

**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 SMALL INTESTINE FU****SI-1 (*shào zé*)**

少 *shào*: lesser, minor; few, little

澤 *zé*: marsh, damp place

少澤

*Lesser Marsh*

**Location:** On the ulnar (medial) dorsal aspect of the little finger, approximately 1 fen proximal to the proximal medial corner of the nail.

**Features & Categories:** Metal, Well-Jing point of the Small Intestine Channel.

**Functions:** Clears Heart Fire; disperses Wind Heat; eliminates Wind; frees the Channels and quickens the Connecting Vessels; opens the portals; facilitates flow of breast milk.

**Indications:** Heat diseases; fainting; scant breast milk; sore, swollen throat; tonsillitis; pterygium; redness of the eye; headache; stiff neck; mastitis.

**Supplementary Indications:** Fever and chills without sweating; headache; quivering from cold; throat Bi; curled tongue; sensation of heat in the mouth and vexation; shortness of breath; jaundice; nosebleed; swelling of the breasts; pain in the costal area; postpartum absence of milk; fainting; coma; loss of the use of the little finger; dry pharynx; membrane on the eye; deafness.

**SI-2 (qián gǔ)**

前 qián: in front of, before

谷 gǔ: valley

## 前谷

*Front Valley*

**Location:** With a loose fist, the point is distal to the metacarpo-phalangeal joint on the medial aspect of the fifth digit, at the border of the red and white skin. It lies just distal to the base of the proximal phalanx, at the medial (ulnar) end of the transverse digital skin crease.

**Features & Categories:** Water, Spring, Gushing-Ying point of the Small Intestine Channel.

**Functions:** Eliminates Wind and resolves Heat; disperses swelling.

**Indications:** Numbness of the fingers; Heat diseases; tinnitus; deafness; congested throat; mastitis; pannus.

**Supplementary Indications:** Cough and thoracic fullness; headache; swelling and stiffness of the neck; swollen pharynx; postpartum absence of milk; tinnitus; nosebleed; nasal congestion with yellow mucus; reddish urine or burning sensation with urination.

**SI-3 (hòu xī)**

後 hòu: back, behind

谿 xī: ravine, creek

## 後谿

*Back Ravine*

**Location:** With a loose fist, the point is proximal to the head of the 5th metacarpal bone on the ulnar (medial) side, in a depression at the border of the red and white skin. It is at the medial end of the distal transverse palmar crease ('heart line' in palmistry).

**Features & Categories:** Wood, Stream, Transporting-Shu point of the Small Intestine Channel; Master point of Du Mai, Coupling point of Yang Qiao Mai.

**Functions:** Clears the Shen; dispels Interior Heat; opens Du Mai; secures the Exterior; resolves Exterior and Interior Wind; relaxes the Muscle Channels; resolves Damp.

**Indications:** Headache; stiff neck; sore throat; reddening of the eyes; conjunctivitis; tinnitus; deafness; deaf-mutism; hypertonicity and numbness of the fingers, elbow and arm; Heat diseases; epilepsy; seizures; psychosis; hysteria; mania; malarial disease; night sweating; intercostal neuralgia; jaundice; low back pain; acute lumbar sprain.

**Supplementary Indications:** Cardiac pain; dark-colored urine; mania and withdrawal; headache and neck pain; pain in the shoulder and elbow; gastric reflux.

**SI-4 (wàn gǔ)**

腕 wàn: wrist

骨 gǔ: bone

## 腕骨

*Wrist Bone*

**Location:** On the ulnar (medial) border of the palm, in the depression between the base of the 5th metacarpal bone and the triquetral bone. The point lies at the junction of the red and white skin. In a normally articulated wrist the hamate bone is relatively 'hidden' at this location (when approached from the medial/ulnar aspect). With wrist abduction (radial deviation), deep needling is possible between the hamate and triquetral bones.

