

**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 SPLEEN ZANG****SP-1 (*yǐn bái*)**

隱 *yǐn*: hidden, obscure

白 *bái*: white

隱 白

*Hidden White*

**Location:** On the dorsal medial aspect of the distal phalanx of the great toe, one fen proximal to the medial proximal corner of the toenail.

**Features & Categories:** Wood, Well-Jing point of the Spleen Channel; intersecting point of the Stomach Channel of foot Yang Ming on the Spleen Channel; third of the thirteen Ghost points - Gui Lei, Ghost Fortress.

**Functions:** Regulates and manages the Blood; supports and warms the Spleen; clears the Heart and stabilizes the Shen; warms Yang and restores consciousness.

**Indications:** Abdominal distention or pain; metrorrhagia; menorrhagia; mania and withdrawal; excessive dreaming or dream disturbed sleep; convulsions.

**Supplementary Indications:** Dyspnea; Cold Qi in the abdomen; intestinal Heat with fulminant diarrhea; Heat disease with persistent nosebleed; vexation; sighing; sorrowfulness; cold in the foot and lower leg; dreaming with pressure sensation as if being held down by a

ghost; persistent menstruation; blood ejection; blood in stool or urine; chronic infant convulsions.

**SP-2 (dà dū)**

大 dà: great, big

都 dū: unit of government organization, a capital city;

a pool (廣雅: 都, 池也.)

大都

*Great Metropolis*

**Location:** On the medial aspect of the great toe, in the depression just distal to the base of the proximal phalanx, at the junction of the red and white skin.

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

**Functions:** Fortifies the Spleen and harmonizes the Stomach; clears Heat; returns Yang and stems counterflow.

**Indications:** Abdominal distention or diarrhea; fever; stomach pain; constipation; Heat diseases without sweating; coma.

**Supplementary Indications:** Heat diseases with sweating and coma; cold in the extremities; fulminant diarrhea; pain in the stomach and cardiac region; untransformed digestate; retching; evacuation difficulty; all forms of dysentery; lumbar pain.

**SP-3 (tài bái)**

太 tài: very, extreme, supreme

白 bái: white

太白

*Supreme White*

**Location:** On the medial aspect of the foot, in the depression just proximal to the head of the first metatarsal bone, at the junction of the red and white skin. The point is located between the metatarsal bone and the tendons of abductor hallucis and flexor hallucis brevis muscles.

**Features & Categories:** Earth, Stream, Transporting-Shu, and Source-Yuan point of the Spleen Channel. Horary Point.

**Functions:** Supports Spleen and Earth; harmonizes the Middle Jiao; resolves Damp; regulates flow of Qi; helps movement and transformation.

**Indications:** Stomach pain; headache; abdominal distention; generalized heaviness or sluggishness; oedema; dysentery; constipation; vomiting and diarrhea; acute gastroenteritis; beriberi (deficient thiamine).

**Supplementary Indications:** Heat diseases starting with pain in the head and face; fullness and oppression preventing the patient from assuming a reclining posture; untransformed digestate; distension in the chest and lateral costal region; rumbling intestines and stabbing pain; pain in the stomach and cardiac region; retching and vomiting; cholera; evacuative difficulty; diarrhea with pus and blood in the stool; hemorrhoids and fistulae; lumbar pain preventing movement; heaviness of the body and bone pain; chronic backache.

**SP-4 (gōng sūn)**

公 gōng: grandfather; public; a surname

孫 sūn: grandson; a surname

公孫

*Yellow Emperor*

**Location:** On the medial aspect of the foot, in the depression just distal to the base of the first metatarsal bone, at the junction of the red and white skin. This is approximately 1 cun posterior to SP-3 (Tai Bai). The point is located between the metatarsal bone and abductor hallucis muscle.

**Features & Categories:** Connecting-Luo point of the Spleen Channel connecting to the Stomach Channel of foot Yang Ming; Master point of Chong Mai (Penetrating Vessel), Coupling point of Yin Wei Mai (Yin linking Vessel).

**Functions:** Supports the Spleen and Stomach; pacifies the Stomach; rectifies flow of Qi; regulates the sea of Blood; stops bleeding; regulates Chong Mai.

**Indications:** Stomach pain; vomiting; irregular menstruation; endometritis; borborygmus; abdominal pain or distension; acute and chronic enteritis; diarrhea; dysentery; pain in the medial foot or ankle.

**Supplementary Indications:** Stomachache; abdominal pain; intestines hard 'like a drum'; vomiting and diarrhea; tidal fevers; seizures.

