

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 PERICARDIUM ZANG**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.

PC-1 (*tiān chí*)

天 *tiān*: celestial, of the heavens; sky; Nature; heaven
池 *chí*: pool, pond

天池

Celestial Pool

Location: On the chest, 1 cun lateral to the centre of the nipple in the 4th intercostal space. This point is contra-indicated on women.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the Pericardium Channel. Meeting point of Jue Yin (Pericardium & Liver). Window of the Sky point.

Functions: Opens the chest and rectifies flow of Qi; suppresses cough and calms dyspnea; promotes smooth flow of Lung Qi and clears Heat.

Indications: Thoracic fullness or oppression; angina pectoris; pain in the lateral costal region; intercostal neuralgia; pain and swelling of the axillary region.

Supplementary Indications: Cough with copious phlegm; dyspnea; scrofula; breast abscess; malaria; headache; inability to move the limbs; throat rales.

PC-2 (*tiān quán*)

天 *tiān*: celestial, of the heavens; sky; Nature; heaven
泉 *quán*: source, spring

天泉

Celestial Spring

Location: On the anterior arm between the two heads of biceps brachii muscle. The point lies two cun below the level of the anterior axillary fold.

Functions: Opens the chest and rectifies Qi; nourishes the Heart and calms the Shen; quickens the Blood, transforms stasis, and relieves pain.

Indications: Cardiac pain; angina pectoris; palpitations; lateral costal distention; cough; pain in the anterior chest, back, shoulder blade, and medial anterior aspect of the upper limb.

Supplementary Indications: Palpitations; blurred vision; aversion to wind and cold.

PC-3 (qū zé)

曲 qū: bend, curve, crook; bent

澤 zé: marsh

曲澤

Marsh at the Bend

Location: On the transverse cubital crease just medial to the tendon of biceps brachii muscle. An aponeurosis (of variable size) is usually present. The point should be needled medial to the aponeurosis.

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

Functions: Clears Heat and cools the Blood; moves Blood and dispels stasis; expels Fire pathogen; downbears counterflow and stops vomiting; calms the Shen and settles convulsions. Pacifies the Stomach and regulates the Intestines; opens the Heart portals and frees Heart Qi.

Indications: Stomach pain; vomiting; diarrhoea; gastroenteritis; enteritis; febrile diseases; vexation and agitation; cardiac pain; palpitations; bronchitis; pain in the elbow and arm; trembling of the upper limb.

Supplementary Indications: Susceptibility to fright; body fever; heat exhaustion; vexation and abdominal fullness; thirst and dry mouth; Cold damage, seasonal febrile disease, acute gastroenteritis; scourges and pestilences; cholera; cramp; headache and visual dizziness; cough.

PC-4 (xī mén)

鄰 xī: cleft, crevice

門 mén: door, gate

鄰門

Cleft-Xi Gate

Location: On the anterior forearm five cun proximal to the transverse wrist crease between the tendons of palmaris longus and flexor carpi radialis muscles. The point is on a line drawn between PC-3 (Qu Ze) at the elbow and PC-7 (Da Ling) at the wrist.

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

Functions: Calms the Heart and Shen; regulates and cools the Blood; opens the chest and rectifies Qi; removes obstructions from the Channel; stops pain; expands the diaphragm.

Indications: Cardiac pain; palpitations; tachycardia; rheumatic heart disease; myocarditis; angina pectoris; retching of blood; nosebleed; skin heat sores; hysteria; pleurisy; mastitis.

Supplementary Indications: Vexation; pain in the chest, possibly with vomiting; melancholy; insufficiency of Shen; epilepsy; fear and fright; fearfulness of people or strangers.

PC-5 (jiān shǐ)

間 jiān: among, between; to separate

使 shǐ: a messenger; to employ; to cause, to allow

間使

Intermediary Courier

Location: On the anterior forearm three cun proximal to the transverse wrist crease between the tendons of palmaris longus and flexor carpi radialis muscles. The point is on a line drawn between PC-3 (Qu Ze) at the elbow and PC-7 (Da Ling) at the wrist.

