

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 REN MAI**CV-1 (*huì yīn*)**

會 *huì*: meeting, convergence

陰 *yīn*: yin, the complement of yang

會陰

Meeting of Yin

Location: In the centre of the perineum, midway between the anus and the posterior margin of the external genitalia - which is the posterior border of the scrotum in males and the posterior labial commissure in females.

Features & Categories: Intersection point of Du Mai (Governing Vessel) and Chong Mai (Penetrating Vessel) on Ren Mai - initial acupuncture point of all three Vessels. 11th of the 13 Ghost points - Gui Cang, Ghost Store. General Luo-Connecting point of the Yin.

Functions: Strengthens the lumbar and benefits the Kidneys; benefits Jing; regulates Chong Mai (Penetrating Vessel) and Ren Mai; nourishes Yin; clears Heat and resolves Damp; restores consciousness.

Indications: Genital itch; vaginitis; irregular menstruation; urethritis; vaginal discharge; pruritis vulvae; pain and swelling of the anus; urinary retention; enuresis; incontinence; nocturnal seminal emission; prostatitis; mania and withdrawal; fainting; respiratory failure; asphyxia.

Supplementary Indications: Genital sweating; pain at the glans of the penis; postpartum stupor; vaginal protrusion; pain and swelling of the vagina; chronic hemorrhoids; inability to urinate and defecate; Cold at the glans of the penis; Heat in the Portals; Connecting Vessel Excess or Deficiency; abdominal skin pain; itch; sudden infantile convulsions; pain or swelling of the lower abdomen, possibly reaching the genitals; hernia; revival from drowning.

ST-30 (qì chōng)

氣 qì: qì

沖 chōng: to flush, surge; a thoroughfare; important place;
to rush against

氣沖

Surging Qi

Location: At the lower border of the abdomen in the depression immediately superior to the pubic bone. The point is located 2 cun lateral to Ren Mai point REN-2 (Qu Gu), 1.5 cun lateral to KID-11 (Heng Gu), and medial to the femoral nerve and vessels. This location is 5 cun inferior to the level of the umbilicus (ST-25, Tian Shu).

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang, Ren Mai (Conception Vessel), Chong Mai (Penetrating Vessel), and Du Mai (Governing Vessel) on the Stomach Channel. Point of the Sea of Nourishment (ST-30, ST-36).

Functions: Soothes the Sinews; disperses counterflow Qi; regulates Stomach Qi; regulates the Urinary Bladder; harmonizes Ying and Blood; regulates Chong Mai (Penetrating Vessel); benefits Jing.

Indications: Pain and swelling of the external genitalia; hernia; abdominal pain or masses; borborygmus; irregular menstruation; other menstrual disorders; retained placenta; swollen prostate; impotence; diseases of the reproductive organs generally.

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.

Supplementary Indications: Nocturnal seminal emission; Deficiency exhaustion of the Zang; red and white vaginal discharge; impotence; dribbling urination; painful hernia; distension and fullness of the lower abdomen; lower abdominal pain; fetal pressure causing an inability to urinate; dryness and pain of the genitals; edema; cholera with cramps.

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.

Supplementary Indications: Amenorrhoea; profuse uterine bleeding; red and white vaginal discharge; persistent flow of lochia; retention of afterbirth; hernia; edema; upsurging Kidney Qi or Liver Fire rushing up to the heart (if severe, causing respiratory difficulty); exhaustion of Yang Qi; white turbid urethral discharge; pain and burning on urination; Heat and pain in the abdomen; fainting; pain and vexation in the Heart; hunger with inability to eat; swelling and pain of the cervical canal (child gate); lower Yuan Deficiency and Cold; infertility.

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.

Supplementary Indications: Severe Deficiency patterns; all forms of Deficiency or general weakness; chronic disease; abdominal masses; infertility; persistent flow of lochia; sub-umbilical gripping pain gradually extending to the genitals; hematuria; difficult urination with dark-colored urine; Kidney Deficiency headache; heat stroke; dizziness and headache; upsurging Kidney Qi or Liver Fire; Cold Qi entering the lower abdomen; edema; Deficient Kidney dyspnea; lateral thoracic and peri-umbilical masses; blood in the stool; Deficiency or emaciation with thirst; coughing blood with tidal fever; round worms in the intestinal tract.

