

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 LIVER ZANG**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.

Supplementary Indications: Profuse, incessant uterine bleeding; absence of menstruation; genital retraction; swelling of one testicle; pain in the glans penis; urinary frequency, urgency, difficulty, and incontinence; pain or swelling of the abdomen or scrotum, including hernia; epilepsy; urinary incontinence in children; excessive perspiration; umbilical pain.

LV-2 (xíng jiān)行 *xíng*: to walk, to move間 *jiān*: between; a space

行間

Moving Between

Location: On the dorsal aspect of the foot, between the great and second toes. The point is in the webbing between the toes, distal to the metatarso-phalangeal joints.

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

Functions: Drains Liver Fire; cools Blood Heat; clears the Lower Jiao; extinguishes Interior Wind; subdues rising Liver Yang; disperses stagnant Qi; frees the Channels and quickens the Connecting Vessels; clears Heat and drains Fire; rectifies Qi.

Indications: Incessant menorrhagia; irregular menstruation; urinary tract pain; enuresis; urinary retention; hernia; wryness of the mouth; red, swollen, painful eyes; conjunctivitis; glaucoma; pain in the lateral costal region; intercostal neuralgia; headache; visual dizziness; vertigo; epilepsy; (infant) convulsive spasms; insomnia; night sweats; orchitis.

Supplementary Indications: White turbid urethral discharge or cloudy urine; wasting thirst; bitter fullness below the lateral costal region; retching; diarrhea; colic; cough; swollen knees; lumbar pain; abdominal distension or pain; fullness below the heart; retching of blood; chest and back pain; throat Bi; liver disease; fecal incontinence in children and the elderly; lower abdominal swelling; pain or swelling of the abdomen or scrotum, including hernia; pain in the penis.

LV-3 (tài chōng)太 *tài*: great, supreme; too, excessive沖 *chōng*: surge, rush; flush; empty;

thoroughfare, key position, hub (衝)

太沖

Great Surge

Location: On the dorsal aspect of the foot, between the first and second metatarsal bones. The point is located proximal to the metatarso-phalangeal joints, in the 'V'-shaped depression formed by metatarsal bones. It lies towards the back of this depression.

Features & Categories: Earth, Stream, Transporting-Shu point, and Source-Yuan point of the Liver Channel. A Heavenly Star point of Ma Dan-Yang.

Functions: Extinguishes Liver Fire and clears Liver Yang; expels Interior Wind; calms the Shen; discharges Damp Heat in the Lower Jiao; soothes the Liver and regulates Qi; enhances and frees the Connecting Vessels and regulates the Blood.

Indications: Metrorrhagia; hernia; enuresis; urinary retention; hypertension; headache; dizziness; vertigo; insomnia; hepatitis; pain in the anterior aspect of the medial malleolus; distention or pain of the lateral costal region; mastitis; wryness of the mouth; infantile fright Wind; epilepsy patterns; soreness in the joints of the limbs; thrombocytopenia.

Supplementary Indications: Genital pain; genital retraction; chest and rib pain; scrofula; fright Wind; diarrhea with undigested food; sore throat; dryness of the upper esophageal opening; lateral knee pain; weakness and aching in the lower leg; red, painful eyes; lumbar pain; lower abdominal fullness; pain in the umbilical region; cold feet; difficult defecation; jaundice;

thunderous rumbling in the abdomen; retching with no food intake; urinary frequency, urgency, difficulty and incontinence; deficiency edema; profuse, incessant postpartum perspiration; absence of menstruation.

LV-4 (*zhōng fēng*)

中 *zhōng*: center, central

封 *fēng*: mound, heap; to seal, to block

中封

Mound Center

Location: On the medial aspect of the foot, approximately one cun anterior to the tip (medial prominence) of the medial malleolus. The point is located in the depression immediately medial (and posterior and inferior) to the tendon of tibialis anterior muscle.

LIV-4 (Zhong Feng) should be distinguished from SP-5 (Shang Qiu), which is in the depression midway between the tip of the medial malleolus and the medial tip of the navicular tuberosity. This places SP-5 (Shang Qiu) immediately anterior (and superior) to the tendon of tibialis posterior muscle.

Other aids to locating LIV-4 (Zhong Feng) include:

- i) approximately 1.5 cun superior to KID-2 (Ran Gu), which is located in the depression immediately inferior to the navicular tuberosity.
- ii) on a line drawn between SP-5 (Shang Qiu) and ST-41 (Jie Xi).

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

Functions: Spreads Liver Qi, especially in the Lower Jiao; frees the Connecting Vessels.

Indications: Hepatitis; cirrhosis; pain in the lower abdomen or genital region; nocturnal seminal emission; urinary retention; hernia; diseases of the ankle and surrounding soft tissues; distending pain in the lateral thoracic area and hypochondrium.

