

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 SAN JIAO FU**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.

Supplementary Indications: Pain in the shoulder and arm; tinnitus; deafness; difficult ingestion; pterygium; pathogenic Heat in the San Jiao; absence of sweating in Heat diseases; throat Bi; curled tongue; dry mouth; pain at the root of the tongue.

TB-2 (*yè mén*)液 *yè*: humor, water, fluid門 *mén*: gate, door

液門

Humor Gate

Location: On the dorsum of the hand between the fourth and fifth digits. The point lies in the skin webbing distal to the metacarpophalangeal joints, and is best located with the hand forming a loose fist. With deep needling the needle enters the hand between the fourth and fifth metacarpal bones.

Features & Categories: Water, Spring, Gushing-Ying point of the San Jiao Channel.

Functions: Frees the Channels and quickens the Connecting Vessels; expels Wind; reduces swelling and relieves pain; clears and drains Pathogenic Heat in the San Jiao; benefits the ear.

Indications: Headache; red or swollen eyes; ear ache; (sudden) deafness; sore, swollen throat; laryngitis; pharyngitis; pain of the arm and hand; pain and swelling of the fingers; malaria.

Supplementary Indications: Fright palpitations and raving; red complexion and excess tears; aching among the upper teeth; shortness of breath; Wind Heat and Wind Cold; ear pain; tinnitus; pain at the back of the hand; dry eyes.

TB-3 (*zhōng zhǔ*)中 *zhōng*: central, middle渚 *zhǔ*: an islet

中渚

Central Islet

Location: On the dorsum of the hand between the fourth and fifth metacarpal bones. The point lies in a depression just proximal to the metacarpophalangeal joints, (proximal to the heads of the metacarpal bones).

Features & Categories: Wood, Stream, Transporting-Shu point of the San Jiao Channel.

Functions: Dissipates Wind Heat; clears the head and eyes; frees the Channels and Connecting Vessels; benefits the ear; regulates Qi; supports the Shen.

Indications: Headache; red or swollen eyes; blurred vision; deafness; tinnitus; sore, swollen throat; pain in the elbow and arm; pain in the shoulder and back; inability to flex and extend the fingers; Heat diseases; intercostal neuralgia.

Supplementary Indications: Absence of sweating in Heat disease; enduring malaria; pain in the spine; deaf-mutism.

TB-4 (*yáng chí*)陽 *yáng*: yang, the complement of yin池 *chí*: pool, pond

陽池

Yang Pool

Location: On the dorsum of the wrist in a depression just medial (ulnar aspect) to the group of tendons of extensor digitorum muscle. The point lies between the tendons of extensor digitorum and extensor digiti minimi muscles. An alternative location places the point on the lateral side of the tendons of extensor digitorum muscle (Cheng 1987, Rogers 1981).

Features & Categories: Yuan-Source point of the San Jiao Channel.

Functions: Disperses Wind and drains Heat; frees the Channels and Connecting Vessels; relaxes the Sinews; regulates the Stomach; promotes Fluid transformation; benefits Yuan Qi.
Indications: Wrist pain; arm and shoulder pain; malaria; deafness; common cold; tonsillitis.
Supplementary Indications: Thirst and dry mouth; vexation and oppression; pain and weakness of the wrist; redness and painful swelling of the eyes; tinnitus; throat Bi; absence of sweating in Heat disease; tidal fevers; swelling of the neck.

TB-5 (*wài guān*)外 *wài*: outer, outside關 *guān*: pass, gate

外 關

Outer Pass

Location: On the posterior forearm two cun proximal to SJ-4 (Yang Chi) between the ulna and radius bones. The point lies on the opposite side of the wrist to PC-6 (Nei Guan), and is best located with the forearm supinated.

Features & Categories: Luo-Connecting point of the San Jiao Channel, connecting to the Pericardium Channel of hand Jue Yin. Master point of Yang Wei Mai (Yang linking Vessel), Coupling point of Dai Mai (Girdle Vessel). General Luo-Connecting point of the Yang.

Functions: Disperses Wind and relieves the Exterior; clears Heat and resolves toxins; frees the Channels and quickens the Connecting Vessels; benefits the ear; disperses rising Liver Yang; benefits the Gall Bladder.