**Features & Categories:** Yuan-Source point of the Small Intestine Channel.

**Functions:** Eliminates Tai Yang Channel pathogens; clears Damp Heat in the Gall Bladder.

**Indications:** Headache; stiff neck; pterygium; gastritis; cholecystitis; pain in the lateral costal region; jaundice; Heat diseases; arthritis of the fingers, wrist or elbow; tinnitus; diabetes.

**Supplementary Indications:** Absence of sweating in Heat diseases; throat Bi; nasal congestion; clear, runny nose; nosebleed; emaciation and thirst; hypertonicity of the fingers inhibiting movement; pain in the forearm; weak, aching wrist.

## SI-5 (*yáng gǔ*)

陽 *yáng*: yang, the complement of yin

谷 *gǔ*: valley

陽 谷

*Yang Valley*

**Location:** On the ulnar (medial) border of the wrist, in the depression between the head of the ulna and the triquetral bone. The position of the ulnar styloid process in the wrist varies with pronation and supination. The point is best needled with the forearm in supination (in the anatomical position).

**Features & Categories:** Fire, River, Traversing-Jing point of the Small Intestine Channel. Horary point.

**Functions:** Resolves Heat and disperses swelling; calms the Shen and settles tetany; expels Exterior Damp Heat; clears obstructions from the Channel.

**Indications:** Swelling of the neck and submandibular region; parotitis; pain along the medial aspect of the arm; pain in the wrist; Heat diseases; fever.

**Supplementary Indications:** Heat disease without sweating; pain in the lateral costal region; deafness and tinnitus; visual dizziness and eye pain; infantile clonic spasm; insanity; mental diseases; throat Bi; sensation of obstruction of the pharynx; stiffness of the tongue in infants that prevents suckling; toothache among the upper and lower teeth; painful hemorrhoids.

## SI-6 (*yǎng lǎo*)

養 *yǎng*: to support, nourish; to raise (children);  
to nurse (the elderly)

老 *lǎo*: aged, old

養 老

*Nursing the Aged*

**Location:** On the posterior wrist, at the dorsal, radial and proximal aspect of the head of the ulna. A bony cleft just proximal to the head of the ulna may be palpated with the forearm supinated. With the palm resting on the chest (i.e. with the extensor muscles relaxed), the point is in this bony cleft, just proximal to the head of the ulna. It lies approximately 1 cun proximal to the dorsal proximal wrist crease, and about 1.5 cun proximal to SI-5 (Yang Gu).

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

**Functions:** Clears the Channels and quickens the Connecting Vessels; relaxes the Sinews; brightens the eyes.

**Indications:** Blurred vision; pain in the shoulder, arm, and elbow; arthritis of the upper limb; stiff or wry neck; hemiplegia; eye diseases; low back pain; hernia.

**Supplementary Indications:** Lumbar pain preventing turning; restricted lumbar movement; hypertonicity of the sinews and Bi of the foot; redness and swelling of the medial aspect of the elbow.

## SI-7 (*zhī zhèng*)

支 *zhī*: a branch; to support

正 *zhèng*: correct; to put right; true; to regulate

# 支正

*Branch to the Correct*

**Location:** On the medial aspect of the forearm, 5 cun proximal to the transverse wrist crease (SI-5, Yang Gu), in the muscular groove on the medial anterior border of the ulna. The point lies on a line drawn between SI-5 (Yang Gu) at the wrist and SI-8 (Xiao Hai) at the elbow, 7 cun distal to SI-8 (Xiao Hai).

**Features & Categories:** Luo-Connecting point of the Small Intestine Channel connecting to the Heart Channel.

**Functions:** Clears the Shen; resolves Exterior Heat; eliminates Channel obstructions and pathogens.

**Indications:** Stiff neck; hypertonicity of the elbow; spasmodic pain in the fingers, elbow or arm; neurasthenia; Heat diseases; mania and withdrawal.