Contraindications: This point is contraindicated for acupuncture during pregnancy.

CV-5 (*shí mén*)

石 *shí*: stone

門 *mén*: gate, door

石門

Stone Gate

Location: On the anterior midline of the lower abdomen, 2 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 2 cun inferior to REN-8 (Shen Que), and 3 cun superior to REN-2 (Qu Gu). KID-14 (Si Man) is located 5 fen lateral to REN-5 (Shi Men), ST-27 (Da Ju) is 2 cun lateral.

Features & Categories: Front Alarm-Mu, Collecting point of the San Jiao Fu generally, but particularly the Lower Jiao. Intersection point of the San Jiao Channel of hand Shao Yang on Ren Mai.

Functions: Warms the Kidneys and invigorates Yang; strengthens and distributes Yuan Qi; regulates menstruation and treats vaginal discharge; opens the Water passages; promotes transformation and excretion in the lower Jiao.

Indications: Scant metrorrhagia; vaginal discharge; leukorrhoea; abnormal uterine bleeding; amenorrhea; postpartum hemorrhage; hernia; abdominal pain; diarrhea; urinary retention; enuresis; anuria; dysuria; edema; mastitis; hypertension.

Supplementary Indications: Abdominal masses with pain and distension - middle or lower Jiao; no desire for food; undigested food in stool; scrotal retraction; vomiting due to rebellious Qi; constipation; mammary diseases.

Contraindications: This point is contraindicated for acupuncture during pregnancy.

CV-6 (qì hǎi)

氣 qì: qì, breath

海 hǎi: sea

氣海*Sea of Qi*

Location: On the anterior midline of the lower abdomen, 1.5 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 1.5 cun inferior to REN-8 (Shen Que), and 3.5 cun superior to REN-2 (Qu Gu).

Features & Categories: Yuan point of Huang - the region 'above the diaphragm'.

Functions: Regulates Qi and supports Yuan Qi; tonifies Kidney Yang and supplements Deficiency; harmonizes Ying Qi and Blood; treats menstrual disorders and vaginal discharge; warms the lower Jiao; resolves turbid Damp.

Indications: Metrorrhagia; vaginal discharge; leukorrhoea; irregular menstruation; dysmenorrhoea; amenorrhoea; postpartum hemorrhage; hernia; enuresis; abdominal pain or distension; intestinal paralysis; colic; loose stool, possibly with mucus; diarrhea; dysentery; constipation; incontinence; incontinence in children; edema; extreme exhaustion; Wind-strike desertion patterns; neurasthenia; polyuria; urinary retention; urinary frequency; dysuria; nocturnal seminal emission; impotence; asthma; mental depression.

Supplementary Indications: Cold damage peri-umbilical pain; Yin pattern testicular retraction; Yang desertion; Cold in the limbs; Qi Deficiency fatigue; insufficient Zhen Qi; lumbar pain; urinary incontinence in children; cardiac pain; pain throughout the Zang Fu; difficult micturition with dark urine; infertility; heat stroke or exhaustion; vaginal discharge with blood; excess bleeding.

CV-7 (yīn jiāo)

陰 yīn: yin, the complement of yang

交 jiāo: intersection

陰交*Yin Intersection*

Location: On the anterior midline of the lower abdomen, 1 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 1 cun inferior to REN-8 (Shen Que), and 4 cun superior to REN-2 (Qu Gu). KID-15 (Zhong Zhu) is located 5 fen lateral to REN-7 (Yin Jiao), ST-26 (Wai Ling) is 2 cun lateral.

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on Ren Mai. Special Command point of Lower Jiao. Note: Ellis, Wiseman & Boss (1989) give REN-7 (Yin Jiao) as an Intersection point of the Kidney Channel of foot Shao Yin on Ren Mai.

Functions: Warms and tonifies Kidney Yang; regulates the Uterus, menstruation and Blood; nourishes Yin.

Indications: Metrorrhagia; vaginal discharge; leukorrhoea; abnormal uterine bleeding; irregular menstruation; amenorrhoea; uterine prolapse; infertility; genital itch; pruritus vulvae; abdominal distension; peri-umbilical pain; painful hernia; postpartum hemorrhage.