Indications: Heat diseases; headache; common cold; fever; pneumonia; pain in the cheek; parotitis; lateral costal pain; deafness; tinnitus; inhibited flexion and extension of the elbow and arm; pain in the fingers; tremor of the hand; paralysis; abdominal pain and constipation.

Supplementary Indications: Migraine headache; enuresis; stiff neck; hemiplegia; swollen throat.

TB-6 (*zhī gōu*)支 *zhī*: branch, limb; descendants溝 *gōu*: ditch, water gully

支 溝

Branch Ditch

Location: On the posterior forearm three cun proximal to SJ-4 (Yang Chi) between the ulna and radius bones. The point is best located with the forearm supinated. It lies lateral (radial aspect) to extensor digitorum muscle.

Features & Categories: Fire, River, Traversing-Jing point of the San Jiao Channel. Horary point.

Functions: Clears the San Jiao; frees Large Intestine Qi; opens the Intestines; spreads Qi and disperses obstruction; clears Heat and Wind.

Indications: Sudden loss or hoarseness of voice; tinnitus; deafness; pain and heaviness of the shoulder, back or arm; intercostal neuralgia; angina pectoris; pleurisy; pleuritis; insufficient lactation; belching; vomiting and diarrhoea; chronic constipation; urticaria; herpes zoster; hemiplegia.

Supplementary Indications: Painful or red eyes; postpartum Blood dizziness; cough; hot face; sudden cardiac pain; chest pain; cholera with vomiting; sore pharynx; swollen throat; parotitis; inability to turn the head; acute pain in the lateral costal or axillary region; absence of sweating in Heat disease; Wind Heat in the Blood.

TB-7 (huì zōng)

會 huì: to converge, to gather, to meet

宗 zōng: a meeting of officials; a suzerain; ancestor; clan

會宗

Convergence and Gathering

Location: On the posterior forearm between the ulna and radius bones at the same level as SJ-6 (Zhi Gou) - three cun proximal to SJ-4 (Yang Chi). The point lies approximately one cun medial to SJ-6 (Zhi Gou) close to the ulna.

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

Functions: Clears and drains pathogenic Heat from the San Jiao; soothes the Liver and rectifies flow of Qi; benefits the eyes and ears.

Indications: Deafness; tinnitus; pain in the upper limbs; epilepsy; seizures.

Supplementary Indications: Muscular pain; hearing loss; pain in the ear.

TB-8 (sān yáng luò)

三 sān: three

陽 yáng: yang, the complement of yin

絡 luò: to connect, to mesh; to spin (into yarn);
connecting vessel

三陽絡

Three Yang Connection

Location: On the posterior forearm four cun proximal to SJ-4 (Yang Chi) between the ulna and radius bones. The point lies on the same line as SJ-6 (Zhi Gou).

Features & Categories: Group Luo-Connecting point of the Yang Meridians of the upper limb.

Functions: Frees the Channels and quickens the Connecting Vessels; opens the Portals and relieves pain; clears Heat.

Indications: Sudden hoarseness or loss of voice; deafness; pain in the arm; pain in the chest and lateral costal region; post-operative pain following pneumonectomy.

Supplementary Indications: Tooth decay or ache; pain and inability to move the hand and arm; lassitude; prostrate exhaustion; lack of desire to move the four limbs; aphasia.

TB-9 (sì dú)

四 sì: four

瀆 dú: a large river; to show contempt; ditch, drain

四瀆

Four Rivers

Location: On the posterior forearm five cun distal to the olecranon between the ulna and radius bones.

Functions: Frees the Channels and quickens the Connecting Vessels; regulates the Waterways; frees the throat and opens the Portals.

Indications: Sudden hoarseness or loss of voice; sudden deafness; toothache; pain in the forearm; paralysis of the upper limb; headache; tinnitus; neurasthenia; vertigo; nephritis.

Supplementary Indications: Blocked sensation in the throat; lower jaw toothache; loss of voice.