**Supplementary Indications:** Quivering from cold; fever and chills; headache; dizziness; loss of grasping ability of the fingers; Heat diseases with sweating; madness; fright, fear, sorrow and anxiety; goitre; lumbar pain.

## SI-8 (*xiǎo hǎi*)

小 *xiǎo*: small

海 *hǎi*: sea

# 小海

*Small Sea*

**Location:** At the medial posterior aspect of the elbow, in the depression between the olecranon process of the ulna and the medial epicondyle of the humerus. The point is best needled with the elbow flexed, which is when the fossa appears. This may be 0.5 to 1.5 cun from the tip of the olecranon process depending upon the degree of elbow flexion.

**Features & Categories:** Earth, Sea, Uniting-He point of the Small Intestine Channel.

**Functions:** Dissipates Tai Yang Channel pathogens; frees Small Intestinal Heat stagnation; resolves Damp Heat; dispels Wind; clears the Shen.

**Indications:** Swelling of the cheek; parotitis; pain in the nape and posterior aspect of the shoulder, medial arm and elbow; neuralgia or paralysis of the ulnar nerve; epilepsy.

**Supplementary Indications:** Insanity; Heat diseases without sweating; headache; aversion to cold; tooth decay; dizziness; neck pain; lower abdominal pain; vexation in the Heart; seizures; psychosis; chorea.

**SI-9 (*jiān zhēn*)**肩 *jiān*: shoulder貞 *zhēn*: true, correct; upright; central; divination

肩 貞

*True Shoulder*

**Location:** On the posterior aspect of the arm/shoulder, inferior to the shoulder joint proper (glenohumeral joint). The point lies one cun above the posterior axillary fold when the arm is by the side (adducted).

**Functions:** Eliminates Wind and enlivens the Connecting Vessels; dissipates stagnation and relieves pain.

**Indications:** Pain in the scapular region; diseases of the shoulder and shoulder joint; pain and inhibited movement of the hand and arm; paralysis of the upper limb; excess perspiration of the armpits.

**Supplementary Indications:** Cold damage fever and chills; swelling of the submandibular region; tinnitus and deafness; pain in the supraclavicular fossa; toothache.

**SI-10 (*nào shū*)**臑 *nào*: upper arm; shoulder bone, outer arm bone俞 *shū*: acupuncture point

臑 俞

*Upper Arm Shu*

**Location:** With the arm adducted, the point is directly above SI-9 (Jian Zhen), in the depression immediately inferior to the lateral end of the scapular spine. It lies inferior and slightly medial to the angle of the acromion process, and immediately posterior to the glenohumeral joint. It is medial and posterior to SJ-14 (Jian Liao).

**Features & Categories:** Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) and Yang Wei Mai (Yang linking Vessel) on the Small Intestine Channel.

**Functions:** Quickens the Blood and frees the Connecting Vessels; soothes the Sinews and dissipates Stagnation.

**Indications:** Pain and lack of strength in the shoulder and arm; pain or inflammation of the shoulder joint; excess perspiration of the armpits; hemiplegia; hypertension.

**Supplementary Indications:** Fever and chills; inability to move the shoulder and arm; shoulder pain that extends to the scapula; swelling of the shoulder.

**SI-11 (*tiān zōng*)**天 *tiān*: celestial, of the heavens; sky; Nature; heaven宗 *zōng*: to gather; ancestor; religion, to believe in

天 宗

*Celestial Gathering*

**Location:** On the posterior aspect of the shoulder in the infrapinnous fossa, midway between the medial and lateral borders of the scapula, and one third of the distance between the inferior border of the scapular spine and the inferior angle of the scapula. Palpation should be used to confirm the location of this point as it is almost always sensitive to pressure. This point may form a bilateral triangle with SI-9 (Jian Zhen) and SI-10 (Nao Shu).