**SP-5 (shāng qiū)**

商 shāng: one of five sounds of the musical scale; market

丘 qiū: hill

商丘

*Shang Hill*

**Location:** At the medial ankle, in the depression midway between the tip (medial prominence) of the medial malleolus and the (medial) tip of the navicular tuberosity. The point is located immediately anterior (and superior) to the tendon of tibialis posterior muscle. This is distal and inferior to the medial malleolus.

SP-5 (Shang Qiu) should be distinguished from LIV-4 (Zhong Feng), which is located approximately one cun anterior to the tip of the medial malleolus, in the depression immediately posterior (and inferior) to the tendon of tibialis anterior muscle.

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

**Functions:** Fortifies the Spleen and Stomach; transforms Damp stagnation.

**Indications:** Borborygmus; abdominal distention; pain and stiffness at the root of the tongue; indigestion; gastritis; enteritis; constipation; diarrhea; edema; beriberi; diseases of the ankle and surrounding tissue.

**Supplementary Indications:** Spleen deficiency; thin-stool diarrhea; Heart sorrow; constipation; fever and chills and retching; pain in the venter; jaundice; untransformed digestate; gastric reflux; pain in the thighs; breast pain; hemorrhoids; colic; lower abdominal pain; hypertonicity of the Sinews; impaired flexing and extending of the knee with inability to walk; pain in the medial ankle; infertility; child fright Wind (convulsions); throat Bi; glomus; bone Bi.

**SP-6 (sān yīn jiāo)**

三 sān: three

陰 yīn: yin, the complement of yang

交 jiāo: to intersect, join, meet, cross

**三陰交***Three Yin Intersection*

**Location:** On the medial aspect of the distal leg, 3 cun proximal to the tip (medial prominence) of the medial malleolus, immediately behind the posterior border of the tibia. The proportional distance between SP-9 (Yin Ling Quan) [or LIV-7 (Xi Guan)] and the tip of the medial malleolus is 13 cun. SP-6 (San Yin Jiao) is 2.5 fen distal to one quarter of the distance between these landmarks.

**Features & Categories:** Intersection point of the Kidney Channel of foot Shao Yin and the Liver Channel of foot Jue Yin on the Spleen Channel; one of the nine needles for returning Yang. Group Luo-Connecting point of the three Yin Meridians of the lower limb.

**Functions:** Strengthens the Spleen and resolves Damp; helps movement and transformation; moves Blood and frees Qi stagnation; promotes and spreads Liver Qi; enhances the Lower Jiao; benefits the Kidneys; regulates the Uterus and the palace of Jing; nourishes Blood and Yin; dispels Wind Damp from the Channels and Connecting Vessels.

**Indications:** Rumbling intestines; abdominal distention or pain; thin stool with untransformed digestate; irregular menses; metrorrhagia; vaginal discharge; leukorrhea; prolapse of the uterus; amenorrhea; nonconception; difficult labor; nocturnal seminal emission; genital pain; hernia; inhibited or difficult urination; enuresis; incontinence; muscular atrophy; loss of locomotive ability of the lower extremities; insomnia; hemiplegia; neurasthenia; neurodermatitis; eczema; urticaria.

**Supplementary Indications:** Deficiency of Stomach and Spleen; distension and fullness of the upper abdomen; no thought of food and drink; untransformed digestate; vomiting water after eating; Spleen disharmonies with heaviness of the body and impaired movement of the limbs; poor digestion; borborygmus and diarrhea; colic; women's concretions and conglomerations; stirring of the fetus; retention of lochia; Deficient Blood dizziness; headache; pain in the penis; white turbid urethral discharge; hernia pain; shank sores and beriberi; infant disruption; frigidity of the limbs; thigh Bi with inability to walk; medial knee pain; diseases of the head; throat Bi; fullness in the neck; pulmonary distention with phlegm cough and inability to lie down.

**SP-7 (lòu gǔ)**

漏 lòu: to leak, to drip

谷 gǔ: valley

**漏谷***Leaking Valley*

**Location:** On the medial aspect of the leg, 6 cun superior to the tip of the medial malleolus, immediately posterior to the medial border of the tibia. The point is located 5 fen distal to the mid-point between SP-9 (Yin Ling Quan) and the tip of the medial malleolus.

**Functions:** Fortifies the Spleen and harmonizes the Stomach; moves Damp and disperses swelling; frees the Channels and quickens the Connecting Vessels; regulates Qi and Blood.