TB-10 (*tiān jǐng*)

天 *tiān*: celestial, of the heavens, sky; Nature; heaven
井 *jǐng*: water well

天井

Celestial Well

Location: At the posterior elbow in the depression one cun proximal to the olecranon when the elbow is flexed. The point lies on the lateral side of the tendon of triceps brachii muscle.

Features & Categories: Earth, Sea, Uniting-He point of the San Jiao Channel.

Functions: Transforms Phlegm Damp in the Channels and Connecting Vessels; resolves masses; dispels Stagnation; dissipates Qi Fire in the San Jiao.

Indications: Unilateral headache; migraine headache; tonsillitis; urticaria; pain in the lateral costal region, neck, shoulder, and arm; stiff neck; scrofulous lumps; goitre; epilepsy; soft tissue diseases of the elbow.

Supplementary Indications: Malarial disease; tidal fevers; numbness of the flesh at the shoulder; thoracic Bi; cardiac pain; cough; fright palpitations; clonic spasm; eye pain; deafness; throat Bi; spitting of pus; sorrow; insanity.

TB-11 (*qīng lěng yuān*)

清 *qīng*: clear
冷 *lěng*: cold, frigid
淵 *yuān*: a deep lake or abyss

清冷淵

Clear Cold Abyss

Location: At the posterior elbow in the depression two cun proximal to the olecranon when the elbow is flexed. The point lies one cun above SJ-10 (Tian Jing).

Functions: Frees Channel and Connecting Vessel Qi; clears Heat and drains Fire.

Indications: Headache; shoulder and arm pain; yellowing of the conjunctiva.

Supplementary Indications: Back pain; elbow pain; cough; prostrate exhaustion; scrofulous lumps; epilepsy; eye pain; headache; migraine; deafness; throat Bi; no pleasure in eating.

TB-12 (*xiāo luò*)

消 *xiāo*: to disperse, to eliminate
灤 *luò*: a riverbed

消灤

Dispersing Riverbed

Location: On the posterior arm midway between SJ-11 (Qing Leng Yuan) and SJ-13 (Nao Hui). The point lies on a line drawn between SJ-10 (Tian Jing) at the elbow and SJ-14 (Jian Liao) at the shoulder. The needle penetrates the lateral head of triceps brachii muscle.

Functions: Frees the Channels, quickens the Connecting Vessels, and moves Qi; clears and drains depressed Heat in the San Jiao.

Indications: Headache; pain and stiffness in the neck; motor impairment and pain in the arm.

Supplementary Indications: Toothache; epilepsy; seizures; insanity; Bi pain.

TB-13 (*nào huì*)

臑 *nào*: the upper bone of the arm

會 *huì*: to converge, to meet, to join together *Upper Arm Convergence*

臑會

Location: On the postero-lateral arm three cun distal to SJ-14 (Jian Liao) on the posterior border of deltoid muscle. The point lies on a line drawn between SJ-10 (Tian Jing) at the elbow and SJ-14 (Jian Liao) at the shoulder.

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

Functions: Clears and discharges Pathogenic Heat; frees the Channels and Connecting Vessels; frees the joints.

Indications: Shoulder and arm pain; goitre.

Supplementary Indications: Fever and chills; swelling of the shoulder causing pain in the scapular region; hemiplegia.

TB-14 (*jiān liáo*)

肩 *jiān*: shoulder

髃 *liáo*: bone-hole

肩髃

Shoulder Bone-Hole

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

Functions: Dispels Wind and resolves Damp; moves Qi, quickens the Blood, and relieves pain.

Indications: Heaviness or motor impairment of the shoulder; arm pain; pain or inflammation in the shoulder joint; arthritis of the shoulder joint; excess sweating; hypertension.

Supplementary Indications: Wind Damp in the shoulder region; hemiplegia; urticaria; lack of strength in the upper limb; goitre.

SI-12 (*bǐng fēng*)

秉 *bǐng*: grasp, control

風 *fēng*: wind

秉風

Grasping the Wind

Location: On the superior aspect of the shoulder in the centre of the suprascapular fossa, directly superior to SI-11 (Tian Zong) and superior and anterior to the spine of the scapula. A slight depression forms when the arm is abducted. The point lies approximately midway between SI-13 (Qu Yuan) and LI-16 (Ju Gu).

