

**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 STOMACH FU****LI-20 (*yíng xiāng*)**

迎 *yíng*: to welcome, to receive

香 *xiāng*: fragrance

迎香

*Welcome Fragrance*

**Location:** On the face, in the nasolabial groove. The point is located at the level of the middle of the lateral border of the nasal ala. [This point is sometimes located between the nasolabial groove and the nasal ala]. LI-19 (He Liao) and LI-20 (Ying Xiang) are located on the contralateral side of the body to the rest of the Large Intestine Meridian.

**Features & Categories:** Intersection point of the Stomach Channel of foot Yang Ming on the Large Intestine Channel.

**Functions:** Unblocks the nose; disperses Wind; clears Fire.

**Indications:** Nasal congestion or obstruction; nosebleed; rhinitis; sinusitis; sneezing; wryness of the mouth; facial itching; facial swelling; trigeminal neuralgia; facial paralysis; diseases of the nasal cavity generally.

**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.

**ST-1 (*chéng qì*)**承 *chéng*: to contain, to hold, to carry; to receive泣 *qì*: tears

承泣

*Tear Container*

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

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

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

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

**Supplementary Indications:** Near sightedness; excess lacrimation; corneal opacity.

**ST-2 (*sì bái*)**四 *sì*: four白 *bái*: white

四白

*Four Whites*

**Location:** On the face, in the depression of the infraorbital foramen. The point is located directly inferior to the pupil and ST-1 (Cheng Qi).

**Functions:** Eliminates Wind and quickens the Connecting Vessels; soothes the Sinews and relieves pain; clears the vision and brightens the eyes; spreads Liver Qi and benefits the Gall Bladder.

**Indications:** Painful, red eyes; wryness of the eyes and mouth; twitching of the eyelids; facial paralysis or pain; facial muscular spasms; trigeminal neuralgia; keratitis; myopia; sinusitis; facial swelling due to allergy; round worms in the bile duct.

**Supplementary Indications:** Headache; dizziness; itchy eyelid rims; membrane on the cornea.

## ST-3 (*jù liáo*)

巨 *jù*: great, big, giant

髎 *liáo*: bone-hole

## 巨髎

*Great Bone-Hole*

**Location:** On the face, directly below ST-1 (Cheng Qi) and ST-2 (Si Bai), level with the inferior border of the nasal ala. This is lateral to the nasolabial groove.

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

**Functions:** Eliminates Wind and quickens the Connecting Vessels; disperses swelling and relieves pain.

**Indications:** Wryness of the eyes and mouth; twitching of the eyelids; nosebleed; toothache; swelling of the lips and cheek; rhinitis; trigeminal neuralgia; facial paralysis.

**Supplementary Indications:** Nearsightedness; excess lacrimation; aversion to wind and cold in the face; blurred vision.

## GV-26 (*shuǐ gōu*)

水 *shuǐ*: water

溝 *gōu*: trough, ditch

## 水溝

*Water Trough*

**Location:** On the midline of the face, in the philtrum of the upper lip. The point is located at the junction of the superior one third and inferior two thirds of this groove.

LI-19 (He Liao) is located 5 fen lateral to this point.

**Features & Categories:** Intersection point of the Stomach Channel of foot Yang Ming and the Large Intestine Channel of hand Yang Ming on Du Mai. Regional Command point for resuscitation. First of the thirteen Ghost points - Gui Gong, Ghost Palace.

Note: This point is also called **Ren Zhong, Man's Centre**.

**Functions:** Returns consciousness; calms the Shen; dispels Wind pathogens; disperses Heat in the Interior and clears the senses; benefits the lumbar spine.

**Indications:** Mania and withdrawal; epilepsy; shock; infantile fright Wind; coma; stupor; clenched jaws; wryness or spasm of the eyes or mouth; facial edema; heat exhaustion; motion sickness; halitosis; nasal diseases; pain and stiffness of the lumbar spinal column.

**ST-4 (dì cāng)**地 *dì*: earth倉 *cāng*: granary, storehouse

地倉

*Earth Granary***Location:** On the face, approximately 4 fen lateral to the corner of the mouth (oral fissure).

The point is located on a line drawn from the centre of the pupil, through ST-1 (Cheng Qi) and ST-3 (Ju Liao). This is directly inferior to ST-3 (Ju Liao).

**Features & Categories:** Intersection point of the Large Intestine Channel of hand Yang Ming and Yang Qiao Mai (Yang heel/motility Vessel) on the Stomach Channel.**Functions:** Disperses Wind; frees Qi stagnation; removes obstructions from the Channel; benefits the tendons and muscles.**Indications:** Wryness of the mouth; facial paralysis; dribbling; excess salivation; muteness; twitching of the eyelids; toothache; swollen cheek.**Supplementary Indications:** Loss of speech; loss of voice; constipation in children; inability to close the eyes; inability to eat; mouth and eyes awry.**CV-24 (chéng jiāng)**承 *chéng*: to receive; to support漿 *jiāng*: sauce, juice, rich fluid

承漿

*Sauce Receptacle***Location:** On the anterior midline of the face, on the mandible, in the depression at the centre of the mentolabial groove.**Features & Categories:** Intersection point of the Stomach Channel of foot Yang Ming on Ren Mai; 8th of the 13 ghost points.

Note: Ellis, Wiseman &amp; Boss (1991, 1989) and O'Connor &amp; Bensky (1981) both list REN-24 (Cheng Jiang) as an Intersection point of the Large Intestine Channel of hand Yang Ming and Du Mai (Governing Vessel) on Ren Mai, even though these Meridians do not overtly intersect at this point.

**Functions:** Eliminates Wind, disperses swelling and frees the Connecting Vessels; relieves pain and settles tetany; calms the Shen.**Indications:** Wryness of the eyes and mouth; facial swelling or puffiness; facial paralysis; hemiplegia; trigeminal neuralgia; swelling of the gums; mouth ulcers; toothache; dribbling; mania and withdrawal; mental illness.**ST-5 (dà yíng)**大 *dà*: great, large迎 *yíng*: to receive, to welcome

大迎

*Great Reception***Location:** On the lateral aspect of the face, at the anterior inferior border of masseter muscle.

