

**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 YANG QIAO MAI****BL-62 (*shēn mài*)**

申 *shēn*: to extend; the ninth of the 12 earthly branches

脈 *mài*: vessel; pulse

申脈

*Extending Vessel*

**Location:** On the lateral aspect of the ankle in the depression directly inferior to the tip (lateral extremity) of the lateral malleolus. The point is located 5 fen inferior to the lower margin of the malleolus. This is inferior (and posterior) to the tendons of peroneus longus and brevis muscles.

**Features & Categories:** Master point of Yang Qiao Mai (Yang heel/motility Vessel), Coupling point of Du Mai (Governing Vessel); intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Urinary Bladder Channel; fifth of the thirteen Ghost points - Gui Lu, Ghost Path.

**Functions:** Resolves Exterior Patterns and removes obstructions from the Channel; eliminates Interior Wind; clears the Shen and benefits the eyes; soothes the Sinews and Connecting Vessels; opens Yang Qiao Mai (Yang heel/motility Vessel).

**Indications:** Epilepsy; mania and withdrawal; headache; neck pain; meningitis; Ménière's disease; dizziness; insomnia; chronic backache; pain in the lumbar and leg; seizures; epilepsy; psychosis; dementia; arthritis of the ankle; disorders of the lumbo-sacral region and lower limb.

### BL-61 (*pú cān*)

僕 *pú*: subservient; servant, slave

參 *cān*: to visit a superior; shen:

root, as in ginseng, 人參, rén shēn

僕參

*Subservient Visitor*

**Location:** On the lateral aspect of the heel, directly inferior to BL-60 (Kun Lun), at the junction of the red and white skin. The point is located in a slight depression on the lateral surface of the calcaneal bone. This is approximately 1.5 cun inferior to BL-60 (Kun Lun).

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

**Functions:** Frees the Channels and quickens the Connecting Vessels; disperses swelling and relieves pain.

**Indications:** Low back pain; pain in the ankle and foot; atony of the lower limbs; muscular atrophy and weakness of the lower limb; paralysis of the lower limb; pain in the heel.

### BL-59 (*fū yáng*)

趺 *fū*: the instep, the metatarsus

陽 *yáng*: yang, the complement of yin

趺陽

*Instep Yang*

**Location:** On the lateral aspect of the distal leg, 3 cun directly superior to BL-60 (Kun Lun), on a line drawn towards BL-58 (Fei Yang). The proportional distance between BL-60 (Kun Lun) and BL-40 (Wei Zhong) is 16 cun.

**Features & Categories:** Xi-Cleft, Accumulation point of Yang Qiao Mai (Yang heel/motility Vessel); intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Urinary Bladder Channel.

**Functions:** Resolves Wind Damp in the Channels and Connecting Vessels; strengthens the back; removes obstructions from the Channel; invigorates Yang Qiao Mai.

**Indications:** Heavy-headedness; headache; pain of the neck; (chronic) lumbo-sacral pain; redness and swelling of the lateral malleolus; paralysis of the lower limb; inflammation of the ankle joint; weakness and disorders of the lumbo-sacral region and lower limbs.

### GB-29 (*jū liáo*)

居 *jū*: to sit, to squat; to reside, to dwell

髎 *liáo*: bone-hole

居髎

*Squatting Bone-Hole*

**Location:** On the lateral aspect of the hip, midway between the anterior superior iliac spine and the superior border of the greater trochanter of the femur. The point is best needled with the patient laterally recumbent.

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

**Functions:** Soothes the Sinews and quickens the Connecting Vessels; removes obstructions from the Channel; strengthens the lumbar and lower limbs.

**Indications:** Bi pain and numbness in the lumbar and thigh; paralysis or atrophy of the lower limb; stomach ache; lower abdominal pain; orchitis; endometritis; cystitis; disorders of the hip joint and surrounding soft tissue.

