

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 the first paragraph 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 CHONG MAI**CV-1 (*huì yīn*)**

會 *huì*: meeting, convergence

陰 *yīn*: yin, the complement of yang

會陰

Meeting of Yin

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

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

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

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

ST-30 (qì chōng)

氣 qì: qì

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

氣沖

Surging Qi

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

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

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

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

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.

KI-11 (héng gǔ)

橫 héng: horizontal, crosswise

谷 gǔ: bone

橫骨

Pubic Bone

Location: At the inferior border of the abdomen 5 fen lateral to Ren Mai point REN-2 (Qu Gu). The point is located in the depression immediately superior to the pubic bone. This is 5

cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-30 (Qi Chong) is located 1.5 cun lateral to KID-11 (Heng Gu).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Tonifies the Stomach and resolves Damp.

Indications: Pain in the genitals; nocturnal seminal emission; impotence; dysuria; urinary retention; urethritis; hernia.

KI-12 (*dà hè*)

大 *dà*: large, big, great

赫 *hè*: bright, luminous or awe-inspiring (manifestation)

大赫

Great Manifestation

Location: On the lower abdomen 5 fen lateral to Ren Mai point REN-3 (Zhong Ji). This is 1 cun superior to KID-11 (Heng Gu) and 4 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-29 (Gui Lai) is located 1.5 cun lateral to KID-12 (Da He).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Supplements Kidney Qi and regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel).

Indications: Pain in the genitals; impotence; nocturnal seminal emission; vaginal discharge; leukorrhoea; uterine prolapse.

KI-13 (*qì xuè*)

氣 *qì*: qi

穴 *xuè*: acupuncture point; cave, hole

氣穴

Qi Hole

Location: On the lower abdomen 5 fen lateral to Ren Mai point REN-4 (Guan Yuan). This is 1 cun superior to KID-12 (Da He) and 3 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-28 (Shui Dao) is located 1.5 cun lateral to KID-13 (Qi Xue).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Supplements Kidney Qi and Jing; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); benefits the lower Jiao; removes obstruction from the Channel.

Indications: Irregular menstruation; dysmenorrhoea; leukorrhoea; sterility; urinary tract infection; dysuria; diarrhea; abdominal pain, fullness or masses.

KI-14 (*sì mǎn*)四 *sì*: four滿 *mǎn*: full, complete

四 滿

Fourfold Fullness

Location: On the lower abdomen 5 fen lateral to Ren Mai point REN-5 (Shi Men). This is 1 cun superior to KID-13 (Qi Xue) and 2 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-27 (Da Ju) is located 1.5 cun lateral to KID-14 (Si Man).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Supplements Kidney Qi; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); promotes free flow through the Waterways.

Indications: Metrorrhagia; irregular menstruation; leukorrhoea; dysmenorrhoea; abdominal distension; postpartum abdominal pain; diarrhea; infertility; urinary tract infection.

KI-15 (*zhōng zhù*)中 *zhōng*: center, middle注 *zhù*: to flow, to pour; to fix on

中 注

Central Flow

Location: On the lower abdomen 5 fen lateral to Ren Mai point REN-7 (Yin Jiao). This is 1 cun superior to KID-14 (Si Man) and 1 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-26 (Wai Ling) is located 1.5 cun lateral to KID-15 (Zhong Zhu).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Nourishes the Kidney Channel; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); benefits the lower Jiao.

Indications: Irregular menstruation; lower abdominal pain; constipation; painful reddening of the eyes spreading from the inner canthus.

CV-7 (*yīn jiāo*)陰 *yīn*: yin, the complement of yang交 *jiāo*: intersection

陰 交

Yin Intersection

Location: On the anterior midline of the lower abdomen, 1 cun below the umbilicus. The proportional distance between the middle of the umbilicus and the superior border of the pubic symphysis is 5 cun. The point lies 1 cun inferior to REN-8 (Shen Que), and 4 cun superior to REN-2 (Qu Gu). KID-15 (Zhong Zhu) is located 5 fen lateral to REN-7 (Yin Jiao), ST-26 (Wai Ling) is 2 cun lateral.

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

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

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

KI-16 (*huāng shū*)

育 *huāng*: the area just below the diaphragm

俞 *shū*: acupuncture point

育俞

Huang Shu

Location: On the abdomen 5 fen 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 KID-16 (Huang Shu) and KID-11 (Heng Gu) is 5 cun.