The point is located anterior to the angle of the mandible on the lateral aspect of the mandibular

body, approximately 5 fen superior to its lower border. The pulse of the facial artery is palpable at this point.

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

**Functions:** Eliminates Wind and quickens the Connecting Vessels.

**Indications:** Clenched jaws; lockjaw; wryness of the mouth; swelling of the cheek; facial paralysis; facial pain; toothache.

**Supplementary Indications:** Fever; stiff tongue inhibiting speech; scrofulous lumps; fullness in the stomach; dyspnea; inability to chew; frequent yawning; inability to close the eyes; dislocation of the jaw.

## ST-6 (*jiá chē*)

頰 *jiá*: jaw

車 *chē*: vehicle, chariot, car

## 頰車

*Jawbone*

**Location:** On the lateral aspect of the lower jaw, approximately one (middle) finger breadth anterior and superior to the angle of the mandible. The point is located in the centre of the belly of masseter muscle. This is prominent when the teeth are clenched.

**Features & Categories:** Intersection point of the Gall Bladder Channel of foot Shao Yang on the Stomach Channel; seventh of the thirteen Ghost points - Gui Chuang, Ghost Bed.

**Functions:** Benefits the teeth and jaw and frees the Connecting Vessels; disperses Wind and regulates Qi.

**Indications:** Wryness of the mouth; swelling of the cheek or face; (lower jaw) toothache; clenched jaws; painful stiffness of the neck; parotitis; mumps; temporo-mandibular arthritis; spasm of masseter muscle; facial paralysis.

**Supplementary Indications:** Loss of voice; aversion to wind and cold; lockjaw; mouth and eyes awry.

## ST-7 (*xià guān*)

下 *xià*: below, lower

關 *guān*: joint, hinge; barrier; to shut, to close

## 下關

*Below the Joint*

**Location:** In the depression formed by the inferior border of the zygomatic arch. The point is located anterior to the articular tubercle of the zygomatic arch. It is therefore anterior to the head and neck of the mandible. GB-3 (Shang Guan) is directly above ST-7 (Xia Guan), immediately superior to the zygomatic arch.

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

**Functions:** Eliminates Wind and quickens the Connecting Vessels; opens the Portals and benefits the ear; removes obstructions from the Channel.

**Indications:** Deafness; tinnitus; ear pain with purulent discharge; otitis media; wryness of the mouth and eyes; (upper jaw) toothache; inhibited opening and closing of the jaws; temporo-

mandibular arthritis; spasms of masseter muscle; facial paralysis; facial pain; trigeminal neuralgia; deaf-mutism.

**Supplementary Indications:** Lockjaw; loss of voice; aversion to wind and cold; ear ache; recovery from jaw dislocation.

### 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.

### 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 width) 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 width) 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.

**ST-8 (tóu wéi)**頭 *tóu*: head維 *wéi*: to bind, to tie together (originally, a net for catching birds), corner

頭維

**Head Corner**

**Location:** 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. Du-24 (Shen Ting) is located on the superior midline of the head, 5 fen posterior to the natural anterior hairline. This is 4.5 cun anterior to DU-20 (Bai Hui). The proportional distance between DU-20 (Bai Hui) and the midpoint of the natural anterior hairline is 5 cun.

**Features & Categories:** Intersection point of the Gall Bladder Channel of foot Shao Yang and Yang Wei Mai (Yang linking Vessel) on the Stomach Channel.

**Functions:** Dispels Wind and clears Heat; relieves pain; clears the head and brightens the eyes; relieves dizziness.

**Indications:** Headache; migraine headache; visual dizziness; vertigo; eye pain; lacrimation when exposed to wind; blurred vision; cloudiness or heaviness of the head; facial paralysis; psychosis.

**Supplementary Indications:** Dyspnea; vexation and fullness of the chest; splitting headache; frontal headache; eyes painful as if fit to burst from their sockets; sore eyes with excess lacrimation; eyelid spasms.

**GV-24 (*shén tíng*)**神 *shén*: spirit庭 *tíng*: court, courtyard; hall; palace

神庭

*Spirit Court*

**Location:** On the superior midline of the head, 5 fen posterior to the natural anterior hairline. This is 4.5 cun anterior to DU-20 (Bai Hui). The proportional distance between DU-20 (Bai Hui) and the midpoint of the natural anterior hairline is 5 cun. The proportional distance between the glabella (midway between the medial ends of the eyebrows) and the natural anterior hairline is 3 cun. Five points are located lateral to DU-24 (Shen Ting) - BL-4 (Qu Cha) is 1.5 cun lateral, GB-15 (Tou Lin Qi) is 2.25 cun lateral, GB-13 (Ben Shen) is 3 cun lateral, ST-8 (Tou Wei) is 4.5 cun lateral, BL-3 (Mei Chong) is midway between DU-24 (Shen Ting) and BL-4 (Qu Cha).

**Features & Categories:** Intersection point of the Urinary Bladder Channel of foot Tai Yang and the Stomach Channel of foot Yang Ming on Du Mai.

**Functions:** Calms the Liver and extinguishes Wind; calms the Heart and Shen.

**Indications:** Epilepsy; seizures; fright palpitations; insomnia; headache; visual dizziness; vertigo; rhinitis; rhinal polyps; deep source nasal congestion; mucosal inflammation of the mouth.

**ST-5 (*dà yíng*)**大 *dà*: great, large迎 *yíng*: to receive, to welcome

大迎

*Great Reception*

**Location:** On the lateral aspect of the face, at the anterior inferior border of masseter muscle. The point is located anterior to the angle of the mandible on the lateral aspect of the mandibular body, approximately 5 fen superior to its lower border. The pulse of the facial artery is palpable at this point.