Supplementary Indications: Upsurging Kidney Qi or Liver Fire; severe Deficiency patterns; fecal and urinary retention; edema; nosebleed; postpartum non-contraction of the delivery gate; non-closure of the fontanels in infants.

CV-8 (*shén què*)

神 *shén*: spirit

闕 *què*: a watch tower on either side of a palace gate
a gate; a palace

神闕

Spirit Gate

Location: On the anterior midline in the centre of the umbilicus. KID-16 (Huang Shu) is located 5 fen lateral to REN-8 (Shen Que), ST-25 (Tian Shu) is 2 cun lateral.

Functions: Warms and supports Yuan Qi and Yang; opens the Portals and restores consciousness; strengthens transporting function of Spleen and Stomach; moves gastrointestinal Qi; transforms Cold Damp Stagnation.

Indications: Sudden loss of consciousness; hemiplegia; wry mouth or speech difficulty; borborygmi; abdominal pain; acute and chronic enteritis; chronic diarrhea or dysentery; vomiting and diarrhoea at the same time; edema; shock from intestinal adhesions; prolapse of the rectum; collapse of Yang; extreme weakness.

Supplementary Indications: Urinary frequency, urgency, difficulty and incontinence; severe Deficiency; infantile diarrhea after breast feeding; edema and abdominal drum distension; peri-umbilical pain; urinary retention due to Heat; intestinal tuberculosis; coma; heat stroke or exhaustion; fainting.

Contraindications: This point is contraindicated for acupuncture.

CV-9 (*shuǐ fēn*)

水 *shuǐ*: water

分 *fēn*: divide, part, separate

水分

Water Divide

Location: On the superior abdomen in the anterior midline, 1 cun superior to the centre of the umbilicus (REN-8, Shen Que). The proportional distance from the centre of the umbilicus to the xiphisternal junction (REN-16, Zhong Ting) is 8 cun. ST-24 (Hua Rou Men) is located 2 cun lateral to REN-9 (Shui Fen).

Functions: Strengthens the Spleen and resolves Damp; promotes transformation of Fluids; controls the Water passages.

Indications: Ascites; intestinal rumbling; abdominal pain; edema; dysuria; facial swelling; nephritis; urinary retention.

Supplementary Indications: Gastric reflux with vomiting; diarrhea; tetany; cholera with cramps; prolapse of the rectum; urinary and fecal retention; failure of the fontanel to close.

Contraindications: This point is contraindicated for acupuncture in cases of abdominal swelling and distension (use moxa).

CV-10 (xià wǎn)

下 xià: lower, below; to descend

腕 wǎn (guǎn): venter

下腕*Lower Venter*

Location: On the superior abdomen in the anterior midline, 2 cun superior to the centre of the umbilicus (REN-8, Shen Que). The proportional distance from the centre of the umbilicus to the xiphisternal junction (REN-16, Zhong Ting) is 8 cun. KID-17 (Shang Qu) is located 5 fen lateral to REN-10 (Xia Wan), ST-23 (Tai Yi) is 2 cun lateral.

Features & Categories: Intersection point of the Spleen Channel of foot Tai Yin on Ren Mai.

Functions: Assists movement and transformation in the Stomach and Intestines; promotes descent of Stomach Qi; disperses digestate accumulations and Qi Stagnation; tonifies the Spleen.

Indications: Indigestion; stomach pain; abdominal distension; epigastric or abdominal pain; prolapsed stomach; fullness after eating; acid regurgitation; dysentery; borborygmi; vomiting; untransformed digestate in stool; diarrhoea; contracture of pyloric sphincter.

Supplementary Indications: No pleasure in eating; dark-colored urine; abdomen hardness; palpable focal abdominal distension; Cold bowel Qi.

Contraindications: This point is contraindicated for moxibustion in cases of pregnancy.

CV-11 (jiàn lǐ)

建 jiàn: to establish, to erect; to stand

里 lǐ: a measure of distance; a small hamlet

建里*Interior Strengthening*

Location: On the superior abdomen in the anterior midline, 3 cun superior to the centre of the umbilicus (REN-8, Shen Que). The proportional distance from the centre of the umbilicus to the xiphisternal junction (REN-16, Zhong Ting) is 8 cun. KID-18 (Shi Guan) is located 5 fen lateral to REN-11 (Jian Li), ST-22 (Guan Men) is 2 cun lateral, and SP-16 (Fu Ai) is 4 cun lateral on the border of rectus abdominus muscle.

