

**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 WEI MAI****BL-63 (*jīn mén*)**金 *jīn*: metal, gold門 *mén*: gate, door

金門

*Metal Gate*

**Location:** On the lateral aspect of the foot anterior and inferior to BL-62 (Shen Mai), at the junction of the red and white skin. The point is located in the depression immediately inferior to the lower border of the cuboid bone. This is just anterior to its articulation with the calcaneal bone, and directly inferior to the anterior margin of the lateral malleolus.

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

**Functions:** Soothes the Sinews and quickens the Connecting Vessels; clears Heat and stops pain; opens the orifices and calms the Shen.

**Indications:** Epilepsy; infantile Fright Wind (convulsions); dementia; mania; lumbar pain; pain in lower back and lower limbs; frequent, painful or burning urination; pain in the lateral malleolus; Bi pain in the lower limbs; pain in the plantar surface of the foot; disorders of the lumbo-sacral region and lower limb.

**GB-35 (yáng jiāo)**

陽 yáng: yang, the complement of yin  
交 jiāo: to intersect, to meet; to hand over

陽交

**Yang Intersection**

**Location:** On the lateral aspect of the leg, 7 cun superior to the tip (lateral prominence) of the lateral malleolus. The point is located at the posterior border of the fibula, on the same level as GB-36 (Wai Qiu) and BL-58 (Fei Yang). The proportional distance between the joint line of the knee and the tip of the lateral malleolus is 16 cun. Some references transpose the location of GB-35 (Yang Jiao) and GB-36 (Wai Qiu).

**Features & Categories:** Xi-Cleft, Accumulation point of Yang Wei Mai (Yang linking Vessel); intersection point of Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

**Functions:** Frees the Gall Bladder and calms the Shen; removes obstructions from the Channel; soothes the Sinews; quickens the Blood; relieves pain.

**Indications:** Distension and fullness in the chest and lateral costal region; asthma; knee pain; pain on the lateral aspect of the leg; weakness and atony of the lower limb; stiffness and cramp of lower limb muscles; sciatica.

**BL-57 (chéng shān)**

承 chéng: to support, to receive  
山 shān: mountain

承山

**Mountain Support**

**Location:** On the posterior midline of the leg, midway between BL-60 (Kun Lun) and BL-40 (Wei Zhong), but directly below BL-40 (Wei Zhong). The proportional distance between BL-60 (Kun Lun) and BL-40 (Wei Zhong) is 16 cun. The point is located between the medial and lateral heads of gastrocnemius muscle, in the emerging calcaneal tendon.

**Features & Categories:** Intersecting point of Yang Wei Mai (Yang linking Vessel) on the Urinary Bladder Channel. A Heavenly Star point of Ma Dan-Yang.

**Functions:** Soothes the Sinews; cools and invigorates Blood; regulates Qi in the Yang Organs; harmonizes the Intestines and treats hemorrhoids; removes obstructions from the Channel.

**Indications:** Lumbar pain; pain and cramp in the legs; pain of the back and thigh; hemorrhoids; constipation; sciatica; spasm of gastrocnemius muscle; paralysis of the lower limb; anal prolapse; menstrual pain; blood in the stools.

**GB-29 (jū liáo)**

居 jū: to sit, to squat; to reside, to dwell  
髌 liáo: bone-hole

居髌

**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.

## LI-14 (*bì nàò*)

臂 *bì*: arm, forearm

臑 *nào*: upper arm, humerus

# 臂臑

*Upper Arm*

**Location:** On the lateral arm (humerus) just superior to the attachment of deltoid muscle to the humerus. The point is located on a line drawn between LI-11 (Qu Chi) at the elbow and LI-15 (Jian Yu) at the shoulder.

**Features & Categories:** Intersection point of Yang Wei Mai (Yang linking Vessel) on the Large Intestine Channel.

**Functions:** Clears and frees the Channels and Connecting Vessels; benefits the vision; relieves pain; resolves Phlegm and disperses masses.

**Indications:** Pain in the shoulder and arm; scrofula; paralysis of the upper limb; stiff neck; eye diseases; goitre.

## TB-13 (*nào huì*)

臑 *nào*: the upper bone of the arm

會 *huì*: to converge, to meet, to join together

# 臑會

*Upper Arm Convergence*

**Location:** On the postero-lateral arm three cun distal to SJ-14 (Jian Liao) on the posterior border of deltoid muscle. The point lies on a line drawn between SJ-10 (Tian Jing) at the elbow and SJ-14 (Jian Liao) at the shoulder.