**ST-9 (*rén yíng*)**人 *rén*: man, person迎 *yíng*: to predict, to calculate; to welcome, to receive;  
to face

人迎

*Man's Prognosis*

**Location:** On the anterolateral aspect of the neck, in the same transverse plane as the thyroid prominence (Adam's apple). The point is located on the anterior border of sternocleidomastoideus muscle, approximately 1.5 cun lateral to the thyroid prominence. The pulse of the common carotid artery is readily palpable deep to this point. It is appropriate to apply a transverse plane to the neck rather than a strictly horizontal (and therefore oblique) plane when locating this point. [LI-18 (Fu Tu) is approximately 3 cun lateral to the thyroid prominence, SI-16 (Tian Chuang) is 3.5 cun lateral].

**Features & Categories:** Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Stomach Channel. Point of the Sea of Qi (BL-10, ST-9, DU-15, DU-14, REN-17).

Window of the Sky point.

**Functions:** Frees the Channels and Connecting Vessels; regulates and balances Qi and Blood; resolves masses and swellings; clears Heat and calms dyspnea; benefits the throat.

**Indications:** Sore, swollen throat; tonsillitis; pharyngitis; dyspnea; asthma; dizziness; vertigo; red facial complexion; flushed face; headache; high or low blood pressure; speech impediment.

**Supplementary Indications:** Cough; pain, fullness, or thoracic oppression; dyspnea; wheezing; goitre; scrofulous lumps; vomiting and hiccoughing; headache; fever; tinnitus; lumbar pain; excess energy in the upper part of the body; hemiplegia; delirium.

## ST-10 (*shuǐ tú*)

水 *shuǐ*: water

突 *tú*: prominence, to protrude; sudden, abrupt; splash

# 水突

*Water Prominence*

**Location:** On the anterolateral aspect of the neck, midway between ST-9 (Ren Ying) and ST-11 (Qi She). The point lies in the anterior fibres of the sternal head of sternocleidomastoideus muscle.

**Functions:** Benefits Lung Qi and frees the throat.

**Indications:** Sore, swollen throat; dyspnea; diseases of the vocal cords; goitre; asthma.

**Supplementary Indications:** Cough; shortness of breath.

## ST-11 (*qì shè*)

氣 *qì*: qi, breath

舍 *shè*: residence, to reside; to bestow, to give away something

# 氣舍

*Qi Abode*

**Location:** At the base of the anterior neck, on the superior border of the medial end of the clavicle. The point is located between the sternal and clavicular heads of sternocleidomastoideus muscle.

**Functions:** Frees the flow of Qi and rectifies counterflow.

**Indications:** Sore, swollen throat; dyspnea; pharyngitis; hiccough; asthma; scrofula.

**Supplementary Indications:** Throat Bi; cough; pain and/or stiffness of the neck preventing turning of the head; goitre.

## 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 (Ming Shunpei 1997; 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.

**Supplementary Indications:** Fullness in the chest, dyspnea and cough; stiff neck; scrofulous lumps; throat Bi; hiccoughs; pain in the shoulder reaching the neck; coughing of blood; lumbar pain preventing movement; Heat in the chest; ascites.

## GV-14 (*dà zhūī*)

大 *dà*: great, big, large

椎 *zhūī*: 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.

**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-30 (qì chōng)**

氣 qì: qì

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

氣沖

*Surging Qi*

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

**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.

**ST-13 (qì hù)**

氣 qì: qì, breath

戶 hù: door, gate

氣戶

*Qi Door*

**Location:** On the superior chest, in the depression immediately inferior to the clavicle. The point is located at the midpoint of the clavicle, inferior to ST-12 (Que Pen), 4 cun lateral to Ren Mai, on the mamillary line. ST-13 (Qi Hu) is found medial to LU-2 (Yun Men).

**Functions:** Clears Heat and opens the chest.

**Indications:** Bronchitis; asthma; cough; hiccough; thoracic fullness and distension; intercostal neuralgia.

**Supplementary Indications:** Wheezing and dyspnea; pain in the chest, hypochondrium or back; swelling of the limbs.

**ST-14 (kù fáng)**

庫 kù: storehouse

房 fáng: house, room

庫房

*Storeroom*

**Location:** On the superior chest, in the 1st intercostal space. The point lies on the mamillary line, 4 cun lateral to Ren Mai.

**Functions:** Rectifies flow of Qi and opens the chest.

**Indications:** Distension and pain in the chest and lateral costal region; cough; bronchitis; intercostal neuralgia.

**Supplementary Indications:** Cough; spitting of turbid foam, pus, or blood; pain in the chest; fullness in the chest and lateral costal region.

**ST-15** (*wū yì*)屋 *wū*: house, room翳 *yì*: a shade, canopy; feather screen

屋翳

*Roof*

**Location:** On the superior chest, in the 2nd intercostal space. The point lies on the mamillary line, 4 cun lateral to Ren Mai.

**Functions:** Disperses Wind and relieves pain.

**Indications:** Cough, dyspnea; bronchitis; asthma; thoracic pain, fullness or distension; mastitis; intercostal neuralgia.

**Supplementary Indications:** Cough; pain in the breast; generalized Wind itching or pain with discomfort exacerbated by clothes; pain and lack of strength in the limbs; infantile dyspnea with distension.

**ST-16** (*yīng chuāng*)膺 *yīng*: breast, chest窗 *chuāng*: window

膺窗

*Breast Window*

**Location:** On the superior chest, in the 3rd intercostal space. The point lies on the mamillary line, 4 cun lateral to Ren Mai.

**Functions:** Clears Heat and resolves Stagnation; relieves pain and disperses swelling.

**Indications:** Cough; bronchitis; asthma; thoracic pain and distension; mastitis; intercostal neuralgia.

**Supplementary Indications:** Wheezing and dyspnea; cough; fever and chills; thoracic fullness and shortness of breath; restless sleep; pain in the ribs; abdominal pain; swelling of the lips; rumbling intestines and diarrhea.

**ST-17** (*rǔ zhōng*)乳 *rǔ*: breast中 *zhōng*: center

乳中

*Breast Center*

**Location:** On the chest, in the centre of the nipple. On males this is in the 4th intercostal space, 4 cun from the anterior midline.

