中国针灸穴位图谱

(汉英对照)

DIAGRAM OF CHINESE ACUPOINTS

(CHINESE-ENGLISH)



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前　言

腧穴是脏腑经络气血输注出入的特定部位，是针灸、推拿施术之处。《灵枢·九针十二原》说："节之交，三百六十五会，知其要者，一言而终，不知其要，流散无穷。所言节者，神气之游行出入也，非皮肉筋骨也。"说明腧穴所在部位与人体的某种功能有关。我们的祖先在长期与疾病做斗争的过程中，从最初"以手疾按之，快然乃刺之"、"以痛为腧"的阿是穴，逐渐确定了体表有治疗作用的特殊点的位置，并根据这些特殊点所在部位的特征及治疗作用，冠以名称。腧穴进入定位、定名阶段后，古人的针灸临床就不再局限于部位不确定的阿是穴。大量的临床经验又提示人们，腧穴不是体表孤立的点，主治作用相似的穴位往往成行成线地排列，具有特殊的联系。当古人形成了经络的概念后，就以腧穴的治疗作用为基础，对腧穴进行了系统的分类，这就是有固定名称、固定位置、固定归经的十四经穴。那些既有一定穴名，又有明确位置，对某些病证有特殊治疗作用，但尚未列入十四经系统的腧穴，称奇穴。迄今为止，经穴共有361个，奇穴达数百个，尚无统一数目。近代，人们通过针灸临床实践，兼收并蓄现代医学及其他自然科学的有关理论，如全息生物医学理论，创立了耳针、眼针、面针、头皮针、手针、足针、腕踝针等微针疗法，确定了各微针系统刺激点的位置，这些疗法在适应证方面各具特色，具有简便、经济、副作用小等优点，使古老的针灸医学内容有了极大的丰富和发展。

古今临床经验表明，针灸的部位是影响针灸疗效的重要因素，能不能准确定取腧穴，直接关系到效果的优劣。《太平圣惠方》说："穴点以差讹，治病全然纰缪。"故历代针灸医家对于厘定腧穴位置十分重视，宋朝政府还曾支持针灸学家王惟一考订穴位及所属经脉，将腧穴的位置及主治雕印刻碑，由政府颁行，并以此为据制作铜人为针灸穴位模型。在针灸发展史上，以图像示意腧穴位置、针刺方法乃成为针灸学科的一大特色。随着科学的进步，如今我们已有条件结合现代解剖知识绘制腧穴的局部位置。

本书的编写以"标准、实用、简便"为原则，以明晰的线条图，形象直观地介绍了十四经穴、临床常用的奇穴及微针穴。腧穴位置以国家颁布的标准方案及现代公认的定位标准为依据，分部、分区介绍。作者根据20多年来在医疗与教学上的切身感受与经验，以图像介绍了部分腧穴的简便取法和特殊部位的针刺方法，对十四经穴在分经介绍的基础上分区比较，为临床处方用穴提供了更多的便利。作者不但系统全面地介绍了常用体穴的定位，而且收集整理了散佚于各地的微针系统的腧穴定位，对临床运用针灸的多种疗法具有实用价值。

随着中外文化的交流，越来越多的中国医师走向世界，越来越多的外国人来中国学习中医，语言沟通就显得十分重要。因此，本书采用中英文对照的方式进行写作，以便中外的"中医师"都能够利用本书，而且顺畅地交流和互相学习。我们所使用的中英文术语也是中外"中医师"所公认和习惯使用的。

希望本书能为学习针灸者掌握腧穴的位置及特殊部位的针刺方法提供方便，为教学人员运用形象化教学方法提供参考，这也是我们的心愿。对于书中可能存在的疏漏和错误之处，还盼读者赐正。

编著者

Foreword

Acupuncture points are special locations where the blood and qi from internal organs and meridians converge and disperse. These points are the primary focus of the practice of acupuncture and tuina. In the text *Ling Shu*, the chapter on *Nine Needles and Twelve Origins* states:"Those who understand the importance of the convergence of joints and the three hundred and sixty five junctions, know them well. Those who fail to appreciate their value cannot grasp the concept. The joints are meeting points of qi and shen, not flesh and bone." Therefore, the locations of acupuncture points are related to certain physiological functions.

Early in the continuing battle against disease, our ancestors came to understand that certain spots on the body relieved pain. Initially, it was understood that "if it hurts, then press on it; if it feels better when pressed, then needle it", and "painful points are acupuncture points" or the "ashi" points. Gradually these points were given names that reflected the characteristics of their location and therapeutic effects. After acupuncture points with fixed locations were properly labeled, practitioners were no longer limited to the indefinite "ashi" points. Vast clinical experience indicated that acupuncture points are not simply random and isolated points on the surface of the body. Rather, points with similar therapeutic effects can be traced into lines that possess special interrelationships. After the concept of meridians was developed, doctors categorized many of the acupuncture points with a specific name and fixed location as belonging to a certain meridian. Points that had a name, fixed location, and demonstrated therapeutic effects that did not belong to any meridian became known as extra points. Today, there are 361 acupuncture points located along the meridians and several hundred extra points. In recent years, the combination of clinical trials and other natural scientific theories, such as holographic representation, has created several micro-acupuncture systems. Examples include: ear acupuncture, eye acupuncture, face acupuncture, scalp acupuncture, hand acupuncture, foot acupuncture, ankle acupuncture, etc. These micro-acupuncture systems, which are more convenient, economical and less associated with side effects, have further enriched the traditional acupuncture system.

It is known that the precise location of acupuncture points is essential for clinical success. *Taiping Sacred Remedies* states:"If the location of the points is inaccurate, then the outcome will be unsatisfactory." Therefore, acupuncture doctors in the past valued accuracy in identifying the location of acupuncture points because it is directly related to positive therapeutic effects. The legislature of the Song Dynasty even supported the efforts of an acupuncture doctor named Wang Weiyi to research the locations of the points, their associated properties and meridians. The results were chiseled into tablets and the government stipulated that they be used as the basis for bronze acupuncture statues. In the history of acupuncture, the graphic representation of the location of acupuncture points and needling techniques were great accomplishments. Modern technology allows us to combine the knowledge of anatomy with the locations of acupuncture points.

This book is written with "accuracy, practicality, and simplicity" as guiding principles. Clear lined drawings detail the points of the fourteen meridians, commonly used extra points and points of the micro-acupuncture systems. The locations of acupuncture points reflect the government standards and currently acknowledged standards. They are separated into sections and areas. The author has combined more than 20 years of clinical and teaching experience to introduce easy point location methods and needling techniques for particular locations. The fourteen meridians are divided into various segments for comparisons that are helpful for clinical applications. Furthermore, the author systematically covers the most commonly used points in their entirety. She has also collected and organized the materials documenting the micro-acupuncture systems which provide invaluable options for clinical acupuncture treatment.

This book is written in Chinese-English for Chinese doctors to abroad and for foreigners to China, so that they could exchange and communicate and understand smoothly. The items in this book are popular and standard from TCM doctors and TCM literatures over the world.

It is our wish that this book will aid students of acupuncture in correctly identifying the location of acupuncture points, as well as provide understanding of special needling techniques. We also hope that this book will provide valuable illustrative materials to teachers.

Authors

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第一章 常用取穴方法

要准确地定取腧穴，仅仅了解腧穴的位置还不够，还必须运用恰当的取穴方法。临床常用的取穴方法有体表解剖标志定位法、“骨度”折量定位法、指寸定位法。“骨度”折量定位法适用于大多数腧穴，体表解剖标志定位法仅适用于体表解剖标志明显的腧穴，指寸定位法在运用时，必须结合运用“骨度”折量定位法。

一、体表解剖标志定位法

体表解剖标志定位法是以解剖学体表标志为依据来确定腧穴位置的方法。体表解剖标志可分为固定标志和活动标志两种。

1. 固定标志：指骨节和肌肉所形成的凸起或凹陷，包括五官、发际、指（趾）甲、乳头、脐窝等。如腓骨小头前下方定阳陵泉，眉头定攒竹等。

2. 活动标志：指关节、肌肉、肌膜、皮肤随意活动而出现的空隙、凹陷、皱纹等。如拇指上翘，于腕横纹桡侧两筋间定阳溪；尽量屈肘，于肘横纹桡侧纹头定曲池等。

二、“骨度”折量定位法

“骨度”折量定位法是以骨节为主要标志，测量周身各部的长度和宽度，并依其尺寸按比例折算作为定穴标准的方法。此法在运用时须注意：各部的骨度有一定的使用范围，直寸用于度量纵线上的尺寸，横寸用于度量横线上的尺寸。全身主要“骨度”折量如下：

1. 头面部：

1）直寸：① 前发际正中→后发际正中，折作12寸（图1）。② 眉间（印堂）→前发际正中，折作3寸（图1）。③ 第7颈椎棘突下（大椎）→后发际正中，折作3寸（图1）。

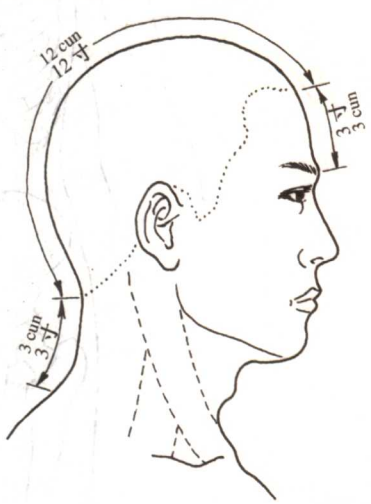


图1 头部骨度分寸(直寸)
Fig. 1 Proportional measurement of the head (longitudinal cun)

Chapter I. Commonly Used Methods to Locate Acupuncture Points

In order to accurately locate the points, it is not enough to simply know the location of the points, one needs to know the correct method of palpation and point location. Commonly used methods include Anatomical landmark method, proportional measurement method, and finger measurement method. Proportional measurement method is used for locating most of the acupuncture points, whereas the anatomical landmark method is only used for points which their anatomical positions are clearly indicated. As for the use of finger measurement method, it is necessary to combine the proportional measurement method.

I. Anatomical Landmark Method

Anatomical landmark method is based on anatomical features to locate acupuncture points. It can be divided into two categories: Fixed and Flexible landmarks.

1. Fixed anatomical landmarks include: depression or prominence formed by muscles or joints, facial features(eyes, nose, mouth), hairline, finger/toe nails, nipples,umbilicus,etc..For example, Yanglingquan (GB34) is located in the depression anterior and inferior to the head of the fibula, and at the medial end of the eyebrow is the point Cuanzhu (BL2).

2. Flexible anatomical landmarks include: various hollowness, depression, wrinkles that appear with movements of the phalangeal joints,muscles, membranes, skin, etc. . For example: With the thumb tilted upward, on the radial side of the back of the wrist, the point

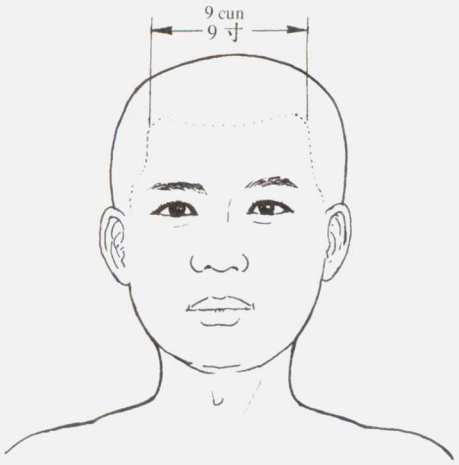


图2 头部骨度分寸(横寸)
Fig. 2 Proportional measurement of the head (transverse cun)

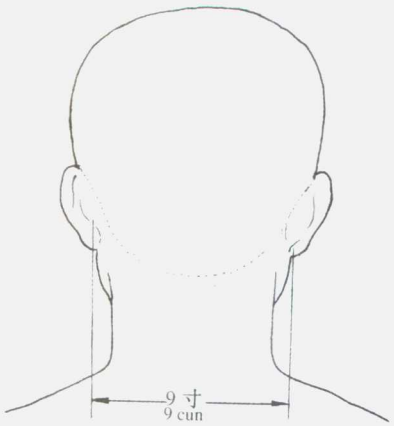


图3 头部骨度分寸(横寸)
Fig. 3 Proportional measurement of the head (transverse cun)

2）横寸：①前额两发角（头维）之间，折作9寸（图2）。②耳后两乳突（完骨）之间，折作9寸（图3）。

2. 胸腹部：

1）直寸：①胸骨上窝（天突）→胸剑联合中点，折作9寸（图4）。②胸剑联合中点→脐中，折作8寸（图4）。③脐中→耻骨联合上缘（曲骨），折作5寸（图4）。

2）横寸：两乳头之间，折作8寸（图4）。

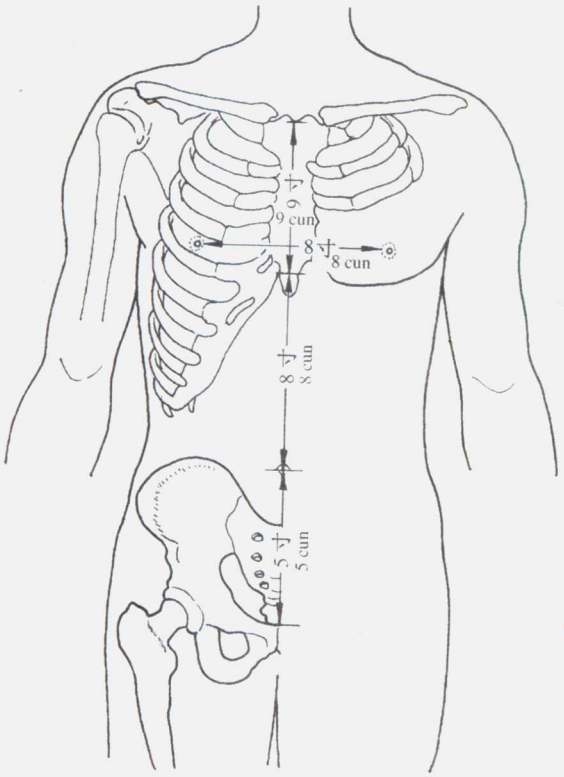


图4 胸腹部骨度分寸
Fig. 4 Proportional measurement of the (chest/abdomen)

Yangxi (LI5) is in the hollow between the tendons of m. extensor pollicis brevis and extensor pollicis longus; with the elbow flexed, the point Quchi (LI11) is located at the lateral end of the cubital crease.

II. Proportional Measurement Method

Proportional Measurement or "Bone Measurement" method is based on skeletal structure to measure the length and width of various parts of the body. The length of equally divided portions of a certain long bone or of the distance between two anatomical landmarks is taken as one "cun", a unit of measurement. It is important to remember that the longitudinal cun is used only for measuring vertical length, whereas the transverse cun is used to measure horizontal width. Proportional Measurement Method for the entire body:

1. Head/Face:

1) Longitudinal cun:
① anterior → posterior hairline, 12 cun (Fig. 1). ② glabella (Yintang, EX) → anterior hairline, 3 cun (Fig. 1). ③ posterior hairline → interior border of spinous process of C7 (Dazhui DU 14), 3 cun (Fig. 1).

2) Transverse cun:
① between angles of the hairline (Touwei,ST8), 9 cun (Fig. 2). ② between mastoid processes (Wangu,GB12), 9 cun (Fig. 3).

2. Chest/Abdomen:

1) Longitudinal cun:
① suprasternal notch (Tiantu, RN22)→ xiphosternal synchondrosis, 9 cun(Fig. 4). ② xiphosternal synchondrosis → umbilicus, 8 cun (Fig. 4). ③ umbilicus → public symphysis (Qugu, RN2), 5 cun (Fig. 4).

2) Transverse cun:between two nipples, 8 cun (Fig. 4).

3. Lateral side of the chest : anterior axillary → the free end of the eleventh rib (Zhangmen, LR13), 12 cun (Fig. 5).

4. Back/Lumbar:

1) Longitudinal cun:to locate points on the back and lumbar region, the most often used reference points are the spinous process of the vertebrae: 12 thoracic vertebrae , 5 lumbar vertebrae , 4 sacral vertebrae (Fig. 6).

2) Transverse cun: ① medial border of the scapula → posterior midline, 3 cun (Fig. 6). ② tip of the acromion process → posterior midline, 8 cun (Fig. 6).

3. 侧胸部：

腋窝顶点→第11肋游离端（章门），折作12寸（图5）。

4. 背腰部：

1）直寸：定取背腰部腧穴纵向的骨度分寸一般以椎体（棘突）为准，常用的有21个椎体（棘突），即12个胸椎、5个腰椎、4个骶椎（图6）。

2）横寸：① 肩胛骨内缘→后正中线，折作3寸（图6）。② 肩峰→后正中线，折作8寸（图6）。

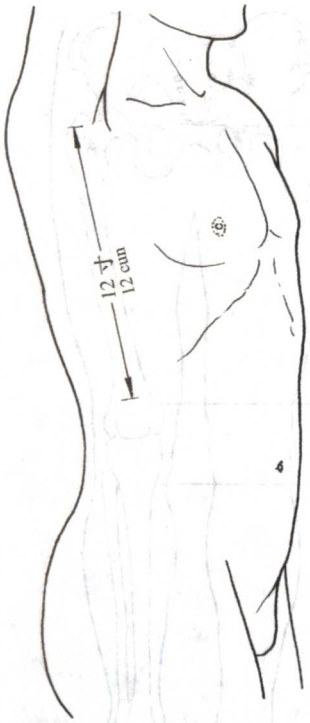


图5 侧胸部骨度分寸
Fig. 5 Proportional measurement of the lateral side of the chest

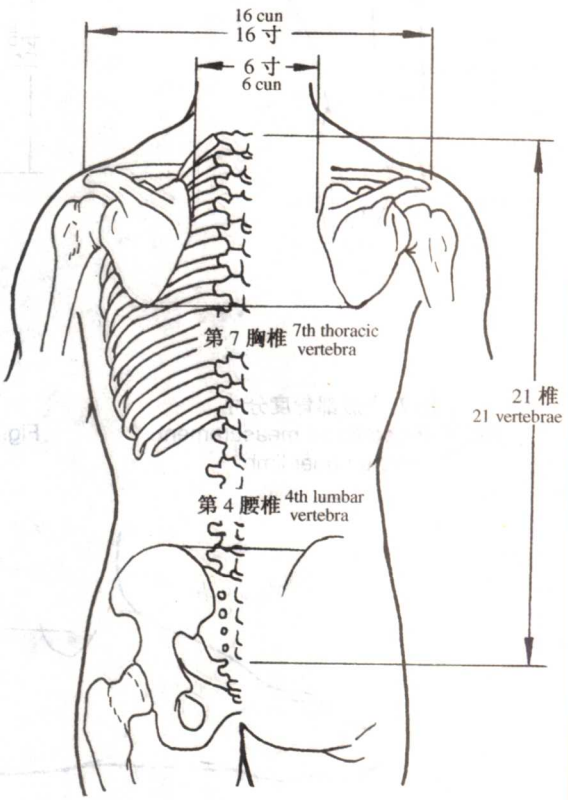


图6 背腰部骨度分寸
Fig. 6 Proportional measurement of the back/lumbar

5. 上肢部：

1）腋前纹头→肘横纹，折作9寸（图7）。

2）肘横纹→腕掌、背侧横纹，折作12寸（图7）。

6. 下肢部：

1）耻骨联合上缘→股骨内侧髁上缘，折作18寸（图8）。

2）胫骨内侧髁下缘→内踝尖，折作13寸（图8）。

3）内踝尖→足底，折作3寸（图9）。

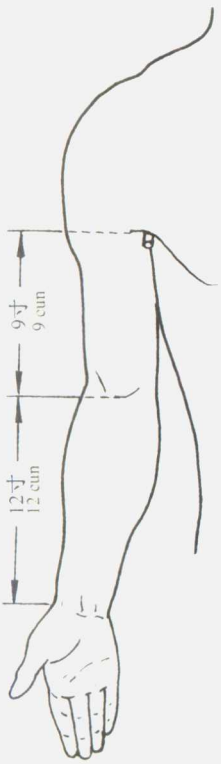


图7 上肢部骨度分寸
Fig. 7 Proportional measurement of the upper limb

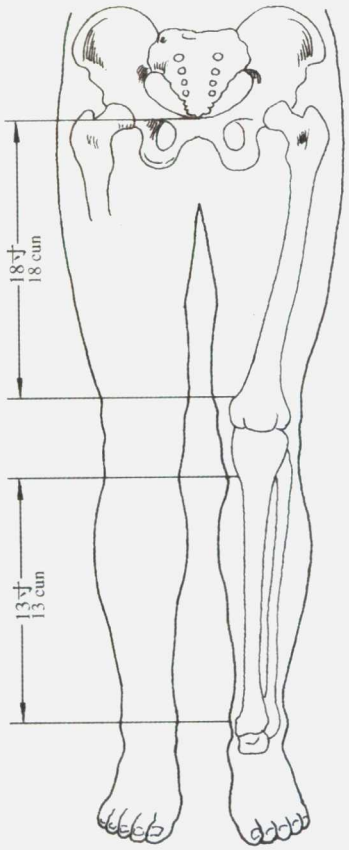


图8 下肢内侧骨度分寸
Fig. 8 Proportional measurement of the lower limb

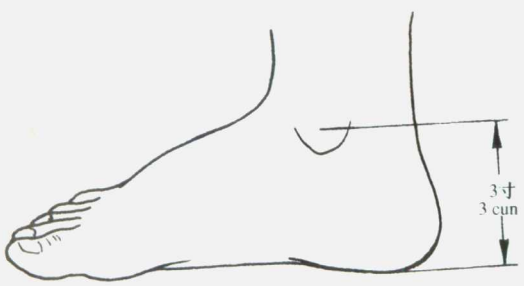


图9 内踝部骨度分寸
Fig. 9 Proportional measurement of the medial malleolus

5. Upper extremities:

1) The end of axillary fold → transverse cubital crease, 9 cun (Fig. 7).