## SI-10 (*nào shū*)

臑 *nào*: upper arm; shoulder bone, outer arm bone  
俞 *shū*: acupuncture point

# 臑俞

*Upper Arm Shu*

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

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

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

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

## LI-15 (*jiān yú*)

肩 *jiān*: shoulder  
髃 *yú*: clavicle

# 肩髃

*Shoulder Bone*

**Location:** In a depression inferior to the lateral aspect of the acromion process, at its anterior extremity. The point is readily located with the upper limb passively abducted to 90°, it is in the anterior of the two depressions which appear at the acromioclavicular junction. SJ-14 (Jian Liao) is located in the posterior depression, approximately 1 cun posterior to LI-15 (Jian Yu).

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

**Functions:** Disperses Wind and quickens the Connecting Vessels; harmonizes Qi and Blood; frees the joints; dispels Pathogens and resolves Heat; relieves pain.

**Indications:** Pain in the shoulder and arm; paralysis or numbness of the upper limb; inflammation of the shoulder joint; Wind papules; urticaria; scrofulous lumps; rubella; hemiplegia; hypertension; excess sweating.

**LI-16 (jù gǔ)**

巨 jù: great, large, giant

骨 gǔ: bone

巨骨

*Great Bone*

**Location:** On the superior aspect of the shoulder in the depression found at the angle between the posterior lateral clavicle and the junction of the spine of the scapula and the acromion process. This is in the 'V' of the anatomical "horseshoe".

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

**Functions:** Clears and quickens the Connecting Vessels; frees the joints; disperses Stagnant Blood locally; harmonizes ascending or descending Qi.

**Indications:** Shoulder pain; pain in the arm preventing flexion and extension; diseases of the joint and soft tissues of the shoulder; breathlessness; cough; asthma; coughing or spitting blood.

**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.

**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:** Dispels 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.

## ST-3 (*jù liáo*)

巨 *jù*: great, big, giant

髃 *liáo*: bone-hole

## 巨髃

*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.

## 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.

## 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.

## GB-20 (*fēng chí*)

風 *fēng*: wind

池 *chí*: pool, pond

## 風池

*Wind Pool*

**Location:** On the posterior superior aspect of the neck, in the depression immediately inferior to the occipital bone. The point is located between the attachments to the occiput of trapezius (and semispinalis capitus) and sternocleidomastoideus muscles. GB-20 (Feng Chi) is on the same transverse plane as DU-16 (Feng Fu).

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

**Functions:** Eliminates Wind (Internal & External) and clears Heat; rectifies rising Liver Yang; clears the head and opens the Portals; benefits the vision and hearing; frees the Channels and quickens the Connecting Vessels; harmonizes Qi and Blood.

**Indications:** Headache (occipital); visual dizziness; dizziness; vertigo; pain and stiffness of the neck; red and painful eyes; nasal occlusion; rhinitis; sinusitis; iritis; cataract; glaucoma; optic nerve atrophy; blurred vision; pain in the shoulder and back; Heat diseases; tidal fevers; common cold; hypertension; epilepsy; seizures; infantile convulsions; hemiplegia; eye diseases generally; diseases involving the brain.

## GV-16 (*fēng fǔ*)

風 *fēng*: wind

府 *fǔ*: mansion, palace; storehouse, treasury

## 風府

*Wind Mansion*

**Location:** On the posterior midline of the neck, in the depression immediately inferior to external occipital protuberance. The point is located 1 cun superior to the posterior hairline between the attachment of trapezius muscle on either side.

**Features & Categories:** Intersection point of Yang Wei Mai (Yang linking Vessel) and Yang Qiao Mai (Yang heel/motility Vessel) on Du Mai; the sixth of the thirteen Ghost points.

**Functions:** Dispels Wind pathogens and dissipates Cold; clears the Shen and benefits the brain; disinhibits the joints and drains Fire.

**Indications:** Headache; stiffness of the neck; visual dizziness; nosebleed; sore, swollen throat; common cold; Wind strike with loss of speech (stroke); mania and withdrawal; mental illness; hemiplegia.

### SI-3 ( *hòu xī* )

後 *hòu*: back, behind

谿 *xī*: ravine, creek

## 後谿

*Back Ravine*

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

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

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

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