Functions: Fortifies the Spleen and rectifies Qi; harmonizes the Stomach and disperses accumulations; transforms Damp and frees the middle Jiao; promotes descent of Stomach Qi.

Indications: Stomach pain; nausea; vomiting; loss of appetite; abdominal distension or pain; fullness after eating; acute and chronic gastritis; anorexia; edema; angina pectoris; ascites; intestinal noises.

Supplementary Indications: Abdominal distension with counterflow of Qi; cardiac pain; retching; no desire for food; abdominal pain and intestinal rumbling; fullness in the middle Jiao.

CV-12 (*zhōng wǎn*)中 *zhōng*: center, central, middle腕 *wǎn (guǎn)*: venter**中腕***Central Venter*

Location: On the anterior midline, 4 cun superior to the centre of the umbilicus. The point is located midway between the xiphisternal junction (REN-16, Zhong Ting) and the centre of the umbilicus (REN-8, Shen Que). The proportional distance between these landmarks is 8 cun. (The xiphisternal junction is the articulation between the xiphoid process and the body of the sternum). KID-19 (Yin Du) is located 5 fen lateral to REN-12 (Zhong Wan), ST-21 (Liang Men) is 2 cun lateral.

Features & Categories: Intersection point of the Stomach Channel of foot Yang Ming, 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 Stomach Fu; front Alarm-Mu, Collecting point of the Middle Jiao; Meeting point of the Fu Organs; one of the nine needles for returning Yang.

Functions: Regulates and harmonizes the Stomach and rectifies rebellious Qi; fortifies the Spleen and resolves Damp.

Indications: Stomach pain; abdominal distension; gastric reflux and acid regurgitation; hiccough; lack of appetite; indigestion; acute or chronic gastritis; gastric ulcers; prolapsed stomach; nausea; vomiting; tiredness; dull stomachache relieved by eating; almost any digestive system condition; diarrhea; dysentery; acute intestinal obstruction; constipation; untransformed digestate in stool; insomnia; hypertension; neurasthenia; mental illness.

Supplementary Indications: Abdominal pain; abdominal fullness; abdominal rumbling; pain in the stomach region; vomiting food long after ingestion; scorched stench in the nose; difficulty with defecation; yellow or dark-colored urine; loss of taste; sour taste with swallowing; cholera; fainting; urgent or chronic fright Wind; damage due to preoccupation or obsession; cardiac pain; generalized swelling; Deficiency and vomiting blood; spitting blood with tuberculosis; mania and withdrawal; jaundice; upsurging Kidney Qi or Liver Fire; postpartum Blood Deficiency dizziness; Internal damage to the Spleen and Stomach.

CV-13 (*shàng wǎn*)上 *shàng*: above, upper腕 *wǎn (guǎn)*: venter**上腕***Upper Venter*

Location: On the anterior midline, 5 cun superior to the centre of the umbilicus. The proportional distance from the centre of the umbilicus (REN-8, Shen Que) to the xiphisternal junction (REN-16, Zhong Ting) is 8 cun. KID-20 (Tong Gu) is located 5 fen lateral to REN-13 (Shang Wan), ST-20 (Cheng Man) is 2 cun lateral.

Features & Categories: Intersection point of the Stomach Channel of foot Yang Ming and Small Intestine Channel of hand Tai Yang on Ren Mai.

Functions: Harmonizes the Spleen and Stomach; transforms turbid Phlegm; stabilizes flow of Qi; rectifies rebellious Stomach Qi; calms the Shen.

Indications: Stomach pain; gastric reflux; acute and chronic gastritis; abdominal distension; distended stomach; epigastric fullness; stomach spasms; cardiac spasms; nausea; belching; hiccough; vomiting; insomnia; epilepsy; lower esophageal constriction; spasm of cardiac sphincter.