Supplementary Indications: Genital retraction into the lower abdomen and associated pain; urinary frequency, urgency, difficulty and incontinence; difficult urination; cystitis; Cold pain or swelling of the abdomen or scrotum, including hernia; lumbar pain; no pleasure in eating; genital pain; colic; jaundice with slight fever.

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 distention 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.

LV-5 (*lǐ gōu*)

蠹 *lǐ*: a wood-boring worm; a gourd; *lí*: ladle
溝 *gōu*: canal, ditch, channel

象溝

Woodworm Canal

Location: On the medial aspect of the leg, five cun superior to the tip (medial prominence) of the medial malleolus, at the medial posterior border of the tibia. The Liver Meridian lies 5 fen anterior to the Spleen Meridian at this location.

The proportional distance between LIV-7 (Xi Guan) and the tip of the medial malleolus is 13 cun. LIV-5 (Li Gou) is therefore located 1.5 cun distal to midpoint between these landmarks. LIV-7 (Xi Guan) is located 1 cun posterior to SP-9 (Yin Ling Quan), approximately level with the tibial tuberosity. LIV-5 (Li Gou) lies directly anterior to KID-9 (Zhu Bin).

Features & Categories: Connecting-Luo point of the Liver Channel, connecting with the Gall Bladder Channel of foot Shao Yang.

Functions: Promotes smooth flow of Liver Qi; benefits and regulates Qi; clears the Channels; frees and resolves Damp Heat.

Indications: Irregular menstruation; dysmenorrhea; endometritis; enuresis; retention of urination; difficult urination; hernia; orchitis; sexual dysfunction; impotence; pelvic inflammatory disease; aching and pain in the leg.

Supplementary Indications: Scant, irregular or abnormal uterine bleeding; testicular pain and swelling; frequent erection; aching and cold in the feet and lower leg; lumbar pain; frequent belching; Cold swelling and pain in the lower abdomen or genitals; white vaginal discharge; vaginal protrusion; pruritis vulvae; prolapsed uterus.

LV-6 (*zhōng dū*)

中 *zhōng*: center, middle, central
都 *dū*: metropolis, capital, market

中都

Central Metropolis

Location: On the medial aspect of the leg, seven cun superior to the tip (medial prominence) of the medial malleolus, at the medial posterior border of the tibia. The Liver Meridian lies 5 fen

anterior to the Spleen Meridian at this location. LIV-6 (Zhong Du) is located 5 fen proximal to midpoint between LIV-7 (Xi Guan) and the tip of the medial malleolus.

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

Functions: Frees the Channels and Connecting Vessels; regulates Qi and Blood; promotes smooth flow of Liver Qi; relieves pain.

Indications: Metrorrhagia; hernia; acute hepatitis; paralysis of the lower limb.

Supplementary Indications: Profuse uterine bleeding; abdominal pain; pain in the hypochondrium; prolonged discharge of lochia; cold in the lower leg; Damp Bi with an inability to walk; fulminant pain of the genitalia; diarrhea.

LIV-7 (*xī guān*)

膝 *xī*: knee

關 *guān*: joint; gate, pass, passageway

膝關

Knee Joint

Location: On the medial aspect of the proximal leg, 1 cun posterior to SP-9 (Yin Ling Quan), at the approximate level of the tibial tuberosity. SP-9 (Yin Ling Quan) is located at the posterior border of the tibia in the depression inferior to the medial condyle of the tibia, at the point where the tibial shaft begins to flare into the medial tibial condyle. It is often tender upon reasonably firm palpation.

Functions: Frees the Channels and Connecting Vessels; disinhibits the joints; dispels Wind and relieves pain, numbness and stiffness.

Indications: Medial knee pain, strong recurrent headaches, arthritis of the knee.

Supplementary Indications: Pain in the medial aspect of the knee causing an inability to flex or extend the leg; lower abdominal pain accompanied by pharyngeal pain; Wind Bi; gout; tonsillitis.

LIV-8 (*qū quán*)

曲 *qū*: bend, curve, curved

泉 *quán*: spring, water source

曲泉

Spring at the Bend

Location: On the medial aspect of the knee, at the level of the popliteal crease. This is at the same level as the joint line of the knee. The point is located in the depression anterior to the tendons of semimembranosus and semitendinosus muscles and is readily located with the knee slightly flexed.

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

Functions: Clears and cools Damp Heat; benefits the Bladder; drains Liver Fire; frees the Lower Jiao; soothes the Sinews (Muscle Tendino Meridians) and quickens the Connecting Vessels; nourishes Liver Blood.