Features & Categories: Intersection point of the Large Intestine Channel of hand Yang Ming, the San Jiao Channel of hand Shao Yang and the Gall Bladder Channel of foot Shao Yang on the Small Intestine Channel.

Functions: Frees the Channels and quickens the Connecting Vessels.

Indications: Pain or soreness of the scapular region, or in the posterior aspect of the shoulder; inflammation of supraspinatus tendon; pain or numbness in the upper limb.

TB-15 (*tiān liáo*)

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

髎 *liáo*: bone hole

天 髎

Celestial Bone-Hole

Location: On the superior posterior aspect of the shoulder, at the superior angle of the scapula. This is approximately 1 cun posterior to GB-21 (Jian Jing), and midway between GB-21 (Jian Jing) and SI-13 (Qu Yuan).

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

Functions: Disperses Wind and eliminates Damp; frees the Channels and quickens the Connecting Vessels; relieves pain.

Indications: Shoulder and arm pain; pain or soreness in the scapular region; inflammation of supraspinatus tendon; pain and stiffness in the neck.

Supplementary Indications: Body fever with absence of sweating; vexation in the chest; tension or pain in the nape and neck; pain in the supraclavicular fossa; fever and chills.

GV-14 (*dà zhūi*)

大 *dà*: great, big, large

椎 *zhūi*: hammer, mallet; vertebra

大 椎

Great Hammer

Location: On the posterior midline between the spinous processes of the 7th cervical and the 1st thoracic vertebrae, approximately at the level of the shoulder. Flexion and rotation of the neck may facilitate location, and help differentiate between the spinous processes of vertebrae C6, C7, T1. SI-15 (Jian Zhong Shu) is located 2 cun lateral to DU-14 (Da Zhui).

Features & Categories: Intersection point of all six primary Yang Channels on Du Mai. Point of the Sea of Qi (BL-10, ST-9, DU-15, DU-14, REN-17).

Functions: Relieves Exterior conditions and supports Yang; expels Wind; frees Yang Qi of the whole body; clears the Heart and calms the Shen; clears Lung Heat and regulates Qi.

Indications: Heat diseases; fever; heat stroke; malaria; common cold; tidal fever; cough; dyspnea; bronchitis; asthma; tuberculosis; emphysema; hepatitis; blood diseases; eczema; hemiplegia; stiffness of the neck; tension and stiffness of the spinal column; epilepsy; seizures; psychosis; pain in the posterior shoulder.

GB-21 (*jiān jǐng*)肩 *jiān*: shoulder井 *jǐng*: a well

肩井

Shoulder Well

Location: On the superior aspect of the shoulder, at its highest point. The point lies midway between the spinous process of the 7th cervical vertebra and the acromio-clavicular joint, in (upper) trapezius muscle. This is directly superior to the nipple (mamillary line). Another approach is: midway between the midpoint of the clavicle and the superior angle of the scapula.

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Frees the Channels and quickens the Connecting Vessels; resolves Phlegm and opens the Portals; relaxes the Sinews; promotes delivery and lactation.

Indications: Stiff neck; shoulder and back pain; disorders of the shoulder and back; motor impairment of the upper limb; mastitis; scrofula; hemiplegia due to stroke; difficult delivery; functional uterine bleeding; retained placenta; post-partum hemorrhage; possible miscarriage; insufficient lactation.

ST-12 (*quē pén*)缺 *quē*: empty, vacant; imperfect, defective盆 *pén*: basin, bowl

缺盆

Empty Basin

Location: At the base of the neck in the middle of the supraclavicular fossa, 4 cun lateral to the anterior midline, REN-22 (Tian Tu). ST-12 (Que Pen) is the highest point of the mamillary line. This is the mid-point of the clavicle.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang, Large Intestine Channel of hand Yang Ming, San Jiao Channel of hand Shao Yang, Small Intestine Channel of hand Tai Yang and Yin Qiao Mai (Yin heel/motility Vessel) on the Stomach Channel.