Supplementary Indications: Abdominal distension with Qi fullness; fright palpitations; inability to eat; periodic retching of blood; copious Phlegm and dribbling; upsurging Kidney Qi or Liver Fire; sudden cardiac pain; Wind epilepsy Heat disease; visual dizziness; headache and dizziness; body fever with or without perspiration; cholera; abdominal masses; abdominal fullness and intestinal rumbling; Heat vexation in the Heart; jaundice; Stomach Deficiency fullness and distension.

CV-14 (*jù què*)

巨 *jù*: great, gigantic

闕 *què*: gate tower (watch towers located on either side of a palace gate); a palace

巨 闕

Great Tower Gate

Location: On the superior abdomen in the anterior midline. The point is located 6 cun superior to REN-8 (Shen Que) in the middle of the umbilicus, and 2 cun inferior to the xiphisternal junction (REN-16, Zhong Ting). KID-21 (You Men) is located 5 fen lateral to REN-14 (Ju Que), ST-19 (Bu Rong) is 2 cun lateral.

Features & Categories: Front Alarm-Mu, Collecting point of the Heart Zang.

Functions: Disperses congealed Phlegm in the chest and diaphragm; transforms Damp Stagnation in the middle Jiao; pacifies the Stomach and benefits the diaphragm; clears the Heart and calms the Shen; regulates Qi and frees the middle Jiao; rectifies rebellious Stomach Qi.

Indications: Cardio-thoracic pain; angina pectoris; stomach pain; gastric reflux and acid regurgitation; esophageal constriction; difficulty in swallowing; nausea; vomiting; hiccough; stomach or digestive problems with an emotional foundation; mental illness; mania and withdrawal; epilepsy; seizures; palpitations; chronic hepatitis.

Supplementary Indications: Cough due to rebellious Qi ascending; fullness in the chest and shortness of breath; back pain; chest pain; sensation of a lump in the abdomen or thorax; cholera; fright palpitations; abdominal distension with severe pain; vexation in Cold damage; vomiting phlegm; Cold in the stomach; vomiting long after ingestion of food; occasional spitting of blood; clonic spasm accompanied by abdominal pain; hernia with intestinal prolapse; raving and manic rage; chest pain extending to the lateral costal region; jaundice; impaired memory; round worm in the bile duct.

CV-15 (*jiū wěi*)

鳩 *jiū*: turtledove

尾 *wěi*: tail

鳩 尾

Turtledove Tail

Location: On the superior abdomen in the anterior midline. The point is located 7 cun superior to the centre of the umbilicus (REN-8, Shen Que), and 1 cun inferior to the xiphisternal junction

(REN-16, Zhong Ting). The length of the xiphoid process is variable between individuals. Its caudal tip is not a reliable guide when locating this point.

Features & Categories: Connecting-Luo point of Ren Mai. Yuan point of the Zang (Maciocia, 1989). Yuan point of Gao - the region 'below the Heart'.

Functions: Opens the chest and rectifies Qi; transforms Phlegm and resolves cough; harmonizes the Stomach and rectifies counterflow; clears Heat and eliminates Wind; benefits Yuan Qi; calms the Shen.

Indications: Cardio-thoracic pain; angina pectoris; gastric reflux; nausea; hiccoughs; asthma; seizures; mania and withdrawal; mental illness; epilepsy; anxiety; emotional upset; fears or obsessions; itching or pain of the abdomen.

Supplementary Indications: Fullness in the chest; cough; vomiting blood; wheezing and dyspnea; gripping pain in the heart; epilepsy; manic disease; abdominal swelling; unilateral headache extending to the outer canthus; fright palpitations; adolescent sexual excesses; shortness of breath; Deficient Qi; throat Bi; difficult ingestion of fluids; prolapse of the rectum; sudden unchecked vomit of blood; Cold damage chest Stagnation.

CV-16 (*zhōng tíng*)

中 *zhōng*: center, central, middle

庭 *tíng*: court, courtyard; palace

中庭

Center Palace

Location: On the anterior midline at the xiphisternal junction. This is approximately level with the medial end of the 5th intercostal space. The proportional distance between REN-16 (Zhong Ting) and the centre of the umbilicus (REN-8, Shen Que) is 8 cun. The proportional distance between REN-16 (Zhong Ting) and the centre of the suprasternal fossa (REN-22, Tian Tu) is 9 cun.

Functions: Opens the chest and rectifies flow of Qi; rectifies counterflow and harmonizes the middle Jiao.