2) Transverse elbow crease → transverse wrist crease, 12 cun (Fig. 7).

6. Lower extremities:

1) Upper border of symphysis publis → medial epicondyle of femur, 18 cun (Fig. 8).

2) Lower border of the medial condyle of tibia → medial malleolus, 13 cun (Fig. 8).

3) Medial malleolus → sole, 3 cun (Fig. 9).

two nipples, 8 cun (Fig. 4)

4) Lateral prominence of the greater trochanter → popliteal crease, 19 cun (Fig. 10).

5) Popliteal crease → lateral malleolus, 16 cun (Fig. 10).

6) Gluteal fold → popliteal crease, 14 cun (Fig. 11).

Clarification: ① diving line of the knee:When the lower limb is extended, on the anterior side levels the lower border of the medial condyle of tibia, posterior side is leveled with popliteal crease (Fig. 10); when the knee is flexed, it is leveled with Dubi (ST35) (Fig. 12). ② the proportional measurement method includes both medial and lateral parts. In practice, various measurement methods should be selected depending on different channels. The 1~3 medial measurements are used to measure and locate points on the three Foot Yin channels. As for 4~6 lateral measurements, they are used to measure lateral, posterior points on the three Foot Yang channels.

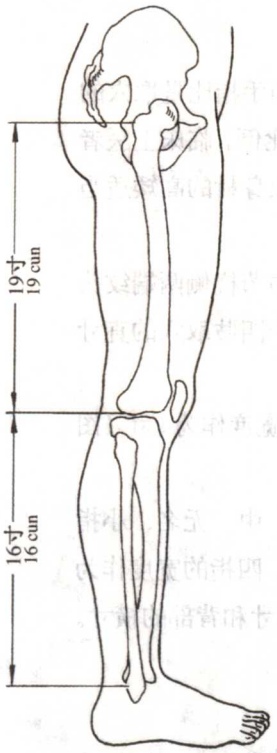


图 10 下肢外侧骨度分寸
Fig. 10 Proportional measurement of the lateral side of the lower limb

4）股骨大转子→膝中，折作19寸（图10）。

5）膝中→外踝尖，折作16寸（图10）。

6）臀横纹→腘窝横纹，折作14寸（图11）。

说明： ①膝中水平线：下肢伸直时，前平髌骨下缘，后平腘窝横纹（图10）；屈膝时，可平犊鼻穴（图12）。②下肢的骨度分寸包括内外两部分，临床应根据腧穴的不同部位及其归经，选用相应的骨度分寸。第1~3个“骨度”用于下肢内侧足三阴经腧穴的定位；第4~6个“骨度”则用于下肢外侧、后侧足三阳经腧穴的定位。

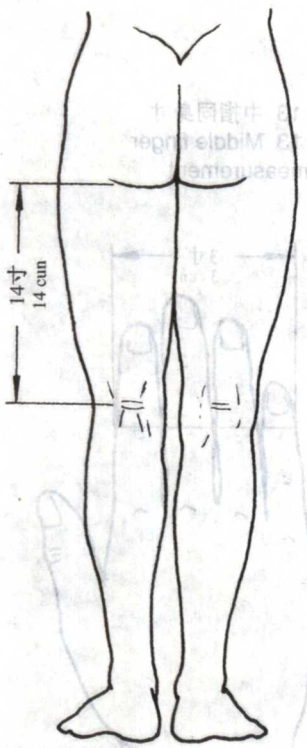


图 11 下肢后侧骨度分寸
Fig. 11 Proportional measurement of the posterior side of the lower limb

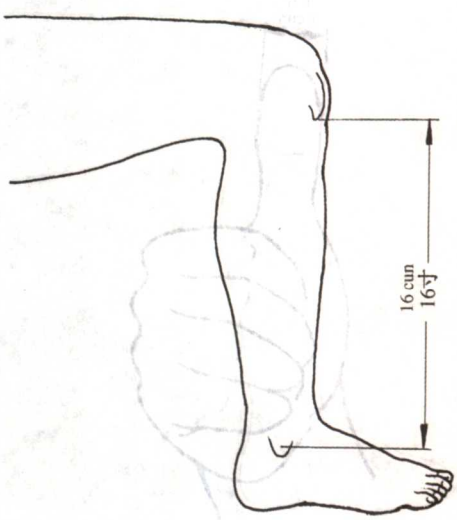


图 12 小腿外侧骨度分寸
Fig. 12 Proportional measurement of the lateral side of the lower leg

三、指寸定位法

指寸定位法是在骨度分寸的基础上，用手指比量取穴的方法。人的手指与身体其他部分有一定的比例，临床上医者多以自己的手指比量，但必须参照被取对象身材的高矮适当增减比例。指寸定位法包括以下三种：

1. 中指同身寸：中指屈曲时，以中指中节桡侧两端纹头之间的距离作为1寸（图13）。此法适用于四肢取穴的直寸及脊背取穴的横寸。

2. 拇指同身寸：以拇指指关节横纹的宽度作为1寸（图14）。此法适用于四肢部的直寸折量。

3. 横指同身寸：又名“一夫法”。食、中、无名、小指四指并拢，以中指近端指关节横纹处为准，四指的宽度作为3寸（图15）。此法多用于下肢、下腹部的直寸和背部的横寸。



图13 中指同身寸
Fig. 13 Middle finger measurement



图14 拇指同身寸
Fig. 14 Thumb measurement

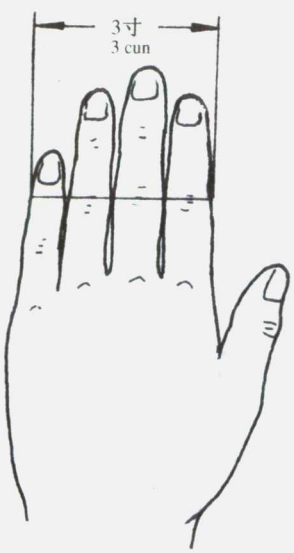


图15 横指同身寸
Fig. 15 Four finger measurement

Ⅲ. Finger Measurement Method

Finger measurement method is based on proportional measurement method, which uses finger as measurement guide. Clinically the practitioners use their own fingers for measurement, but have to account for patients' size and height and calculate the proportional measurement accordingly. There are three finger measurement methods:

1. Middle finger measurement:the length between the two medial ends of the crease of the patient's bent middle finger, which is one cun (Fig. 13). This method is suitable for the longitudinal cun on the extremities and for the transverse measurement on the back, off the spine.

2. Thumb measurement:the width of the phalangeal joint of the patient's thumb, which is one cun (Fig. 14). This method is best used for longitudinal measurement on extremities.

3. Four-finger measurement:or palm, hand measurement－The maximum width of the four fingers (namely, index finger, middle finger, ring finger, and little finger) held together with the thumb abducted is taken as a unit of measurement of 3 cun (Fig. 15). This method is mostly used for lower extremities,longitudinal measurement of the lower abdomen and transverse measurement of the back.

Chapter II.Acupuncture Points

Acupuncture points mean the points located on the twelve channels plus the Du and Ren channels. The significance of these points is that they all belong to specific channels, have a fixed name and location. When locating points on the fourteen channels, one can use the anatomical landmark method, the proportional measurement method, the thumb measurement method or other simple methods.

Section I. Distribution of the Fourteen Channels.

Ⅰ. Points on the Head/Face

The six Hand and Foot Yang channels, in addition to Du and Ren channels are distributed primarily over the Cephalic (Head) region. The Hand and Foot Yangming points are mainly located on the facial region. The points of the Hand and Foot Shaoyang are mainly over the temporal region of the head and around the ear. The Hand and Foot Taiyang points are located over the facial region, the frontal, parietal and occipital regions of the head. As for the Du Channel, the points are located on the cervical, parietal, and facial regions. Points of the Ren channel are distributed over the facial and cervical regions.

1. Points on the facial, cervical and frontal regions: see Fig. 16.

2. Points on the cranial, cervical regions: see Fig. 17.

第二章 经 穴

经穴是指归属于十二经脉及任、督两脉上的腧穴。其特点是有固定的归经、固定的名称、固定的位置。取用十四经穴时，可采用体表解剖标志定位、骨度分寸、手指同身寸和简便取穴等方法。

第一节 十四经穴分布概况

一、头面部经穴

分布于头面部的经穴主要为手足六阳经、督脉及任脉经穴。手足阳明经穴主要分布于面部；手足少阳经经穴主要分布于侧头部及耳周；手足太阳经经穴主要分布于面部、头顶及项后部；督脉经穴主要分布于项部、头顶及面部；任脉经穴则主要分布于面部和颈部。

1. 颈部、面部及前头部经穴：见图 16。

2. 头顶部经穴：见图 17。

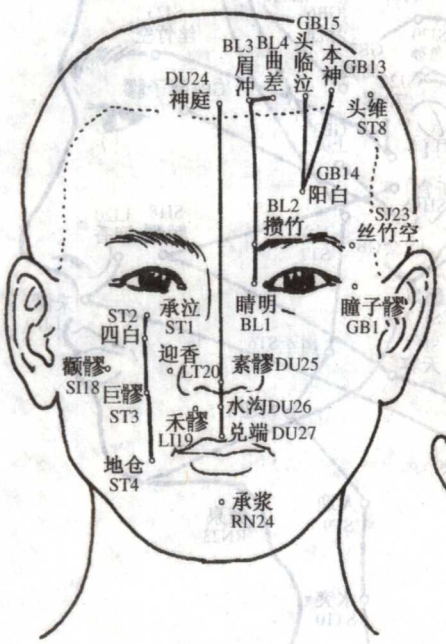


图 16 颈、面、前头部经穴
Fig. 16 Points on the facial,cervical and frontal regions

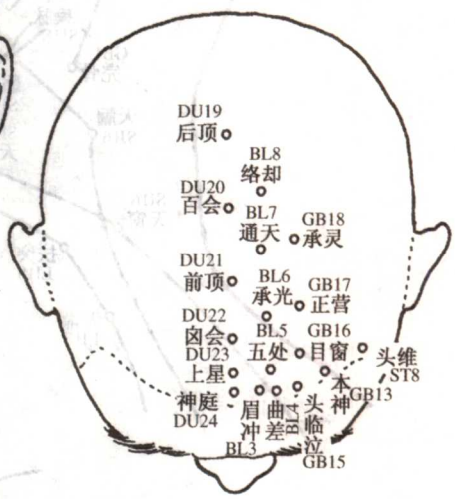


图 17 头顶部经穴
Fig. 17 Points on the cranial,cervical regions

3. 后头、项部经穴：见图 18。

4. 颈部及侧头部经穴：见图 19。

3. Points on the occipital, and cervical regions: see Fig. 18.

4. Points on the temporal and cervical regions: see Fig. 19.

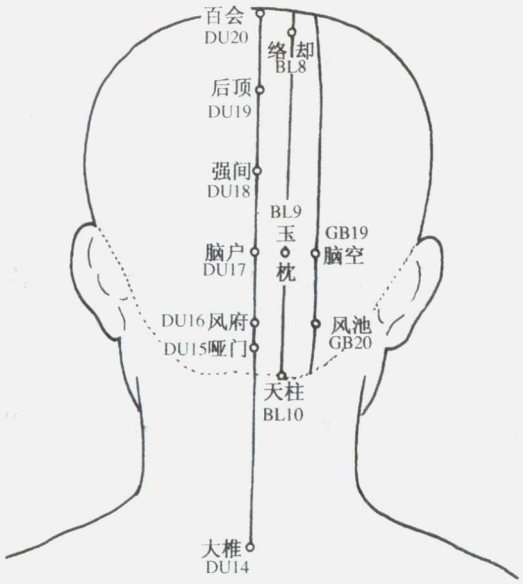


图 18 后头、项部经穴

Fig. 18 Points on the occipital and cervical regions

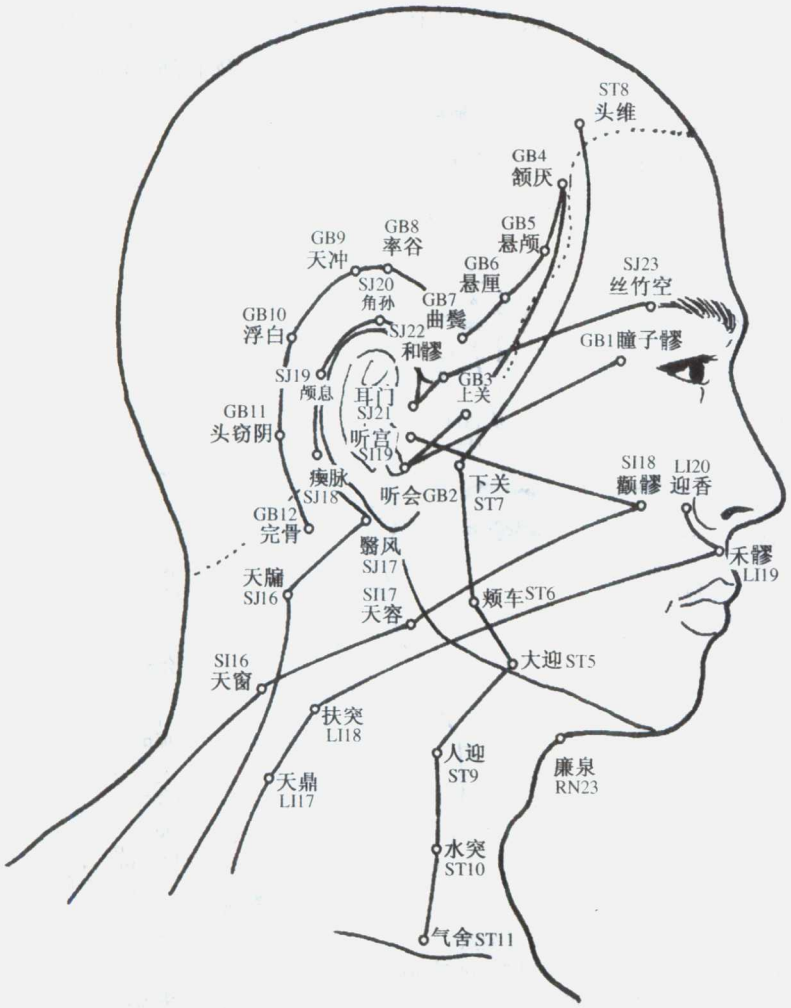


图 19 侧颈、侧头部经穴

Fig. 19 Points on the temporal and cervical regions

Ⅱ. Points on the Trunk

The points of the six Hand and Foot Yin channels are primarily distributed over the anterior part of the trunk. The points of the three Yin channels of the Hand are located over the superior and lateral part of the chest, whereas the points of the three Yin channels of the Foot spread over the chest and abdomen; the points of the three Yang channels of the Hand are mainly over the shoulder in such that the Hand Yangming points are on the anterior part of the shoulder, the points of the Hand Shaoyang are on the superior part of the shoulder, whereas the points of the Hand Taiyang are located on the posterior part of the shoulder. The points of the three Yang channels of the Foot are distributed over the anterior, lateral and posterior parts of the trunk. The points of the Foot Yaming are located on the chest and abdomen, whereas the points of the Foot Shaoyang are spread on the lateral part of the chest and abdomen and the points of the Foot Taiyang are mainly located on the back and lumbar region.

