

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 WEI MAI**KI-9 (*zhú bīn*)**

築 *zhú*: to build, to construct; to pound, to attack

賓 *bīn*: guest; to submit

築賓

Guest House

Location: On the medial aspect of the leg, 5 cun superior to KID-3 (Tai Xi) in the muscle belly of the medial head of gastrocnemius muscle. The point is located on a line drawn between KID-3 (Tai Xi) and KID-10 (Yin Gu).

The proportional distance between LIV-7 (Xi Guan) [or SP-9 (Yin Ling Quan)] and KID-3 (Tai Xi) is 13 cun. KID-9 (Zhu Bin) is located 1.5 cun distal to the midway point between these landmarks. It lies directly posterior to LIV-5 (Li Gou).

Features & Categories: Xi-Cleft, Accumulation point of Yin Wei Mai (Yin linking Vessel); Intersection point of Yin Wei Mai on the Kidney Channel.

Functions: Tonifies Kidney Yin; Clears the Heart and transforms Phlegm; settles fright and calms the Shen; resolves toxins and relieves pain; opens the chest; regulates Yin Wei Mai.

Indications: Nephritis; cystitis; orchitis; pelvic inflammatory disease; menorrhagia; seizures; psychosis; anxiety; mental restlessness; pain on the medial aspect of the lower leg; spasm of gastrocnemius muscle.

SP-12 (chōng mén)

冲 (衝) *chōng*: surge, dash, flush, rinse; thoroughfare, hub
 門 *mén*: gate, door

冲門

Surging Gate

Location: At the lateral end of the inguinal groove, 3.5 cun lateral to Ren Mai point REN-2 (Qu Gu). The point is lateral to the femoral nerve and vessels.

Features & Categories: Intersection point of the Liver Channel of foot Jue Yin and Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Rectifies flow of Qi; clears Heat and resolves Damp; tonifies Yin.

Indications: Abdominal pain; painful hernia; urinary retention; endometritis; orchitis.

SP-13 (fǔ shè)

府 *fǔ*: mansion, residence; (ancient: 腑 *fǔ*, bowel)
 舍 *shè*: house, abode

府舍

Bowel Abode

Location: At the lateral end of the inguinal groove, 7 fen superio-lateral to SP-12 (Chong Men), 4 cun lateral to the anterior midline.

Features & Categories: Intersection point of the Liver Channel of foot Jue Yin and Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Regulates flow of Qi; soothes the Liver and relieves pain.

Indications: Abdominal pain; painful hernia; glomus; appendicitis; inguinal lymphadenitis; adnexitis.

SP-15 (dà héng)

大 *dà*: great, big
 横 *héng*: horizontal, crosswise

大横

Great Horizontal

Location: On the anterolateral abdomen, 4 cun lateral to Ren Mai point REN-8 (Shen Que). The point is located on the mamillary line, on the lateral border of rectus abdominus muscle. [Some texts locate this point 3.5 cun laterally].

Features & Categories: Intersection point of Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Regulates Qi and resolves Damp; strengthens the Spleen; strengthens the limbs; stops pain; promotes the function of the Large Intestine.

Indications: Dysentery; diarrhea; constipation; lower abdominal pain; intestinal paralysis; parasitic worms in the intestines.

SP-16 (fù āi)

腹 fù: abdomen

哀 āi: to lament, to sympathize with, to pity; sorrow, grief

腹哀

Abdominal Lament

Location: On the superio-lateral abdomen 3 cun superior to SP-15 (Da Heng). The point is located 4 cun lateral to REN-11 (Jian Li) on the lateral border of rectus abdominus muscle.

[Some texts locate this point 3.5 cun laterally].

Features & Categories: Intersection point of Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Clears Heat and resolves Damp; frees bowel Qi.

Indications: Abdominal pain; untransformed digestate in the stool; indigestion; constipation; dysentery.

LV-14 (qí mén)

期 qí: period, cycle; one hundred years; expect; one year

門 mén: gate, door

期門

Cycle Gate

Location: On the anterior chest in the 6th intercostal space, approximately 4 cun lateral to the Ren Mai. The point is on the mamillary line, one intercostal space above GB-24 (Ri Yue). On males this is usually directly inferior to the nipple. There is considerable variation in thoracic wall anatomy between individuals, which means that differences may be found in the distance this point is located from the midline.

Features & Categories: front Alarm-Mu, Collecting point of the Liver, intersection point of the Spleen Channel of foot Tai Yin and Yin Wei Mai (Yin linking Vessel) on the Liver Channel.

Functions: Transforms and resolves Stagnant Blood; dispels pathogens and Heat from the Blood and Uterus; transforms Phlegm and disperses stasis; calms the Liver and spreads Qi; benefits the Stomach.

Indications: Pain in the chest and lateral costal region; intercostal neuralgia; hepatitis; enlarged liver; cirrhosis; cholecystitis; abdominal distention; thoracic fullness; pleurisy; mastitis; myocarditis; vomiting; hiccough; nervous dysfunction of the stomach; acid regurgitation.

CV-22 (tiān tú)

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

突 tú: a chimney; to protrude; abrupt, sudden;
to dash forward

天突

Celestial Chimney

Location: On the anterior midline of the neck, in the centre of the suprasternal fossa, between the medial ends of the clavicles. This is approximately 5 fen superior to the suprasternal notch. The proportional distance between the xiphisternal junction (REN-16, Zhong Ting) and the centre of the suprasternal fossa (REN-22, Tian Tu) is 9 cun.

Features & Categories: Intersection point Yin Wei Mai (Yin linking Vessel) on Ren Mai. Window of the Sky point.

Functions: Facilitates Lung function and transforms Phlegm; stimulates descent of Lung Qi; frees and Cools the throat and restores the voice; clears Heat; resolves cough; soothes asthma.

Indications: Cough; dyspnea; asthma; acute and chronic bronchitis; sudden loss (or hoarseness) of voice; profuse phlegm; sore, swollen or dry throat; pharyngitis; chronic mucus production in throat; hiccough; difficulty in swallowing; goitre; nervous vomiting; spasm and diseases of the esophagus; spasms of the diaphragm; diseases of the larynx.

CV-23 (*lián quán*)

廉 *lián*: ridge; corner; aspect

泉 *quán*: spring (as a mountain spring)

廉泉

Ridge Spring

Location: On the anterior midline of the neck, immediately superior to the hyoid bone. The thyrohyoid membrane (between the thyroid cartilage and the hyoid bone) should be avoided. The point may be needled into the base of the tongue.

Features & Categories: Intersection point Yin Wei Mai (Yin linking Vessel) on Ren Mai.

Functions: Frees the throat and eliminates Phlegm; clears Fire and rectifies counterflow of rebellious Qi; dispels Interior Wind; promotes speech.

Indications: Bronchitis; pharyngitis; tonsillitis; asthma; aphasia; paralysis of hyoglossus muscle; subglossal swelling or pain; sluggish tongue and dribbling; stiffness (paralysis) of the tongue with inability to speak; loss of voice; muteness; difficulty in swallowing; nodules on the vocal cords.

PC-6 (*nèi guān*)

内 *nèi*: inner, inside

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

内关

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.

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.