**Functions:** Resolves Tai Yang Channel pathogens; disperses Qi stagnation in the chest and lateral costal region.

**Indications:** Pain in the scapular region and in the posterior aspect of the shoulder, medial arm and elbow.

**Supplementary Indications:** Fullness in the chest and lateral costal region; cough; severe painful hiccoughs; asthma; swelling of the lateral cheek and submandibular region.

## 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 supraspinous 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.

**Supplementary Indications:** Shoulder pain that prevents flexion or abduction of the arm (motor impairment).

## SI-13 (*qū yuán*)

曲 *qū*: crooked, curved

垣 *yuán*: a wall; an ancient Chinese astronomical division

曲垣

*Crooked Wall*

**Location:** On the dorsal superior aspect of the trunk at the medial end of the supraspinous fossa. The point lies in a depression about 1 cun lateral and superior to the medial end of the spine of the scapula (medial border of the scapula). It is approximately midway between SI-10 (Nao Shu), and the spinous process of the 2nd thoracic vertebra.

**Functions:** Soothes the Sinews and quickens the Blood.

**Indications:** Stiffness and pain in the scapular region; inflammation of supraspinatus muscle or tendon; diseases of the soft tissues of the shoulder.

**Supplementary Indications:** Generalized Bi; shoulder Bi developing into Heat pain with hypertonicity and sensation of oppression; muscle spasms.

**BL-41 (fū fēn)**

附 fū: attach, append

分 fēn: to part, a part

## 附分

*Attached Branch*

**Location:** On the superior dorsal aspect of the trunk, 3 cun lateral to the depression immediately inferior to the spinous process of the 2nd thoracic vertebra (lateral to the midline - Du Mai). The point lies just medial to the vertebral (medial) border of the scapula. BL-12 (Feng Men) is located 1.5 cun medial to BL-41 (Fu Fen).

**Features & Categories:** Intersection point of the Small Intestine Channel of hand Tai Yang on the Urinary Bladder Channel.

**Functions:** Eliminates Wind and dissipates Cold; soothes the Sinews and quickens the Connecting Vessels.

**Indications:** Hypertonicity of the shoulder and back; stiffness, soreness or pain of the shoulder, neck or back; numbness of the elbow and arm.

**SI-14 (jiān wài shū)**

肩 jiān: shoulder

外 wài: outside, exterior

俞 shū: acupuncture point

## 肩外俞

*Outer Shoulder Shu*

**Location:** On the dorsal superior aspect of the trunk, 3 cun lateral to the depression inferior to the spinous process of the 1st thoracic vertebra. This is immediately medial to the medial end of the supraspinous fossa. The point is on the same transverse level as BL-11 (Da Zhu) and DU-13 (Tao Dao). It lies on a vertical line drawn just medial to the medial border of the scapula. BL-11 (Da Zhu) is 1.5 cun medial to SI-14 (Jian Wai Shu).

**Functions:** Eliminates Wind and quickens the Connecting Vessels; warms the Channels and dissipates Cold.

**Indications:** Shoulder and back soreness or pain; pain or rigidity of the neck.

**Supplementary Indications:** Generalized Bi; cold in the elbow.

**BL-11 (dà zhù)**

大 dà: large

杼 zhù: a reed, a weaver's shuttle

## 大杼

*Great Shuttle*

**Location:** On the superior dorsal aspect of the trunk, 1.5 cun lateral to the depression immediately inferior to the spinous process of the 1st thoracic vertebra (DU-13, Tao Dao). This is approximately 2 (middle) finger widths from DU-13 (Tao Dao). SI-14 (Jian Wai Shu) is 1.5 cun lateral to BL-11 (Da Zhu), 3 cun from the posterior midline.

**Features & Categories:** Meeting point of the Bones; intersection point of the Small Intestine Channel of hand Tai Yang and the Gall Bladder Channel of foot Shao Yang on the Urinary Bladder Channel. Point of the Sea of Blood (BL-11, ST-37, ST-39).