Features & Categories: Metal, River, Traversing-Jing point of the Pericardium Channel; 9th of the 13 Ghost points - Gui Cu, Ghost Cave. Group Luo-Connecting point of the Yin Channels of the upper limb.

Functions: Nourishes and regulates Heart Qi and calms the Shen; opens the chest, transforms Phlegm in the Heart; clears Heat; regulates the Stomach; soothes the Sinews and quickens the Connecting vessels.

Indications: Cardiac pain; palpitations; rheumatic heart disease; stomach pain; vomiting; febrile diseases; vexation and agitation; malaria; mania and withdrawal; hysteria; epilepsy; axillary swelling; hypertonicity of the elbow; pain in the arm.

Supplementary Indications: Cold damage chest bind; critical Wind strike conditions of Qi blockage, rising thin phlegm and clouding consciousness; loss of voice; enduring malaria; menstrual irregularity and clotted discharge; red complexion and yellow eyes; seizures; psychosis.

PC-6 (*nèi guān*)

内 *nèi*: inner, inside

關 *guān*: gate, passage; to shut, to close

內 關

Inner Pass

Location: On the anterior forearm 2 cun proximal to the transverse wrist crease between the tendons of palmaris longus and flexor carpi radialis muscles. The point is on a line drawn between PC-3 (Qu Ze) at the elbow and PC-7 (Da Ling) at the wrist.

Features & Categories: Connecting-Luo point of the Pericardium Channel, connecting to the San Jiao Channel of hand Shao Yang; Master point of Yin Wei Mai (Yin linking Vessel), Coupling point of Chong Mai (Penetrating Vessel). General Luo-Connecting point of the Yin. Regional Command point of the chest and lateral costal region.

Functions: Clears Heat and eliminates vexation; Calms the Shen; opens the chest; regulates Heart Qi and Blood; downbears counterflow and stops vomiting; harmonizes the Stomach and relieves pain; regulates Jue Yin and the San Jiao.

Indications: Cardiac and chest pain; palpitations; shock; angina pectoris; stomach and abdominal pain; nausea; retching; irritability; mania and withdrawal; migraine headache; hysteria; insomnia; dizziness; hyperthyroidism; epilepsy; swollen and painful throat; pain and hypertonicity of the elbow and arm; febrile diseases; malaria.

Supplementary Indications: Gastric reflux; splenogastric disharmony; vomiting; tidal fever; jaundice; diseases of the chest and ribs; hot, red face; red eyes; prolapse of the rectum; poor memory and derangement; lump glomus; concretions; Wind strike, apoplexy.

PC-7 (*dà líng*)

大 *dà*: great, large, big

陵 *líng*: mound, small hill

大 陵

Great Mound

Location: In a depression between the tendons of palmaris longus and flexor carpi radialis muscles on the transverse anterior wrist crease.

Features & Categories: Earth, Stream, Transporting-Shu point, Source-Yuan point of the Pericardium Channel; 4th of the 13 Ghost points - Gui Xin, Ghost Heart (alternative to LU-9, Tai Yuan); one of the nine needles for returning Yang (alternative to PC-8, Lao Gong). Historically used as the Source-Yuan point of the Heart Channel of hand Shao Yin.

Functions: Clears Heat in the Heart and Pericardium, calms the Shen; harmonizes the Stomach and opens the chest; clears construction and cools the Blood.

Indications: Cardiac pain; palpitations; myocarditis; stomach pain; vomiting; insomnia; tonsillitis; fright palpitations; mania and withdrawal; insomnia; irritability; halitosis; mental disorders; pain or oppression in the chest and lateral costal region; intercostal neuralgia.

Supplementary Indications: Blood ejection; pain at the root of the tongue; sensation of throat blockage; heat in the palms; reddening or yellowing of the eyes; fire-like body fever; shortness of breath; vexation; joy, sorrow, weeping, fright and fear; incessant laughter; scabies; prickly, itchy and hot skin sores (Damp Heat).