1. Points on the anterior part of the trunk: see Fig. 20.

二、躯干部经穴

手足六阴经经穴主要分布于身体的前面。手三阴经经穴分布于胸部的外上方，足三阴经经穴分布于腹部及胸部；手三阳经经穴主要分布于肩部，手阳明经经穴分布于肩前，手少阳经经穴分布于肩上，手太阳经经穴主要分布于肩胛部。足三阳经经穴遍布身体的前、中、后部，足阳明经经穴分布于胸、腹部，足少阳经经穴分布于侧胸、侧腹部，足太阳经经穴分布于背部、腰骶部。

1. 躯干前部经穴：见图 20。

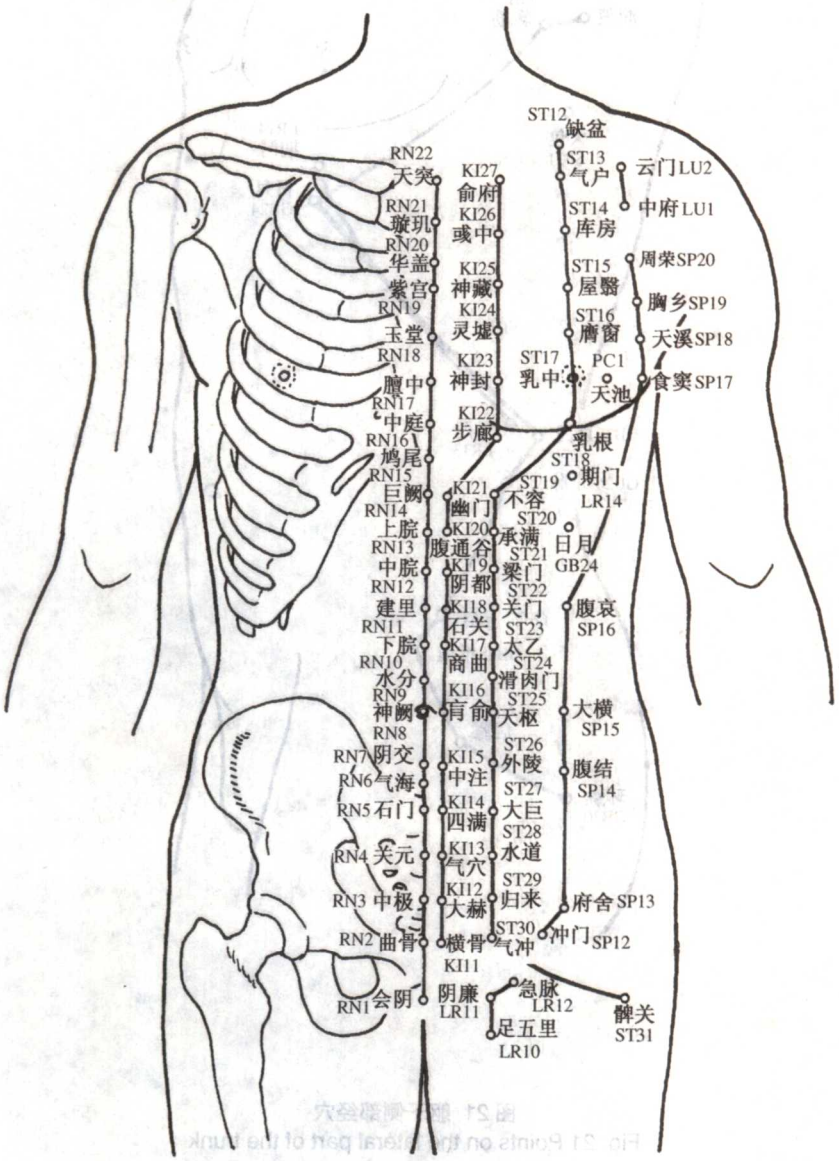


图 20 躯干前部经穴
Fig. 20 Points on the anterior part of the trunk

2. 躯干侧部经穴：见图 21。

2. Points on the lateral part of the trunk: see Fig. 21.

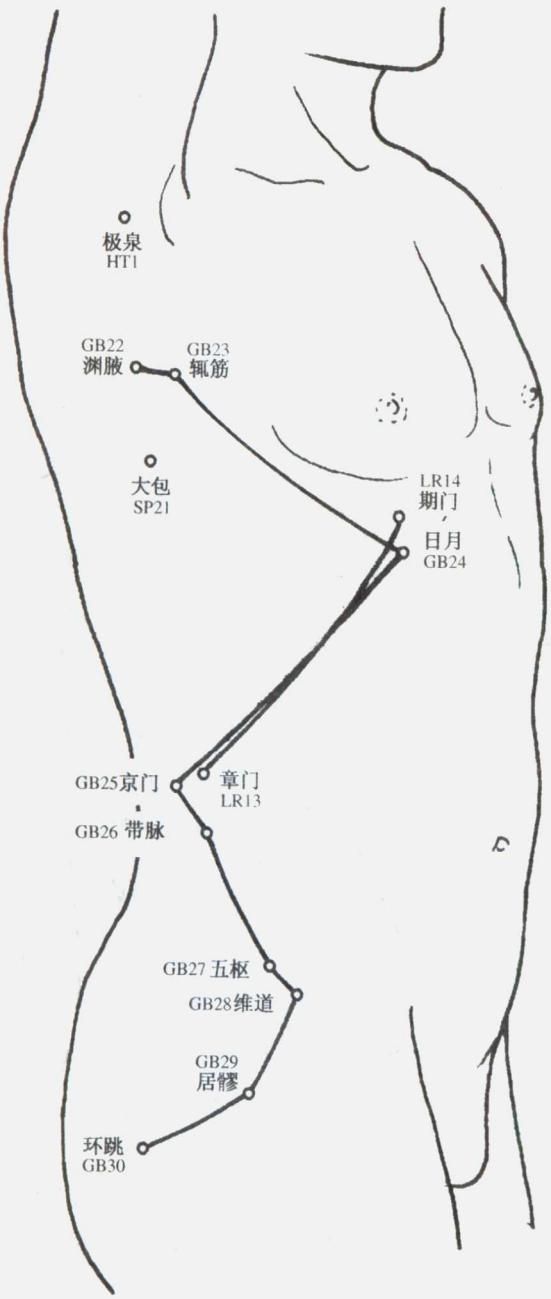


图 21 躯干侧部经穴
Fig. 21 Points on the lateral part of the trunk

3. Points on the posterior part of the trunk: see Fig. 22.

3. 躯干后部经穴：见图 22。

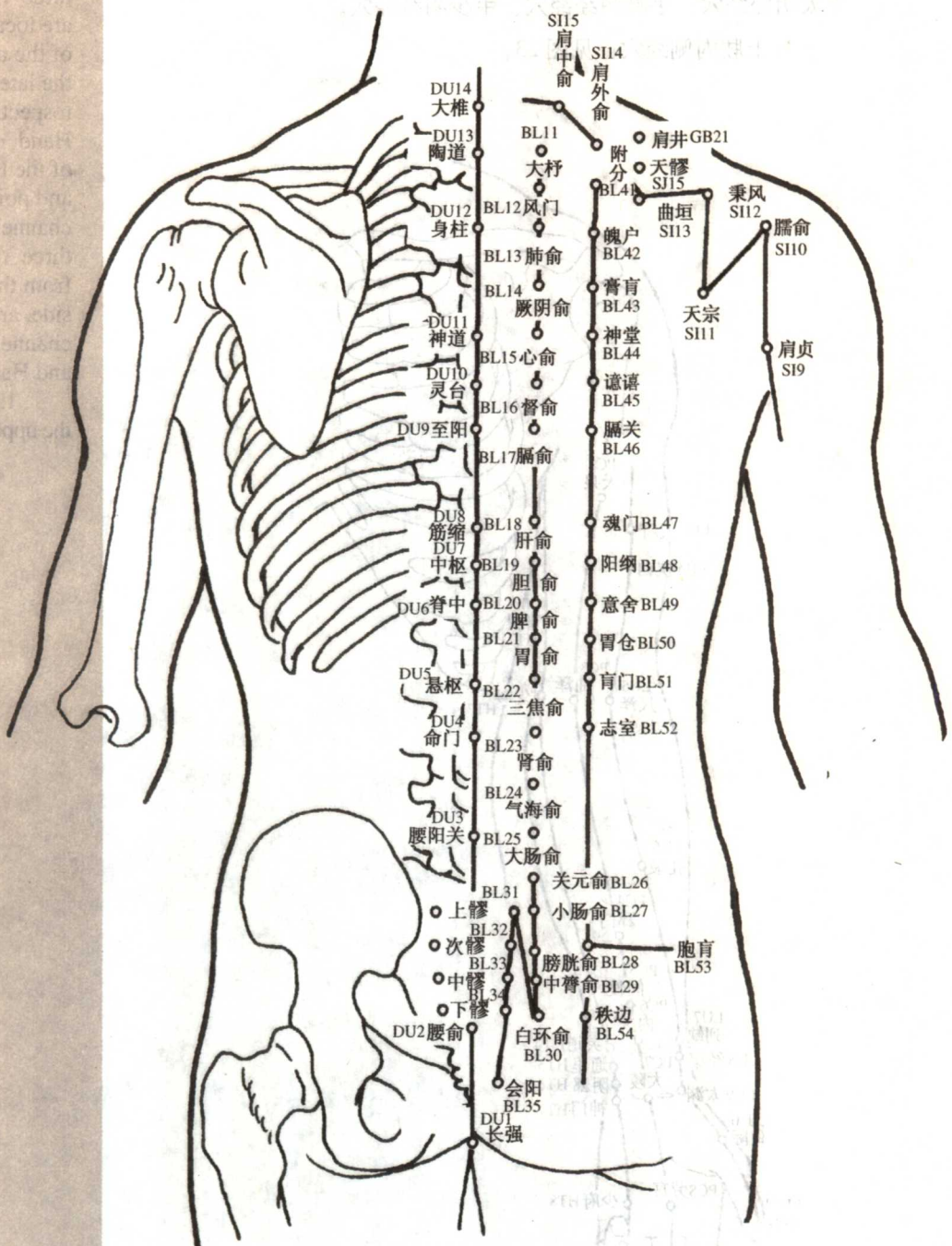


图 22 躯干后部经穴
Fig. 22 Points on the posterior part of the trunk

三、上肢部经穴

手六经经穴分布于上肢。手三阳经分布于上肢的外侧，自桡侧向尺侧依次分手阳明经经穴、手少阳经经穴、手太阳经经穴；手三阴经分布于上肢的内侧，自桡侧向尺侧依次为手太阴经经穴、手厥阴经经穴、手少阴经经穴。

1. 上肢内侧经穴：见图 23。

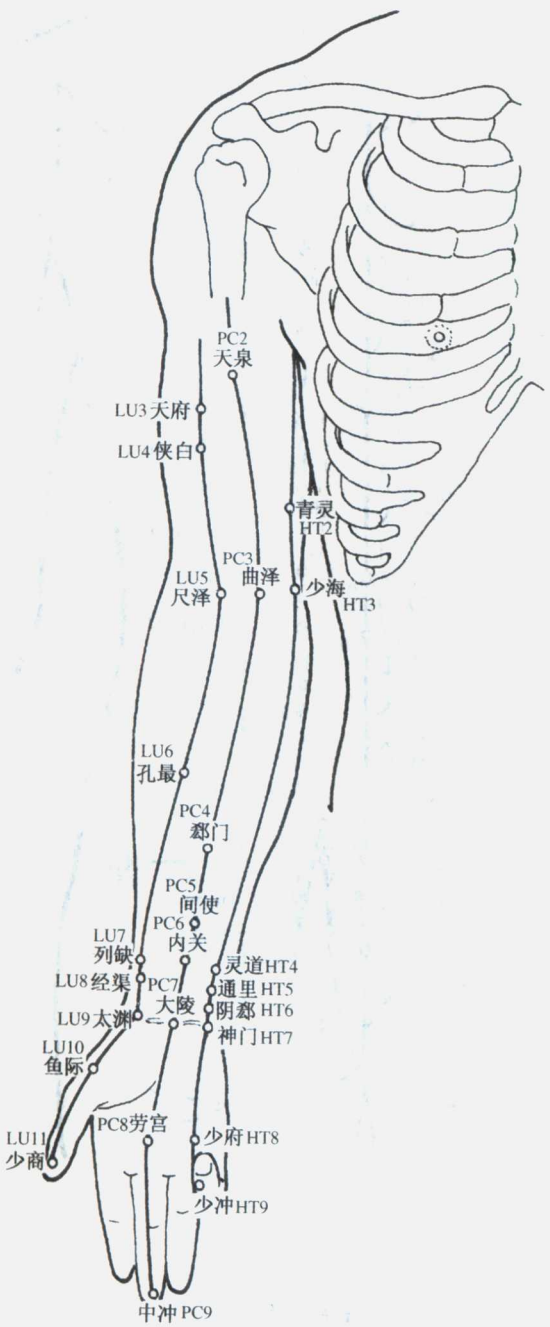


图 23 上肢内侧经穴
Fig. 23 Points on the medial side of the upper extremities

Ⅲ. Points on the Upper Extremities

The points of the six Hand channels are located on the upper extremities. The points of the three Yang channels of the Hand are located on the posterior side of the upper extremities. From the lateral to the medial side respectively are: points of the Hand Yangming channel, points of the Hand Shaoyang channel and points of the Hand Taiyang channel. As for the points of the three Yin channels of the Hand, from the radial side to the ulnar side, are points of Hand Taiyin channel, Hand Jueyin Channel and Hand Shaoying channel.

1. Points on the medial side of the upper extremities: see Fig. 23.

2. Points on the lateral side of the upper extremities: see Fig. 24.

2. 上肢外侧经穴：见图 24。

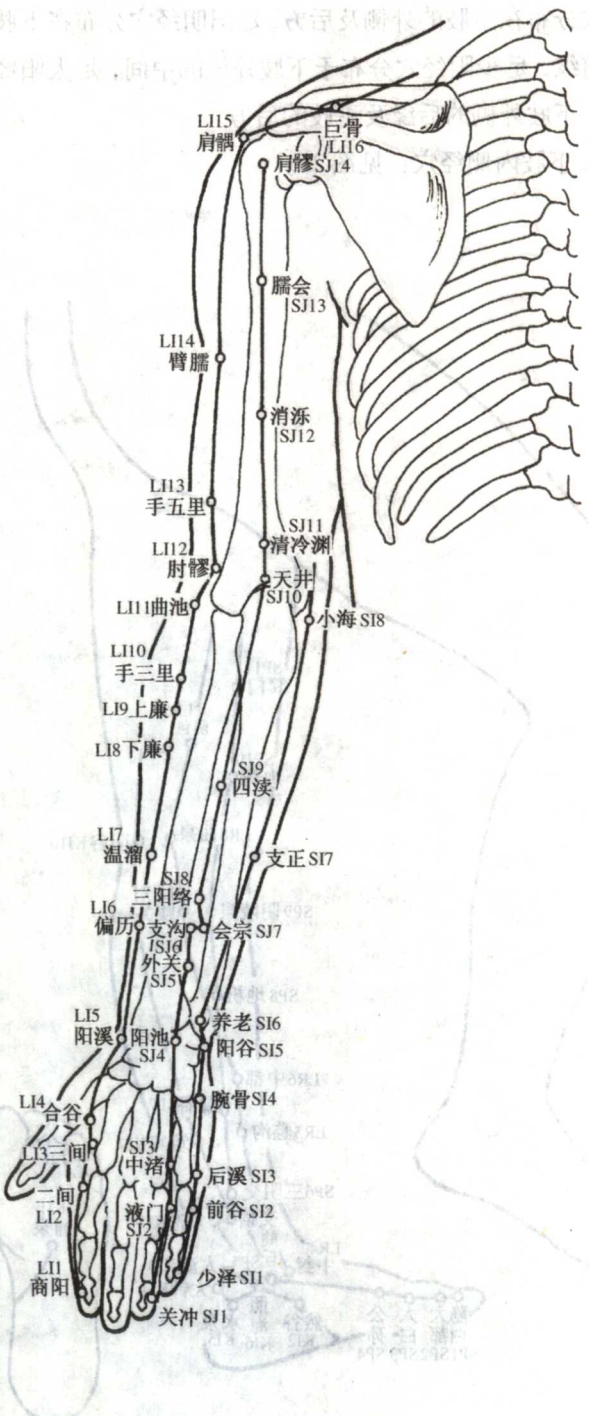


图 24 上肢外侧经穴

Fig. 24 Points on the lateral side of the upper extremities

四、下肢部经穴

足六经经穴分布于下肢。足三阴经分布于下肢的内侧，其分布规律为：在内踝高点上8寸以上部位，足太阴经分布于下肢内侧的前方，足厥阴经分布于下肢内侧的中间，足少阴经分布于下肢内侧的后方。而在内踝高点上8寸以下部位的分布规律则为：厥阴在前，太阴在中，少阴在后。足三阳经经穴分布在下肢的外侧及后方。足阳明经穴分布在下肢外侧的前缘，足少阳经穴分布于下肢外侧的中间，足太阳经穴分布于下肢外侧的后缘及下肢的后方。

1. 下肢内侧经穴：见图25。

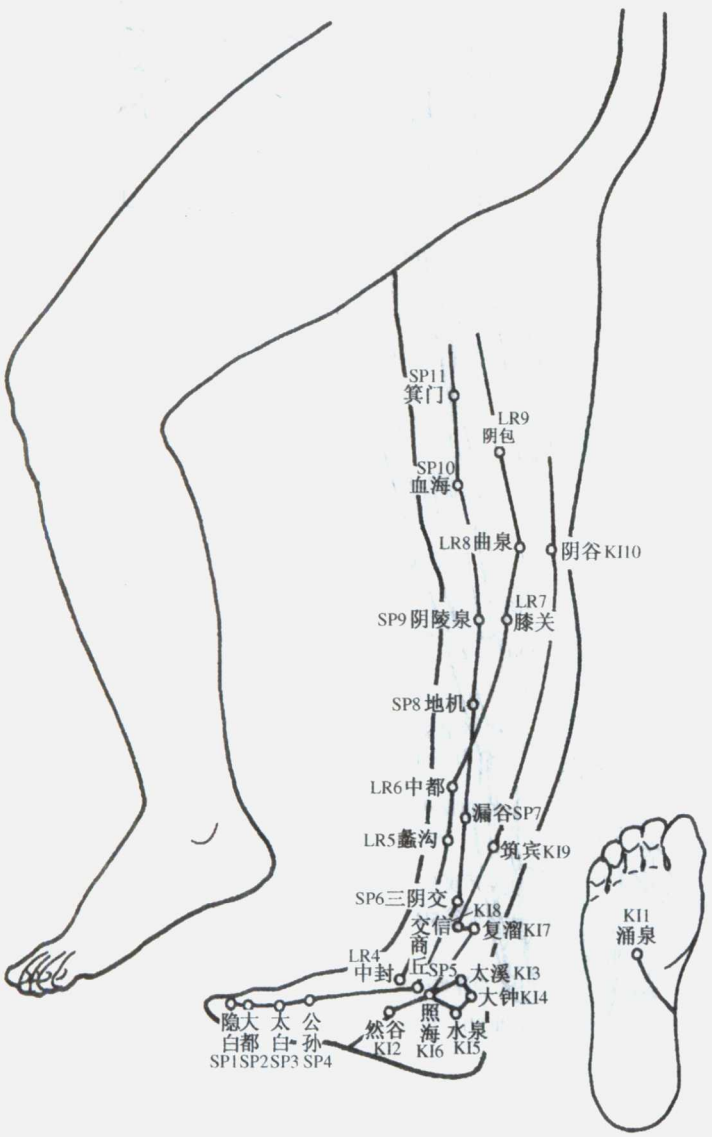


图25 下肢内侧经穴
Fig. 25 Points on the medial side of the lower extremities

Ⅳ. Points on the Lower Extremities

The points of the six foot channels are distributed over the lower extremities, the order of distribution is: for areas 8 cun superior to medial malleolus, the points of the Foot Taiyin are located on the anterior and medial parts of the lower limb, the Foot Jueyin channel covers the medial part of the lower limb while the Foot Shaoyin is distributed over the medial and posterior part of the lower limb. As for the areas up to 8 cun superior to medial malleolus, the order of distribution is as follows: Jueyin channel is on the anterior side, Taiyin channel is in the middle and Shaoyin channel is on the posterior side. The points of the three Foot Yang channels are located on the posterior and lateral parts of the lower limb, with Foot Yangming channel on the anterior and lateral part, the Foot Shaoyang on the middle of the lateral side, and Foot Taiyang channel on the lateral and posterior part of the lower limb.