Indications: Prolapse of the uterus; dysmenorrhea; lower abdominal pain; hernia; urinary retention; genital itch; vaginitis; prostatitis; nocturnal seminal emission; genital pain; pruritis vulvae; nephritis; pain in the knee and medial aspect of the upper leg; fright mania.

Supplementary Indications: Swelling and itching of the genitalia; impotence; difficult urination; female Blood conglomeration; genital eczema; Blood block infertility; no pleasure in eating; thin stool diarrhea; dysentery.

LV-9 (*yīn bāo*)

陰 *yīn*: yin, the complement of yang

包 *bāo*: to wrap, to envelope; bag, sack

陰包

Yin Bladder

Location: On the medial aspect of the thigh, four cun proximal to the upper border of the medial epicondyle of the femur, between the muscles sartorius and vastus medialis. [An alternative location is between muscles sartorius and gracilis]. The appropriate landmark to use is the adductor tubercle of the femur (this is the attachment of adductor magnus muscle). The proportional distance between the superior border of the pubic symphysis and the adductor tubercle is 18 cun. The point is located 5 fen distal to one quarter of the distance between these landmarks, with the patient supine.

Functions: Promotes smooth flow of Liver Qi; regulates Qi; adjusts Chong and Ren Mai; clears and frees the Lower Jiao.

Indications: Irregular menstruation; retention of urine; enuresis; lumbosacral pain, possibly referring to the lower abdomen.

Supplementary Indications: Urinary incontinence; lumbar pain accompanied by lower abdominal swelling.

LV-10 (*zú wǔ lǐ*)

足 *zú*: foot, (lower) leg

五 *wǔ*: five, fifth

里 *lǐ*: a measure of distance (360 paces); village

足五里

Foot Five Li

Location: On the anterior proximal thigh three cun distal to ST-30 (Qi Chong). The point is on the lateral border of adductor longus muscle, which places it on the medial boundary of the femoral triangle in the inguinal region. ST-30 (Qi Chong) is located 2 cun lateral to REN-2 (Qu Gu), superior to the pubic bone. This is medial to the femoral nerve and vessels. Proportional measurements are appropriate for locating LIV-10 (Zu Wu Li). The patient should be supine.

Functions: Soothes the Sinews and quickens the Connecting Vessels; clears and frees Lower Jiao Damp Heat; benefits the Bladder.

Indications: Lower abdominal distention and fullness; retention of urine; lassitude; incontinence; scrotal eczema; urinary tract infection; pain of the medial thigh.

Supplementary Indications: Enduring Wind patterns causing stress; cough; respiratory difficulty.

LV-11 (yīn lián)

陰 yīn: yin, the complement of yang
廉 lián: angle, corner, side, ridge

陰廉

Yin Corner

Location: On the anterior proximal thigh two cun distal to ST-30 (Qi Chong). The point is on the lateral border of adductor longus muscle, which places it on the medial boundary of the femoral triangle in the inguinal region. ST-30 (Qi Chong) is located 2 cun lateral to REN-2 (Qu Gu), superior to the pubic bone. This is medial to the femoral nerve and vessels.

Functions: Soothes the Sinews and quickens the Connecting Vessels; regulates Chong and Ren Mai.

Indications: Irregular menstruation; leukorrhea; pain or cramp in the thigh or leg; lower abdominal pain; pelvic itching; hernia.

SP-12 (chōng mén)

沖 (衝) chōng: surge, dash, flush, rinse; thoroughfare, hub
門 mén: gate, door

沖門

Surging Gate

Location: At the lateral end of the inguinal groove, 3.5 cun lateral to Ren Mai point REN-2 (Qu Gu). The point is lateral to the femoral nerve and vessels.

Features & Categories: Intersection point of the Liver Channel of foot Jue Yin and Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Rectifies flow of Qi; clears Heat and resolves Damp; tonifies Yin.

Indications: Abdominal pain; painful hernia; urinary retention; endometritis; orchitis.

SP-13 (fǔ shè)

府 fǔ: mansion, residence; (ancient: 腑 fǔ, bowel)
舍 shè: house, abode

府舍

Bowel Abode

Location: At the lateral end of the inguinal groove, 7 fen superio-lateral to SP-12 (Chong Men), 4 cun lateral to the anterior midline.

Features & Categories: Intersection point of the Liver Channel of foot Jue Yin and Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Regulates flow of Qi; soothes the Liver and relieves pain.

Indications: Abdominal pain; painful hernia; glomus; appendicitis; inguinal lymphadenitis; adnexitis.

LV-12 (jí mài)

急 jí: urgent, hasty; anxious; acute
脈 mài (mò): vessel; pulse

急脈***Urgent Pulse***

Location: In the inguinal groove, 2.5 cun lateral to the anterior midline and approximately one cun distal to the level of ST-30 (Qi Chong). The femoral nerve and vessels lie deep to this point.