**Features & Categories:** Intersection point of Yang Wei Mai (Yang linking Vessel) on the San Jiao Channel.

**Functions:** Clears and discharges Pathogenic Heat; frees the Channels and Connecting Vessels; frees the joints.

**Indications:** Shoulder and arm pain; goitre.

## 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.

## TB-15 (*tiān liáo*)

天 *tiān*: celestial, of the heavens, sky; Nature; heaven

髎 *liáo*: bone hole

天 髎

### *Celestial Bone-Hole*

**Location:** On the superior posterior aspect of the shoulder, at the superior angle of the scapula. This is approximately 1 cun posterior to GB-21 (Jian Jing), and midway between GB-21 (Jian Jing) and SI-13 (Qu Yuan).

**Features & Categories:** Intersection point of Yang Wei Mai (Yang linking Vessel) on the San Jiao Channel.

**Functions:** Dispels Wind and eliminates Damp; frees the Channels and quickens the Connecting Vessels; relieves pain.

**Indications:** Shoulder and arm pain; pain or soreness in the scapular region; inflammation of supraspinatus tendon; pain and stiffness in the neck.

## GB-21 (*jiān jǐng*)

肩 *jiān*: shoulder

井 *jǐng*: a well

肩 井

### *Shoulder Well*

**Location:** On the superior aspect of the shoulder, at its highest point. The point lies midway between the spinous process of the 7th cervical vertebra and the acromio-clavicular joint, in (upper) trapezius muscle. This is directly superior to the nipple (mamillary line). Another approach is: midway between the midpoint of the clavicle and the superior angle of the scapula.

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

**Functions:** Frees the Channels and quickens the Connecting Vessels; resolves Phlegm and opens the Portals; relaxes the Sinews; promotes delivery and lactation.

**Indications:** Stiff neck; shoulder and back pain; disorders of the shoulder and back; motor impairment of the upper limb; mastitis; scrofula; hemiplegia due to stroke; difficult delivery; functional uterine bleeding; retained placenta; post-partum hemorrhage; possible miscarriage; insufficient lactation.

**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.

**GB-13 (běn shén)**本 *běn*: root, origin, source神 *shén*: spirit

本神

*Root Spirit*

**Location:** On the superior aspect of the head, 5 fen within the (natural) anterior hairline. The point is located 3 cun lateral to DU-24 (Shen Ting). This is two thirds of the distance between DU-24 (Shen Ting) and ST-8 (Tou Wei). GB-15 (Tou Lin Qi) is located medial to GB-13 (Ben Shen), midway between DU-24 (Shen Ting) and ST-8 (Tou Wei). BL-4 (Qu Cha) is located one third of the distance between DU-24 (Shen Ting) and ST-8 (Tou Wei).

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

**Functions:** Clears and drains Excess from the Liver and Gall Bladder; calms the Liver and eliminates Wind; draws Jing to the head; settles epilepsy and calms the Shen; strengthens the Will.

**Indications:** Headache; visual dizziness; stiffness and pain of the neck; vertigo; epilepsy; seizures; hemiplegia; insomnia; mental and emotional problems generally; schizophrenia; anxiety; unfounded jealousy and suspicion.

**GB-14 (yáng bái)**

陽 yáng: yang, the complement of yin  
白 bái: white, pure, clear

陽白

*Yang White*

**Location:** On the forehead, superior to the pupil. The point is located 1 cun superior to the midpoint of the eyebrow. This is approximately one third of the distance between the eyebrow and the anterior hairline.

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

**Functions:** Dispels Wind and clears Heat; eliminates Exterior Wind; dissipates rising rebellious Qi; enhances Qi and clears the vision.

**Indications:** Frontal headache (unilateral); visual dizziness; vertigo; lacrimation on exposure to wind; pain in the outer canthus; twitching of the eyelids; facial paralysis; trigeminal neuralgia; supraorbital neuralgia; ptosis; eye diseases generally.

**GB-15 (tóu lín qì)**

頭 tóu: head

臨 lín: to overlook, to face towards; to arrive at  
泣 qì: tear

頭臨泣

*Head Overlooking Tears*

**Location:** On the superior aspect of the head, 5 fen within the (natural) anterior hairline. The point is located lateral to DU-24 (Shen Ting), midway between DU-24 (Shen Ting) and ST-8 (Tou Wei). GB-15 (Tou Lin Qi) is medial to GB-13 (Ben Shen), which is two thirds of the distance, 3 cun, between DU-24 (Shen Ting) and ST-8 (Tou Wei). BL-4 (Qu Cha) is medial to GB-15 (Tou Lin Qi), one third of the distance, 1.5 cun, between DU-24 (Shen Ting) and ST-8 (Tou Wei).