1. Points on the medial side of the lower extremities: see Fig. 25.

2. Points on the lateral side of the lower extremities: see Fig. 26.

2. 下肢外侧经穴：见图 26。

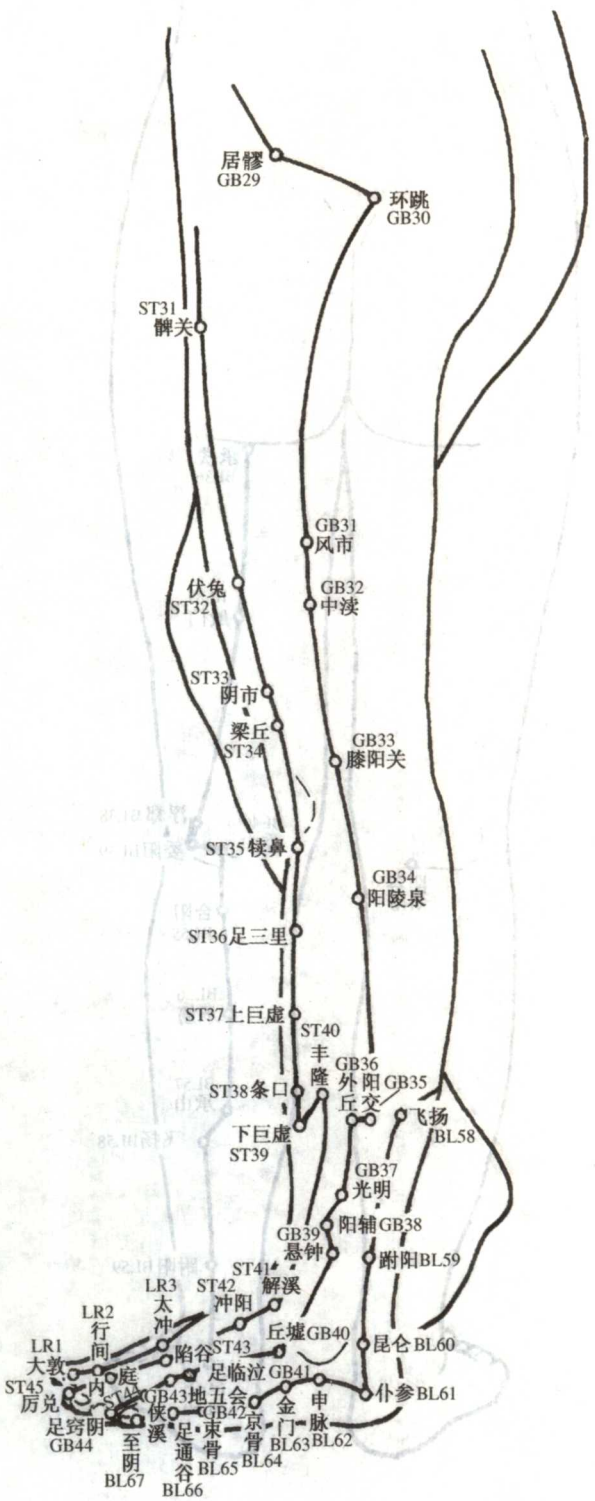


图 26 下肢外侧经穴

Fig. 26 Points on the lateral side of the lower extremities

3. 下肢后侧经穴：见图 27。

3. Points on the posterior side of the lower extremities: see Fig. 27.

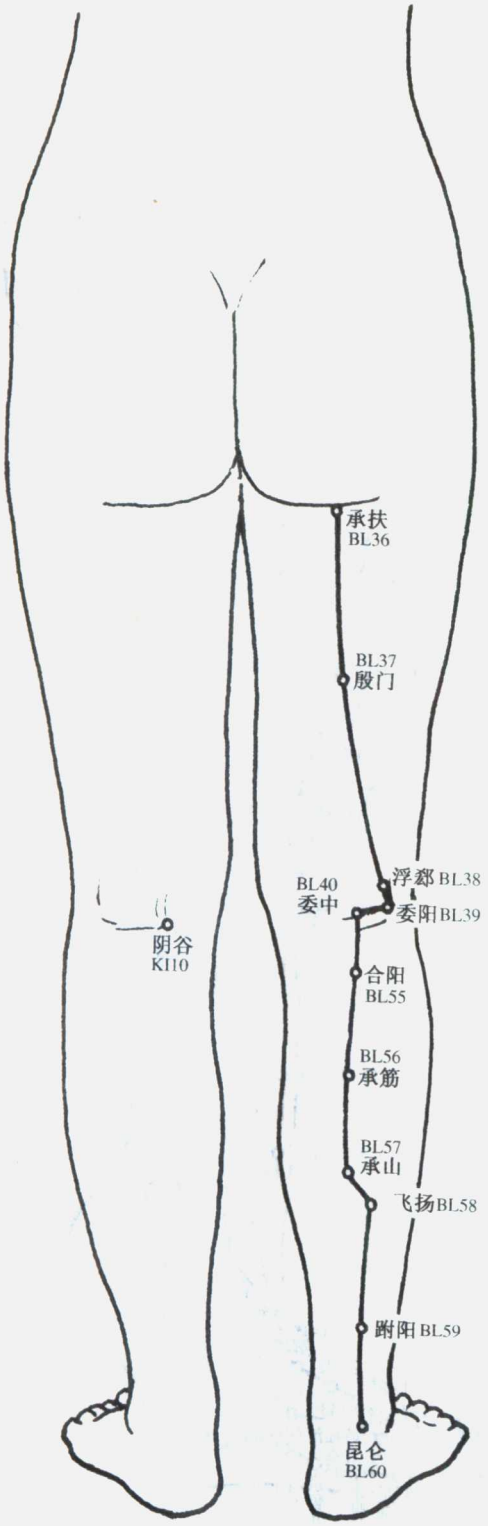


图 27 下肢后侧经穴
Fig. 27 Points on the posterior side of the lower extremities

Section Ⅱ. Points of the Lung Channel of Hand-Taiyin

The points of the lung channel of Hand-Taiyin overview see Fig. 28.

第二节 手太阴肺经经穴

手太阴肺经经穴概貌见图 28。

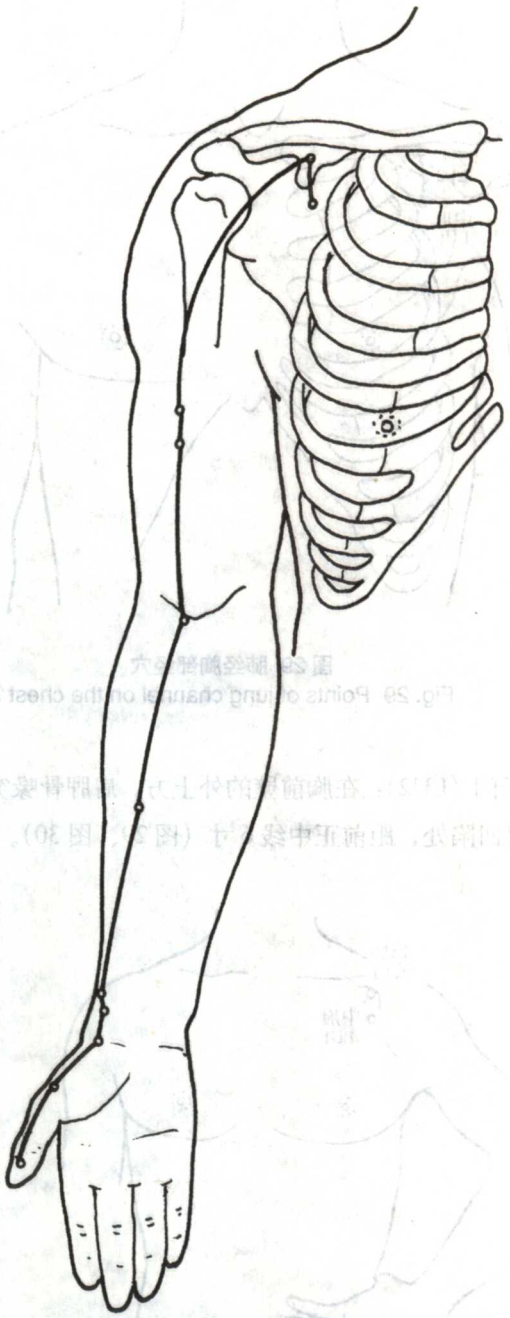


图 28 肺经经穴
Fig. 28 Points of the lung channel of Hand-Taiyin overview

一、胸 部

1. 中府（LU1）：在胸前壁的外上方，云门下1寸，平第1肋间隙，距前正中线6寸（图29）。

正坐，以手叉腰，在锁骨肩峰端下缘三角形凹陷正中为云门穴，云门直下，平第1肋间隙处即为中府（图30）。

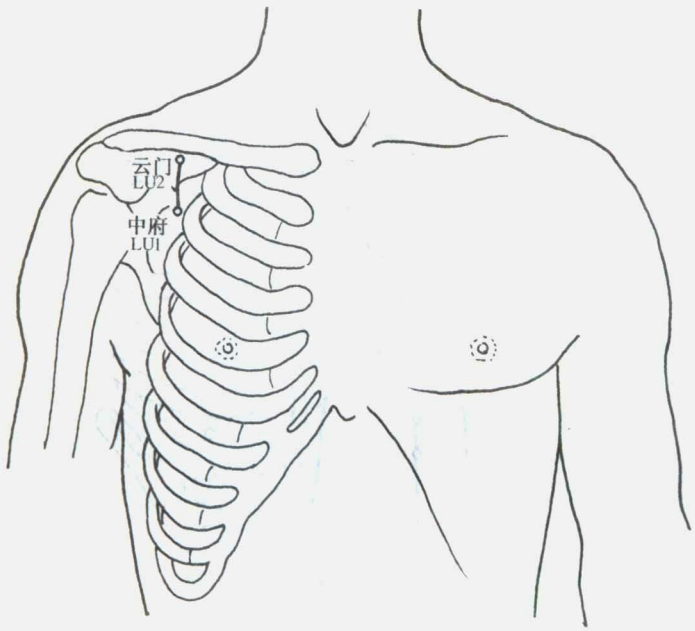


图29 肺经胸部经穴
Fig. 29 Points of lung channel on the chest

2. 云门（LU2）：在胸前壁的外上方，肩胛骨喙突上方，锁骨下窝凹陷处，距前正中线6寸（图29、图30）。

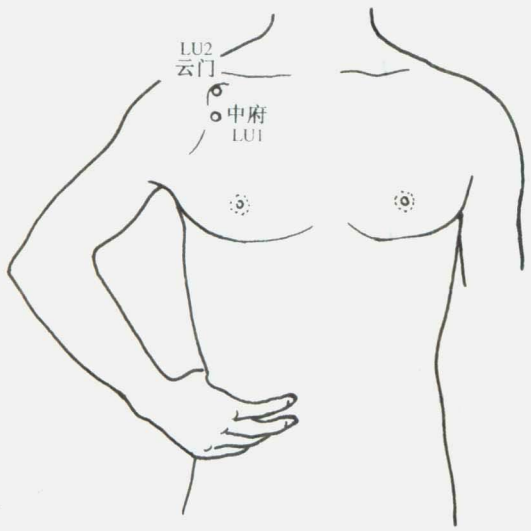


图30 中府、云门简便取法
Fig. 30 Simple method for locating LU1,LU2

I . Chest

1. Zhongfu (LU1): on the lateral aspect of the chest, 1 cun directly below Yunmen (LU2), in the first intercostal space, 6 cun lateral to the anterior midline (Fig. 29).

To locate the point: sit up straight, place the hand on the hip, in the infraclavicular fossa, or the depression of the delto-pectoral triangle, 1 cun directly below Yunmen (Fig. 30).

2. Yunmen (LU2):on the antero-lateral aspect of the chest, level with the lower border of the sternal extremity of the clavicle, in the infraclavicular fossa, 6 cun lateral to the anterior midline (Fig. 29, Fig. 30).

Ⅱ. Upper Arm

1. Tianfu (LU3): on the radial border of the biceps brachii muscle, 3 cun inferior to the anterior end of the axillary fold (Fig. 31).

2. Xiabai (LU4): on the radial border of the biceps brachii muscle, 4 cun inferior to the anterior end of the axillary fold (Fig. 31).

二、上臂部

1. 天府（LU3）：在上臂内侧面，肱二头肌桡侧缘，腋前纹头下3寸处（图31）。

2. 侠白（LU4）：在上臂内侧面，肱二头肌桡侧缘，腋前纹头下4寸处（图31）。

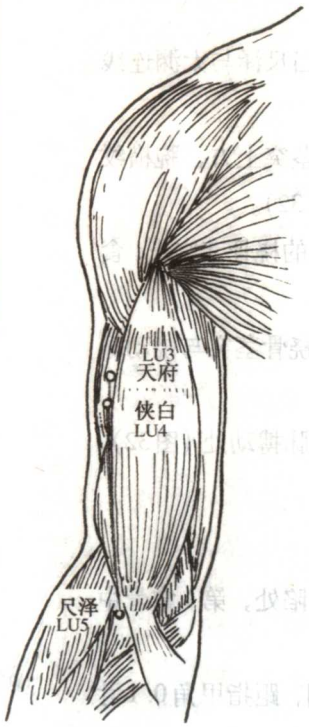


图31 肺经上臂经穴
Fig. 31 Points of the lung channel on the upper arm

Ⅲ. Forearm

1. Chize (LU5): on the transverse cubital crease, on the radial side of the tendon of biceps brachii (Fig. 31, Fig. 32).

To locate the point: when locating Chize, one should bend the elbow slightly to make the tendon of biceps brachii more prominent (Fig. 33).

三、前臂部

1. 尺泽（LU5）：在肘横纹中，肱二头肌腱桡侧凹陷处（图31、图32）。

定取尺泽穴时应微屈肘，以使肱二头肌腱暴露得更加明显（图33）。



图32 肺经前臂经穴
Fig. 32 Points of the lung channel on the forearm

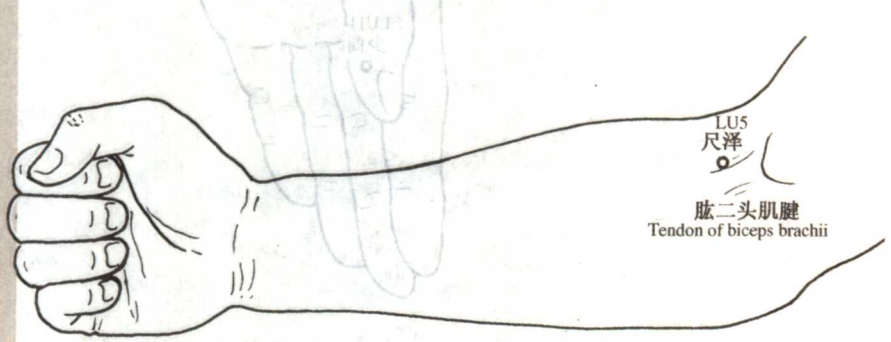


图33 尺泽取穴
Fig. 33 Locating LU5

2. 孔最（LU6）：在前臂掌面桡侧，当尺泽与太渊连线上，腕横纹上7寸（图32）。

3. 列缺（LU7）：前臂桡侧缘，桡骨茎突上方，腕横纹上1.5寸，肱桡肌与拇长展肌腱之间（图32）。

两手虎口交叉，一手食指按在另一手的桡骨茎突上，食指尖下是该穴（图34）。

4. 经渠（LU8）：在前臂掌面桡侧，桡骨茎突与桡动脉之间的凹陷处，腕横纹上1寸（图32）。

5. 太渊（LU9）：在腕横纹桡侧，桡动脉搏动处（图32）。

四、手掌部

1. 鱼际（LU10）：第1掌指关节后凹陷处，第1掌骨中点桡侧，赤白肉际处（图35）。

2. 少商（LU11）：在手拇指末节桡侧，距指甲角0.1寸（指寸,图35）。

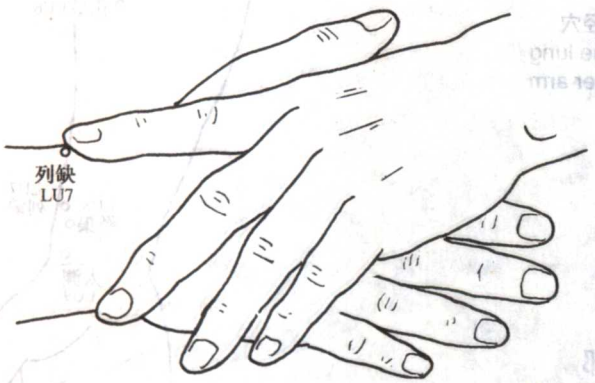


图34 列缺简便取法
Fig. 34 Simple method for locating LU7

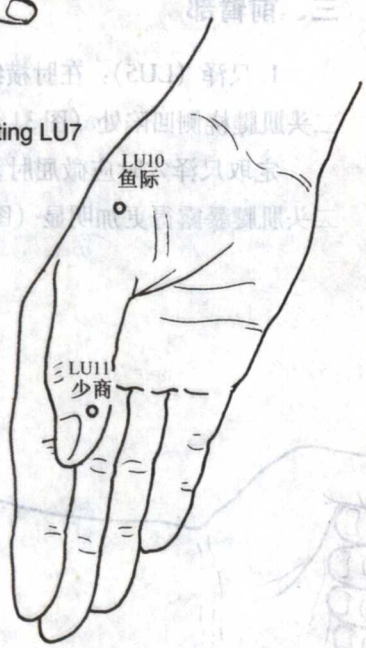


图35 肺经手部经穴
Fig. 35 Points of lung channel on the hand

2. Kongzui (LU6): on the medial border of the radius, along the line connecting Chize (LU5) and Taiyuan (LU9), 7 cun proximal to the distal wrist crease (Fig. 32).

3. Lieque (LU7): on the radial aspect of the forearm, above the styloid process of the radius, 1. 5 cun proximal to the transverse crease of the wrist, between the tendons of brachioradialis and abductor pollicis longus (Fig. 32).

To locate this point:cross the index fingers and thumbs of both hands, the point is in the depression right under the tip of the index finger (Fig. 34).

4. Jingqu (LU8): on the radial aspect of the forearm, 1 cun proximal to the transverse crease of the wrist in the depression between the styloid process of the radius and the radial artery (Fig. 32).

5. Taiyuan (LU9): at the radial end of the transverse crease of the wrist, in the depression on the radial side of the radial artery (Fig. 32).

Ⅳ. Hand

1. Yuji (LU10): on the thenar eminence of the hand, in the midpoint of the first metacarpal bone, at the junction of the red and white skin (Fig. 35).

2. Shaoshang (LU11): on the radial side of the thumb, 0. 1 cun from the corner of the fingernail(according to thumb cun measurement,Fig. 35).

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To locate this point: extend the thumb, draw a line along the base of the nail, draw another perpendicular line along the radial border of the nail, the intersecting point is the location of Shaoshang (Fig. 36).

This method is used for all acupuncture points located 0. 1 cun posterior to the corner of the nail.

俯伸拇指，沿拇指指甲下缘做一切线，再从桡侧指甲上角做一垂直线，两线相交之处，即为少商穴所在（图 36）。

凡位于指甲角旁开 0. 1 寸的腧穴，均依此取法。

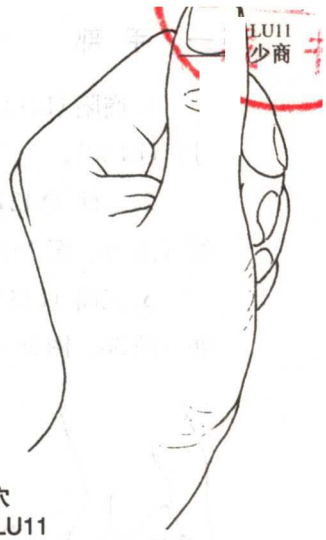


图 36 少商取穴
Fig. 36 Locating LU11

Section III. Points of the Large Intestine Channel of Hand-Yangming

The points of the large intestine channel of Hand-Yangming overview see Fig. 37.

