire; dissipates Yang Ming pathogenic Heat; expels Wind; benefits the throat; relieves pain.

Indications: Headache; painful swelling and reddening of the eyes; toothache; sore, swollen throat; laryngitis; pain in the wrist; inability to flex the elbow; disease of soft tissues of wrist joint.

Supplementary Indications: Deafness; tinnitus; throat Bi; membrane on the eye; inability to lift the arm; heat in the palm; pain in the root of the tongue; vexation; anxiety; protrusion of the tongue; indigestion in infants and children.

LI-6 (*piān lì*)

偏 *piān*: inclined to one side; partial

歷 *lì*: to pass through; order, sequence

偏歷

Veering Passageway

Location: On the lateral forearm three cun proximal to LI-5 (Yang Xi). The point is located on a line drawn between LI-5 (Yang Xi) at the wrist and LI-11 (Qu Chi) at the elbow. The point is easily located with elbow flexed and the forearm semi-pronated (or semi-supinated).

Features & Categories: Luo-Connecting point of the Large Intestine Channel, connecting to the Lung Channel of hand Tai Yin.

Functions: Regulates the Lung Waterways; frees the Channels and Connecting Vessels.

Indications: Nosebleed; tonsillitis; tinnitus; deafness; facial paralysis; aching of the hand and arm; neuralgia of the forearm; oedema of face or hand; sore throat; redness of the eyes.

Supplementary Indications: Loss of visual acuity; tinnitus; throat Bi; aching shoulder and upper arm; inhibited urination; water drum abdominal distension; dry retching; swelling of the lateral region of the cheek; insanity with continual talking; manic depression.

LI-7 (*wēn liù*)

溫 *wēn*: warm

溜 *liū*: to flow; to slide, glide; slippery

溫溜

Warm Dwelling

Location: On the lateral forearm five cun proximal to LI-5 (Yang Xi). The point is located on a line drawn between LI-5 (Yang Xi) at the wrist and LI-11 (Qu Chi) at the elbow. The point is easily located with the elbow flexed and the forearm semi-pronated (or semi-supinated).

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

Functions: Clears pathogenic Heat; expels Wind and relieves pain; benefits the throat; rectifies the Stomach and Intestines.

Indications: Headache; facial swelling; facial paralysis; tonsillitis; sore, swollen throat; parotitis; glossitis; inflammation of the mouth; borborygmi and abdominal pain; aching of the shoulder and arm.

Supplementary Indications: Toothache and pain in the mouth and tongue; throat Bi; inability to lift the shoulder; belching; rumbling intestines and abdominal pain; Heat diseases of the skin; epilepsy; red, swollen face; swelling of the limbs; vomiting of thin watery phlegm; intestinal Qi blockage.

LI-8 (*xià lián*)

下 *xià*: lower, below

廉 *lián*: ridge, edge; sincere, honest

下廉

Lower Ridge

Location: On the lateral forearm four cun distal to LI-11 (Qu Chi). The point is located on a line drawn between LI-5 (Yang Xi) at the wrist and LI-11 (Qu Chi) at the elbow.

Functions: Dissipates Wind and clears Heat; frees the Channels and relieves pain.

Indications: Pain in the lateral elbow and arm; abdominal pain; indigestion; masitis; motor impairment of the upper limb.

Supplementary Indications: Headache or head Wind; dizziness; eye pain; vertigo; pain in the umbilical region; untransformed digestate; abdominal fullness; borborygmus; diarrhea; dyspnea; bloody urine; manic raving.

LI-9 (shàng lián)

上 shàng: upper, above

廉 lián: ridge, edge; honest, sincere

上廉

Upper Ridge

Location: On the lateral forearm three cun distal to LI-11 (Qu Chi). The point is located on a line drawn between LI-5 (Yang Xi) at the wrist and LI-11 (Qu Chi) at the elbow.

Functions: Frees the Channels and quickens the Connecting Vessels; frees bowel Qi.