Although ST-12 (Que Pen) is nominated by some authorities (Shandong 1982; Rogers 1981) as an intersection point on the Stomach Channel for these Meridians, it is presented by others as not actually participating in their pathways, even though the Channels pass through the supraclavicular fossa (State 1991; Ellis, Wiseman & Boss 1991; O'Connor & Bensky 1981; Cheng 1987). It is probably best thought of as a 'landmark' point.

Functions: Diffuses and benefits Lung Qi; frees the Channels and quickens the Connecting Vessels; regulates Qi and the Blood; subdues rebellious Qi.

Indications: Cough; dyspnea; breathlessness; asthma; sore, swollen throat; pain in the supraclavicular fossa; intercostal neuralgia.

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.

CV-12 (*zhōng wǎn*)中 *zhōng*: center, central, middle脘 *wǎn (guǎn)*: venter**中脘***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.

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; leuorrhoea; abnormal uterine bleeding; amenorrhea; postpartum hemorrhage; hernia; abdominal pain; diarrhea; urinary retention; enuresis; anuria; dysuria; edema; mastitis; hypertension.

BL-39 (*wěi yáng*)

委 *wěi*: crooked, bent; to bow under a burden

陽 *yáng*: yang, the complement of yin

委陽

Bend Yang

Location: Posterior to the knee at the lateral end of the transverse popliteal crease. The point is located immediately medial to the tendon of biceps femoris muscle. This is lateral to BL-40 (Wei Zhong). KID-10 (Yin Gu) is at the medial end of the transverse popliteal crease. Locate with the knee slightly flexed.

Features & Categories: lower Sea, Uniting-He point of the San Jiao Channel; Intersection point of the San Jiao Channel of hand Shao Yang on the Urinary Bladder Channel.

Functions: Benefits the San Jiao and regulates the Water passages; stimulates the transformation and excretion of Fluids in the lower Jiao; frees the Channels, quickens the Connecting Vessels and relieves pain; benefits the Urinary Bladder.

Indications: Stiffness and pain of the lumbar; lower abdominal distension and fullness;

urinary retention; enuresis; constipation; cystitis; edema; edema of the ankles; dysuria; burning on urination; urinary incontinence; nephritis; pain and hypertonicity (cramp) of the leg and foot; spasm of (lateral head of) gastrocnemius muscle; chyle in the urine.

ST-12 (*quē pén*)

缺 *quē*: empty, vacant; imperfect, defective

盆 *pén*: basin, bowl

缺盆

Empty Basin

Location: At the base of the neck in the middle of the supraclavicular fossa, 4 cun lateral to the anterior midline, REN-22 (Tian Tu). ST-12 (Que Pen) is the highest point of the mamillary line. This is the mid-point of the clavicle.

TB-16 (*tiān yǒu*)

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

牖 *yǒu*: window; to enlighten, to teach

天牖

Celestial Window

Location: On the lateral aspect of the neck, on the posterior border of sternocleido-mastoideus muscle. The point is located directly below the posterior border of the mastoid process, on a line drawn between the angle of the mandible and the midpoint of the posterior hairline. This is directly inferior to GB-12 (Wan Gu) Completion Bone.

Features & Categories: Window of the Sky point.

Functions: Clears Heat and drains Fire; dispels Wind and eliminates Damp; reduces swelling and stops pain; frees the Channels and quickens the Connecting Vessels.

Indications: Dizziness; facial swelling; sudden loss of hearing; deafness; tinnitus; clouded cornea; stiff neck; sore throat.

Supplementary Indications: Scrofulous lumps; eye pain and excess tears; clear, runny nose with nosebleed; throat Bi; loss of smell; excessive dreaming; mammary blockage and inflammation; swelling of supraclavicular fossa; submandibular swelling.

TB-17 (*yì fēng*)

翳 *yì*: a screen, to screen, to shade

風 *fēng*: wind

翳風

Wind Screen

Location: On the lateral aspect of the head, posterior to the ear lobe. The point lies between the mastoid process of the temporal bone and the ramus of the mandible.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the San Jiao Channel.

Functions: Resolves Wind and discharges Heat; frees the Portals; benefits hearing and vision; quickens the Connecting Vessels and relieves pain.