第三节 手阳明大肠经经穴

手阳明大肠经经穴概貌见图 37。

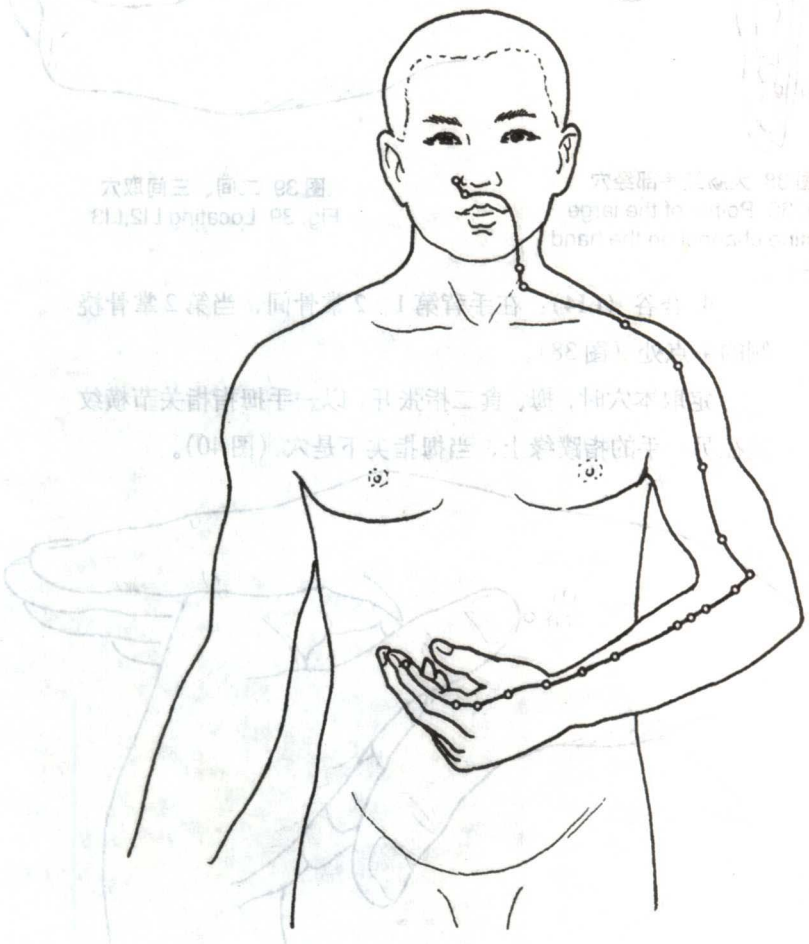


图 37 大肠经经穴
Fig. 37 Points of the large intestine channel of Hand-Yangming overview

一、手 部

1. 商阳（LI1）：在手食指末节桡侧，距指甲角0. 1寸（指寸）（图38）。

2. 二间（LI2）：微握拳，在第2掌指关节前，桡侧凹陷处（图38、图39）。

3. 三间（LI3）：微握拳，在第2掌指关节后，桡侧凹陷处（图38、图39）。

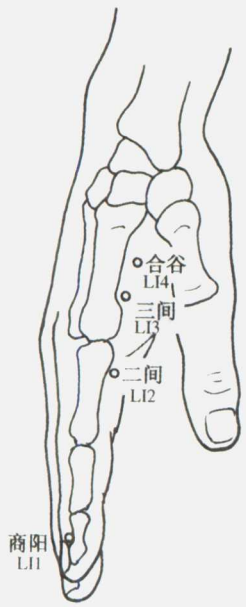


图38 大肠经手部经穴
Fig. 38 Points of the large intestine channel on the hand

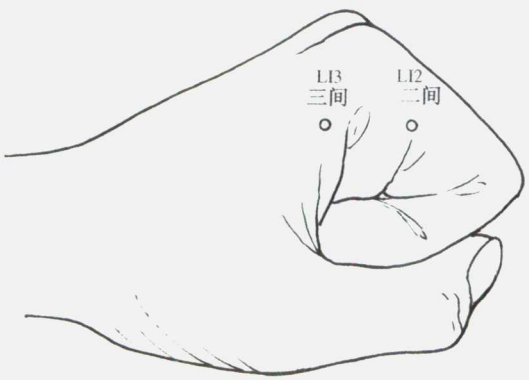


图39 二间、三间取穴
Fig. 39 Locating LI2,LI3

4. 合谷（LI4）：在手背第1、2掌骨间，当第2掌骨桡侧的中点处（图38）。

定取本穴时，拇、食二指张开，以一手拇指指关节横纹放在另一手的指蹼缘上，当拇指尖下是穴（图40）。

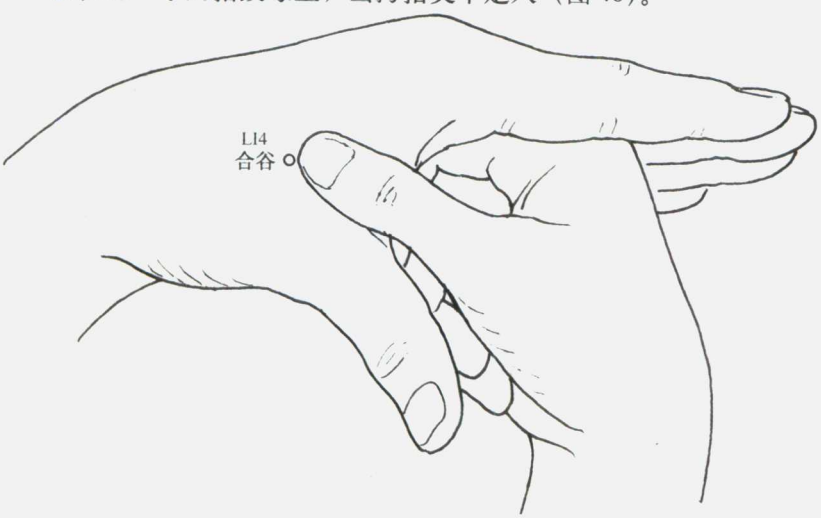


图40 合谷简便取法一
Fig. 40 Simple method for locating LI4 I

Ⅰ. Hand

1. Shangyang (LI1): on the radial side of the index finger, 0. 1 cun posterior to the corner of the nail(Fig. 38).

2. Erjian(LI2): on the radial side of the index finger, in the depression distal to the second metacarpo-phalangeal joint on the radial side. Slightly clench fist to locate the point(Fig. 38, Fig. 39).

3. Sanjian (LI3): on the radial side of the index finger, in the depression proximal to the second metacarpo-phalangeal joint on the radial side. Slightly clench fist to locate the point (Fig. 38, Fig. 39).

4. Hegu (LI4): on the dorsum of the hand, midway between the junction of the first and second metacarpal bones (Fig. 38).

To locate the point:

To locate the point on the left hand: stretch both thumb and index finger of the left hand, place the transverse crease of the interphalangeal joint of the right thumb on the margin of the web between the thumb and index finger of the left hand. The point is located underneath the thumb of the right thumb (Fig. 40).

Squeeze the thumb against the base of the index finger, the point is located at the highest point of the bulge of the muscle and approximately level with the end of the crease (Fig. 41).

也可拇、食两指并拢，这时两指间出现一条纵行的纹，取纹尽高肉处（图41）。

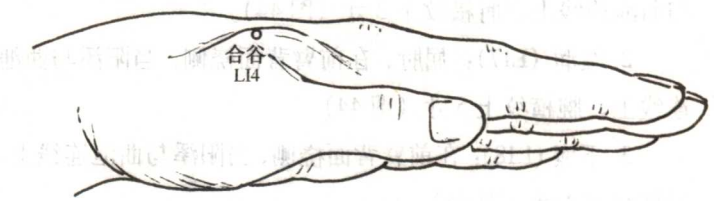


图41 合谷简便取法二
Fig. 41 Simple method for locating LI4 Ⅱ

Abduct thumb and index finger, the point is located at the mid point between the web and the junction of first and second metacarpal bones (Fig. 42).

还可拇、食两指张开，虎口与第1、2掌骨结合部连续的中点是穴（图42）。

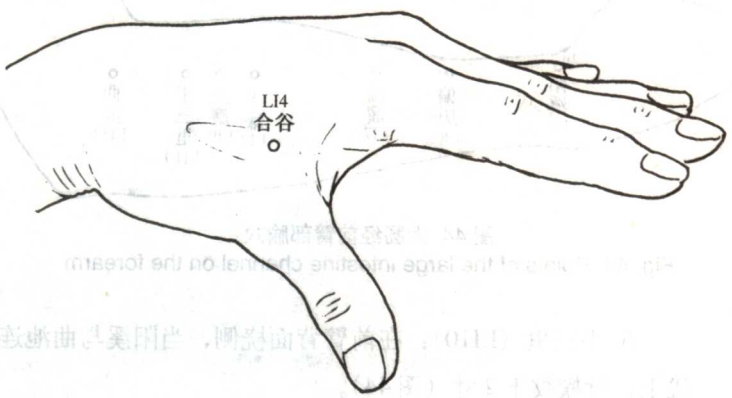


图42 合谷简便取法三
Fig. 42 Simple method for locating LI4 Ⅲ

5. Yangxi (LI5): on the radial side of the back of the wrist. When the thumb is tiled upward, it is in the hollow between the tendons of m. extensor pollicis brevis and extensor pollicis longus (Fig. 43).

5. 阳溪（LI5）：在腕背横纹桡侧，大拇指向上翘起时，当拇短伸肌腱与拇长伸肌腱之间的凹陷中（图43）。

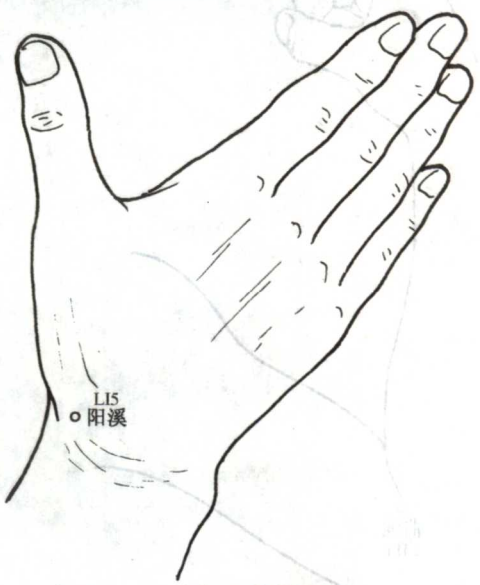


图43 阳溪取穴
Fig. 43 Locating LI5

二、前臂部

1. 偏历（LI6）：侧掌，屈肘，在前臂背面桡侧，当阳溪与曲池连线上，肘横纹下3寸（图44）。

2. 温溜（LI7）：屈肘，在前臂背面桡侧，当阳溪与曲池连线上，腕横纹上5寸（图44）。

3. 下廉（LI8）：在前臂背面桡侧，当阳溪与曲池连线上，肘横纹下4寸（图44）。

4. 上廉（LI9）：在前臂背面桡侧，当阳溪与曲池连线上，肘横纹下3寸（图44）。

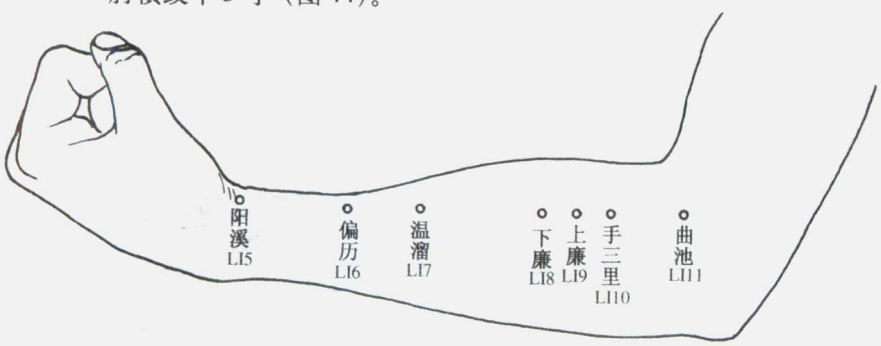


图44 大肠经前臂部腧穴
Fig. 44 Points of the large intestine channel on the forearm

5. 手三里（LI10）：在前臂背面桡侧，当阳溪与曲池连线上，肘横纹下2寸（图44）。

6. 曲池（LI11）：在肘横纹外侧端，微屈肘，当尺泽与肱骨外上髁连线中点处（图44）。

当尽量屈肘时，曲池位于肘横纹桡侧端（图45）。

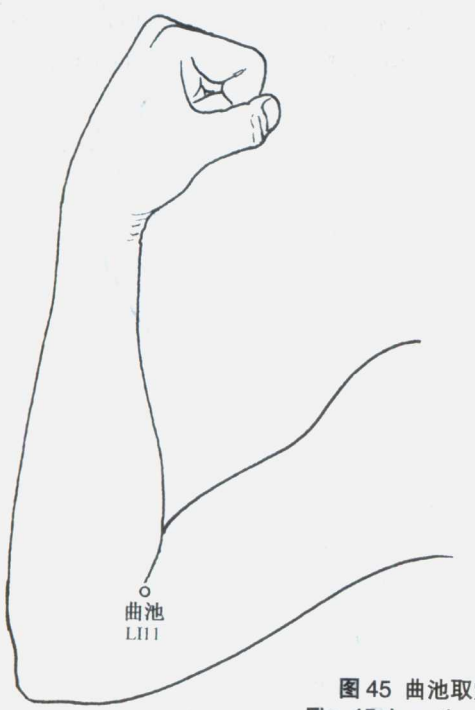


图45 曲池取穴
Fig. 45 Locating LI11

Ⅱ. Forearm

1. Pianli (LI6): On the radial side of the dorsal surface of the forearm, 3 cun proximal to the wrist crease, on the line connecting Yangxi (LI5) and Quchi (LI11). Flex elbow when locating point (Fig. 44).

2. Wenliu (LI7): On the radial side of the dorsal surface of the forearm, 5 cun proximal to the wrist crease, on the line connecting Yangxi (LI5) and Quchi (LI11). Flex elbow when locating point(Fig. 44).

3. Xialian (LI8): On the radial side of the dorsal surface of the forearm, 4 cun distal to the cubital crease, on the line connecting Yangxi (LI5) and Quchi (LI11) (Fig. 44).

4. Shanglian (LI9): On the radial side of the dorsal surface of the forearm, 3 cun distal to the cubital crease, on the line connecting Yangxi (LI5) and Quchi (LI11) (Fig. 44).

5. Shousanli (LI10): On the radial side of the dorsal surface of the forearm, 2 cun distal to the cubital crease, on the line connecting Yangxi (LI5) and Quchi (LI11) (Fig. 44).

6. Quchi (LI11): In the depression at the lateral end of the transverse cubital crease. Midway between Chize(LU5) and the lateral epicondyle of the humerus, when elbow is half flexed (Fig. 44).

To locate the point: with the elbow flexed, the point is located at the lateral end of the cubital crease (Fig. 45).

Ⅲ. Upper Arm

1. Zhouliao (LI12): on the lateral side of the upperarm, 1 cun proximal to Quchi (LI11) With the elbow flexed, the point is on the border of the humerus (Fig. 46, Fig. 47).

2. Shouwuli (LI13): on the lateral side of the upperarm, on the line connecting Quchi (LI11) and Jianyu(LI15), 3 cun proximal to Quchi (Fig. 46, Fig.47).

3. Binao (LI14): on the lateral side of the upperarm, on the lower border of the deltoid muscle and the medial side of the humerus, on the line connecting Quchi (LI11) and Jianyu (LI15), 7 cun proximal to Quchi (Fig. 46, Fig. 47).

三、上臂部

1. 肘髎(LI12)：在臂外侧，屈肘，曲池上方1寸，当肱骨边缘处（图46、图47）。

2. 手五里 (LI13)：在臂外侧，当曲池与肩髃连线上，曲池上方3寸处（图46、图47）。

3. 臂臑(LI14)：在臂外侧，三角肌止点处，当曲池与肩髃连线上，曲池上7寸（图46、图47）。

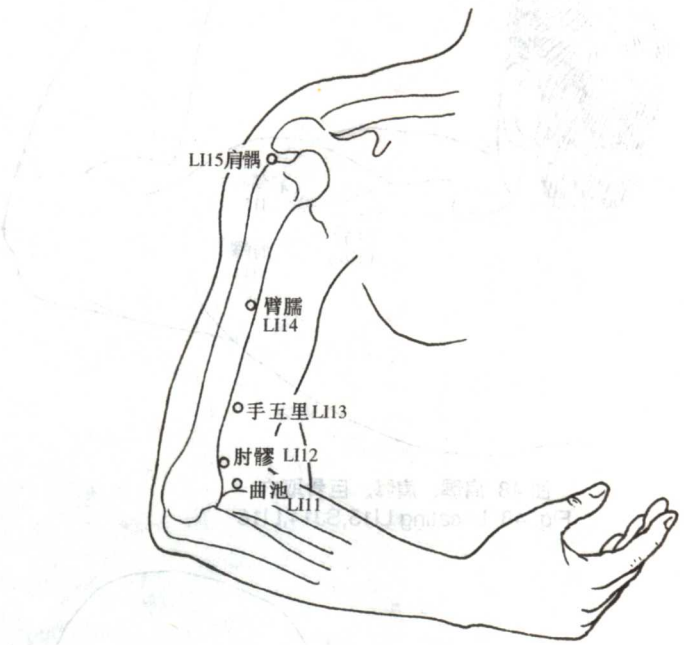


图46 大肠经上臂部经穴一
Fig. 46 Points of the large intestine channel on the upper arm Ⅰ

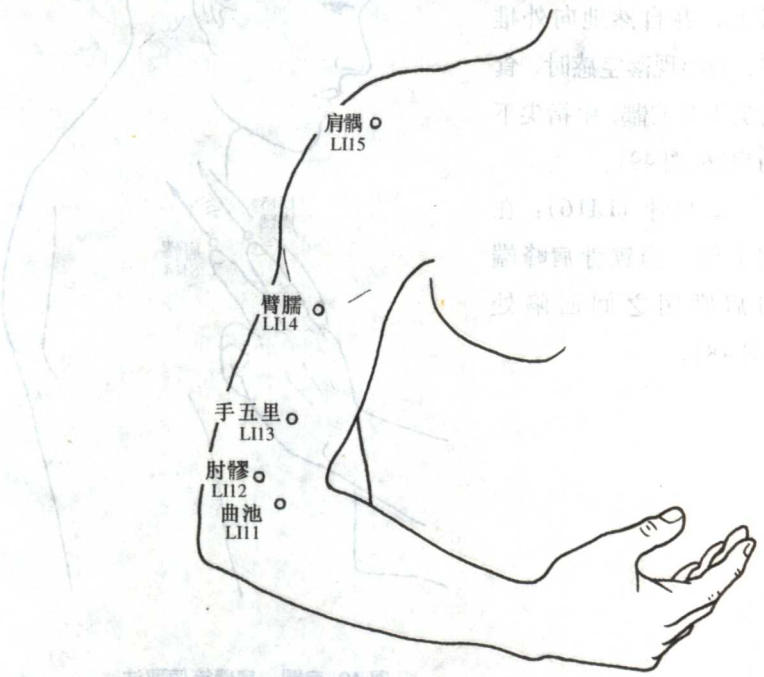


图47 大肠经上臂部经穴二
Fig. 47 Points of the large intestine channel on the upper arm Ⅱ

四、肩颈部

1. 肩髃(LI15)：在肩部，三角肌上缘，臂外展，或向前平伸时，当肩峰前下方凹陷处（图 46、图 47）。

上臂外展平举或向前平举时，肩部大都呈现两个明显的凹陷，前凹陷为肩髃，后凹陷则为肩髎(图 48)。

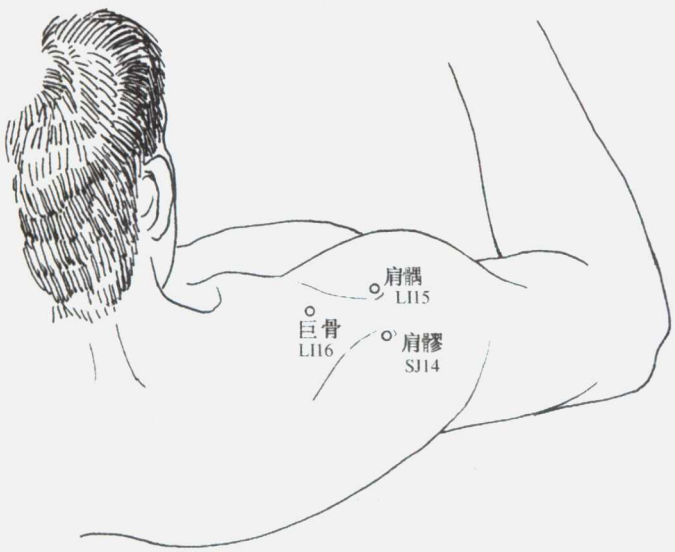


图 48 肩髃、肩髎、巨骨取穴
Fig. 48 Locating LI15,SJ14,LI16

当医者食、中两指分别置于患者的锁骨和肩胛冈上，并自然地向外推移，当出现落空感时，食指尖下为肩髃，中指尖下为肩髎(图 49)。

2. 巨骨（LI16）：在肩上部，当锁骨肩峰端与肩胛冈之间凹陷处（图 48）。



图 49 肩髃、肩髎简便取法
Fig. 49 Simple method for locating LI15,SJ14

Ⅳ. Shoulder and Neck

1. Jianyu (LI15): on the shoulder, in the depression anterior and inferior to the acromion when the arm is abducted (Fig. 46, Fig. 47).