Indications: Aching shoulder and arm; motor impairment of the upper limbs; numbness of the hand and arm; sprain; rumbling intestines and abdominal pain.

Supplementary Indications: Brain Wind and headache; numbness of the feet; swelling of the knee; difficult urination with dark coloured urine; hemiplegia.

LI-10 (shǒu sān lǐ)

手 shǒu: arm, hand

三 sān: three

里 lǐ: ward (as in a city), a measure of distance equal to approximately one third of an English mile

手三里

Arm Three Li

Location: On the lateral forearm two cun distal to LI-11 (Qu Chi). The point is located on a line drawn between LI-5 (Yang Xi) at the wrist and LI-11 (Qu Chi) at the elbow.

Functions: Dispels Wind and frees the Connecting Vessels; harmonizes the Stomach and frees the Intestines; tonifies Qi.

Indications: Abdominal distension or pain; ulcer; stomach ache; indigestion; vomiting and diarrhea; pain or aching in the shoulder and upper arm; paralysis of the upper limb; 'tennis elbow'; facial paralysis; red and painful eyes; headache; deafness.

Supplementary Indications: Toothache; pain or swelling in the cheek and submandibular region; parotitis; chronic numbness of the hand and arm; wryness of the mouth; loss of voice; hemiplegia; cholera; fecal incontinence; scrofulous lumps; periodic Cold in the intestines; pain in the back and lumbar region; deficiency weakness.

LI-11 (qū chí)

曲 qū: bent, crooked, curved

池 chí: pool, pond

曲池

Pool at the Bend

Location: In a depression at the lateral end of the transverse cubital crease. The point lies midway between LU-5 (Chi Ze) - immediately lateral to the tendon of biceps brachii muscle on the transverse cubital crease - and the lateral epicondyle of the humerus.

Features & Categories: Earth, Sea, Uniting-He point of the Large Intestine Channel; 12th of the thirteen Ghost points - Gui Tui, Ghost Leg. A Heavenly Star point of Ma Dan-Yang.

Functions: Clears External and Internal Heat; frees the joints; resolves Damp; disperses Wind and resolves the Exterior; harmonizes Qi and Blood; cools Blood.

Indications: Pain in the elbow and arm; paralysis of the upper limbs; arthritic pain in the upper limb; scrofulous lumps; Wind papules and rash; measles; allergies; hives; urticaria; skin

diseases generally; hypertension; abdominal pain; vomiting; diarrhoea; dysentery; Heat diseases; high fever; sore, swollen throat; toothache; goitre.

Supplementary Indications: Chronic residual fever in Cold damage; painful reddening of the eyes; toothache and throat Bi; pain in the elbow with difficulty in flexing and extending; thin, weak elbows; hemiplegia; amenorrhoea; dormant skin papules; nodular growths in the neck; vexation and fullness in the chest; dizziness; dry skin; lax sinews; oedema of the head; headache; 'tennis elbow'.

LI-12 (*zhǒu liáo*)

肘 *zhǒu*: elbow

髎 *liáo*: bone-hole

肘髎

Elbow Bone-Hole

Location: Superior to the lateral epicondyle of the humerus. The point lies approximately one cun superolateral to LI-11 (Qu Chi) and is best located with the elbow flexed.

Functions: Frees the Channels and quickens the Connecting Vessels; frees the joints.

Indications: Pain, hypertonicity, or numbness of the elbow and arm; inflammation of the lateral epicondyle of the humerus; 'tennis elbow'.

Supplementary Indications: Wind Bi of the elbow; lassitude.

LI-13 (*shǒu wǔ lǐ*)

手 *shǒu*: arm, hand

五 *wǔ*: five

里 *lǐ*: ward or district (as in a city), a measure of distance equal to approximately one third of an English mile

手五里

Arm Five Li

Location: Three cun superior to the lateral epicondyle of the humerus on a line drawn between LI-11 (Qu Chi) at the elbow and LI-15 (Jian Yu) at the shoulder.