**Note:** This point serves to determine point location on the chest and abdomen of other points and Meridians. It is a landmark point. The proportional distance between the nipples is 8 cun.

**Contraindications:** Acupuncture and moxibustion are contraindicated.

**ST-18** (*rǔ gēn*)乳 *rǔ*: breast根 *gēn*: root

乳根

*Breast Root*

**Location:** On the chest, in the 5th intercostal space. The point lies on the mamillary line, 4 cun lateral to Ren Mai.

**Functions:** Frees the Connecting Vessels of the breast; quickens the Blood and resolves Stagnation; regulates Stomach Qi.

**Indications:** Cough; bronchitis; asthma; mastitis; insufficient lactation; thoracic pain; breasts swollen and painful with menstruation; breast problems generally, particularly in women.

**Supplementary Indications:** Cough and distressed rapid breathing; pain and swelling of the breast; pain and oppression below the chest; esophageal constriction with difficult ingestion; abdominal fullness; shortness of breath; belching; retention of afterbirth.

## ST-19 (*bù róng*)

不 *bù*: not, negative

容 *róng*: to contain, to hold; to allow

不容

*Not Contained*

**Location:** On the upper abdomen 2 cun lateral to Ren Mai point REN-14 (Ju Que). This is 6 cun superior to the level of the umbilicus (ST-25, Tian Shu). KID-21 (You Men) is located 5 fen lateral to REN-14 (Ju Que). The proportional distance from the centre of the umbilicus to the xiphisternal junction is 8 cun.

**Functions:** Regulates the Centre and harmonizes the Stomach.

**Indications:** Abdominal distension; vomiting; stomach pain; poor appetite; anorexia; abnormal distension of the stomach; diarrhoea; intercostal neuralgia.

**Supplementary Indications:** Blood ejection from the mouth; cough and dyspnea; chest and back pain; difficult ingestion; shrugging of the shoulders to facilitate breathing; dry mouth; infantile eye infection; night blindness; rumbling of the intestines.

## ST-20 (*chéng mǎn*)

承 *chéng*: to take responsibility for; to receive, to support

滿 *mǎn*: full, fullness

承滿

*Assuming Fullness*

**Location:** On the upper abdomen 2 cun lateral to Ren Mai point REN-13 (Shang Wan). This is 5 cun superior to the level of the umbilicus (ST-25, Tian Shu). KID-20 (Tong Gu) is located 5 fen lateral to REN-13 (Shang Wan). The proportional distance from the centre of the umbilicus to the xiphisternal junction is 8 cun.

**Functions:** Harmonizes the Stomach and rectifies Qi.

**Indications:** Stomach pain; abdominal distension; vomiting; acute and chronic gastritis; borborygmos; colic; indigestion; poor appetite; anorexia.

**Supplementary Indications:** Rumbling intestines and hernia pain; difficult ingestion; diarrhea or dysentery; jaundice; painful hardening beneath the ribs; dyspnea; spitting blood.

**ST-21** (*liáng mén*)梁 *liáng*: crossbeam, beam門 *mén*: gate, door

梁門

*Beam Gate*

**Location:** On the upper abdomen 2 cun lateral to Ren Mai point REN-12 (Zhong Wan). This is 4 cun superior to the level of the umbilicus (ST-25, Tian Shu). KID-19 (Yin Du) is located 5 fen lateral to REN-12 (Zhong Wan) The proportional distance from the centre of the umbilicus to the xiphisternal junction is 8 cun.

**Functions:** Regulates the Qi of the Centre; harmonizes the Stomach and Intestines; subdues rebellious Qi; transforms accumulations and Stagnation; fortifies the Spleen, strengthening its function of moving and transforming digestate.

**Indications:** Stomach pain; stomach ulcers; abdominal distension; acute and chronic gastritis; nervous dysfunction of the stomach; nausea; vomiting; colic; poor appetite; anorexia; thin stool.

**Supplementary Indications:** Qi accumulation beneath the lateral costal region; no thought of food; pain in the stomach region; diarrhea; lower abdominal pain; prolapse of the rectum; painful binding accumulation of Qi in the abdomen; untransformed digestate in the stool.

**ST-22** (*guān mén*)關 *guān*: gate, barrier; to shut, to close門 *mén*: gate, door

關門

*Pass Gate*

**Location:** On the upper abdomen 2 cun lateral to Ren Mai point REN-11 (Jian Li). This is 3 cun superior to the level of the umbilicus (ST-25, Tian Shu). KID-18 (Shi Guan) is located 5 fen lateral to REN-11 (Jian Li). The proportional distance from the centre of the umbilicus to the xiphisternal junction is 8 cun.

**Functions:** Regulates the Stomach and Intestines.

**Indications:** Abdominal distension or pain; rumbling intestines; diarrhea; poor appetite; anorexia; edema.

**Supplementary Indications:** Thoracic fullness and pain; no desire to eat; malaria with quivering from cold.

**ST-23** (*tài yǐ*)太 *tài* - supreme, most, excessive乙 *yǐ* - one; the intestines of a fish; second of the ten heavenly stems

太乙

*Supreme Unity*

**Location:** On the upper abdomen 2 cun lateral to Ren Mai point REN-10 (Xia Wan). This is 2 cun superior to the level of the umbilicus (ST-25, Tian Shu). KID-17 (Shang Qu) is located 5 fen lateral to REN-10 (Xia Wan). The proportional distance from the centre of the umbilicus to the xiphisternal junction is 8 cun.

**Functions:** Clears the Heart and calms the Shen; fortifies the Spleen and harmonizes the Centre.

**Indications:** Mania and withdrawal; vexation; irritability; stomach pain; indigestion; hernia; beriberi.

**Supplementary Indications:** Intestinal pain; enuresis; vexation; protrusion of the tongue; insanity.

## ST-24 (*huá ròu mén*)

滑 *huá*: slippery, glossy  
肉 *ròu*: flesh, meat, muscle  
門 *mén*: gate, door

## 滑肉門

*Slippery Flesh Gate*

**Location:** On the abdomen 2 cun lateral to Ren Mai point REN-9 (Shui Fen). This is 1 cun superior to ST-25 (Tian Shu).