**Functions:** Dispels Wind; resolves Exterior Heat; soothes the Sinews and Connecting Vessels; regulates and strengthens the Bones and joints; nourishes Blood.

**Indications:** Cough; fever; headache; common cold; bronchitis; pneumonia; pleurisy; pain or soreness in the scapula or shoulder; rigidity or stiffness of the neck; pain in the neck and back; arthritis; numbness in the limbs; Deficient Blood or Ying Qi.

### SI-15 (*jiān zhōng shū*)

肩 *jiān*: shoulder

中 *zhōng*: center

俞 *shū*: acupuncture point

## 肩中俞

*Central Shoulder Shu*

**Location:** On the dorsal superior aspect of the trunk 2 cun lateral to the depression just inferior to the spinous process of the 7th cervical vertebra. This point is on the same level as DU-14 (Da Zhui). It lies in the fossa medial to the superior angle of the scapula.

**Functions:** Diffuses the lung and clears heat; transforms phlegm and brightens the eyes.

**Indications:** Cough, asthma; bronchitis; bronchiectasis; shoulder and back pain; stiff neck.

**Supplementary Indications:** Cough; fever and chills; unclear or blurred vision; spitting of blood; tuberculosis in infants.

### GV-14 (*dà zhuī*)

大 *dà*: great, big, large

椎 *zhuī*: 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.

### 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 suggested 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-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.

**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.

**ST-39** (*xià jù xū*)下 *xià*: lower巨 *jù*: great, large虛 *xū*: hollow, deficiency, vacancy

## 下巨虛

*Lower Great Hollow*

**Location:** On the anterior leg 1 cun distal to ST-38 (Tiao Kou), and one (middle) finger breadth lateral to the anterior crest of the tibia. This is 3 cun below ST-37 (Shang Ju Xu). The proportional distance between ST-35 (Du Bi) and ST-41 (Jie Xi) is 16 cun. ST-39 (Xia Ju Xu) is located 1 cun distal to the midway point between these points.

**Features & Categories:** lower Sea, Uniting-He point of the Small Intestine Channel; intersection point of the Small Intestine Channel of hand Tai Yang on the Stomach Channel. Point of the Sea of Blood (BL-11, ST-37, ST-39).

**Functions:** Regulates the Stomach and Intestines; clears Heat and resolves Damp; disperses Wind; clears the Bowels and transforms Stagnation; eliminates pain.

**Indications:** Lower abdominal pain; acute or chronic enteritis; borborygmi; flatulence; backache referring to the testicles; mastitis; atony, paralysis, numbness or pain of the lower limb; dark, yellow 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.

**SI-16** (*tiān chuāng*)天 *tiān*: celestial, of the heavens; sky; Nature; heaven窗 *chuāng*: window, shutter

## 天窗

*Celestial Window*

**Location:** On the lateral aspect of the neck, at the posterior border of sternocleidomastoideus muscle, approximately 5 fen posterior to LI-18 (Fu Tu). This is 3.5 cun lateral to the laryngeal prominence (Adam's apple), on the same plane as this prominence. It is appropriate to apply a transverse plane to the neck rather than a strictly horizontal (and therefore oblique) plane when locating this point. [ST-9 (Ren Ying) is also on this plane, 1.5 cun lateral to the laryngeal prominence].

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

**Functions:** Disperses Wind and quickens the Connecting Vessels; calms the Shen and nourishes the Heart.

**Indications:** Deafness and tinnitus; sore, swollen throat; pain and stiffness of the neck; goitre; tinnitus.

**Supplementary Indications:** Painful swelling of the cheek; sudden loss of voice; throat Bi; mania.

**SI-17 (*tiān róng*)**天 *tiān*: celestial, of the heavens; sky; Nature; heaven容 *róng*: contain, receive; a hood

天容

***Celestial Countenance***

**Location:** On the lateral aspect of the neck, immediately posterior to the angle of the mandible, in a slight depression on the anterior border of sternocleidomastoideus muscle. The pulse of the external carotid artery is readily palpable deep to this point.