Functions: Frees the Channels and dissipates Cold.

Indications: Pain in the external genitalia; hernia; lower abdominal pain, orchitis; eczema of genital region.

Supplementary Indications: Pain in the penis; pain or swelling of the abdomen or scrotum; prolapse of the uterus; pain in the lower abdomen.

CV-2 (qū gǔ)

曲 qū: curved, bent
骨 gǔ: bone

曲骨***Curved Bone***

Location: On the anterior midline of the lower abdomen, in the depression immediately superior to the pubic symphysis. Deep needling at this point should be avoided due to the proximity of the urinary bladder. KID-11 (Heng Gu) is located 5 fen lateral to REN-2 (Qu Gu), ST-30 (Qi Chong) is 2 cun lateral.

Features & Categories: Intersection point of the Liver Channel of foot Jue Yin on Ren Mai.

Functions: Warms Yang and tonifies the Kidneys; regulates menstruation and stops vaginal discharge.

Indications: Seminal emission; impotence; orchitis; irregular menstruation; vaginal discharge; leukorrhoea; dysmenorrhoea; uterine prolapse; cystitis; urinary retention; enuresis; hernia.

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; gonorrhoea; nephritis; peritonitis; sciatica.

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.

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.

Supplementary Indications: Cold strike diarrhea; diarrhea due to Cold in the Middle Jiao; copious urine and white turbid urethral discharge; cold and pain in the back and lumbar region; pain in the lateral costal region; fullness in the chest and lateral costal region; all types of accumulations, gatherings, and lumps of the abdomen or chest; oedema; yellowing of the body and marked emaciation; Heat vexation with no pleasure in eating; dyspnea; cardiac pain and retching; irascibility; diminished Qi inversion patterns; inability to raise the arms and shoulders; scrofula; twitching of the body; foetal pressure causing an inability to urinate; enduring jaundice developing into black jaundice; yellowing of the body with darkening of the forehead.

LV-14 (*qí mén*)

期 *qí*: period, cycle; one hundred years; expect; one year

門 *mén*: gate, door

期門

Cycle Gate

Location: On the anterior chest in the 6th intercostal space, approximately 4 cun lateral to the Ren Mai. The point is on the mamillary line, one intercostal space above GB-24 (Ri Yue). On males this is usually directly inferior to the nipple. There is considerable variation in thoracic wall anatomy between individuals, which means that differences may be found in the distance this point is located from the midline.

Features & Categories: front Alarm-Mu, Collecting point of the Liver, intersection point of the Spleen Channel of foot Tai Yin and Yin Wei Mai (Yin linking Vessel) on the Liver Channel.

Functions: Transforms and resolves Stagnant Blood; dispels pathogens and Heat from the Blood and Uterus; transforms Phlegm and disperses stasis; calms the Liver and spreads Qi; benefits the Stomach.

Indications: Pain in the chest and lateral costal region; intercostal neuralgia; hepatitis; enlarged liver; cirrhosis; cholecystitis; abdominal distention; thoracic fullness; pleurisy; mastitis; myocarditis; vomiting; hiccough; nervous dysfunction of the stomach; acid regurgitation.

Supplementary Indications: Heat in the chest; swelling of the lateral costal region; cardiac pain; running piglet pattern and abdominal hardness; malarial disease; febrile diseases; tidal fevers; spleen enlargement resulting from prolonged tidal fevers; Cold damage with Heat entering the Blood chamber (uterus) and excessive menstrual flow; abdominal tightness with respiratory difficulty; postpartum illness; retained placenta; desire to eat despite difficult ingestion; visual dizziness; depression.

GV-20 (bǎi huì)

百 bǎi: one hundred

會 huì: meeting, convergence

百會

Hundred Convergences

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

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

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

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

BL-18 (gān shū)

肝 gān: liver

俞 shū: acupuncture point

肝俞

Liver Shu

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

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

Functions: Benefits the Liver and Gall Bladder; supplements Ying Qi and Blood; disperses Stagnation and eliminates Wind; dispels Damp Heat; stabilizes the Shen and brightens the eyes.

Indications: Jaundice; chronic and acute hepatitis; cholecystitis; diseases of the liver and gall bladder; pain or distension in the lateral costal and hypochondriac region; nausea; regurgitation; coughing or spitting blood; nosebleed; red, painful or swollen eyes; visual dizziness; blurred vision; night blindness; glaucoma; 'sandy' eyes; eye diseases generally; Stomach diseases; pain in the spine or back; intercostal neuralgia; neurasthenia; irregular menstruation; mania and withdrawal; mental disorders; epilepsy.