Functions: Frees the Channels and quickens the Connecting Vessels; frees the joints.

Indications: Hypertonicity and pain in the elbow and arm; scrofula; coughing blood; pneumonia; pleurisy; peritonitis.

Supplementary Indications: Distention, fullness and pain below the heart; Wind taxation; fright and fear; coughing blood; cough; blurry vision; swellings in the neck.

LI-14 (*bì nào*)

臂 *bì*: arm, forearm

髑 *nào*: upper arm, humerus

臂髑

Upper Arm

Location: On the lateral arm (humerus) just superior to the attachment of deltoid muscle to the humerus. The point is located on a line drawn between LI-11 (Qu Chi) at the elbow and LI-15 (Jian Yu) at the shoulder.

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

Functions: Clears and frees the Channels and Connecting Vessels; benefits the vision; relieves pain; resolves Phlegm and disperses masses.

Indications: Pain in the shoulder and arm; scrofula; paralysis of the upper limb; stiff neck; eye diseases; goitre.

Supplementary Indications: Fever and chills; hypertonicity of the neck; pain in the back and shoulder preventing the arm from being lifted; thin weak arms.

LI-15 (*jiān yú*)

肩 *jiān*: shoulder

髃 *yú*: clavicle

肩髃

Shoulder Bone

Location: In a depression inferior to the lateral aspect of the acromion process, at its anterior extremity. The point is readily located with the upper limb passively abducted to 90°, it is in the anterior of the two depressions which appear at the acromiohumeral junction. SJ-14 (Jian Liao) is located in the posterior depression, approximately 1 cun posterior to LI-15 (Jian Yu).

Features & Categories: Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Large Intestine Channel.

Functions: Disperses Wind and quickens the Connecting Vessels; harmonizes Qi and Blood; frees the joints; dispels Pathogens and resolves Heat; relieves pain.

Indications: Pain in the shoulder and arm; paralysis or numbness of the upper limb; inflammation of the shoulder joint; Wind papules; urticaria; scrofulous lumps; rubella; hemiplegia; hypertension; excess sweating.

Supplementary Indications: Heat in the shoulder; Bi of the fingers; hemilateral Wind and hemiplegia; thin, weak arms; shoulder Wind; toothache; Wind and Damp contending in both shoulders; seminal discharge due to stress; goitre.

LI-16 (*jù gǔ*)

巨 *jù*: great, large, giant

骨 *gǔ*: bone

巨骨

Great Bone

Location: On the superior aspect of the shoulder in the depression found at the angle between the posterior lateral clavicle and the junction of the spine of the scapula and the acromion process. This is in the 'V' of the anatomical "horseshoe".

Features & Categories: Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Large Intestine Channel.

Functions: Clears and quickens the Connecting Vessels; frees the joints; disperses Stagnant Blood locally; harmonizes ascending or descending Qi.

Indications: Shoulder pain; pain in the arm preventing flexion and extension; diseases of the joint and soft tissues of the shoulder; breathlessness; cough; asthma; coughing or spitting blood.

Supplementary Indications: Stagnant Blood in the chest; epilepsy; scrofulous lumps; goitre; nodular growths or swellings in the neck; pain in the shoulder and back.

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 center 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.

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.

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.

ST-37 (*shàng jù xū*)

上 *shàng*: upper

巨 *jù*: great, large

虛 *xū*: vacuous, empty; hollow

上巨虛

Upper Great Hollow

Location: On the proximal anterior leg, 6 cun distal to ST-35 (Du Bi), and one (middle) finger width lateral to the anterior crest of the tibia in tibialis anterior muscle. The proportional distance between ST-35 (Du Bi) and ST-41 (Jie Xi) is 16 cun, so ST-37 (Shang Ju Xu) is located 2 cun proximal to the midway point between these landmarks. This is 3 cun distal to ST-36 (Zu San Li).