Indications: Distension and fullness in the chest; esophageal constriction; food stuck in throat; regurgitation, including infant milk regurgitation; hiccough; nausea; vomiting; anorexia; asthma.

Supplementary Indications: Fullness in the chest and lateral costal region; sore pharynx; difficult ingestion; esophageal constriction; vomiting and gastric reflux; vomiting of breast milk; cardiac pain.

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 CV-17, REN-17 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.

Supplementary Indications: Wheezing dyspnea and shortness of breath; panting; cough and spitting blood; vomiting blood; chest pain; goitre; vomiting foamy phlegm; fainting; sudden pain and vexation; Heart palpitations with sorrow and fear; tumors on the neck; lung abscess; difficulty swallowing food due to oesophageal dryness or constriction.

CV-18 (*yù táng*)

玉 *yù*: jade

堂 *táng*: hall; palace; a hall within a palace

玉堂

Jade Hall

Location: On the anterior midline of the sternum, at the level of the medial end of the 3rd intercostal space. The point lies on the anterior surface of the body of the sternum. KID-24 (Ling Xu) is located 2 cun lateral to this point.

Functions: Opens the chest and rectifies flow of Qi; resolves cough and Phlegm.

Indications: Cough; dyspnea; bronchitis; asthma; emphysema; chest pain; vomiting; intercostal neuralgia; excessive expectoration; obstruction or paralysis of the larynx.

Supplementary Indications: Vomiting and vexation; pain in the anterior chest; dyspnea with fullness; vomiting and Phlegm congestion; ascent of Qi; pain in the lateral costal region.

CV-19 (zǐ gōng)

紫 zǐ: purple

宮 gōng: palace

紫宮

Purple Palace

Location: On the anterior midline of the sternum, at the level of the medial end of the 2nd intercostal space. The point lies in the anterior surface of the body of the sternum.

KID-25 (Shen Cang) is located 2 cun lateral to this point.

Functions: Opens the chest and rectifies flow of Qi; resolves cough and frees the throat.

Indications: Cough; dyspnea; chest pain; asthma; bronchiectasis; pulmonary tuberculosis; paralysis of the pharynx; obstruction of the larynx.

Supplementary Indications: Fullness and pain in the chest and lateral costal region; vexation; vomiting blood; glue-like spittle; difficult ingestion of food and drink.

CV-20 (huá gài)

華 huá: flower, flowery; glory

蓋 gài: cover, canopy

華蓋

Florid Canopy

Location: On the anterior midline of the sternum, at the level of the medial end of the 1st intercostal space. The point lies in the anterior surface of the manubrium, superior to the manubriosternal junction. KID-26 (Yu Zhong) is located 2 cun lateral to this point.

Functions: Opens the chest, frees the diaphragm; clears the Lung and resolves cough.

Indications: Dyspnea; cough; pharyngitis; chest pain; bronchitis; asthma; intercostal neuralgia.

Supplementary Indications: Fullness and pain in the chest and lateral costal region; cough and ascent of Qi; vomiting blood; throat Bi; swollen pharynx; difficult ingestion of fluids.

CV-21 (xuán jī)

璇 xuán: a kind of fine jade

璣 jī: a (non-globular) pearl; astronomical instrument gear

璇璣

Jade Pivot

Location: On the anterior midline of the manubrium, 1 cun inferior to REN-22 (Tian Tu). This is 1 cun inferior to the centre of the suprasternal fossa. The location of this point is approximately level with the depression (on each side) between the medial ends of the 1st rib and clavicle (KID-27, Shu Fu).

Functions: Opens the chest and rectifies Qi; resolves cough and rectifies rebellious Qi counterflow.

Indications: Cough; dyspnea; asthma; (chronic) bronchitis; chest pain; spasms of the esophagus.

Supplementary Indications: Fullness and pain in the chest and lateral costal region; laryngeal Bi; swollen pharynx; difficult ingestion of fluids; hot, red facial skin in infants; Lung Stagnation; laryngeal stridor in children.