**Indications:** Abdominal distention; borborygmus; urinary tract infection; cold and numbness in the thigh and knee; paralysis of the lower limb.

**Supplementary Indications:** Pain associated with belching; sorrowfulness and counterflow Qi; weight loss despite normal appetite and food intake; inhibited urination; seminal loss; Damp Bi; Cold type Qi accumulations with pain; frigidity of the thighs and knees.

## SP-8 (*dì jī*)

地 *dì*: earth

機 *jī*: crucial point; to cure; machine

地機

*Earth's Crux*

**Location:** On the medial aspect of the leg 3 cun distal to SP-9 (Yin Ling Quan), just posterior to the medial border of the tibia. The point is located 2.5 fen proximal to one quarter of the distance between SP-9 (Yin Ling Quan) and the tip of the medial malleolus.

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

**Functions:** Harmonizes the Spleen and regulates Qi and Blood; harmonizes the Uterus; stops pain; removes obstruction from the Channel.

**Indications:** Abdominal distention; poor appetite; abdominal pain; diarrhea; dysentery; irregular menstruation; abnormal uterine bleeding; dysmenorrhea; menstrual disorders generally; urinary retention; nocturnal seminal emission; edema.

**Supplementary Indications:** Distention of the abdomen and lateral costal region; no desire to eat; inhibited or difficult urination; colic; hemorrhoids; concretions and conglomerations in women.

## SP-9 (*yīn líng quán*)

陰 *yīn*: yin, the complement of yang

陵 *líng*: mound, hill, tomb

泉 *quán*: a spring

陰陵泉

*Yin Mound Spring*

**Location:** On the medial aspect of the proximal leg at the posterior border of the tibia. The point is located in the depression inferior to the medial condyle of the tibia, at the point where the tibial shaft begins to flare into the medial condyle. This is at the approximate level of the tibial tuberosity. It is often tender with firm palpation. LIV-7 (Xi Guan) is located 1 cun posterior to SP-9 (Yin Ling Quan).

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

**Functions:** Warms and moves the Middle Jiao; regulates the Spleen; transforms Damp stagnation; benefits the Lower Jiao; regulates the Waterways; dispels Wind Cold.

**Indications:** Abdominal distention; ascites; jaundice; enteritis; diarrhea; dysentery; edema; inhibited urination or incontinence; urinary tract infection; external genital pain; nocturnal seminal emission; impotence; nephritis; dysmenorrhea; knee pain.

**Supplementary Indications:** Cold or pain in the abdomen; distention of the abdomen; diarrhea with undigested food in the stool; no desire for food; urinary retention or incontinence;

genital pain; seminal emission; Bi pain; pain in the lumbar, thigh or knee; beriberi with water swelling; hernia conglomeration.

## SP-10 (*xuè hǎi*)

血 *xuè*: blood

海 *hǎi*: sea

## 血海

*Sea of Blood*

**Location:** On the superior medial aspect of the knee, in the prominent muscular bulge of vastus medialis muscle. With the knee flexed to 90° the point is 2 cun proximal to the superior medial corner of the patella.

An alternative means of location is for the acupuncturist to place his/her left palm on the patient's right flexed knee (or vice-versa). The point is located at the tip of the thumb, which should be held at 45° from the palm.

**Features & Categories:** Intersecting point of Chong Mai (Penetrating Vessel) on the Spleen Channel, [from Carol Rogers, 1981].

**Functions:** Regulates and Cools the Blood; harmonizes Ying Qi and cools Heat; rectifies the Lower Jiao; regulates menstruation.

**Indications:** Irregular menstruation; amenorrhea; metrorrhagia; pain on the medial aspect of the thigh; eczema; urticaria; pruritis; erysipelas; neurodermatitis; anemia.

**Supplementary Indications:** Malign blood discharge from the uterus; painful, itching sores or red, swollen purulent sores on the medial aspect of the thigh; genital sores; urinary frequency, urgency, difficulty and incontinence.

## SP-11 (*jī mén*)

箕 *jī*: winnowing basket; dustpan

門 *mén*: door, gate

## 箕門

*Winnower Gate*

**Location:** On the antero-medial thigh 6 cun proximal to SP-10 (Xue Hai), on a line drawn between SP-10 and SP-12 (Chong Men). The proportional distance between SP-10 and SP-12 is 16 cun, so SP-11 (Ji Men) is located one third of the distance between these points, plus 7 fen proximally (one finger width).