Features & Categories: lower Sea, Uniting-He point of the Large Intestine Channel; intersection point of the Large Intestine Channel of hand Yang Ming on the Stomach Channel. Point of the Sea of Blood (BL-11, ST-37, ST-39).

Functions: Regulates the Spleen and harmonizes the Stomach; frees the Intestines, eliminates accumulations and transforms Stagnation; clears and resolves Damp Heat in the lower Jiao; frees the Channels and regulates Qi; clears food retention; calms asthma.

Indications: Abdominal pain or distension; indigestion; dysentery; borborygmi; diarrhea; constipation; enteritis; gastritis; appendicitis; hemiplegia; beriberi; dyspnoea; asthma.

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.

LI-17 (tiān dǐng)

天 *tiān*: heaven; celestial, of the heavens; Nature
鼎 *dǐng*: an ancient Chinese sacrificial or cooking vessel

天鼎

Celestial Tripod

Location: On the lateral aspect of the neck, 1 cun inferior to LI-18 (Fu Tu), at the posterior border of sternocleidomastoideus muscle. The point is located on a line connecting LI-18 (Fu Tu) and the middle of the supraclavicular fossa (ST 12, Que Pen).

Functions: Benefits the throat and clears Lung Qi.

Indications: Sore, swollen throat; loss of voice; scrofulous lumps; goitre; tonsillitis; laryngitis; paralysis of hyoglossus muscle.

Supplementary Indications: Loss of voice and Qi blockage; throat Bi; throat rattle; swellings in the throat.

LI-18 (fú tú)

扶 *fú*: to assist, to aid

突 *tú*: protuberance; sudden, abrupt

扶突

Protuberance Assistant

Location: On the lateral aspect of the neck, in the same transverse plane as the thyroid prominence (Adam's apple). The point is located between the sternal (anterior) and clavicular (posterior) heads of sternocleidomastoideus muscle, approximately 3 cun lateral to the thyroid prominence. It is appropriate to apply a transverse plane to the neck rather than a strictly horizontal (and therefore oblique) plane when locating this point. [ST-9 (Ren Ying) is 1.5 cun lateral to the thyroid prominence, SI-16 (Tian Chuang) is 3.5 cun lateral].

Features & Categories: Window of Sky point.

Functions: Regulates Qi and Blood; benefits the throat; resolves Phlegm and disperses masses.

Indications: Cough, asthma; wheeze, excessive nasal mucus; sore, swollen throat; loss of voice; hoarse voice; scrofulous lumps; goitre.

Supplementary Indications: Rales or rattles in the throat; distension or blocked throat; difficulty swallowing; anaesthesia in thyroid operations.

ST-4 (dì cāng)

地 *dì*: earth

倉 *cāng*: granary, storehouse

地倉

Earth Granary

Location: On the face, approximately 4 fen lateral to the corner of the mouth (oral fissure).

The point is located on a line drawn from the centre of the pupil, through ST-1 (Cheng Qi) and ST-3 (Ju Liao). This is directly inferior to ST-3 (Ju Liao).

Features & Categories: Intersection point of the Large Intestine Channel of hand Yang Ming and Yang Qiao Mai (Yang heel/motility Vessel) on the Stomach Channel.

Functions: Dispels Wind; frees Qi stagnation; removes obstructions from the Channel; benefits the tendons and muscles.

Indications: Wryness of the mouth; facial paralysis; dribbling; excess salivation; muteness; twitching of the eyelids; toothache; swollen cheek.

GV-26 (*shuǐ gōu*)

水 *shuǐ*: water

溝 *gōu*: trough, ditch

水溝

Water Trough

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

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

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

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

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

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

CV-24 (*chéng jiāng*)

承 *chéng*: to receive; to support

漿 *jiāng*: sauce, juice, rich fluid

承漿

Sauce Receptacle

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

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

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

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

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

Supplementary Indications: Sudden loss of voice; emaciation and thirst; hemilateral Wind; facial edema; paralysis of the mouth.