**Functions:** Calms the Shen and stabilizes the disposition; regulates and harmonizes the Stomach and Intestines.

**Indications:** Mania and withdrawal; vomiting; stomach pain; chronic and acute gastritis.

**Supplementary Indications:** Stiff tongue; vomiting of blood; gastrointestinal disorders; prolapse of the rectum; retching; protrusion of the tongue; insanity.

## ST-25 (*tiān shū*)

天 *tiān*: celestial, of the heavens; sky; Nature; heaven  
樞 *shū*: pivot, axis

## 天樞

*Celestial Pivot*

**Location:** On the middle abdomen 2 cun lateral to Ren Mai point REN-8 (Shen Que), level with the centre of the umbilicus. ST-25 (Tian Shu) is located 1.5 cun lateral to KID-16 (Huang Shu). The proportional distance between ST-25 (Tian Shu) and ST-30 (Qi Chong) is 5 cun. SP-15 (Da Heng) is located approximately 2 cun lateral to ST-25 (Tian Shu) on the lateral border of rectus abdominus muscle.

**Features & Categories:** front Alarm-Mu, Collecting point of the Large Intestine Channel.

**Functions:** Facilitates and regulates the Large Intestine; supports Earth and transforms Damp; regulates Qi and eliminates Stagnation; clears Heat; relieves food retention.

**Indications:** Abdominal pain; vomiting; diarrhoea; dysentery; thirst; constipation; borborygmi; abdominal distension; acute and chronic gastritis or enteritis; heat sensation in the epigastrium; peritonitis; appendicitis; edema; irregular menstruation; endometritis; lumbar pain; mental irritation; anxiety; mania; schizophrenia.

**Supplementary Indications:** Dysuria; infertility; severe Heat with raving; umbilical swelling with localized pain sometimes surging up to the heart; lower abdominal pain; abdominal obstruction; abdominal masses; retching; facial swelling; untransformed digestate; generalized swelling; uterine pain; dysmenorrhoea; urination retention; urinary incontinence; cholera; chronic diarrhea; frequent defecation; round worm in the intestinal tract.

**ST-26 (wài líng)**

外 wài: outside, outer

陵 líng: tomb, burial mound

外陵

*Outer Mound*

**Location:** On the lower abdomen 2 cun lateral to Ren Mai point REN-7 (Yin Jiao). This is 1 cun superior to ST-27 (Da Ju) and 1 cun inferior to the level of the umbilicus, ST-25 (Tian Shu). ST-26 (Wai Ling) is located 1.5 cun lateral to KID-15 (Zhong Zhu).

**Functions:** Dissipates Cold; relieves pain; rectifies Qi.

**Indications:** Abdominal pain; hernia; dysmenorrhoea.

**Supplementary Indications:** Menstrual pain.

**ST-27 (dà jù)**

大 dà: big, great

巨 jù: large, big, great

大巨

*Great Gigantic*

**Location:** On the lower abdomen, 2 cun lateral to Ren Mai point REN-5 (Shi Men). This is 1 cun superior to ST-28 (Shui Dao) and 2 cun inferior to the level of the umbilicus, ST-25 (Tian Shu). ST-27 (Da Ju) is located 1.5 cun lateral to KID-14 (Si Man).

**Functions:** Benefits the Kidneys and tonifies Qi; regulates Stomach Qi; invigorates Yang.

**Indications:** Lower abdominal distension or fullness; urinary retention; dysuria; cystitis; hernia; seminal emission; premature ejaculation; intestinal obstruction; lateral abdominal pain.

**Supplementary Indications:** Pain or swelling of the genitals; hemiplegia; fatigued limbs; loss of sleep and susceptibility to fright; thirst; stagnant Qi in the lower Jiao.

**ST-28 (shuǐ dào)**

水 shuǐ: water

道 dào: path

水道

*Waterway*

**Location:** On the lower abdomen, 2 cun lateral to Ren Mai point REN-4 (Guan Yuan). This is 1 cun superior to ST-29 (Gui Lai) and 3 cun inferior to the level of the umbilicus, ST-25 (Tian Shu). ST-28 (Shui Dao) is located 1.5 cun lateral to KID-13 (Qi Xue).

**Functions:** Clears Damp Heat and benefits the Lower Jiao; opens the Water passages and benefits urination; regulates menstruation and relieves pain.

**Indications:** Lower abdominal distension or fullness; hernia; urinary retention; dysuria; ascites; oedema; cystitis; orchitis; nephritis; dysmenorrhoea; infertility.

**Supplementary Indications:** Cold in the Bladder; Heat and constriction in the San Jiao; menstrual low back pain; back pain leading to the genitals; uterine masses, possibly associated with pain or distension.

**ST-29 (guī lái)**

歸 guī: to return; to restore  
來 lái: to come, to arrive

**歸來****Return**

**Location:** On the lower abdomen, 2 cun lateral to Ren Mai point REN-3 (Zhong Ji). This is 1 cun superior to ST-30 (Qi Chong) and 4 cun inferior to the level of the umbilicus, ST-25 (Tian Shu). ST-29 (Gui Lai) is located 1.5 cun lateral to KID-12 (Da He).

**Functions:** Benefits the Lower Jiao; warms the Uterus; relieves Blood Stagnation.

**Indications:** Abdominal pain; hernia; irregular menstruation; dysmenorrhoea; leukorrhoea; prolapse of the uterus; inflammation of the adnexa; orchitis.

**Supplementary Indications:** Pain and distension of the lower abdomen possibly extending to the genitals; colic; retraction of the testicles; frigidity, swelling and pain of the genitals; vaginal discharge; amenorrhoea; accumulated Cold of the Uterus; infertility; impotence.

**ST-30 (qì chōng)**

氣 qì: qi

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

**氣沖****Surging Qi**

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

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

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

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

**Supplementary Indications:** Abdominal pain and sagging; infertility; fullness in the lateral costal region; severe abdominal distension and fullness; colic; prolapse of the rectum; sensation of pain and weakness of the shins; urinary retention; dysuria; oedema; difficulty in lactation; foetus surging up below the heart causing pain that makes rest difficult; disorders related to childbirth; impotence; Stomach/Spleen deficiency; rumbling intestines.

