

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 YIN QIAO MAI**KI-2 (*rán gǔ*)**

然 *rán*: so, however; suddenly; same as 燃, *rán*, burn

谷 *gǔ*: valley

然谷

Blazing Valley

Location: On the medial aspect of the foot at the instep. The point is located in the depression immediately inferior to the tuberosity of the navicular bone, at the junction of the red and white skin.

Features & Categories: Fire, Spring, Gushing-Ying point of the Kidney Channel; Intersection point of Yin Qiao Mai (Yin heel/motility Vessel) on the Kidney Channel.

Functions: Resolves Kidney Heat; clears Empty Heat; cools the Blood; enhances the lower Jiao; invigorates Yin Qiao Mai.

Indications: Genital itch; cystitis; prolapse of the uterus; irregular menstruation; seminal emission; coughing of blood; pharyngitis; diarrhea; painful swelling of the dorsum of the foot; malar flush; mental restlessness; infantile convulsions.

KI-6 (zhào hǎi)

照 zhào: to shine, to reflect

海 hǎi: sea

照海*Shining Sea*

Location: At the medial ankle in a depression directly inferior to the medial tip of the medial malleolus. The point is located 3-5 fen below the inferior border of the malleolus (depending on the patient's anatomy), on the medial surface of the talus. It lies posterior (and inferior) to the tendon of tibialis posterior muscle. This location is approximately 1 cun directly below the tip of the medial malleolus.

Features & Categories: Master point of Yin Qiao Mai (Yin heel/motility Vessel), Coupling point of Ren Mai (Conception Vessel). Intersection point of Yin Qiao Mai (Yin heel/motility Vessel) on the Kidney Channel.

Functions: Frees the Channels and harmonizes Ying Qi; drains Fire and enhances Qi; nourishes Yin; cools the Blood; calms the Shen; benefits the eyes; benefits the throat; invigorates Yin Qiao Mai; promotes the function of the Uterus; opens the chest.

Indications: Irregular menstruation; prolapse of the uterus; leukorrhoea; genital itch; hernia; urinary frequency or retention; epilepsy; seizures; psychosis; neurasthenia; dry, sore throat; pharyngitis; tonsillitis; insomnia; dry eyes; constipation; asthma.

KI-8 (jiāo xìn)

交 jiāo: to connect, intersect; to deliver

信 xìn: faith, trust, evidence; true

交信*Intersection Reach*

Location: On the medial aspect of the distal leg, 2 cun superior to KID-3 (Tai Xi) and 5 fen anterior to KID-7 (Fu Liu), just behind the posterior border of the tibia. The proportional distance between SP-9 (Yin Ling Quan) [or LIV-7 (Xi Guan)] and the tip of the medial malleolus is 13 cun. SP-6 (San Yin Jiao) is located 1 cun proximal to KID-8 (Jiao Xin).

Features & Categories: Xi-Cleft, Accumulation point of Yin Qiao Mai (Yin heel/motility Vessel); Intersection point of Yin Qiao Mai on the Kidney Channel.

Functions: Supplements the Kidneys; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); clears Heat and eliminates Damp; disperses masses; resolves abdominal pain; removes obstruction from the Channel; regulates Yin Qiao Mai.

Indications: Irregular menstruation; menorrhagia; metrorrhagia; prolapse of the uterus; diarrhea; defecation difficulty; constipation; dysentery; pain and swelling of the testicles.

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 (State 1991; 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.

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.

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.

LU-7 (*liè quē*)列 *liè*: sequence; to arrange, to place缺 *quē*: imperfect, incomplete, deficient; vacant

列缺

Broken Sequence

Location: On the lateral forearm proximal to the styloid process of the radius. The point lies 1.5 cun proximal to the lateral extremity of the transverse wrist crease. It is readily located by interlocking the thumb and index finger of each hand, whereby one index finger lies on the radial styloid process of the other wrist. The point lies in a slight depression under the tip of the index finger.

Features & Categories: Luo-Connecting point of the Lung Channel, connecting to the Large Intestine Channel of hand Yang Ming. Master point of Ren Mai (Conception Vessel), Coupling point of Yin Qiao Mai (Yin heel/motility Vessel). Regional Command point of the head and nape of neck. General Luo-Connecting point of the Yin. A Heavenly Star point of Ma Dan-Yang.

Functions: Promotes smooth flow (descending & dispersing) of Lung Qi, dispels Cold and expels Exterior Wind; circulates Wei Qi; enhances (clears, activates) flow of Qi in the channels and frees the connecting vessels. Opens, clears and regulates Ren Mai. Benefits the Urinary Bladder.

Indications: Headache and stiffness of the neck, cough, asthma, bronchitis, rhinitis, nasal obstruction, sore throat, facial paralysis, wryness of the eyes and mouth, clenched jaws, trigeminal nerve pain, toothache, neck and shoulder pain, weakness of the wrist.