**Features & Categories:** Intersection point of the Gall Bladder Channel of foot Shao Yang on the Small Intestine Channel. Window of the Sky point.

**Functions:** Soothes the Sinews and quickens the Connecting Vessels; clears Heat and disperses swelling; resolves Damp Heat.

**Indications:** Deafness and tinnitus; sore, swollen throat; tonsillitis; pharyngitis; sensation of throat being obstructed and difficulty with swallowing; swelling and soreness of the neck; goitre; swelling of the cheek; parotitis.

**Supplementary Indications:** Thoracic fullness hampering respiration; asthma; severe coughing; retching and vomiting of foam; clenched teeth.

**BL-1 (*jīng míng*)**睛 *jīng*: eye, pupil明 *míng*: to brighten, bright

睛明

***Bright Eyes***

**Location:** On the face at the medial border of the orbit, in the depression 1 fen superior to the inner canthus. The patient's eye should be closed when locating and needling this point.

**Features & Categories:** Intersection point of the Small Intestine Channel of hand Tai Yang, Stomach Channel of foot Yang Ming, Yin Qiao Mai (Yin heel/motility Vessel), Yang Qiao Mai (Yang heel/motility Vessel) and Du Mai (Governing Vessel) on the Urinary Bladder Channel.

**Functions:** Eliminates Wind and clears Heat; opens the Channels, nourishes Water and brightens the eyes; stops pain, itching and lacrimation.

**Indications:** Acute and chronic conjunctivitis; myopia; hypermetropia; astigmatism; strabismus; glaucoma; redness, pain and swelling of the eye; optic nerve atrophy; optic nerve neuritis; excess lacrimation, possibly on exposure to wind; itching of the inner canthus; night blindness; colour blindness; blurred vision; early stage of cataract; pterygium; keratoleukoma; insomnia, or chronic somnolence, with Yin or Yang Qiao Mai signs and symptoms.

**SI-18 (*quán liáo*)**顴 *quán*: cheekbone髎 *liáo*: bone hole

顴髎

***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.

**Supplementary Indications:** Pain and swelling of the cheek.

### SI-17 (*tiān róng*)

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

容 *róng*: contain, receive; a hood

天容

*Celestial Countenance*

**Location:** On the lateral aspect of the neck, immediately posterior to the angle of the mandible, in a slight depression on the anterior border of sternocleidomastoideus muscle. The pulse of the external carotid artery is readily palpable deep to this point.

### 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.

### 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.

**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 Channels 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.

**Supplementary Indications:** Medial arm pain; toothache; facial paralysis; cardio-abdominal pain; pain in the chest and abdomen; seizures and insanity; auditory hallucinations.

**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.

**BL-27 (xiǎo cháng shū)**

小 xiǎo: small

腸 cháng: intestine

俞 shū: acupuncture point

小腸俞

*Small Intestine Shu*

**Location:** On the posterior medial aspect of the iliac bone (in the superior fibres of gluteus maximus muscle which cover this) at the level of the 1st (superior) posterior sacral foramen (BL-31, Shang Liao), 1.5 cun lateral to the midline (Du Mai).

**Features & Categories:** back Associated-Shu, Transporting point of the Small Intestine Fu.

**Functions:** Regulates the Small Intestine, promoting separation of the clear and turbid; transforms Stagnation and accumulations; eliminates Damp and cools Heat; regulates the Urinary Bladder.

**Indications:** Nocturnal seminal emission; hematuria; enuresis; low back pain; lower abdominal pain and distension; borborygmi; enteritis; diarrhoea; dysentery; mucus in the stools; constipation; pain in the sacroiliac joint; leukorrhoea; diseases of the sacroiliac region; sciatica; peritonitis; pelvic inflammatory diseases; cloudy urine; dysuria; burning on urination.