**ST-31** (*bì guān*)髀 *bì*: thigh; the lateral aspect of the groin關 *guān*: gate; joint, hinge; pass

髀關

*Thigh Joint*

**Location:** On the anterior proximal thigh, on a line drawn between the anterior superior iliac spine and the superior lateral corner of the patella, at the level of the perineum. This is at the lateral border of sartorius muscle.

**Functions:** Warms the Channels and quickens the Connecting Vessels; eliminates Wind and dissipates Cold; removes obstructions from the Channel.

**Indications:** Pain in the thigh; atrophy, Bi, and inhibited movement of the lower limb/ thigh and buttock; paralysis of the lower limbs; arthritis of the knee; low back pain; inflamed inguinal lymph nodes.

**Supplementary Indications:** Pain in the lumbar region and Cold in the knees; abdominal pain; numbness or pain of the lower limbs; jaundice; inhibited movement or tightness due to Sinew tightness.

**ST-32** (*fú tù*)伏 *fú*: to bend over; lie prostrate; to hide兔 *tù*: rabbit

伏兔

*Crouching Rabbit*

**Location:** On the anterior thigh, on a line drawn between the anterior superior iliac spine and the superior lateral corner of the patella, 6 cun superior to the superior border of the patella. The proportional distance from the superior border of the greater trochanter to the joint line of the knee is 19 cun. After calculating 6 cun of this distance, the same distance should be applied proximal to the patella.

**Functions:** Warms the Channels and dissipates Cold; eliminates Wind and quickens the Connecting Vessels; removes obstructions from the Channel.

**Indications:** Pain in the lumbar and iliac region; cold knees; paralysis, motor impairment or pain of the lower limb; arthritis of the knee; beriberi.

**Supplementary Indications:** Pain in the waist and groin; hernia; urticaria; mania and withdrawal; deficient Qi.

**ST-33** (*yīn shì*)陰 *yīn*: yin, the complement of yang市 *shì*: city, market

陰市

*Yin Market*

**Location:** On the anterior thigh, on a line drawn between the anterior superior iliac spine and the superior lateral corner of the patella, 3 cun superior to the superior border of the patella.

This is 1 cun proximal to ST-34 (Liang Qiu). The proportional distance from the superior border of the greater trochanter to the joint line of the knee is 19 cun.

**Functions:** Eliminates Wind and disperses Cold; frees the Channels and quickens the Connecting Vessels; relieves the joints.

**Indications:** Paralysis, pain or motor impairment of the lower limb; arthritis of the knee.

**Supplementary Indications:** Cold pain of the lower abdomen or genitals; abdominal distension and fullness; Cold in the knees; hypertonicity of the lower limbs.

## ST-34 (*liáng qiū*)

梁 *liáng*: crossbeam, ridge

丘 *qiū*: mound, hill

梁丘

*Beam Hill*

**Location:** On the anterior thigh, 2 cun proximal to the superior lateral border of the patella.

The point is located at the lateral border of rectus femoris muscle.

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

**Functions:** Regulates the Stomach and rectifies counterflow of Qi; harmonizes the Centre; expels Wind and Damp; frees the Channels and quickens the Connecting Vessels.

**Indications:** Pain, swelling or numbness of the knees; paralysis or motor impairment of the lower limbs; stomach pain; mastitis; gastritis; diarrhoea; hiccough; nausea; vomiting; belching.

**Supplementary Indications:** Low back and leg pain; cold lower limbs; swelling and pain of the breast.

## ST-35 (*dú bǐ*)

犢 *dú*: calf

鼻 *bǐ*: nose

犢鼻

*Calf's Nose*

**Location:** On the anterolateral aspect of the knee in the large depression lateral to ligamentum patellae, at the level of the joint cavity between the femur and the tibia. The point is located and needled with the knee flexed. This is the lateral 'knee eye', the medial 'knee eye' lies in the depression medial to ligamentum patellae.

**Functions:** Frees the Channels and quickens the Connecting Vessels; eliminates Wind and dissipates Damp and Cold; disperses swelling and relieves pain.

**Indications:** Pain or numbness of the knee; motor impairment of the knee; diseases of the knee and surrounding soft tissue; beriberi.

**Supplementary Indications:** Swelling of the calf's nose; paralysis of the lower limb.

## ST-36 (*zú sān lǐ*)

足 *zú*: foot

三 *sān*: three

里 *lǐ*: measurement of distance (equal to approximately one third of an English mile)

足三里

*Leg Three Li*

**Location:** On the proximal anterior leg, 3 cun distal to ST-35 (Du Bi), one (middle) finger breadth lateral to the anterior crest of the tibia in tibialis anterior muscle. The proportional distance between ST-35 (Du Bi) and ST-41 (Jie Xi) is 16 cun, so ST-36 (Zu San Li) is located

2 fen distal to one fifth of the distance between these landmarks. One (middle) finger width below the lower border of the tibial tuberosity is a useful landmark.

**Features & Categories:** Earth, Sea, Uniting-He point of the Stomach Channel; Horary point. One of the nine needles for returning Yang. Regional Command point of the abdomen. Point of the Sea of Nourishment (ST-30, ST-36). A Heavenly Star point of Ma Dan-Yang.

**Functions:** Regulates and benefits the Spleen and Stomach; regulates Zhong Qi; harmonizes the Intestines and disperses Stagnation; strengthens weak and Deficient conditions; eliminates Wind and transforms Damp; regulates Ying Qi and Wei Qi; frees and regulates Qi and Blood of the Channels; dispels Cold; dispels Pathogens and prevents disease; disperses thoracic Blood Stagnation; brightens the eyes.