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Tonifies the Kidneys; harmonizes the Stomach and rectifies counterflow of Qi; benefits the Heart; relieves pain; removes obstructions from the Channel.

Indications: Abdominal pain; vomiting; abdominal distension; stomach spasms; enteritis; chronic constipation; hiccough; painful hernia; diarrhoea.

KI-17 (*shāng qū*)

商 *shāng*: the musical tone associated with metal

曲 *qū*: bent, curved

商曲

Shang Bend

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-10 (Xia Wan). This is 2 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-23 (Tai Yi) is located 1.5 cun lateral to KID-17 (Shang Qu). The proportional distance from the centre of the umbilicus to the xiphisternal junction is 8 cun.

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Fortifies the Spleen and resolves Damp; soothes the sinews and quickens the Connecting Vessels.

Indications: Abdominal fullness or pain; stomach ache; colic; diarrhea; constipation.

KI-18 (*shí guān*)

石 *shí*: stone

關 *guān*: gate, passageway, pass

石關

Stone Pass

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-11 (Jian Li). This is 3 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-22 (Guan Men) is located 1.5 cun lateral to KID-18 (Shi Guan).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Fortifies the Centre and harmonizes the Stomach; frees the Intestines and resolves Stagnation.

Indications: Vomiting; stomach ache; abdominal pain; hiccough; constipation; postpartum abdominal pain; spasms of the oesophagus.

KI-19 (*yīn dū*)

陰 *yīn*: yin, the complement of yang
都 *dū*: metropolis, capital

陰都

Yin Metropolis

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-12 (Zhong Wan). This is 4 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-21 (Liang Men) is located 1.5 cun lateral to KID-19 (Yin Du).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Fortifies the Spleen and harmonizes the Stomach; regulates Qi; frees abdominal Qi; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel).

Indications: Borborygmi; abdominal distension; abdominal pain; epigastric pain; constipation; vomiting; emphysema; pleurisy; pleuritis; malaria.

KI-20 (*tōng gǔ*)

通 *tōng*: to free, unblock; to pass through
谷 *gǔ*: valley; grain

通谷

Open Valley

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-13 (Shang Wan). This is 5 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-20 (Cheng Man) is located 1.5 cun lateral to KID-20 (Tong Gu).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Fortifies the Spleen and harmonizes the Stomach; opens the chest and rectifies Qi.

Indications: Abdominal pain; abdominal distension; intercostal neuralgia; vomiting; indigestion; untransformed digestate in stool; diarrhoea.

KI-21 (*yōu mén*)

幽 *yōu*: dark, gloomy; secret, subtle, hidden
門 *mén*: gate, door

幽門

Dark Gate

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-14 (Ju Que). This is 6 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-19 (Bu Rong) is located 1.5 cun lateral to KID-21 (You Men). The proportional distance from the centre of the umbilicus to the xiphisternal junction is 8 cun.

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Benefits the Liver and rectifies Qi; fortifies the Spleen and harmonizes the Stomach; clears abdominal Heat.

Indications: Abdominal pain and distension; vomiting; diarrhea; stomach spasms; nausea; morning sickness; epigastric pain; intercostal neuralgia; chronic gastritis.

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.

PC-6 (*nèi guān*)

內 *nèi*: inner, inside

關 *guān*: gate, passage; to shut, to close

內關

Inner Pass

Location: On the anterior forearm 2 cun proximal to the transverse wrist crease between the tendons of palmaris longus and flexor carpi radialis muscles. The point is on a line drawn between PC-3 (Qu Ze) at the elbow and PC-7 (Da Ling) at the wrist.

Features & Categories: Connecting-Luo point of the Pericardium Channel, connecting to the San Jiao Channel of hand Shao Yang; Master point of Yin Wei Mai (Yin linking Vessel), Coupling point of Chong Mai (Penetrating Vessel). General Luo-Connecting point of the Yin. Regional Command point of the chest and lateral costal region.

Functions: Clears Heat and eliminates vexation; Calms the Shen; opens the chest; regulates Heart Qi and Blood; downbears counterflow and stops vomiting; harmonizes the Stomach and relieves pain; regulates Jue Yin and the San Jiao.

Indications: Cardiac and chest pain; palpitations; shock; angina pectoris; stomach and abdominal pain; nausea; retching; irritability; mania and withdrawal; migraine headache; hysteria; insomnia; dizziness; hyperthyroidism; epilepsy; swollen and painful throat; pain and hypertonicity of the elbow and arm; febrile diseases; malaria.