LI-19 (*hé liáo*)禾 *hé*: grain, rice, corn髎 *liáo*: bone-hole

禾 髎

Grain Bone-Hole

Location: On the face, 5 fen lateral to DU-26 (Shui Gou), on the upper lip. The point is located directly inferior to the lateral border of the nostril (nasal ala). DU-26 (Shui Gou) is located at the junction of the upper one third and lower two thirds of the philtrum. LI-19 (He Liao) and LI-20 (Ying Xiang) are located on the contralateral side of the body to the rest of the Large Intestine Meridian.

Functions: Spreads Lung Qi and clears Lung Heat; clears the nose and enlivens the Shen.

Indications: Nosebleed; nasal congestion or obstruction; rhinitis; facial paralysis; wryness of the mouth.

Supplementary Indications: Nasal sores and polyps; runny nose with clear phlegm; clenched jaws; lock jaw; ulceration of the nose.

LI-20 (*yíng xiāng*)迎 *yíng*: to welcome, to receive香 *xiāng*: fragrance

迎 香

Welcome Fragrance

Location: On the face, in the nasolabial groove. The point is located at the level of the middle of the lateral border of the nasal ala. [This point is sometimes located between the nasolabial groove and the nasal ala]. LI-19 (He Liao) and LI-20 (Ying Xiang) are located on the contralateral side of the body to the rest of the Large Intestine Meridian.

Features & Categories: Intersection point of the Stomach Channel of foot Yang Ming on the Large Intestine Channel.

Functions: Unblocks the nose; disperses Wind; clears Fire.

Indications: Nasal congestion or obstruction; nosebleed; rhinitis; sinusitis; sneezing; wryness of the mouth; facial itching; facial swelling; trigeminal neuralgia; facial paralysis; diseases of the nasal cavity generally.

Supplementary Indications: Nasal polyps; heat and redness of the eye; runny nose; inability to distinguish odours; ascariasis.

ST-25 (*tiān shū*)天 *tiān*: celestial, of the heavens; sky; Nature; heaven樞 *shū*: pivot, axis

天 樞

Celestial Pivot

Location: On the middle abdomen 2 cun 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 ST-25 (Tian Shu) and ST-30 (Qi Chong) is 5 cun.

Features & Categories: front Alarm-Mu, Collecting point of the Large Intestine Channel.

Functions: Facilitates and regulates the Large Intestine; supports Earth and transforms Damp; regulates Qi and eliminates Stagnation; clears Heat; relieves food retention.

Indications: Abdominal pain; vomiting; diarrhoea; dysentery; thirst; constipation; borborygmi; abdominal distension; acute and chronic gastritis or enteritis; heat sensation in the epigastrium; peritonitis; appendicitis; edema; irregular menstruation; endometritis; lumbar pain; mental irritation; anxiety; mania; schizophrenia.

BL-25 (*dà cháng shū*)

大 *dà*: large

腸 *cháng*: intestine

俞 *shū*: acupuncture point

大腸俞

Large Intestine Shu

Location: On the posterior trunk in the lumbar region. The point is located 1.5 cun lateral to the depression immediately inferior to the spinous process of the 4th lumbar vertebra. This is 1.5 cun lateral to DU-3 (Yao Yang Guan). It is approximately level with the superior border of the iliac crest.

Features & Categories: back Associated-Shu, Transporting point of the Large Intestine Fu.

Functions: Frees and regulates the Large Intestine, Small intestine and Stomach; rectifies Qi and transforms Stagnation; benefits the lower back and knees; removes obstructions from the Channel; relieves fullness and swelling.

Indications: Abdominal pain, fullness or distension; rumbling intestines; borborygmi; enteritis; diarrhea; dysentery; constipation; acute or chronic lumbar pain; low back pain or sprain; pain in the sacro-iliac joint; sciatica; muscular atrophy, pain, numbness or motor impairment of the lower limbs; chronic disorders of the Large Intestine.