**Indications:** Stomach pain; abdominal distension or pain; indigestion; vomiting; hiccough; borborygmi; acute and chronic gastritis or enteritis; gastric or duodenal ulcers; acute appendicitis; acute pancreatitis; lack of appetite; diarrhea; constipation; dysentery; mastitis; abscessed breast; dizziness; epilepsy; paralysis due to Wind strike; beriberi; oedema of the limbs; aching knee joint and leg; dysuria; hemiplegia; dizziness; shock; emaciation and general weakness; neurasthenia; anaemia; hypertension; allergies; seizures; cough; asthma; diseases of the reproductive system; insomnia; mania.

**Supplementary Indications:** Pain, fullness and distension in the stomach region; abdominal pain; cholera; restriction of the diaphragm and throat; difficult ingestion; wryness of the mouth; eye disease; pharyngeal Bi; fever; enuresis; swelling of the feet; rumbling intestines; heaviness in the head and pain in the forehead at the outset of Heat disease; vexation, thoracic oppression and generalized fever; urinary retention; urinary incontinence; lower abdominal swelling and pain; fullness in the chest and lateral costal region; swelling and pain in the limbs; thoracic Blood Stagnation; palpitations with vexation and agitation.

## ST-37 (*shàng jù xū*)

上 *shàng*: upper

巨 *jù*: great, large

虛 *xū*: vacuous, empty; hollow

上 巨 虛

*Upper Great Hollow*

**Location:** On the proximal anterior leg, 6 cun distal to ST-35 (Du Bi), and one (middle) finger breadth lateral to the anterior crest of the tibia in tibialis anterior muscle. The proportional distance between ST-35 (Du Bi) and ST-41 (Jie Xi) is 16 cun, so ST-37 (Shang Ju Xu) is located 2 cun proximal to the midway point between these landmarks. This is 3 cun distal to ST-36 (Zu San Li).

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

**Functions:** Regulates the Spleen and harmonizes the Stomach; frees the Intestines, eliminates accumulations and transforms Stagnation; clears and resolves Damp Heat in the lower Jiao; frees the Channels and regulates Qi; clears food retention; calms asthma.

**Indications:** Abdominal pain or distension; indigestion; dysentery; borborygmi; diarrhea; constipation; enteritis; gastritis; appendicitis; hemiplegia; beriberi; dyspnoea; asthma.

**Supplementary Indications:** Stomach and Spleen Deficiency; diarrhea; fullness of the chest and lateral costal region; swelling of the knee; pain in the navel; sharp pain in the intestines; untransformed digestate; Deficient conditions; paralysis due to stroke.

## ST-38 (*tiáo kǒu*)

條 *tiáo*: a long and narrow item, ribbon

口 *kǒu*: mouth, opening

條 口

### *Ribbon Opening*

**Location:** On the anterior leg midway between the lateral 'knee eye' (ST-35, Du Bi) and the anterior ankle crease between the malleoli (ST-41, Jie Xi). The proportional distance between these points is 16 cun, so ST-38 (Tiao Kou) is located 8 cun distal to ST-35 (Du Bi) and 8 cun proximal to ST-41 (Jie Xi). It is located one (middle) finger breadth lateral to the anterior crest of the tibia.

**Functions:** Soothes the Sinews and quickens the Connecting Vessels; warms the Channels and dissipates Cold; removes obstructions from the Channel.

**Indications:** Atony or paralysis of the lower limb; numbness, soreness or pain of the knee or leg; sciatic neuralgia; arthritis of the knee; motor impairment of the foot; stomach ache; enteritis; shoulder stiffness, inflammation or pain.

**Supplementary Indications:** Pain in the lower leg; pain in the Stomach region; abdominal pain; intestinal pain; dysentery; sore pharynx; swelling of the knee and thigh; Cold pain and swelling.

## 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.

**Supplementary Indications:** Stomach Heat; abdominal pain; diarrhea and dysentery; mania and withdrawal; swelling and pain in the shin.

## ST-40 (*fēng lóng*)

豐 *fēng*: abundant, great, bountiful

隆 *lóng*: prosperous; swell, bulge

豐隆

*Bountiful Bulge*

**Location:** On the anterolateral leg midway between ST-35 (Du Bi) and ST-41 (Jie Xi). The proportional distance between these points is 16 cun, so ST-40 (Feng Long) is located 8 cun distal to ST-35 (Du Bi) and 8 cun proximal to ST-41 (Jie Xi). The point is located one (middle) finger breadth directly lateral to ST-38 (Tiao Kou), which places it two finger breadths lateral to the anterior crest of the tibia.

**Features & Categories:** Luo-Connecting point of the Stomach Channel, connecting to the Spleen Channel of foot Tai Yin.

**Functions:** Harmonizes the Stomach; transforms Phlegm and Damp; clears Heat; opens the chest and soothes dyspnoea; calms the Shen.

**Indications:** Chest pain; cough; asthma; copious phlegm; sore, swollen throat; loss of locomotive power, pain, and swelling of lower limbs; headache; dizziness; vertigo; mania and withdrawal; epilepsy; anxiety; fears and phobias; hemiplegia.

**Supplementary Indications:** Counterflow of Qi; throat Bi and sudden loss of voice; Connecting Vessel Fullness or Deficiency; mania and withdrawal; impaired motor function or paralysis of the lower limbs; atrophy of the calves; vomiting; constipation; beriberi; headache; vexation; swelling of the face; swelling of the limbs; amenorrhoea; abnormal uterine bleeding; Phlegm diseases.

## ST-41 (*jiě xī*)

解 *jiě*: separate, divide, untie, undo

谿 *xī*: brook, stream, gorge, ravine

解谿

*Ravine Divide*

**Location:** At the anterior ankle, on a line drawn between high point of each malleolus. The point is located in the depression between the tendons of extensor hallucis longus and extensor digitorum longus muscles. This is at the centre of the anterior aspect of the ankle.

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

**Functions:** Supports Spleen Qi; transforms Damp and Stagnation; eliminates Wind; clears Stomach Heat; stabilizes the Shen; brightens the eyes; removes obstructions from the Channel.