Indications: Tinnitus; deafness; ear ache; wryness of the eyes and mouth; clenched jaws; facial paralysis; trigeminal neuralgia; swelling of the cheek; parotitis; temporo-mandibular arthritis; deaf-mutism; toothache; sore eyes; scrofula.

Supplementary Indications: Jaw pain; mania; wryness of the eyes and mouth; clenched jaws preventing speech; lockjaw; blurred vision; corneal opacity; poor eye sight; membrane over the eye; all Wind diseases of the face and neck; convulsions.

TB-18 (*chì mài*)

瘈 *chì* (or *ji*): to pull, jerk; spasm

脈 *mài*: vessel, pulse

瘈脈

Spasm Vessel

Location: On the posterior lateral aspect of the head, behind the ear. The point lies on a curved line drawn between SJ-17 (Yi Feng) and SJ-20 (Jiao Sun), on the head, medial to the helix of the auricle. It is located in the centre of the mastoid process, one third of the distance from SJ-17 to SJ-20. This is approximately 1 cun inferior to SJ-19 (Lu Xi).

Functions: Clears Heat and resolves tetany; quickens the Connecting Vessels and relieves pain; opens the Portals.

Indications: Headache; tinnitus; deafness; infantile convulsions.

Supplementary Indications: Infantile fright epilepsy and clonic spasm; vomiting; diarrhea; head Wind; poor eyesight; fright and fear; seminal emission.

TB-19 (*lú xī*)

顱 *lú*: skull, cranium,

息 *xī*: to stop, to rest; breath; news

顱息

Skull Rest

Location: On the posterior lateral aspect of the head, behind the ear. The point lies on a curved line drawn between SJ-17 (Yi Feng) and SJ-20 (Jiao Sun), on the head, medial to the helix of the auricle. It is located two thirds of the distance from SJ-17 to SJ-20, at the hairline. This is approximately 1 cun posterior and inferior to SJ-20 (Jiao Sun).

Functions: Disperses Wind and quickens the Connecting Vessels; frees the Channels and relieves pain; calms the Shen and settles fright.

Indications: Headache; tinnitus; ear ache; otitis media; deafness; vomiting; infantile convulsions.

Supplementary Indications: Head Wind; fright and fear; insomnia; tautness across the chest and lateral costal region; body fever and headache; swelling of the ear with discharge of pus.

TB-20 (jiǎo sūn)角 *jiǎo*: angle, corner; horn; a constellation孫 *sūn*: grandson; posterity, descendants; a young shoot

角孫

Angle Vertex

Location: On the lateral aspect of the head, in the posterior fibres of temporalis muscle. The point is located within the hairline immediately superior to (level with) the apex of the auricle.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the San Jiao Channel.

Functions: Clears the head and brightens the eyes; disperses Wind and quickens the Connecting Vessels.

Indications: Redness, pain and swelling in the region of the eyes; redness and swelling of the earlobe; toothache; parotitis; pannus; corneal opacity.

Supplementary Indications: Swelling of the gums preventing chewing; pterygium; stiffness in the nape and neck; red, swollen auricle.

GB-6 (xuán lí)懸 *xuán*: to suspend, to hang釐 (厘) *lí*: a very small unit of length or weight; minute

懸釐 (厘)

Suspended Tuft

Location: On the lateral aspect of the head in the temporal region. The point is located three quarters of the distance along a slightly curved line connecting ST-8 (Tou Wei) and GB-7 (Qu Bin). ST-8 (Tou Wei) is located on the corner of the forehead, 4.5 cun lateral to DU-24 (Shen Ting), 5 fen within the (natural) anterior hairline. This is on the superior border of temporalis muscle. GB-7 (Qu Bin) is located approximately 7 fen (one finger breadth) directly anterior to SJ-20 (Jiao Sun).

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Stomach Channel of foot Yang Ming on the Gall Bladder Channel.

Functions: Eliminates Wind and quickens the Connecting Vessels; removes obstructions from the Channel; frees the Portals and promotes movement of Qi; benefits the ear.

Indications: Headache; migraine headache; pain in the outer canthus; toothache; neurasthenia; ear problems generally.