**Functions:** Clears the head and moves Damp; promotes free flow through the Waterways.

**Indications:** Urinary retention; enuresis; urethritis; painful swelling of the groin; inguinal lymphadenitis; muscular atrophy; motor impairment.

**Supplementary Indications:** Dribbling urine with urinary retention; difficult urination.

**SP-12** (*chōng mén*)

沖 (衝) *chōng*: surge, dash, flush, rinse; thoroughfare, hub  
門 *mén*: gate, door

沖門

*Surging Gate*

**Location:** At the lateral end of the inguinal groove, 3.5 cun lateral to Ren Mai point REN-2 (Qu Gu). The point is lateral to the femoral nerve and vessels.

**Features & Categories:** Intersection point of the Liver Channel of foot Jue Yin and Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

**Functions:** Rectifies flow of Qi; clears Heat and resolves Damp; tonifies Yin.

**Indications:** Abdominal pain; painful hernia; urinary retention; endometritis; orchitis.

**Supplementary Indications:** Abdominal Cold Qi fullness; painful accumulations and gathering in the abdomen; lactation difficulty; surging of the fetus into the heart region disturbing breathing.

**SP-13** (*fǔ shè*)

府 *fǔ*: mansion, residence; (ancient: 腑 *fǔ*, bowel)  
舍 *shè*: house, abode

府舍

*Bowel Abode*

**Location:** At the lateral end of the inguinal groove, 7 fen superio-lateral to SP-12 (Chong Men), 4 cun lateral to the anterior midline.

**Features & Categories:** Intersection point of the Liver Channel of foot Jue Yin and Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

**Functions:** Regulates flow of Qi; soothes the Liver and relieves pain.

**Indications:** Abdominal pain; painful hernia; glomus; appendicitis; inguinal lymphadenitis; adnexitis.

**Supplementary Indications:** Pain or swelling of the abdomen or scrotum; acute pain in the thigh; abdominal pain; accumulations and gatherings.

**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.

## 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.

## SP-14 (*fù jié*)

腹 *fù*: abdomen

結 *jié*: a knot; to tie, weave, congeal

## 腹結

*Abdominal Bind*

**Location:** On the anterior aspect of the abdomen, 4 cun lateral to Ren Mai. The point is located 1.3 cun inferior to SP-15 (Da Heng), on the lateral border of rectus abdominus muscle. [Some texts locate this point 3.5 cun laterally].

**Functions:** Warms the centre and dissipates Cold; rectifies Qi and downbears counterflow.

**Indications:** Pain in the umbilical region; painful hernia; diarrhea; constipation.

**Supplementary Indications:** Cough; susceptibility to fright and sorrow.

## SP-15 (*dà héng*)

大 *dà*: great, big

橫 *héng*: horizontal, crosswise

## 大橫

*Great Horizontal*

**Location:** On the anterolateral abdomen, 4 cun lateral to Ren Mai point REN-8 (Shen Que). The point is located on the mamillary line, on the lateral border of rectus abdominus muscle. [Some texts locate this point 3.5 cun laterally].

**Features & Categories:** Intersection point of Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

**Functions:** Regulates Qi and resolves Damp; strengthens the Spleen; strengthens the limbs; stops pain; promotes the function of the Large Intestine.

**Indications:** Dysentery; diarrhea; constipation; lower abdominal pain; intestinal paralysis; parasitic worms in the intestines.

**Supplementary Indications:** Great Wind contraction with counterflow Qi; dysentery; severe diarrhea; Cold pain in the lower abdomen; Cold Deficiency of the Middle Jiao; heat in the lower abdomen.

## 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.

**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.

**SP-16 (fù āi)**

腹 fù: abdomen

哀 āi: to lament, to sympathize with, to pity; sorrow, grief

**腹哀***Abdominal Lament*

**Location:** On the superio-lateral abdomen 3 cun superior to SP-15 (Da Heng). The point is located 4 cun lateral to REN-11 (Jian Li) on the lateral border of rectus abdominus muscle. ST-22 (Guan Men) is located 2 cun lateral to REN-11 (Jian Li), KID-18 (Shi Guan) is 5 fen lateral. [Some texts locate this point 3.5 cun laterally].

**Features & Categories:** Intersection point of Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

**Functions:** Clears Heat and resolves Damp; frees bowel Qi.

**Indications:** Abdominal pain; untransformed digestate in the stool; indigestion; constipation; dysentery.

**Supplementary Indications:** Abdominal Cold pain; umbilical pain; dysentery with pus and blood.

## GB-24 (*rì yuè*)

日 *rì*: sun; day

月 *yuè*: moon; month

日 月

*Sun and Moon*

**Location:** On the anterior chest in the 7th intercostal space, approximately 4 cun lateral to the Ren Mai. The point is on the mamillary line, one intercostal space below LIV-14 (Qi Men). On males this is inferior to the nipple. Use palpation to confirm the location of this point. There is considerable variation in thoracic wall anatomy between individuals, so differences may be found in the distance this point is located from the midline.

