

**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 LUNG ZANG****LU-1 (*zhōng fǔ*)**

中 *zhōng*: central, center

府 *fǔ*: treasury, storehouse; mansion

中 府

*Central Treasury*

**Location:** On the anterior superior trunk, inferior to the concavity of the clavicle. The point lies approximately level with (lateral to) the first rib, 1 cun below LU-2 (Yun Men), and 6 cun lateral to Ren Mai. This is medial to the coracoid process of the scapula.

**Features & Categories:** front Alarm-Mu, Collecting point of the Lung. Intersection point of the Spleen Channel of foot Tai Yin on the Lung Channel.

**Functions:** Enhances and frees Lung Qi, clears and disperses fullness of the Upper Jiao, stimulates the descent of Lung Qi.

**Indications:** Cough, asthma, bronchitis, pneumonia, tuberculosis, tonsillitis, sore throat, fullness in the chest, pain in the chest, shoulder and back.

**Supplementary Indications:** Coughing or vomiting of pus and blood; pulmonary distension and fullness; sweating; facial swelling; abdominal distention; somnolence; throat bi; fever and vomiting; difficult ingestion; diminished Qi with inability to lie flat; aversion to cold;

generalized heat vexation; pain in the skin and bone; running piglet; nasal congestion; turbid nasal discharge; goitre and tumors of the neck.

## LU-2 (*yún mén*)

雲 *yún*: cloud

門 *mén*: gate, door

雲門

*Cloud Gate*

**Location:** In the infra-clavicular fossa (deltopectoral triangle) six cun lateral to Ren Mai. The point lies immediately inferior to the concavity of the clavicle, medial and superior to the coracoid process.

**Functions:** Clears Lung Heat and eliminates vexation (irritability, restlessness, uneasiness), drains Heat in the limbs and frees the joints, relieves cough and asthma. Disperses fullness and stimulates descent of Lung Qi.

**Indications:** Cough, asthma, thoracic fullness, frozen shoulder, shoulder inflammation, pain in the chest, shoulder, or arm; abdominal pain. Emotional imbalance deriving from Lung disharmony.

**Supplementary Indications:** Throat Bi; vexation and fullness in the chest; Cold damage with persistent Heat in the limbs; goiter; counterflow Cold in the limbs; a regularly interrupted pulse that is not felt at the cun (distal) position.

## LU-3 (*tiān fǔ*)

天 *tiān*: celestial, of the heavens; sky; Nature; heaven

府 *fǔ*: storehouse, treasury; mansion

天府

*Celestial Storehouse*

**Location:** On the lateral aspect of the arm, three cun below the level of the anterior axillary fold, and six cun proximal to LU-5 (Chi Ze). The needle normally penetrates biceps brachii muscle.

**Features & Categories:** Window of Sky point.

**Functions:** Clears Lung Heat and regulates Lung Qi. Removes Heat and expels Wind.

**Indications:** Bronchitis, cough, asthma, nosebleed, cerebrovascular disease, vomiting, vertigo, malaria, pain on the lateral aspect of the arm.

**Supplementary Indications:** Qi ascent cough; dyspnea with inability to catch the breath; sudden thirst; bleeding from nose and mouth; generalized swelling; wind sweating; abstraction and poor memory; lying down with inability to sleep; wailing and ghost talk; goitre; dizziness; excess lacrimation.

**LU-4 (xiá bái)**

俠 xiá: to protect, to guard; hero (someone who performs heroic deeds such as protecting the weak)

白 bái: white

俠白

*Guarding White*

**Location:** On the lateral aspect of the arm, four cun below the level of the anterior axillary fold, and five cun proximal to LU-5 (Chi Ze). This is one cun below LU-3 (Tian Fu). The needle normally penetrates biceps brachii muscle.

**Functions:** Clears and activates the Channels and collaterals, regulates Lung Qi, regulates Qi and blood, relieves pain.

**Indications:** Cough, dyspnoea, thoracic fullness or tightness, nausea, retching, pleurisy, tachycardia, pain on the lateral aspect of the arm.

**Supplementary Indications:** Qi ascent cough; cardiac pain and shortness of breath; dry retching; red and white sweat macules; vexation and fullness.

**LU-5 (chǐ zé)**

尺 chǐ: a Chinese measure (about one foot)

澤 zé: marsh; dregs

尺澤

*Cubit Marsh*

**Location:** On the transverse cubital crease immediately lateral to the tendon of biceps brachii muscle. The point is easily located with the elbow flexed slightly.

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

**Functions:** Discharges Lung Fire, clears Lung Heat, clears Upper Jiao Heat, relieves sore throat, alleviates pain, downbears rebellious Qi. Resolves Lung Phlegm.