PC-8 (*láo gōng*)

勞 *láo*: toil, labor; taxation, weariness

宮 *gōng*: palace

勞宮

Palace of Toil

Location: On the palm between the second and third metacarpal bones. The point is located on the proximal transverse palmar crease ("head" line in palmistry). An alternative location for this point is between the third and fourth metacarpal bones on the proximal transverse palmar crease (Shandong, 1982).

Features & Categories: Fire, Spring, Gushing-Ying point of the Pericardium Channel. Horary point. One of the nine needles for returning Yang (alternative to PC-7, Da Ling). Alternative to PC-5 (Jian Shi) as the 9th of the 13 Ghost points - Gui Cu, Ghost Cave.

Functions: Clears Heart Fire; drains and eliminates Damp Heat; extinguishes Wind and cools the Blood; calms the Shen and harmonizes the Stomach.

Indications: Cardiac pain; angina pectoris; mania and withdrawal; epilepsy; stomatitis; vomiting; nausea; coma from stroke; heat exhaustion; mouth ulcers; halitosis; hysteria; psychosis; mental disorder; excess sweating of palms and feet; Damp Heat skin diseases; fainting due to fright in infants.

Supplementary Indications: Wind strike; irascibility; elation; apprehensiveness; difficult ingestion; nosebleed; jaundice; numb fingers or hand tremors; bloody stool or urine; erosion of the gums in infants; mouth ulcers; lower abdominal accumulations and masses.

TB-1 (*guān chōng*)

關 *guān*: passage, gate, door

衝 *chōng*: hub, thoroughfare; 沖 surge, flush

關衝

Passage Hub

Location: On the medial dorsal (ulnar) aspect of the 4th digit approximately 1 fen proximal to the medial proximal corner of the finger nail.

Features & Categories: Metal, Well-Jing point of the San Jiao Channel. Intersecting point of the Pericardium Channel of hand Jue Yin on the San Jiao Channel.

Functions: Dispels Wind and dissipates Pathogens; resolves San Jiao Pathogenic Heat; frees Channel and Connecting Vessel Qi; clears Heat and drains Fire; invigorates Blood; restores consciousness.

Indications: Headache; red or swollen eyes; conjunctivitis; sore, swollen throat; stiff tongue; laryngitis; Heat diseases; fever; irritability; fainting; ear ache.

PC-9 (*zhōng chōng*)

中 *zhōng*: central, center, middle

衝 *chōng*: a hub, thoroughfare; (冲) to surge, to flush

中衝

Central Hub

Location: One fen proximal to the lateral proximal corner of the fingernail on the radial (lateral) side of the middle finger. An alternative location for this point is in the centre of the tip of the middle finger (Shandong, 1982).

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

Functions: Clears Heat from the Heart and Pericardium; opens the portals; restores consciousness; returns Yang and stems counterflow; expels Internal Wind.

Indications: Cardiac pain; angina pectoris; palpitations; vexation and oppression; shock; syncope; fainting; high fever; stiffness of the tongue impeding speech; febrile diseases; heat exhaustion or heat stroke; convulsions; fright coma; heat in the palm.

Supplementary Indications: Elbow pain; thoracic oppression; tinnitus; pain or swelling in the root of the tongue.

BL-14 (*jué yīn shū*)

厥 *jué*: faint, lose consciousness

陰 *yīn*: yin, the complement of yang

俞 *shū*: acupuncture point

厥陰俞

Jue Yin Shu

Location: Between the scapulae on the posterior aspect of the trunk, 1.5 cun lateral to Du Mai. The point is located 1.5 cun lateral to the depression immediately inferior to the spinous process of the 4th thoracic vertebra. BL-43 (Gao Huang Shu) is 1.5 cun lateral to BL-14 (Jue Yin Shu), 3 cun from the posterior midline.

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

Functions: Frees the Channels and quickens the Connecting Vessels; soothes the Pericardium and Liver and rectifies Qi; regulates the Heart.

Indications: Cough; palpitations; cardiac pain; chest pain; angina pectoris; rheumatic heart disease; coronary heart disease; arrhythmias; tachycardia; Heart diseases generally; neurasthenia; thoracic oppression; stuffy chest; intercostal neuralgia; vomiting; insomnia; epilepsy; mental disorder.