

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 and 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 DAI MAI**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.

GB-26 (dài mài)

帶 dài: girdle, belt; to lead, take in one's charge; to carry
脈 mài (mo): vessel (of blood and qi); pulse

帶脈

Girdling Vessel

Location: On the lateral margin of the abdomen, level with the umbilicus (REN-8, Shen Que; KID-16, Huang Shu; ST-25, Tian Shu; SP-15, Da Heng). The point is located inferior to LIV-13 (Zhang Men).

Features & Categories: Intersection point of Dai Mai (Girdle Vessel) on the Gall Bladder Channel.

Functions: Frees the Channels and quickens the Connecting Vessels; clears and disperses Damp Heat; regulates the Uterus; regulates Dai Mai (Girdle Vessel).

Indications: Irregular menstruation; dysmenorrhoea; amenorrhoea; vaginal discharge; endometritis; profuse leukorrhoea and bleeding; cystitis; hernia; lumbar and lateral costal pain; paraplegia due to trauma.

GB-27 (wǔ shū)

五 wǔ: five, fifth
樞 shū: pivot, axis, central point; indispensable, cardinal

五樞

Fifth Pivot

Location: On the lateral aspect of the lower abdomen, medial to the anterior superior iliac spine. The point is located 3 cun inferior to the level of the umbilicus, approximately level with REN-4 (Guan Yuan).

Features & Categories: Intersection point of Dai Mai (Girdle Vessel) on the Gall Bladder Channel.

Functions: Strengthens the lumbar and tonifies the Kidneys; frees the Liver and rectifies Qi; treats vaginal discharge; benefits Dai Mai (Girdle Vessel).

Indications: Vaginal discharge; endometritis; leukorrhoea; orchitis; lumbar and hip pain; painful hernia; lower abdominal pain.

GB-28 (wéi dào)

維 wéi: to link, to hold together; to protect
道 dào: road, path, way; to lead, to guide

維道

Linking Path

Location: On the lateral aspect of the lower abdomen, medial and inferior to the anterior superior iliac spine. The point is located 5 fen inferior and slightly medial to GB-27 (Wu Shu).

Features & Categories: Intersection point of Dai Mai (Girdle Vessel) on the Gall Bladder Channel.

Functions: Moves stagnant Qi; rectifies the Small and Large Intestines; benefits Dai Mai (Girdle Vessel).

Indications: Lumbar and hip pain; vaginal discharge; leukorrhoea; endometritis; inflammation of the adnexa; prolapse of the uterus; lower abdominal pain; painful intestinal hernia; chronic constipation.

GB-41 (*zú lín qì*)

足 *zú*: foot

臨 *lín*: to overlook, to face toward; to arrive at

泣 *qì*: tears; to weep (silent tears)

足臨泣

Foot Overlooking Tears

Location: On the dorsum of the foot in the depression immediately distal to the 'V' formed by the bases of the 4th and 5th metatarsal bones. The point is located lateral to tendon to the small toe of extensor digitorum longus muscle.

Features & Categories: Wood, Stream, Transporting-Shu point of the Gall Bladder Channel. Horary point. Master point of Dai Mai (Girdle Vessel), Coupling point of Yang Wei Mai (Yang linking Vessel).

Functions: Clears Fire and extinguishes Wind; brightens the vision and benefits hearing; frees Liver and Gall Bladder Qi Stagnation; transforms obstructing Phlegm Heat; resolves Damp Heat; regulates Dai Mai (Girdle Vessel).

Indications: Headache; conjunctivitis; pain in the outer canthus; visual dizziness; vertigo; pain in the lateral costal region; scrofula; painful swelling of the dorsum of the foot; mastitis; pain and distension of the breasts; breast abscess; irregular menstruation; chronic vaginal discharge; cystitis; urethritis; malarial disease; disorders along the Channel in the lower limb.

TB-5 (*wài guān*)

外 *wài*: outer, outside

關 *guān*: pass, gate

外關

Outer Pass

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

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

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

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