CV-22 (tiān tú)

天 *tiān*: celestial, of the heavens, sky; Nature; heaven
 突 *tú*: a chimney; to protrude; abrupt, sudden;
 to dash forward

天突

Celestial Chimney

Location: On the anterior midline of the neck, in the centre of the suprasternal fossa, between the medial ends of the clavicles. This is approximately 5 fen superior to the suprasternal notch. The proportional distance between the xiphisternal junction (REN-16, Zhong Ting) and the centre of the suprasternal fossa (REN-22, Tian Tu) is 9 cun.

Features & Categories: Intersection point Yin Wei Mai (Yin linking Vessel) on Ren Mai. Window of the Sky point.

Functions: Facilitates Lung function and transforms Phlegm; stimulates descent of Lung Qi; frees and Cools the throat and restores the voice; clears Heat; resolves cough; soothes asthma.

Indications: Cough; dyspnea; asthma; acute and chronic bronchitis; sudden loss (or hoarseness) of voice; profuse phlegm; sore, swollen or dry throat; pharyngitis; chronic mucus production in throat; hiccough; difficulty in swallowing; goitre; nervous vomiting; spasm and diseases of the esophagus; spasms of the diaphragm; diseases of the larynx.

Supplementary Indications: Fulminant dyspnea and cough due to rebellious Qi; expectoration of pus and blood; pharyngeal swelling; esophageal constriction; frog rattle in the throat; hoarse voice; early stages of goitre, tumors or nodular growths on the neck; vomiting; swelling at the back of the neck and shoulder pain; cardiac pain; dormant papules; generalized insensitivity of the flesh; Lung Stagnation.

CV-23 (lián quán)

廉 *lián*: ridge; corner; aspect
 泉 *quán*: spring (as a mountain spring)

廉泉

Ridge Spring

Location: On the anterior midline of the neck, immediately superior to the hyoid bone. The thyrohyoid membrane (between the thyroid cartilage and the hyoid bone) should be avoided. The point may be needled into the base of the tongue.

Features & Categories: Intersection point Yin Wei Mai (Yin linking Vessel) on Ren Mai.

Functions: Frees the throat and eliminates Phlegm; clears Fire and rectifies counterflow of rebellious Qi; dispels Interior Wind; promotes speech.

Indications: Bronchitis; pharyngitis; tonsillitis; asthma; aphasia; paralysis of hyoglossus muscle; subglossal swelling or pain; sluggish tongue and dribbling; stiffness (paralysis) of the tongue with inability to speak; loss of voice; muteness; difficulty in swallowing; nodules on the vocal cords.

Supplementary Indications: Cough with ascent of Qi; dyspnea and retching of foam; swelling of the subglossal region with difficulty in speech; contraction of the root of the tongue; excess salivation; thirst; mouth sores; clenched jaws; sudden loss (or hoarseness) of voice.

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.

GV-28 (*yín jiāo*)

齦 *yín*: the gums
 交 *jiāo*: intersection

齦交

Gum Intersection

Location: On the midline of the face, in the vestibule of the oral cavity. The point is located in the frenulum of the upper lip, at the junction of the frenulum and the maxillary gum (gingiva).

Features & Categories: Intersection point of Ren and Du Mai.

Functions: Diffuses the Lung and frees the Portals; clears Heat and drains Fire; brightens the eyes and relieves itching.

Indications: Mania and withdrawal; mental illness; nasal polyps; deep-source nasal congestion; pain and swelling of the gums; acute wrist sprain.

ST-1 (*chéng qì*)

承 *chéng*: to contain, to hold, to carry; to receive
 泣 *qì*: tears

承泣

Tear Container

Location: On the face, directly inferior to the centre of the pupil. The point is located within the orbit, between the eyeball and the infraorbital ridge. The patient should be looking straight ahead.

Features & Categories: Intersection point of Ren Mai (Conception Vessel) and Yang Qiao Mai (Yang heel/motility Vessel) on the Stomach Channel.

Functions: Disperses Wind and dissipates Fire; eliminates Pathogens and brightens the eyes.

Indications: Painful, red or swollen eyes; lacrimation when exposed to wind; night blindness; colour blindness; twitching of the eyelids; acute and chronic conjunctivitis; myopia; astigmatism; convergent squint; glaucoma; cataract; keratitis; retinitis; inflammation or atrophy of the optic nerve; wryness of the mouth and eyes; facial paralysis.

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.

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.