**Indications:** Swelling of the head and face; headache; sore throat; dizziness; vertigo; abdominal distension; constipation; enteritis; pain and diseases of the ankle joint and surrounding soft tissues; atrophy, pain, paralysis or impaired locomotive ability of the lower limbs; footdrop; withdrawal behavioural patterns; nephritis; epilepsy; seizures.

**Supplementary Indications:** Eye diseases; pain in the foot or knee; cholera and cramp; belching; Stomach Heat; pain in the mouth; delirious speech; malarial disease; heaviness of the

thigh and knee; Sinew Bi; reddening of the eyes and face; pain in the foot or ankle; severe palpitations; palpitations; swelling of the abdomen; swelling of the shin.

## ST-42 (*chōng yáng*)

沖 *chōng*: to flush, rinse, dash; thoroughfare

陽 *yáng*: yang, the complement of yin

沖陽

*Surging Yang*

**Location:** On the high point of the dorsum of the foot, where the pulse of dorsalis pedis artery may be felt. Other aids to location include:

i) 1.5 cun distal to ST-41 (Jie Xi). ii) between the tendons of extensor hallucis longus and extensor digitorum longus muscles. iii) superficial to the middle cuneiform bone.

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

**Functions:** Benefits Stomach and Spleen; supports Earth and transforms Damp; harmonizes the Stomach and stabilizes the Shen; removes obstructions from the Channel.

**Indications:** Wryness of the mouth; headache; facial paralysis; (upper jaw) toothache; atrophy and motor impairment of the foot/lower limb; pain, redness or swelling of the dorsum of the foot; mental illness.

**Supplementary Indications:** Swelling of the head and face; aching among the upper teeth; abdominal swelling; mania and withdrawal; malarial disease; Wind heaviness in the head; pain in the forehead; abdominal distension with no desire to eat; insanity; no strength in upper or lower limbs.

## 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.

**ST-43** (*xiàn gǔ*)陷 *xiàn*: to sink谷 *gǔ*: a valley

## 陷谷

*Sunken Valley*

**Location:** On the dorsum of the foot in the depression distal to the 'V' formed by the bases of the 2nd and 3rd metatarsal bones.

**Features & Categories:** Wood, Stream, Transporting-Shu of the Stomach Channel.

**Functions:** Fortifies the Spleen and disperses Damp; eliminates Wind and Heat; harmonizes the Stomach and rectifies counterflow of Qi; removes obstructions from the Channel.

**Indications:** Swelling of the face; facial or general edema; conjunctivitis; rumbling intestines and abdominal pain; hysteria; painful swelling of the dorsum of the foot.

**Supplementary Indications:** Redness of the face and eyes; ascites; night sweating; fever; chronic cough.

**ST-44** (*nèi tíng*)内 *nèi*: inside, inner庭 *tíng*: courtyard, court

## 內庭

*Inner Court*

**Location:** On the dorsum of the foot between the second and third toes, distal to the metatarsophalangeal joints. The point is located approximately 5 fen posterior to the distal border of the webbing, between the bases of the proximal phalanges.

**Features & Categories:** Water, Spring, Gushing-Ying point of the Stomach Channel. A Heavenly Star point of Ma Dan-Yang.

**Functions:** Promotes downward movement of Stomach Qi; cools and drains Stomach Heat; harmonizes the Intestines and transforms Stagnation; promotes digestion and eliminates fullness; regulates Qi and resolves pain; eliminates facial Wind.

**Indications:** Toothache (lower jaw); wryness of the mouth; trigeminal neuralgia; facial paralysis; facial pain; nosebleed; tonsillitis; sore throat; stomach ache; abdominal pain or distension; acid regurgitation; diarrhea or dysentery; acute and chronic enteritis; painful swelling of the dorsum of the foot; Heat diseases; constipation; beriberi.

**Supplementary Indications:** Lockjaw; throat Bi; painful eye; pain of intestinal hernia; malaria with no desire to eat; aversion to cold; urinary retention; blood in the urine; rumbling of the intestines; abdominal distension and fullness; tinnitus; Wind rash.

**ST-45** (*lì duì*)厲 *lì*: harsh, severe, fierce; to oppress; quick, rapid兌 *duì*: exchange, convert; mouth, a hole

## 厲兌

*Severe Mouth*

**Location:** On the lateral superior aspect of the distal phalanx of the second toe, 1 fen proximal to the lateral proximal corner of the toenail.

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

**Functions:** Frees the Channels and restores consciousness; harmonizes the Stomach and clears the Shen; eliminates Yang Ming pathogenic Heat; relieves food retention; brightens the eyes.

**Indications:** Swelling of the face; wryness of the mouth; toothache; nosebleed; tonsillitis; sore throat and hoarse voice; abdominal distension and fullness; indigestion; hepatitis; cold in the leg and foot; Heat diseases; insomnia; increased dreaming; dream disturbed sleep; mania and withdrawal; stroke; anemia; neurasthenia; hysteria; fainting.

**Supplementary Indications:** Lockjaw; throat Bi; fever; copious clear nasal mucus with nosebleed.

## BL-21 (*wèi shū*)

胃 *wèi*: stomach

俞 *shū*: acupuncture point

胃俞

*Stomach Shu*

**Location:** On the posterior trunk 1.5 cun lateral to Du Mai. The point is located lateral to the depression immediately inferior to the spinous process of 12th thoracic vertebra. BL-50 (Wei Cang) is 1.5 cun lateral to BL-21 (Wei Shu), 3 cun lateral to the posterior midline.

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

**Functions:** Regulates the middle Jiao; harmonizes and tonifies the Stomach; transforms Damp and disperses Stagnation; supports Zhong Qi and eliminates Deficiency; relieves food retention.

**Indications:** Pain in the chest and lateral costal (hypochondriac) region; pain in the stomach region; stomach ache; gastritis; stomach distension; prolapsed stomach; ulcer; pancreatitis; hepatitis; enteritis; abdominal distension; indigestion; gastric reflux; regurgitation; belching; nausea; vomiting; hiccough; rumbling intestines; untransformed digestate in stools; (chronic) diarrhoea; loss of appetite; anorexia; insomnia; pain along the spine; disorders of the Stomach and Spleen.