**Indications:** Cough, pneumonia, bronchitis, pleurisy, acute mastitis, coughing of blood, epistaxis, tidal fever, asthma, thoracic fullness, sore throat, pain and swelling of the throat, erysipelas, hypertonicity and pain in the elbow and arm.

**Supplementary Indications:** Shivering; clonic spasm; pain and hypertonicity of the elbow and arm preventing normal movements; counterflow cough and dyspnea with fullness; throat Bi; aching body and vexation; distention and fullness in the chest and lateral costal region; child fright Wind; childhood coma; ejection of blood; nosebleed; enuresis; dry tongue; sudden swelling of the limbs; cold in the arm; shortness of breath; vomiting; cardiac pain.

**LU-6 (kǒng zuì)**

孔 kǒng: hole, aperture

最 zuì: to collect, to gather; a superlative adverb, that is equivalent to “most” or the suffix “-est”

孔最

*Collection Hole*

**Location:** On the anterior forearm five cun distal to LU-5 (Chi Ze). The point is located on a line drawn between LU-5 (Chi Ze) at the elbow and LU-9 (Tai Yuan) at the wrist.

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

**Functions:** Moistens the Lung and stops bleeding; clears Heat and resolves the Exterior; downbears rebellious Qi of the Lung; regulates Lung Qi; relieves acute cough and breathlessness.

**Indications:** Cough, fever, asthma, pneumonia, tonsillitis, headache, sore throat, hoarseness or loss of voice, tuberculosis, acute asthma attack and nosebleed, pain in the elbow and arm with difficulty flexing and extending.

**Supplementary Indications:** Headache; Cold in the arms; absence of sweating; expectoration of blood; loss of voice; sore pharynx; cough; stiffness and pain of the neck.

## LU-7 (*liè quē*)

列 *liè*: sequence; to arrange, to place

缺 *quē*: imperfect, incomplete, deficient; vacant

## 列缺

*Broken Sequence*

**Location:** On the lateral forearm proximal to the styloid process of the radius. The point lies 1.5 cun proximal to the lateral extremity of the transverse wrist crease. It is readily located by interlocking the thumb and index finger of each hand, whereby one index finger lies on the radial styloid process of the other wrist. The point lies in a slight depression under the tip of the index finger.

**Features & Categories:** Luo-Connecting point of the Lung Channel, connecting to the Large Intestine Channel of hand Yang Ming. Master point of Ren Mai (Conception Vessel), Coupling point of Yin Qiao Mai (Yin heel/motility Vessel). Regional Command point of the head and nape of neck. General Luo-Connecting point of the Yin. A Heavenly Star point of Ma Dan-Yang.

**Functions:** Promotes smooth flow (descending & dispersing) of Lung Qi, dispels Cold and expels Exterior Wind; circulates Wei Qi; enhances (clears, activates) flow of Qi in the channels and frees the connecting vessels. Opens, clears and regulates Ren Mai. Benefits the Urinary Bladder.

**Indications:** Headache and stiffness of the neck, cough, asthma, bronchitis, rhinitis, nasal obstruction, sore throat, facial paralysis, wryness of the eyes and mouth, clenched jaws, trigeminal nerve pain, toothache, neck and shoulder pain, weakness of the wrist.

**Supplementary Indications:** Headache; hemiplegia; enuresis and frequent voidings; pain in the arm and elbow; infantile fright epilepsy; penile pain; bloody urine; seminal loss; restless sleep; generalized Wind Bi numbness; fever and chills; tension in the chest and back; throat Bi; heat in the palms; counterflow of Qi in the limbs; toothache; malarial disease; heat and pain in the shoulder and back.

## 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.

## LU-8 ( *jīng qú* )

經 *jīng*: channel, river; warp (as in the warp and woof of weaving)

渠 *qú*: gutter, ditch, canal

經渠

*Channel Ditch*

**Location:** On the anterior wrist one cun proximal to the lateral end of the transverse wrist crease. The point lies on the lateral side of the radial artery.

**Features & Categories:** Metal, River, Traversing-Jing point of the Lung Channel. Horary point.

**Functions:** Promotes smooth flow (descending & dispersing) of Lung Qi, downbears movement of Qi; eliminates Wind and resolves the Exterior.

**Indications:** Cough, dyspnoea, asthma, sore throat, tonsillitis, bronchitis, fever, nausea, esophageal spasm, pain in the chest.

**Supplementary Indications:** Fever and chills; pain in the chest and back; absence of sweating in febrile diseases; cardiac pain, retching and vomiting; throat Bi; heat in the palms; pain on the outer surface of the arm; pain in the wrist; inflated feeling in the chest; frequent yawning.