**Features & Categories:** front Alarm-Mu, Collecting point of the Gall Bladder Fu; intersection point of the Spleen Channel of foot Tai Yin on the Gall Bladder Channel.

**Functions:** Frees Gall Bladder and Liver Qi and promotes their function; resolves Damp Heat; harmonizes the middle Jiao.

**Indications:** Borborygmi; diarrhea; abdominal distension; vomiting; jaundice; acute and chronic hepatitis; cholecystitis; cholelithiasis; stomach pain; peptic ulcer; lumbar and lateral costal pain; lateral costal pain and distension; intercostal neuralgia; hiccoughs; nausea with thick yellow tongue coat.

## LIV-14 (*qí mén*)

期 *qí*: period, cycle; one hundred years; expect; one year

門 *mén*: gate, door

期 門

*Cycle Gate*

**Location:** On the anterior chest in the 6th intercostal space, approximately 4 cun lateral to the Ren Mai. The point is on the mamillary line, one intercostal space above GB-24 (Ri Yue). On males this is usually directly inferior to the nipple. There is considerable variation in thoracic wall anatomy between individuals, which means that differences may be found in the distance this point is located from the midline.

**Features & Categories:** front Alarm-Mu, Collecting point of the Liver, intersection point of the Spleen Channel of foot Tai Yin and Yin Wei Mai (Yin linking Vessel) on the Liver Channel.

**Functions:** Transforms and resolves Stagnant Blood; dispels pathogens and Heat from the Blood and Uterus; transforms Phlegm and disperses stasis; calms the Liver and spreads Qi; benefits the Stomach.

**Indications:** Pain in the chest and lateral costal region; intercostal neuralgia; hepatitis; enlarged liver; cirrhosis; cholecystitis; abdominal distention; thoracic fullness; pleurisy; mastitis; myocarditis; vomiting; hiccough; nervous dysfunction of the stomach; acid regurgitation.

**SP-17** (*shí dòu*)食 *shí*: food竅 *dòu*: a hole, a drain

食竅

*Food Hole*

**Location:** On the lateral aspect of the chest in the 5th intercostal space, approximately 6 cun lateral to Ren Mai. The mamillary line lies 4 cun lateral to the anterior midline.

**Functions:** Rectifies Qi and disinhibits Water; benefits the San Jiao.

**Indications:** Pain and distention in the lateral costal region; ascites; gastritis.

**Supplementary Indications:** Thunderous rumbling in the diaphragm region; major detriment to Spleen Qi; fullness in the chest and lateral costal region; postpartum abdominal distension and Water swelling; urinary retention.

**SP-18** (*tiān xī*)天 *tiān*: celestial, of the heavens; sky; Nature; heaven谿 *xī*: ravine

天谿

*Celestial Ravine*

**Location:** On the lateral aspect of the chest in the 4th intercostal space, approximately 6 cun lateral to Ren Mai. The mamillary line lies 4 cun lateral to the anterior midline.

**Functions:** Loosens the chest and rectifies Qi; downbears counterflow and suppresses cough.

**Indications:** Thoracic pain and distention; cough; hiccough; bronchitis; asthma; mastitis; mammary Damp Heat and eczema; scant breast milk.

**Supplementary Indications:** Cough; throat rales.

**SP-19** (*xiōng xiāng*)胸 *xiōng*: chest鄉 *xiāng*: countryside, village (district under 50,000)

胸鄉

*Chest Village*

**Location:** On the lateral aspect of the chest in the 3rd intercostal space, approximately 6 cun lateral to Ren Mai. The mamillary line lies 4 cun lateral to the anterior midline.

**Functions:** Diffuses and downbears Lung Qi; suppresses cough and stabilizes dyspnea.

**Indications:** Pain and distention in the lateral costal region; intercostal neuralgia.

**Supplementary Indications:** Fullness in the chest and lateral costal region; pain referred from the chest to the back; inability to turn over; cough.