When the arm is in full abduction, Jianyu is located in the depression anterior and inferior to the acromion, and Jianliao (SJ14) is located posterior and inferior to the acromion (Fig. 48).

To locate the point: The practitioner places one's index and middle finger on the subject's acromion process and clavicle respectively and slowly pushing toward the midline, when the hollowness underneath the fingers is felt, Jianyu (LI15) is located underneath the index finger and Jianliao (SJ14) (Fig. 49).

2. Jugu(LI16): On the shoulder, in the depression between the acromial extremity of the clavicle and scapular spine (Fig. 48).

3. Tianding (LI17): on the lateral side of the neck, at the posterior border of the sternocleidomastoid muscle beside the laryngeal protuberance, midway between a line connecting Futu (LI18) and Quepen (ST12) (Fig. 50).

4. Futu (LI18): on the lateral side of the neck, beside the laryngeal protuberance, between the anterior and posterior borders of the sternocleidomastoid muscle (Fig. 50).

3. 天鼎（LI17）：在颈外侧部，胸锁乳突肌后缘，当喉结旁，扶突穴与缺盆连线中点（图 50）。

4. 扶突（LI18）：在颈外侧部，喉结旁，当胸锁乳突肌的前、后缘之间（图 50）。



图 50 大肠经颈部经穴
Fig. 50 Points of the large intestine channel on the neck

V . Face

1. Heliao (LI19): on the upper lip, directly below the lateral border of the nostril, level with Shuigou (GV26) (Fig. 51).

2. Yingxiang (LI20): in the nasolabial groove, beside the midpoint of the lateral border of the ala nasi (Fig. 51).

五、面 部

1. 禾髎（LI19）：在上唇部，鼻孔外缘直下，平水沟穴（图 51）。

2. 迎香（LI20）：在鼻翼外缘中点旁，当鼻唇沟中（图 51）。

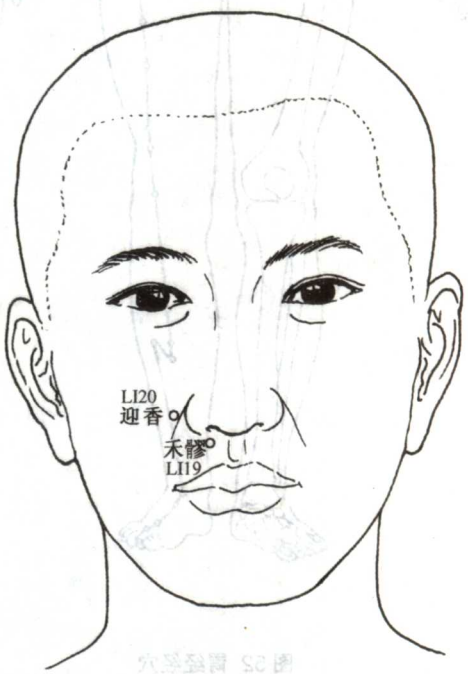


图 51 大肠经面部经穴
Fig. 51 Points of the large intestine channel on the face

第四节 足阳明胃经经穴

足阳明胃经经穴概貌见图 52。

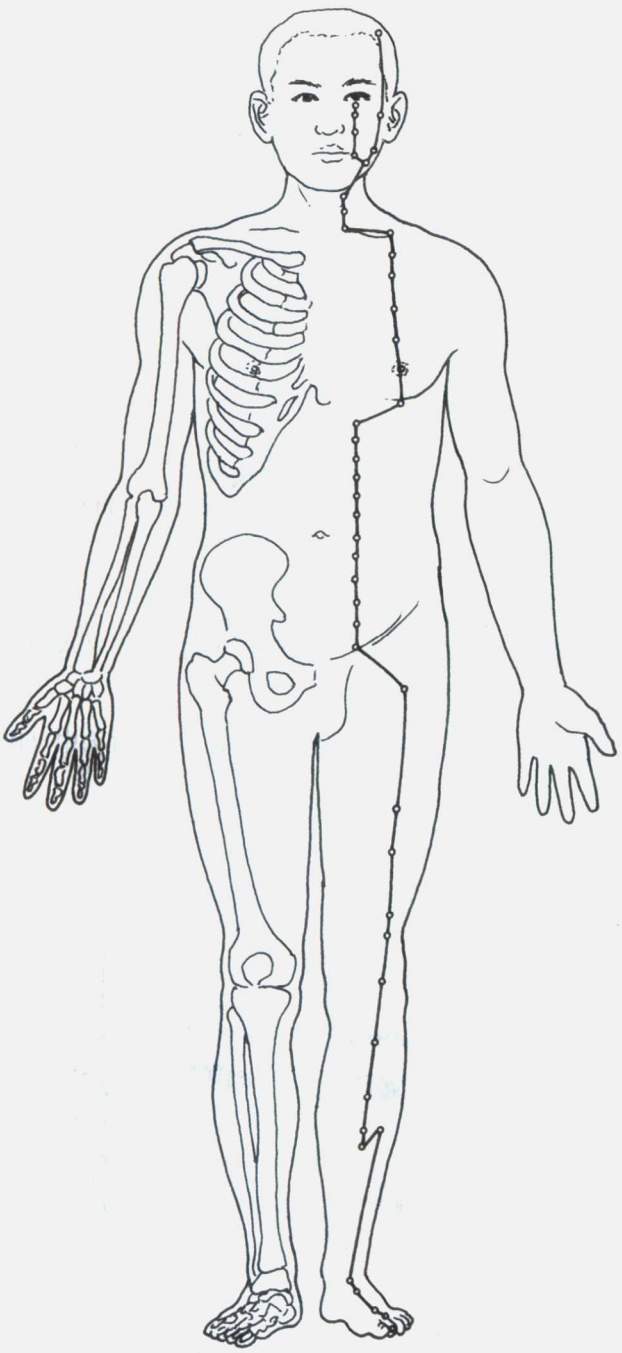


图 52 胃经经穴
Fig. 52 Points of the stomach channel of Foot-Yangming overview

Section Ⅳ. Points of the Stomach Channel of Foot-Yangming

The points of the stomach channel of Foot-Yangming overview see Fig. 52.

Ⅰ. Head/Face

1. Chengqi (STl): on the face, eyes looking forward, the point is directly below the pupil, between the eyeball and the infraorbital ridge (Fig. 53).

一、头面部

1. 承泣（STl）：在面部，瞳孔直下，当眼球与眶下缘之间（图 53）。

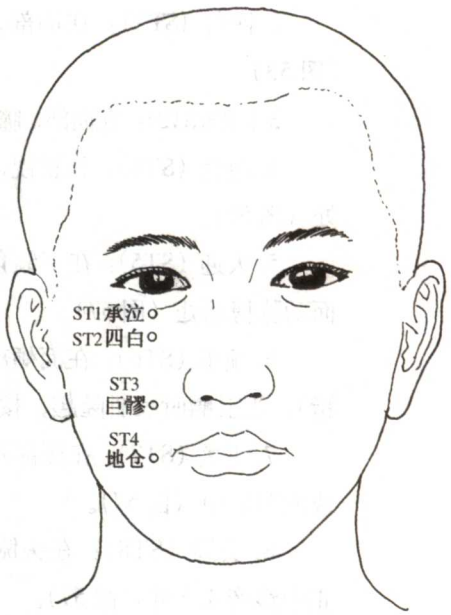


图 53 胃经面部内侧经穴
Fig. 53 Points of the stomach channel on the medial side of the face

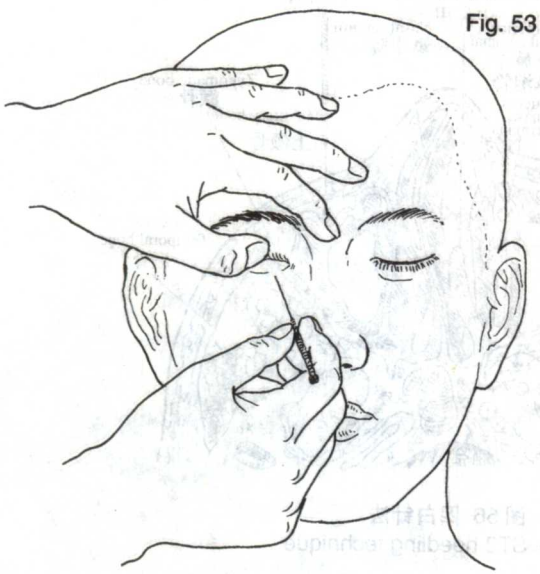


图 54 承泣针法(体表)
Fig. 54 ST1 needling technique (surface view)

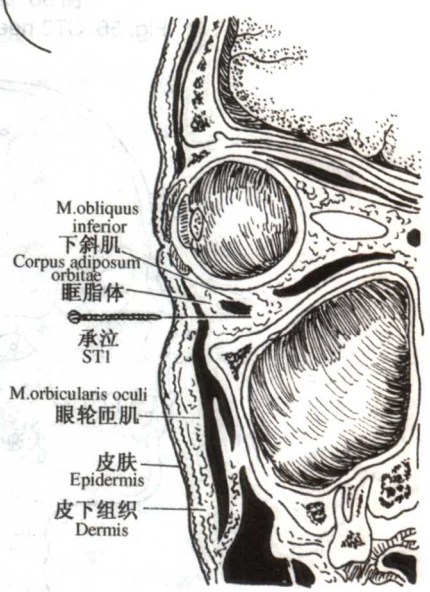


图 55 承泣针法(解剖)
Fig. 55 ST1 needling technique (anatomical view)

2. 四白（ST2）：在面部，瞳孔直下，当眶下孔凹陷处（图 53）。

3. 巨髎(ST3)：在面部，瞳孔直下，平鼻翼下缘处（图53）。

4. 地仓（ST4）：目正视，瞳孔直下处，口角旁开 0. 4 寸处（图 53）。

5. 大迎（ST5）：在下颌角前方，咬肌附着部的前缘，当面动脉搏动处（图 57）。

6. 颊车（ST6）：在面颊部，下颌角前上方约一横指（中指），当咀嚼时咬肌隆起，按之凹陷处（图 57）。

7. 下关（ST7）：在面部耳前方，当颧弓与下颌切迹所形成的凹陷中（图 57）。

8. 头维（ST8）：在头侧部，当额角发际上 0. 5 寸，头正中线旁 4. 5 寸（图 57）。

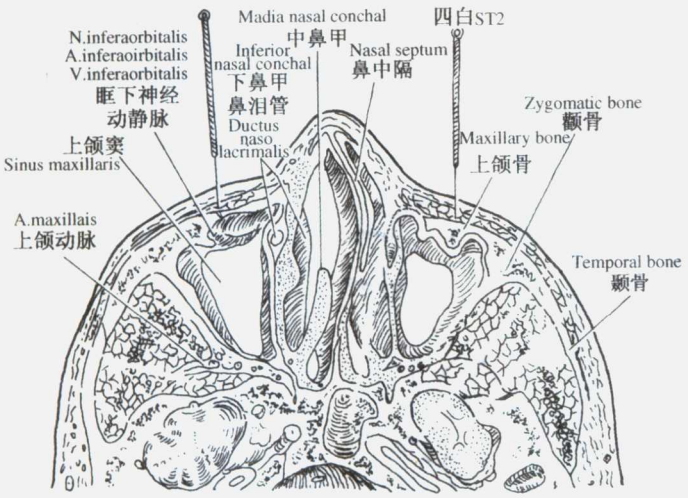


图 56 四白针法
Fig. 56 ST2 needling technique

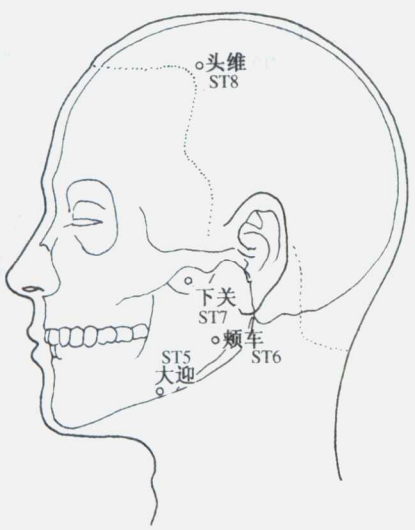


图 57 胃经面部外侧经穴
Fig. 57 Points of the stomach channel on the lateral side of the face

2. Sibai (ST2): on the face, eyes looking forward, the point is directly below the pupil, in the depression of the infraorbital foramen (Fig. 53).

3. Juliao (ST3): on the face, eyes looking forward, the point is directly below the pupil, on the level of the lower border of the ala nasi (Fig. 53).

4. Dicang (ST4): on the face, eyes looking forward, the point is directly below the pupil, 0. 4 cun lateral to the corner of the mouth (Fig. 53).

5. Daying (ST5): anterior to the mandibular angle, on the anterior border of the masseter muscle, where pulsation of the facial artery is palpable (Fig. 57).

6. Jiache (ST6): on the cheek, one finger breadth anterior and superior to the manidbular angle, at the prominence of the masseter muscle (Fig. 57).

7. Xiaguan(ST7): on the face, anterior to the ear, in the depression between the zygomatic arch and mandibular notch (Fig. 57).

8. Touwei (ST8): on the lateral side of the head, 0. 5 cun within the anterior hairline, 4. 5 cun lateral to the midline (Fig. 57).

Ⅱ. Neck

1. Renying (ST9): on the neck, lateral to the laryngeal protuberance, on the anterior border of the sternocleidomastoid muscle where the pulsation of the common carotid artery is palpable (Fig. 58).

2. Shuitu (ST10): on the neck, on the anterior border of the sternocleidomastoid muscle, at the midpoint of the line connecting Renying (ST9) and Qishe (ST11) (Fig. 58).

3. Qishe (ST11): on the neck, and the upper border of the medial end of the clavicle, between the sternal and clavicular heads to the sternocleidomastoid muscle (Fig. 58).

二、颈 部

1. 人迎（ST9）：在颈部，喉结旁，当胸锁乳突肌前缘，颈总动脉搏动处（图 58）。

2. 水突（ST10）：在颈部，胸锁乳突肌前缘，当人迎与气舍连线的中点（图 58）。

3. 气舍（ST11）：在颈部，当锁骨内侧端上缘，胸锁乳突肌的胸骨头与锁骨头之间（图 58）。

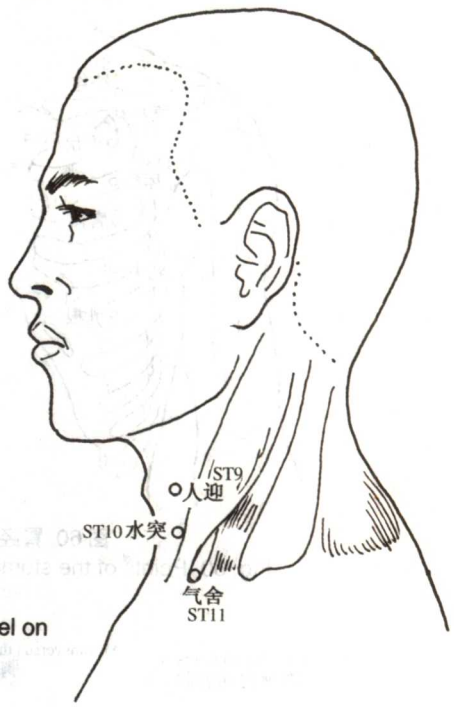


图 58 胃经颈部经穴
Fig. 58 Points of the stomach channel on the neck

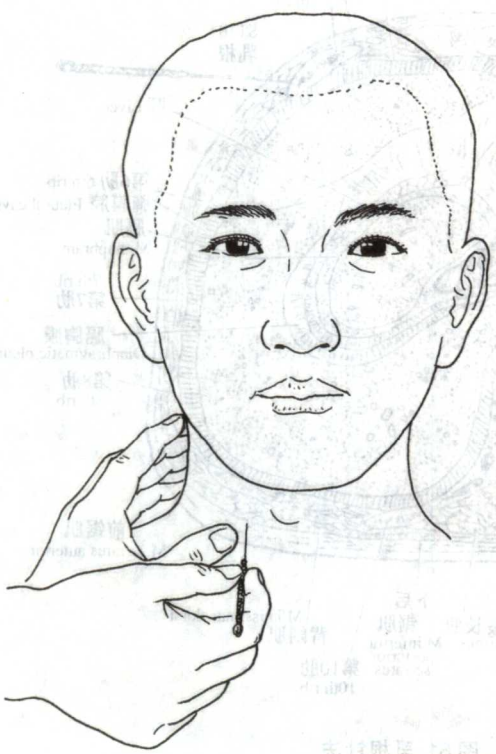


图 59 人迎针法
Fig. 59 ST9 needling technique

三、胸 部

1. 缺盆 (ST12)：在锁骨上窝中央，距前正中线4寸 (图60)。

2. 气户 (ST13)：在胸部，当锁骨中点下缘，距前正中线4寸 (图60)。

3. 库房 (ST14)：在胸部，当第1肋间隙，距前正中线4寸 (图60)。

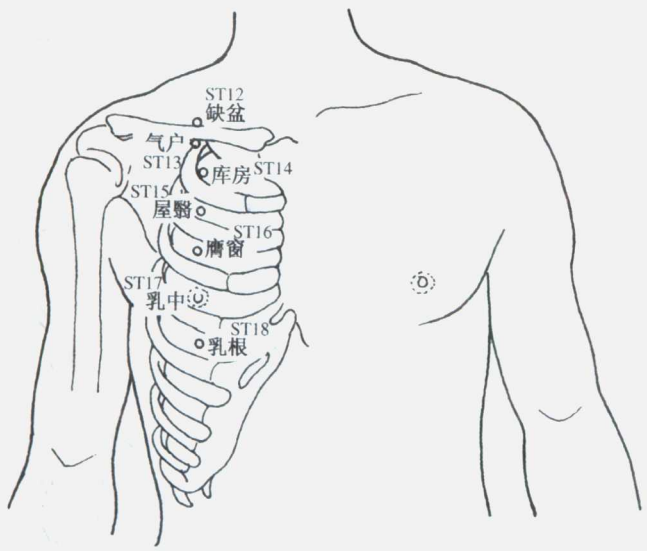


图60 胃经胸部经穴
Fig. 60 Points of the stomach channel on the chest

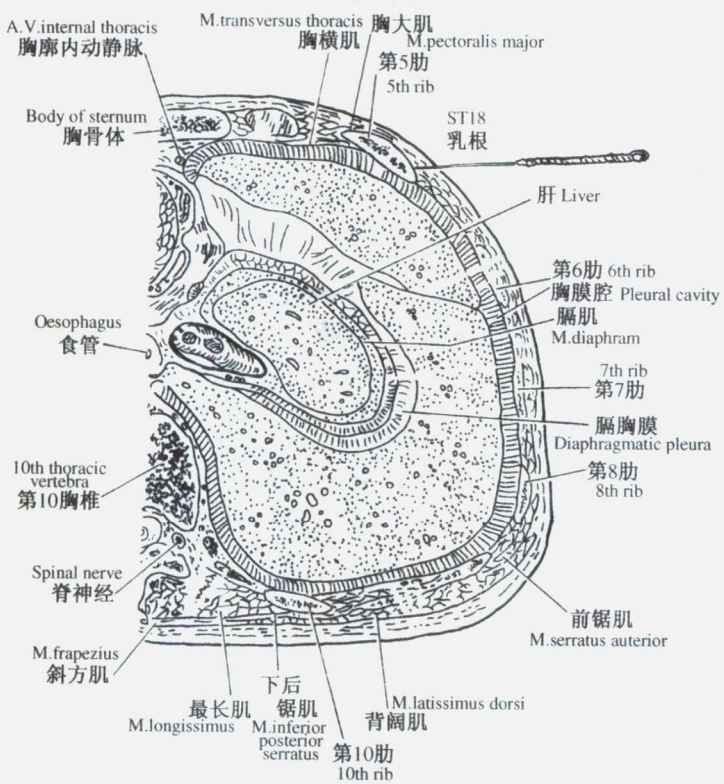


图61 乳根针法
Fig. 61 ST18 needling technique

Ⅲ. Chest

1. Quepen (ST12): at the center of the supraclavicular fossa, 4 cun lateral to the anterior midline (Fig. 60).

2. Qihu (ST13): on the top of the chest, directly below Quepen (ST12), on the inferior border of the clavicle, 4 cun lateral to the anterior midline (Fig. 60).