## LU-9 ( *tài yuān* )

太 *tài*: great, very

淵 *yuān*: abyss, deep source (of water)

太淵

*Great Abyss*

**Location:** At the lateral end of the anterior transverse wrist crease, lateral to the radial artery. With deep needling the needle passes between the scaphoid and radius bones.

**Features & Categories:** Earth, Stream, Transporting-Shu point; Yuan-Source point of the Lung Channel. Meeting point of the Blood Vessels. 4th of the 13 Ghost points - Gui Xin, Ghost Heart (alternative to PC-7, Da Ling).

**Functions:** Eliminates Wind and resolves Phlegm; regulates flow (descending & dispersing) of Lung Qi and relieves cough; clears and regulates Upper Jiao and Lung Qi. Promotes Blood circulation.

**Indications:** Asthma, cough, bronchitis, pertussis, influenza, tonsillitis, expectoration of blood, sore throat, palpitations, tuberculosis, pain in the chest, back and shoulder; pain of lateral aspect of the forearm and wrist.

**Supplementary Indications:** Dyspnea and fullness in the chest; eye pain and screens; throat Bi; toothache; headache; pain in the clavicle; pain along the outer surface of the forearm; cardiac pain; thoracic Bi; cold inversion; retching; quivering with cold; dry pharynx; manic raving; pain or lack of strength in the wrist; body fever and sweating in febrile disease; cold in the palms; lack of radial pulse.

## LU-10 (*yú jì*)

魚 *yú*: fish

際 *jì*: border

魚際

*Fish Border*

**Location:** On the thenar eminence, at the border of the red and white skin, midway along the first metacarpal bone.

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

**Functions:** Clears Heat in the Lung; enhances and frees (promotes) Lung Qi; ventilates the Lung and relieves Exterior symptoms; relieves sore throat; clears blood Heat; reduces fever; benefits the throat.

**Indications:** Cough, expectoration of blood, sore throat, hoarseness or loss of voice, fever, bronchitis, pneumonia, tonsillitis, asthma, tuberculosis.

**Supplementary Indications:** Loss of voice; dizziness and headache; cardiac Bi pain; sorrow and fear; pain in the chest and back; aversion to cold; genital damp itch; abdominal pain with inability to eat; hypertonicity of the elbow and fullness in the limbs; body fever with sweating; sensation of heat in the palm; mania; yellow tongue fur; tetany; Qi ascent; tearing; malarial disease; vexation and diminished Qi; dry throat and thirst; cough with pain in the sacrum; gastric counterflow; cholera.

## LU-11 (*shào shāng*)

少 *shào*: few, little

商 *shāng*: 5th sound of the Chinese musical scale; merchant, trader

少商

*Lesser Shang*

**Location:** On the lateral aspect of the thumb, one fen proximal to the lateral proximal corner of the nail.

**Features & Categories:** Wood, Well-Jing point of the Lung Channel. Second of the thirteen Ghost points - Gui Xin, Ghost Faith.

**Functions:** Cools the Lung and expels Wind; frees channel Qi; clears Lung Qi counterflow; benefits the throat (pharynx); discharges and eliminates surging counterflow Qi Fire in the twelve Channels; reduces fever and relieves sore throat; revives from fainting.

**Indications:** Cough, asthma; sore, swollen throat; common cold; respiratory disharmony, nosebleed; pain and hypertonicity of the fingers; Heat diseases, mumps, jaundice, fever, tonsillitis, pneumonia; syncope; coma; mania and withdrawal.

**Supplementary Indications:** Sweating and aversion to cold; swelling of the neck and throat Bi; throat moth in children; persistent nosebleed; bowstring and elusive masses in males; mumps; toothache.

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## BL-13 (*fèi shū*)

肺 *fèi*: lung

俞 *shū*: acupuncture point

肺俞

*Lung Shu*

**Location:** Between the scapulae on the posterior superior aspect of the trunk, 1.5 cun lateral to Du Mai point DU-12 (Shen Zhu). DU-12 (Shen Zhu) is located on the posterior midline in the depression immediately inferior to the spinous process of the 3rd thoracic vertebra. BL-42 (Po Hu) is 1.5 cun lateral to BL-13 (Fei Shu), 3 cun from the posterior midline.

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

**Functions:** Regulates and tonifies Lung Qi, stimulating dispersing and descending functions; supplements Deficiency; clears Deficient Heat; reduces fever and stops cough; harmonizes Ying Qi and Blood; regulates Ying Qi and Wei Qi.

**Indications:** Cough; common cold; nasal obstruction; asthma; breathlessness; bronchitis; pneumonia; pain in the chest; pulmonary tuberculosis; coughing or spitting blood; fever; restlessness; spontaneous sweating; Deficient Yin tidal fever; night sweating; afternoon malar flush; disorders of the back generally.