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

**Functions:** Clears the Shen and brightens the eyes; frees the nose; balances the emotions.

**Indications:** Headache; visual dizziness; vertigo; lacrimation upon exposure to wind; pain in the outer canthus; acute and chronic conjunctivitis; nebula; nasal congestion; occluded nose; epilepsy; coma with stroke; moodiness, particularly alternating elation and depression.

**GB-16 (mù chuāng)**

目 mù: eye

窗 chuāng: window

目窗

*Eye Window*

**Location:** On the superior aspect of the head, 1.5 cun directly posterior to GB-15 (Tou Lin Qi). The point is located on a curved line drawn between GB-15 (Tou Lin Qi) and GB-20 (Feng Chi), 2.25 cun lateral to the midline (Du Mai).

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

**Functions:** Frees the Channels and Connecting Vessels; clears the head and brightens the eyes.

**Indications:** Headache; visual dizziness; vertigo; red and painful eyes; conjunctivitis; facial edema; toothache; nasal obstruction; coma with stroke.

## GB-17 (*zhèng yíng*)

正 *zhèng*: right, upright, true, straight  
營 *yíng*: the former half of construction-blood, nourishment; to manage, to regulate

正營

*Upright Construction*

**Location:** On the superior aspect of the head, 1.5 cun directly posterior to GB-16 (Mu Chuang). The point is located on a curved line drawn between GB-15 (Tou Lin Qi) and GB-20 (Feng Chi), 2.25 cun lateral to the midline (Du Mai).

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

**Functions:** Clears Heat and drains the Gall Bladder; soothes the Sinews and quickens the Connecting Vessels.

**Indications:** Unilateral headache; migraine headache; visual dizziness; vertigo; stiff neck.

## GB-18 (*chéng líng*)

承 *chéng*: to support; to contain; to receive  
靈 *líng*: spirit; ingenious

承靈

*Spirit Support*

**Location:** On the superior aspect of the head, 1.5 cun directly posterior to GB-17 (Zheng Ying). The point is located on a curved line drawn between GB-15 (Tou Lin Qi) and GB-20 (Feng Chi), 2.25 cun lateral to the midline (Du Mai).

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

**Functions:** Clears the Gall Bladder and drains Heat; diffuses the Lung and frees the Portals; calms the Shen and clears the brain.

**Indications:** Headache; occluded nose; nasal congestion; common cold; bronchitis; nosebleed; eye diseases; emotional imbalance; obsessions; dementia.

## GB-19 (*nǎo kōng*)

腦 *nǎo*: brain  
空 *kōng*: empty, spacious

腦空

*Brain Hollow*

**Location:** On the posterior aspect of the head, 1.5 cun directly superior to GB-20 (Feng Chi). The point is located on the same transverse level as DU-17 (Nao Hu). This is lateral to the superior border of the external occipital protuberance. BL-9 (Yu Zhen) is located 1.3 cun lateral to DU-17 (Nao Hu).

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

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**Functions:** Clears the Gall Bladder and drains Fire; soothes the Sinews and quickens the Connecting Vessels; rouses the brain and frees the Portals.

**Indications:** Headache; pain and stiffness of the neck; common cold; painful eyes; asthma; tinnitus; epilepsy; seizures; mental illness.

## 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 - Gui Zhen, Ghost Pillow. Point of the Sea of Marrow (DU-16, DU-20). Window of the Sky point.

**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.

**GV-15 (yǎ mén)**

啞 yǎ: a mute

門 mén: gate, door

**身柱***Body Pillar*

**Location:** On the posterior midline of the neck, superior to the spinous process of the 2nd cervical vertebra (axis). The point is located inferior to the external occipital protuberance, 5 fen above the hairline, and inferior to the tubercle on the posterior arch of the atlas (1st cervical vertebra). BL-10 (Tian Zhu) is located 1.3 cun lateral to DU-15 (Ya Men).

**Features & Categories:** Intersection point of Yang Wei Mai (Yang linking Vessel) on Du Mai; one of the nine points for returning Yang. Point of the Sea of Qi (BL-10, ST-9, DU-15, DU-14, REN-17).

**Functions:** Clears the Shen and consciousness; disinhibits the joints; frees the Portals and Connecting Vessel; stimulates facility with speech.

**Indications:** Mania and withdrawal; epilepsy; seizures; deaf mutism; cerebral palsy; sudden loss of voice; hysteria; convulsions; insanity; Wind strike with stiffness of the tongue and loss of speech; occipital headache; stiffness of the neck; nosebleed.

**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.

**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.