3. Kufang (ST14): on the chest, in the first intercostal space, 4 cun lateral to the anterior midline (Fig. 60).

4. Wuyi (ST15): on the chest, in the second intercostal space, 4 cun lateral to the anterior midline (Fig. 60).

5. Yingchuang (ST16): on the chest, in the third intercostal space, 4 cun lateral to the anterior midline (Fig. 60).

6. Ruzhong (ST17): on the chest, in the fourth intercostal space, at the center of the nipple, 4 cun lateral to the anterior midline (Fig. 60).

7. Rugen (ST18): on the chest, directly below the nipple in the depression of the mamillary groove, in the fifth intercostal space, 4 cun lateral to the anterior midline (Fig. 60).

Ⅳ. Abdomen

1. Burong (ST19): on the upper abdomen, 6 cun superior to the umbilicus, 2 cun lateral to the anterior midline (Fig. 62).

2. Chengman (ST20): on the upper abdomen, 5 cun superior to the umbilicus, 2 cun lateral to the anterior midline (Fig. 62).

3. Liangmen (ST21): on the upper abdomen, 4 cun superior to the umbilicus. 2 cun lateral to the anterior midline (Fig. 62).

4. Guanmen (ST22): on the upper abdomen, 3 cun superior to the umbilicus, 2 cun lateral to the anterior midline (Fig. 62).

5. Taiyi (ST23): on the upper abdomen, 2 cun superior to the umbilicus. 2 cun lateral to the anterior midline (Fig. 62).

4. 屋翳（ST15）：在胸部，当第2肋间隙，距前正中线4寸（图60）。

5. 膺窗（ST16）：在胸部，当第3肋间隙，距前正中线4寸（图60）。

6. 乳中（ST17）：在胸部，当第4肋间隙，乳头中央，距前正中线4寸（图60）。

7. 乳根（ST18）：在胸部，当乳头直下，乳房根部，第5肋间隙，距前正中线4寸（图60）。

四、腹 部

1. 不容（ST19）：在上腹部，当脐中上6寸，距前正中线2寸（图62）。

2. 承满（ST20）：在上腹部，当脐中上5寸，距前正中线2寸（图62）。

3. 梁门（ST21）：在上腹部，当脐中上4寸，距前正中线2寸（图62）。

4. 关门（ST22）：在上腹部，当脐中上3寸，距前正中线2寸（图62）。

5. 太乙（ST23）：在上腹部，当脐中上2寸，距前正中线2寸（图62）。

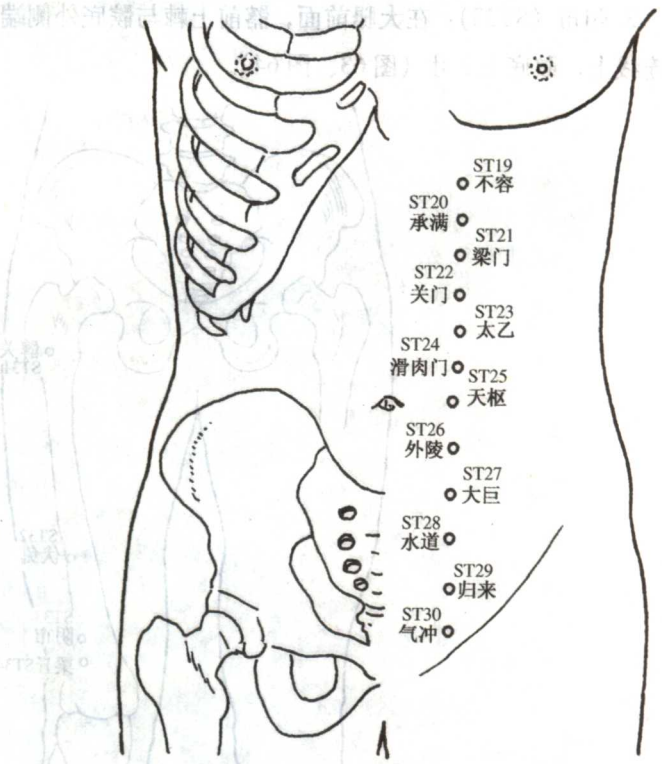


图62 胃经腹部经穴
Fig. 62 Points of the stomach channel on the abdomen

6. 滑肉门（ST24）：在上腹部，当脐中上1寸，距前正中线2寸（图62）。

7. 天枢（ST25）：在腹中部，距脐中2寸（图62）。

8. 外陵（ST26）：在下腹部，当脐中下1寸，距前正中线2寸（图62）。

9. 大巨（ST27）：在下腹部，当脐中下2寸，距前正中线2寸（图62）。

10. 水道（ST28）：在下腹部，当脐中下3寸，距前正中线2寸（图62）。

11. 归来（ST29）：在下腹部，当脐中下4寸，距前正中线2寸（图62）。

12. 气冲（ST30）：在腹股沟稍上方，当脐中下5寸，距前正中线2寸（图62）。

五、大腿部

1. 髀关（ST31）：在大腿前面，当髂前上棘与髌底外侧端连线上，屈股时，平会阴；直立时平臀横纹，居缝匠肌外侧凹陷处（图63、图64）。

2. 伏兔（ST32）：在大腿前面，当髂前上棘与髌底外侧端的连线上，髌底上6寸（图63、图64）。

3. 阴市（ST33）：在大腿前面，髂前上棘与髌底外侧端的连线上，髌底上3寸（图63、图64）。

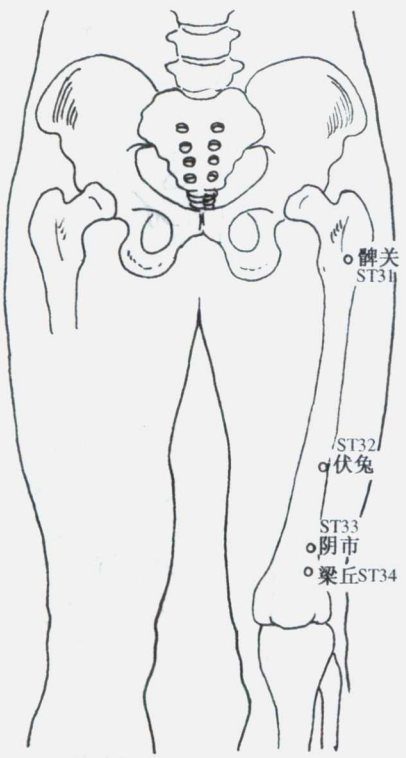


图63 胃经大腿部经穴一
Fig. 63 Points of the stomach channel on the thigh I

6. Huaroumen (ST24): on the upper abdomen, 1 cun superior to the umbilicus, 2 cun lateral to the anterior midline (Fig. 62).

7. Tianshu (ST25): in the middle of the abdomen, level with the umbilicus, 2 cun lateral to the anterior midline (Fig. 62).

8. Wailing (ST26): on the lower abdomen, 1 cun inferior to the umbilicus, 2 cun lateral to the anterior midline (Fig. 62).

9. Daju (ST27): on the lower abdomen, 2 cun inferior to the umbilicus, 2 cun lateral to the anterior midline (Fig. 62).

10. Shuidao (ST28): on the lower abdomen, 3 cun inferior to the umbilicus, 2 cun lateral to the anterior midline (Fig. 62).

11. Guilai (ST29): on the lower abdomen, 4 cun inferior to the umbilicus, 2 cun lateral to the anterior midline (Fig. 62).

12. Qichong (ST30): slightly superior to the inguinal groove, 5 cun inferior to the umbilicus, 2 cun lateral to the anterior midline (Fig. 62).

V. Thigh

1. Biguan (ST31): on the anterior side of the thigh, on the line connecting the anteriosuperior iliac spine and the superiolateral border of the patella; when the thigh is flexed, it is leveled with Huiyin (Ren1); when standing, the point at the same level as the lower border of pubic symphysis, in the depression lateral to the sartorius muscle (Fig. 63, Fig. 64).

2. Futu (ST32): point on the anterior side of the thigh, on the line connecting the anterior superior lilac spine and superiolateral border of the patella, 6 cun proximal the superiolateral border of the patella (Fig. 63, Fig. 64).

3. Yinshi (ST33): point on the anterior side of the thigh, on the line connecting the anterior superior lilac spine and superiolateral border of the patella, 3 cun proximal the

superiolateral border of the patella (Fig. 63, Fig. 64).

4. Liangqiu (ST34): with the knee flexed, point is located on the anterior side of the thigh, on the line connecting the anterior superior lilac spine and superiolateral border of the patella, 2 cun proximal the superiolateral border of the patella (Fig. 63, Fig. 64).

VI. Lower Leg

1. Dubi (ST35): with the knee flexed, the point is located on the knee, in the depression lateral to the patella and the patellar ligament (Fig. 65).

4. 梁丘（ST34）：屈膝，在大腿前面，当髂前上棘与髌底外侧端的连线上，髌底上2寸（图63、图64）。

六、小腿部

1. 犊鼻（ST35）：屈膝，在膝部，髌骨下缘与髌韧带外侧凹陷中（图65）。



图64 胃经大腿部经穴二
Fig. 64 Points of the stomach channel on the thigh Ⅱ

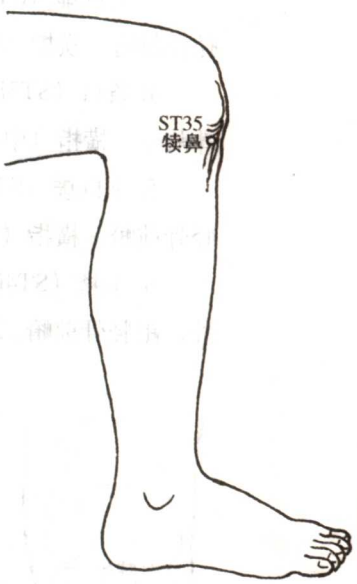


图65 犊鼻取穴
Fig. 65 Locating ST35



图66 犊鼻针法
Fig. 66 ST35 needling technique

2. 足三里（ST36）：在小腿前外侧，当犊鼻下3寸，距胫骨前缘一横指（中指）（图67）。

正坐屈膝垂足，本穴在胫骨粗隆外下缘直下1寸的地方（图68）。

正坐屈膝垂足，阳陵泉（胆经）下1寸，胫骨前嵴外一横指处（图69）。

正坐屈膝垂足，医者右手食指桡侧紧贴患者左腿胫骨前嵴，食指尖押在犊鼻穴处，食指尺侧根部是穴（图70）。

3. 上巨虚（ST37）：在小腿前外侧，当犊鼻下6寸，距胫骨前嵴一横指（中指）（图67）。

4. 条口（ST38）：在小腿前外侧，当犊鼻下8寸，距胫骨前嵴一横指（中指）（图67）。

5. 下巨虚（ST39）：在小腿前外侧，当犊鼻下9寸，距胫骨前嵴一横指（中指）（图67）。

6. 丰隆（ST40）：在小腿外侧，当外踝尖上8寸，条口外，距胫骨前嵴二横指（中指）（图67）。

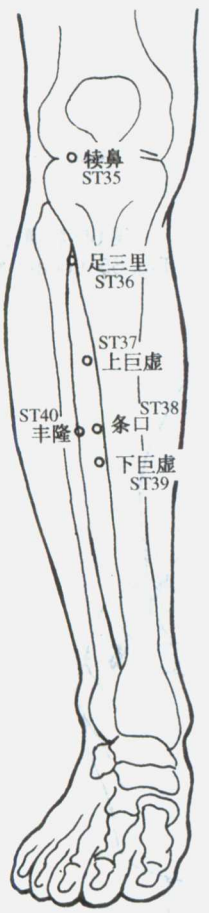


图67 胃经小腿部经穴
Fig. 67 Points of the stomach channel on the lower leg

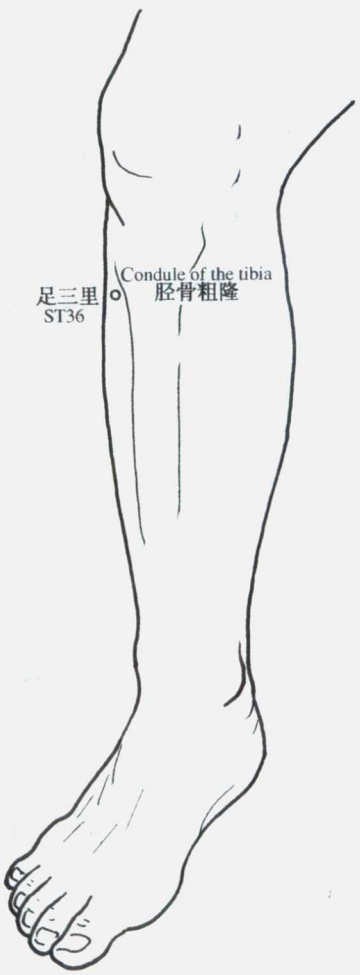


图68 足三里简便取法一
Fig. 68 Simple method for locating ST36 I

2. Zusanli (ST36): on the anteriolateral side of the lower leg, 3 cun inferior to Dubi (ST35), one finger breadth (middle finger) lateral to the anterior crest of the tibia (Fig. 67).

To locate the point: sit straight, with knee flexed, the point is located 1 cun inferior to the lateral condyle of the tibia (Fig. 68).

Sit straight, with knee flexed, 1 cun below Yanglingquan (GB34), 1 finger breadth lateral to the anterior crest of the tibia (Fig. 69).

While the subject sits straight, with knees flexed, the practitioner's right hand is placed on the subject's left knee, with the index finger aligned closely along the anterior crest of the tibia. The tip of the index finger is placed on Dubi, the point is below the ulnar side of the index finger (Fig. 70).

3. Shangjuxu (ST37): on the anteriolateral side of the lower leg, 6 cun inferior to Dubi(ST35), one finger breadth (middle finger) lateral to the anterior crest of the tibia (Fig. 67).

4. Tiaokou (ST38): on the anteriolateral side of the lower leg, 8 cun inferior to Dubi (ST35), one finger breadth (middle finger) lateral to the anterior crest of the tibia (Fig. 67).

5. Xiajuxu (ST39): on the anteriolateral side of the lower leg, 9 cun inferior to Dubi (ST35), one finger breadth (middle finger) lateral to the anterior crest of the tibia (Fig. 67).

6. Fenglong (ST40): on the anteriolateral side of the lower leg, 8 cun superior to the prominence of the lateral malleolus, lateral to Tiaokou (ST38), two finger breadths (middle finger) lateral to the anterior crest of the tibia (Fig. 67).

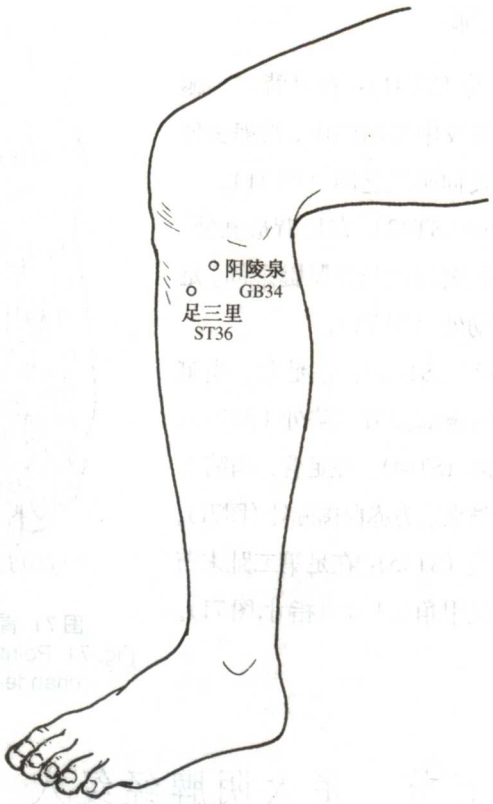


图 69 足三里简便取法二
Fig. 69 Simple method for locating ST36 Ⅱ

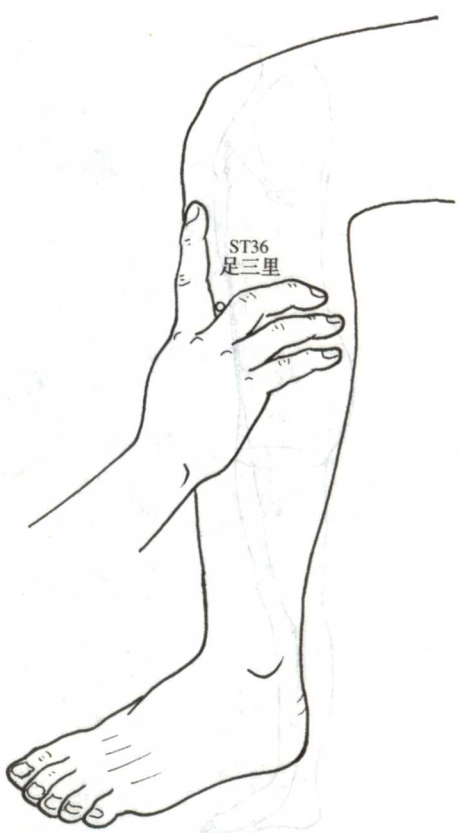


图 70 足三里简便取法三
Fig. 70 Simple method for locating ST36 Ⅲ

七、足 部

1. 解溪（ST41）：在足背与小腿交界处的横纹中央凹陷中，当跨长伸肌腱与趾长伸肌腱之间（图 71）。

2. 冲阳（ST42）：在足背最高处，当跨长伸肌腱与趾长伸肌腱之间，足背动脉搏动处（图 71）。

3. 陷谷（ST43）：在足背，当第2、3跖骨结合部前方凹陷处（图71）。

4. 内庭（ST44）：在足背，当第2、3趾间，趾蹼缘后方赤白肉际处（图71）。

5. 厉兑（ST45）：在足第二趾末节外侧，距趾甲角0.1寸（指寸,图 71）。

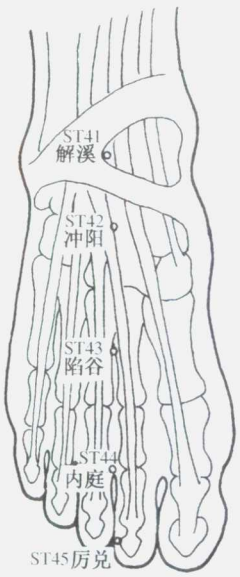


图 71 胃经足部经穴
Fig. 71 Points of the stomach channel on the foot

第五节 足太阴脾经经穴

足太阴脾经经穴概貌见图 72。



图 72 脾经经穴
Fig. 72 Points of the spleen channel of Foot-Taiyin overview

Ⅶ. Foot

1. Jiexi (ST41): midpoint of the dorsum of the foot at the transverse malleolus crease, in the depression between the tendons of extensor hallucis longus and extensor digitorum longus (Fig. 71).