**SP-20** (*zhōu róng*)周 *zhōu*: all, whole, circumference榮 *róng*: flourish; honor, glory; to nourish

周榮

*All-Round Flourishing*

**Location:** On the lateral aspect of the chest in the 2nd intercostal space, approximately 6 cun lateral to Ren Mai. The mamillary line lies 4 cun lateral to the anterior midline. The point is located inferior and slightly lateral to LU-1 (Zhong Fu).

**Functions:** Diffuses and downbears Lung Qi; suppresses cough and stabilizes dyspnea.

**Indications:** Distension and fullness in the chest and lateral costal region; intercostal neuralgia; pleurisy; cough; pulmonary accumulation of pus; bronchiectasis.

**Supplementary Indications:** Spitting of foul pus; difficult ingestion.

## SP-21 (*dà bāo*)

大 *dà*: great, big

包 *bāo*: to wrap, to contain, to include, to embrace;  
bag, sack

# 大包

*Great Embrace*

**Location:** On the lateral thoracic wall in the mid-axillary line. The point is located in the 6th intercostal space. Use palpation to confirm its location as it is commonly sensitive to pressure.

Another means of location is to find the midpoint of the mid-axillary line between the apex of the axilla and the free end of the 11th rib - this is the location of the point. The proportional distance between the apex of the axilla and the free end of the 11th rib is 12 cun. [Some texts locate this point in the 7th intercostal space].

**Features & Categories:** Connecting-Luo point of the Great Luo Channel of the Spleen. The Great Luo Channel, via the Spleen, regulates the minute Blood Luo Vessels throughout the body.

**Functions:** Regulates Qi and Blood; expels Cold from the Channels; regulates the Connecting Vessels; moves Blood in the Blood Connecting Vessels.

**Indications:** Fullness or pain in the chest and lateral costal region; intercostal neuralgia; cough; bronchitis; influenza; pleurisy; asthma; generalized aching or body soreness; limp, weak limbs.

**Supplementary Indications:** Connecting vessel Fullness: generalized pain in the whole body; Connecting vessel Deficiency: laxity of the hundred joints.

## LU-1 (*zhōng fǔ*)

中 *zhōng*: central, center

府 *fǔ*: treasury, storehouse; mansion

# 中府

*Central Treasury*

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

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

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

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

**LV-13 (zhāng mén)**

章 zhāng: complete (an essay); a chapter; a strain of music; the flat area on top of a hill

門 mén: gate, door

章門

*Camphorwood Gate*

**Location:** On the lateral aspect of the abdomen (hypogastric region) immediately inferior to (lower border of) the free end of the 11th (floating) rib. On obese individuals the point may be located by flexing the elbow of the adducted arm - the point is level with the tip of the olecranon process of the ulna.

**Features & Categories:** front Alarm-Mu, Collecting point of the Spleen, intersection point of the Gall Bladder Channel of foot Shao Yang and Dai Mai (Girdle Vessel) on the Liver Channel; Meeting point of the Zang Organs.

**Functions:** Enhances and frees Liver Qi, and regulates Qi; quickens the Blood and transforms Stasis; relieves food retention; harmonises Liver and Spleen; benefits the Spleen and Stomach.

**Indications:** Vomiting; abdominal distension or swelling; enlargement of liver or spleen; hepatitis; cirrhosis; enteritis; diarrhea; jaundice; untransformed digestate; borborygmus; lumbar pain; pain in the costal region or hypochondrium.

**BL-20 (pí shū)**

脾 pí: spleen

俞 shū: acupuncture point

脾俞

*Spleen Shu*

**Location:** On the posterior trunk 1.5 cun lateral to Du Mai point DU-6 (Ji Zhong). DU-6 (Ji Zhong) is located on the midline in the depression immediately inferior to the spinous process of 11th thoracic vertebra. BL-49 (Yi She) is 1.5 cun lateral to BL-20 (Pi Shu), 3 cun from the posterior midline.

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

**Functions:** Tonifies Earth and eliminates Damp; regulates the Spleen, supporting its transportation and transformation functions; nourishes and harmonizes Blood and Ying Qi.

**Indications:** Abdominal distension; epigastric pain; jaundice; indigestion; vomiting; nervous vomiting; tiredness; loose stools; diarrhea; dysentery; blood in the stools; gastritis; gastric ulcers; lack of appetite; untransformed digestate; prolapsed stomach; hepatitis; enteritis; edema; anorexia; back pain; anemia; enlargement of liver or spleen; (chronic) hemorrhage diseases; profuse menstrual bleeding; prolapsed uterus; urticaria; weakness of the limbs; chronic weakness or exhaustion; Damp and Phlegm Patterns; disorders of the Stomach and Spleen.