GB-4 (hàn yàn)頤 *hán*: corner of the forehead; chin厭 *yàn*: full, satiated

頤厭

Forehead Fullness

Location: On the lateral aspect of the head in the temporal region. The point is located one quarter of the distance along a slightly curved line connecting ST-8 (Tou Wei) and GB-7 (Qu Bin). ST-8 (Tou Wei) is located on the corner of the forehead, 4.5 cun lateral to DU-24 (Shen Ting), 5 fen within the (natural) anterior hairline. This is on the superior border of temporalis

muscle. GB-7 (Qu Bin) is located approximately 7 fen (one finger breadth) directly anterior to SJ-20 (Jiao Sun).

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Stomach Channel of foot Yang Ming on the Gall Bladder Channel.

Functions: Eliminates Wind and quickens the Connecting Vessels; clears Heat, settles fright and relieves pain.

Indications: Unilateral headache; migraine headache; visual dizziness; vertigo; pain in the outer canthus; tinnitus; rhinitis; epilepsy; seizures; convulsions.

SI-18 (*quán liáo*)

顴 *quán*: cheekbone

髆 *liáo*: bone hole

顴髆

Cheek Bone-Hole

Location: On the face directly below the outer canthus of the eye (GB-1, Tong Zi Liao), in the depression immediately below the inferior border of the zygomatic bone, and anterior to masseter muscle. The point is approximately level with LI-20 (Ying Xiang).

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang and the San Jiao Channel of hand Shao Yang on the Small Intestine Channel.

Functions: Relieves pain and tetany; expels Wind in the face.

Indications: Wryness of the mouth and eyes; twitching of the eyelids; toothache; trigeminal neuralgia; facial paralysis; facial pain; spasm of facial muscles; yellowing sclera.

TB-17 (*yì fēng*)

翳 *yì*: a screen, to screen, to shade

風 *fēng*: wind

翳風

Wind Screen

Location: On the lateral aspect of the head, posterior to the ear lobe. The point lies between the mastoid process of the temporal bone and the ramus of the mandible.

SI-19 (*tīng gōng*)

聽 *tīng*: to hear

宮 *gōng*: palace

聽宮

Auditory Palace

Location: Immediately anterior to the ear, between the middle of the tragus and the temporomandibular joint (head/condylar process of the mandible). A large depression forms when the mouth is opened.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang and the San Jiao Channel of hand Shao Yang on the Small Intestine Channel.

Functions: Frees the Channel and Connecting Vessels; opens the ear portals; relieves pain; boosts visual and hearing acuity; benefits the ears.

Indications: Deafness; tinnitus; purulent ear discharge; deaf-mutism; otitis media; inflammation of the external ear canal; motor impairment or pain of the temporo-mandibular joint.

TB-21 (*ěr mén*)耳 *ěr*: ear門 *mén*: gate, door

耳門

Ear Gate

Location: On the lateral aspect of the head, immediately anterior to the superior notch of the tragus. This is superior and posterior to the head of the mandible. A slight depression appears when the mouth is opened. SJ-21 (Er Men) lies approximately 5 fen superior to SI-19 (Ting Gong).

Functions: Frees the Channels and quickens the Connecting Vessels; opens the Portals and improves hearing; disperses Heat.

Indications: Deafness; tinnitus; purulent discharge from the ear; toothache; ear ache; otitis media; temporomandibular arthritis; deaf-mutism.

Supplementary Indications: Upper tooth decay or ache; ringing in the ears like the sound of cicadas; submandibular swelling; headache and pain in the jaw.

TB-22 (*hé liáo*)和 *hé*: harmony, peace; to come together髎 *liáo*: bone-hole

和髎

Harmony Bone-Hole

Location: On the lateral aspect of the head, anterior and superior to SJ-21 (Er Men), level with the root of the auricle (helix). The point is at/within the (posterior) hairline of the temple, where the superficial temporal artery passes. This is approximately 1 cun anterior to the root of the auricle (helix), and lies approximately between SJ-21 (Er Men) and GB-7 (Qu Bin).

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang and the Small Intestine Channel of hand Tai Yang on the San Jiao Channel.

Functions: Dispels Wind and frees the Connecting Vessels; opens the Portals.

Indications: Tinnitus; headache and heavy headedness; hypertonicity of the jaws; lockjaw; facial paralysis.

Supplementary Indications: Submandibular swelling; runny nose; swelling of the tip of the nose; clonic spasm; wryness of the mouth.

GB-3 (*shàng guān*)上 *shàng*: upper, above; to rise關 *guān*: gate, pass; joint

上關

Upper Gate

Location: On the lateral aspect of the head, directly superior to the zygomatic arch, in temporalis muscle. The point is located directly above ST-7 (Xia Guan), which is in the depression formed in the inferior border of the zygomatic arch (anterior to the articular tubercle). GB-3 (Shang Guan) is best located with the mouth closed.

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Stomach Channel of foot Yang Ming on the Gall Bladder Channel.

Functions: Frees the Channels and quickens the Connecting Vessels; opens the Portals and benefits hearing.

Indications: Headache; deafness; tinnitus; otitis media; toothache; wryness of the eyes and mouth; lockjaw; facial paralysis.

TB-23 (*sī zhú kōng*)

絲 *sī*: silk

竹 *zhú*: bamboo

空 *kōng*: hole, empty space

絲竹空

Silk Bamboo Hole

Location: On the lateral aspect of the face, in the slight depression at the lateral tip of the eyebrow. This is immediately posterolateral to the supraorbital ridge (to the articulation of the zygomatic and frontal bones).

Functions: Dispels Wind and resolves Heat; brightens the eyes and relieves pain; frees the Channels and quickens the Connecting Vessels.

Indications: Headache; visual dizziness; redness, pain and swelling of the eyes; conjunctivitis; twitching of the eyelids; eye diseases; facial paralysis; strabismus.

Supplementary Indications: Unilateral and bilateral headache; ingrown eyelash; reddened eyes; toothache; epilepsy; vertigo; thirst; unclear vision; periodic attacks of mania with foaming at the mouth; seizures; insanity.

GB-1 (*tóng zǐ liáo*)

瞳 *tóng*: pupil of the eye

子 *zǐ*: noun suffix

髎 *liáo*: bone-hole

瞳子髎

Pupil Bone-Hole

Location: On the face 5 fen lateral to the outer canthus of the eye, in the slight depression on the lateral border of the orbit.

Features & Categories: Intersection point of the Small Intestine Channel of hand Tai Yang and San Jiao Channel of hand Shao Yang on the Gall Bladder Channel.

Functions: Expels Wind and dissipates Heat; clears Fire; enlivens the Channels and frees Qi; relieves pain and brightens the eyes.

Indications: Headache; conjunctivitis; iritis; keratitis; eye pain; loss of visual acuity; keratitis; reddening of the eyes and excess lacrimation; dry, red and painful eyes; night blindness; migraine headache; ametropia; atrophy of the optic nerve; wryness of the eyes and mouth.

BL-22 (*sān jiāo shū*)三 *sān*: three焦 *jiāo*: burn, char俞 *shū*: acupuncture point

三焦俞

Triple Burner Shu

Location: On the posterior trunk in the lumbar region, 1.5 cun lateral to Du Mai point DU-5 (Xuan Shu). DU-5 (Xuan Shu) is located on the midline in the depression immediately inferior to the spinous process of 1st lumbar vertebra. BL-51 (Huang Men) is 1.5 cun lateral to BL-22 (San Jiao Shu), 3 cun from the posterior midline.

Features & Categories: back Associated-Shu, Transporting point of the San Jiao Fu.

Functions: Regulates the transforming function of Qi and eliminates Damp; opens the Water passages; regulates the lower Jiao.

Indications: Abdominal distension; rumbling intestines; indigestion; gastritis; enteritis; untransformed digestate in stool; vomiting; diarrhea or dysentery; edema; ascites; edema of the lower limbs; pain and stiffness of the lumbar region; nephritis; urinary retention; painful urination; urinary tract infection; enuresis; neurasthenia; all Damp Patterns of the lower Jiao.