2. Chongyang (ST42): highest point on the dorsum of the foot, between the tendons of extensor hallucis longus and extensor digitorum longus, where the pulsation of the dorsal artery of the foot is palpable (Fig. 71).

3. Xiangu (ST43): on the dorsum of the foot, in the depression distal to the junction of the second and third metatarsal bones (Fig. 71).

4. Neiting (ST44): on the dorsum of the foot, between the second and third toe, at the junction of the red and white skin, proximal to the margin of the web (Fig. 71).

5. Lidui (ST45): on the lateral side of the distal segment of the second toe, 0. 1 cun(finger measurement) proximal to the corner of the nail (Fig. 71).

Section Ⅴ. Points of the Spleen Channel of Foot-Taiyin

The points of the spleen channel of Foot-Taiyin overview see Fig. 72.

Ⅰ. Foot

1. Yinbai (SPl): on the medial side of the distal segment of the big toe, 0. 1 cun proximal to the corner of the nail (Fig. 73).

2. Dadu (SP2): on the medial aspect of the foot, in the depression distal and inferior to the first metatarso-phalangeal joint, at the junction of the red and white skin (Fig. 73, Fig. 74).

3. Taibai(SP3): on the medial aspect of the foot, in the depression proximal and inferior to the first metatarso-phalangeal joint, at the junction of the red and white skin (Fig. 73, Fig. 74).

4. Gongsun (SP4): on the medial aspect of the foot, anterior and inferior to the proximal end of the first metatarsal bone (Fig. 73, Fig. 74).

一、足 部

1. 隐白（SPl）：在足大趾末节内侧，距趾甲角0. 1寸（图73）。

2. 大都（SP2）：在足内侧缘，当第1跖趾关节前下方赤白肉际处（图73、图74）。

3. 太白（SP3）：在足内侧缘，当第1跖趾关节后下方赤白肉际凹陷处（图73、图74）。

4. 公孙（SP4）：在足内侧缘，当第1跖骨基底的前下方（图73、图74）。

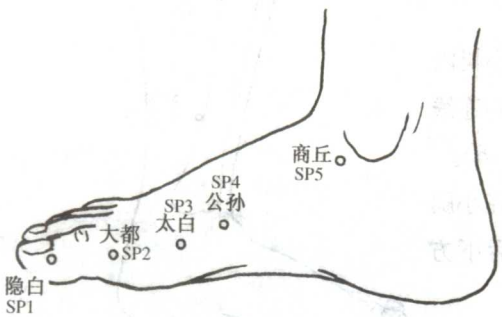


图73 脾经足部经穴一
Fig. 73 Points of the spleen channel on the foot Ⅰ

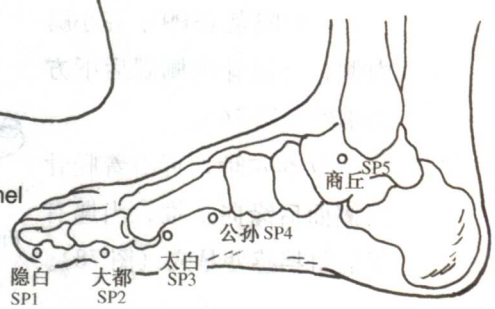


图74 脾经足部经穴二
Fig. 74 Points of the spleen channel on the foot Ⅱ

To locate the point, slide the finger proximally along the shaft of the first metatarsal bone until it reaches the base of the bone, at the junction of the red and white skin, approximately 1 cun inferior to Taibai(SP3)(Fig. 75).

When sliding the finger along the shaft of the first metatarsal bone, one should pay attention to the sensation beneath the finger, because the base of the first metatarsal bone is not as prominent as the medial cuneiform and the navicular. One can first find the medial cuneiform, the point is located 0. 5 cun posterior and anterior to it.

5. Shangqiu (SP5): in a depression distal and inferior to the medial malleolus, the mid point (Fig. 74).

取穴时，沿第1跖骨内侧向上方推至有阻挡感处，在第1跖骨基底部前下方赤白肉际处是穴，大约在太白穴后1寸处（图75）。

沿第1跖骨向上推时，须仔细体会指下的感觉，因第1跖骨基底部没有第1楔状骨和舟骨明显，可先找到第1楔状骨，再在其前下方0. 5寸左右处定取本穴。

5. 商丘（SP5）：在足内踝前下方凹陷中，当舟骨结节与内踝尖连线的中点处（图74）。

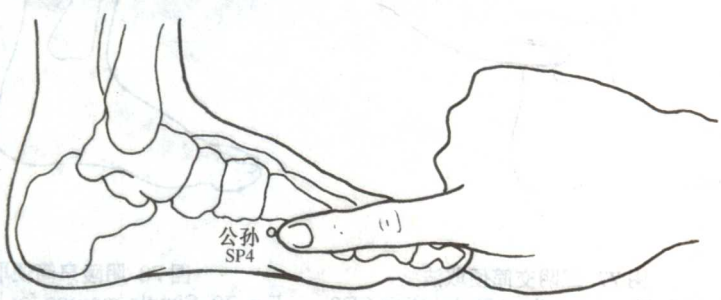


图75 公孙简便取法
Fig. 75 Simple method for locating SP4

二、小腿部

1. 三阴交（SP6）：在小腿内侧，当足内踝尖上3寸，胫骨内侧缘后方（图76）。

本穴在内踝高点上“一夫”，胫骨内侧面后缘处（图77）。

2. 漏谷（SP7）：在小腿内侧，当内踝尖与阴陵泉的连线上，距内踝尖6寸，胫骨内侧缘后方（图76）。

3. 地机（SP8）：在小腿内侧，当内踝尖与阴陵泉的连线上，阴陵泉下3寸（图76）。

4. 阴陵泉（SP9）：在小腿内侧，当胫骨内侧髁后下方凹陷处（图76）。

取本穴时，可沿着胫骨内侧面后缘向上推，当遇有明显阻挡感处是穴（图78）。

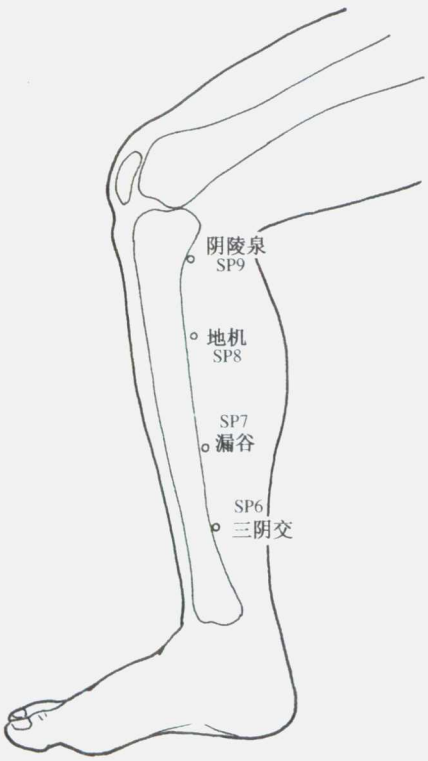


图76 脾经小腿部经穴
Fig. 76 Points of the spleen channel on the lower leg

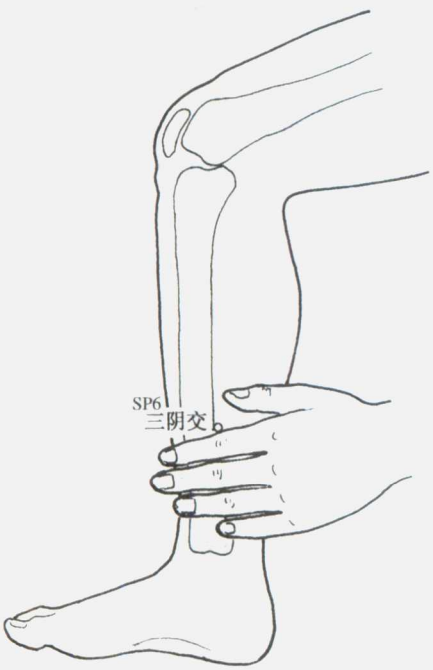


图77 三阴交简便取法
Fig. 77 Simple method for locating SP6



图78 阴陵泉简便取法
Fig. 78 Simple method for locating SP9

Ⅱ. Lower Leg

1. Sanyinjiao (SP6): on the medial side of the lower leg, 3 cun superior to the prominence of the medial malleolus, in the depression near the posterior border of the tibia (Fig. 76).

To locate this point: this point is most readily located one handbreadth superior to the prominence of the medial malleolus (Fig. 77).

2. Lougu (SP7): on the medial side of the lower leg, on the line connecting Yinlingquan (SP9) and medial malleolus, 6 cun superior to the prominence of the medial malleolus, near the posterior border of the tibia (Fig. 76).

3. Diji (SP8): on the medial side of the lower leg, on the line connecting Yinlingquan (SP9) and medial malleolus, 3 cun inferior to Yinlingquan (SP9) (Fig. 76).

4. Yinlingquan (SP9): on the medial side of the lower leg, in the depression posterior and inferior to the medial condyle of the tibia, level with the tuberosity of the tibia (Fig. 76).

To locate the point: slide the finger along the medial, posterior border of the tibia upward until it reaches the tibial condyle. The point is in the depression below (Fig. 78).

Ⅲ. Thigh

1. Xuehai (SP10): with the knee flexed, on the medial side of the thigh, 2 cun above the superior medial corner of the patella, on the prominence of the medial head of the quadriceps muscle (Fig. 79).

To locate the point: with the knee flexed, the practitioner places the right palm on the inferior border of the subject's left patella, with the fingers and thumb fully extended and the thumb at 45 degree to the index finger. The point is underneath the tip of the thumb (Fig. 80).

2. Jimen(SP11): on the medial side of the thigh,on the line connecting Xuehai (SP10) and Chongmen (SP12), and 6 cun above Xuehai (SP10) (Fig. 79).

三、大腿部

1. 血海（SP10）：屈膝，在大腿内侧，髌底内侧端上2寸，当股四头肌内侧头的隆起处（图79）。

屈膝，医者以左手掌心按于患者右膝髌骨上缘，二至五指向上伸直，拇指约成45°斜置，拇指尖下是穴（图80）。

2. 箕门（SP11）：在大腿内侧，当血海与冲门连线上，血海上6寸（图79）。

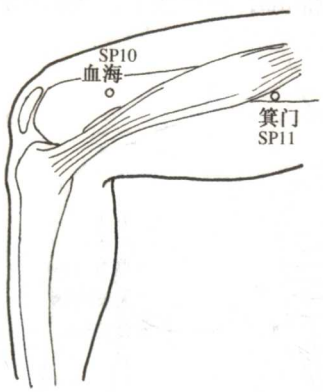


图79 脾经大腿部经穴
Fig. 79 Points of the spleen channel on the thigh



图80 血海简便取法
Fig. 80 Simple method for locating SP10

Ⅳ. Abdomen

1. Chongmen (SP12): at the lateral end of the inguinal groove, 3. 5 cun lateral to the mid point of the upper border of the symphysis pubis, lateral to the pulsating external iliac artery (Fig. 81).

2. Fushe (SP13): on the lower abdomen, 4 cun inferior to the center of the umbilicus, 0. 7 cun superior to Chongmen (SP12) (Fig. 81).

3. Fujie (SP14): on the lower abdomen, 1. 3 cun inferior to Daheng (SP15), and 4 cun lateral to the anterior midline (Fig. 81).

4. Daheng (SP15): on the middle abdomen, 4 cun lateral to the center of the umbilicus (Fig. 81).

5. Fuai (SP16): on the upper abdomen, 3 cun superior to the center of umbilicus and 4 cun lateral to the anterior midline (Fig. 81).

四、腹 部

1. 冲门（SP12）：在腹股沟外侧，距耻骨联合上缘中点3.5寸，当髂外动脉搏动处的外侧（图81）。

2. 府舍（SP13）：在下腹部，当腹中下4.3寸，冲门外上方0.7寸，距前正中线4寸（图81）。

3. 腹结（SP14）：在下腹部，大横下1.3寸，距前正中线4寸（图81）。

4. 大横（SP15）：在腹中部，乳头直下，平脐处（图81）。

5. 腹哀（SP16）：在上腹部，当脐中上3寸，距前正中线4寸（图81）。

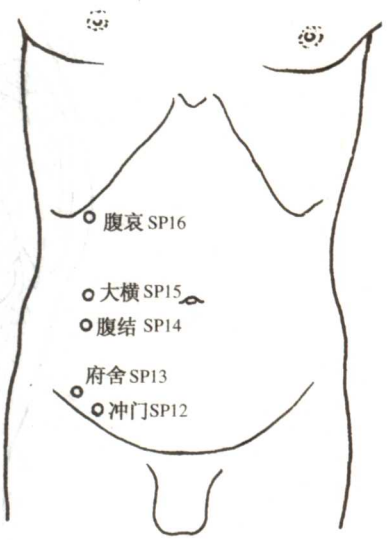


图81 脾经腹部经穴
Fig. 81 Points of the spleen channel on the abdomen

五、胸 部

1. 食窦（SP17）：在胸外侧部，当第5肋间隙，距前正中线6寸（图82、图83）。

2. 天溪（SP18）：在胸外侧部，当第4肋间隙，距前正中线6寸（图82、图83）。

3. 胸乡（SP19）：在胸外侧部，当第3肋间隙，距前正中线6寸（图82、图83）。

4. 周荣（SP20）：在胸外侧部，当第2肋间隙，距前正中线6寸（图82、图83）。

5. 大包（SP21）：在侧胸部，腋中线上，当第6肋间隙处（图83）。

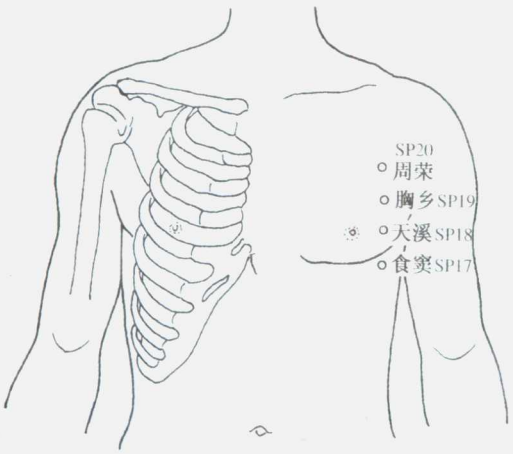


图82 脾经胸部经穴
Fig. 82 Points of the spleen channel on the chest

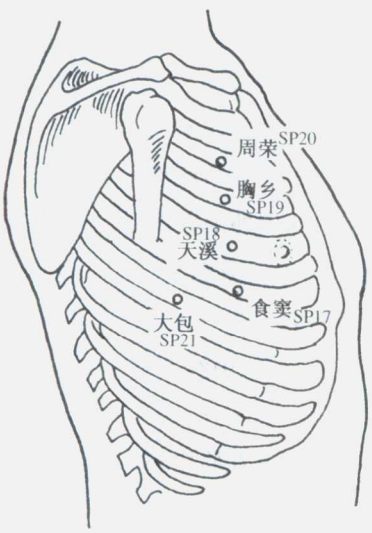


图83 脾经侧胸部腧穴
Fig. 83 Points of the spleen channel on the lateral side of the chest

V. Chest

1. Shidou (SP17): on the lateral side of the chest, in the fifth intercostal space, 6 cun lateral to the anterior midline (Fig. 82, Fig. 83).

2. Tianxi (SP18): on the lateral side of the chest, in the fourth intercostal space, 6 cun lateral to the anterior midline (Fig. 82, Fig. 83).

3. Xiongxiang (SP19): on the lateral side of the chest, in the third intercostal space, 6 cun lateral to the anterior midline (Fig. 82, Fig. 83).

4. Zhourong (SP20): on the lateral side of the chest, in the second intercostal space, 6 cun lateral to the anterior midline (Fig. 82, Fig. 83).

5. Dabao (SP21): on the lateral side of the chest, in the middle axillary line, in the sixth intercostal space (Fig. 83).

Section VI. Points of the Heart Channel of the Hand-Shaoyin

The points of the heart channel of the Hand-Shaoyin overview see Fig. 84.

第六节 手少阴心经经穴

手少阴心经经穴概貌见图 84。

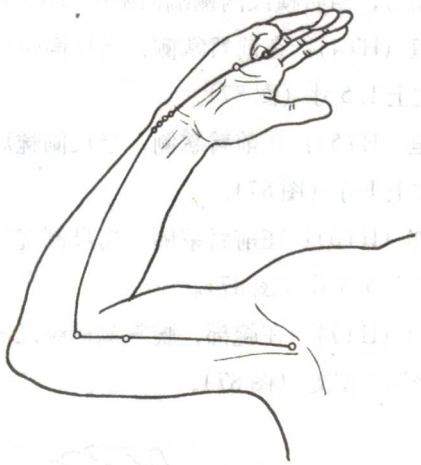


图 84 心经经穴
Fig. 84 Points of the heart channel of the Hand-Shaoyin overview

Ⅰ. Upper Arm

1. Jiquan (HT1): at the apex of the axillary fossa, where the pulsation of the axillary artery is palpable(Fig. 85).

2. Qingling (HT2): on the medial side of the arm, on the line connecting Jiquan (HT1) and Shaohai (HT3), 3 cun superior to the cubital crease, in the groove medial to the biceps muscle(Fig. 85).

一、上臂部

1. 极泉（HT1）：腋窝顶点，腋动脉搏动处（图 85）。

2. 青灵（HT2）：在臂内侧，当极泉与少海的连线上，肘横纹上 3 寸，肱二头肌的内侧沟中（图 85）。

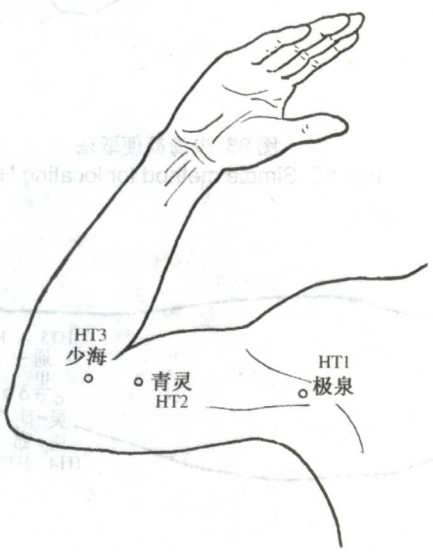


图 85 心经上臂部经穴
Fig. 85 Points of the heart channel on the upper arm

二、前臂部

1. 少海（HT3）：微屈肘，当曲泽与肱骨内上髁连线的中点处（图 85）。

尽量屈肘，当肘横纹内侧端凹陷中（图 86）。

2. 灵道（HT4）：在前臂掌侧，当尺侧腕屈肌腱的桡侧缘，腕横纹上 1. 5 寸（图 87）。

3. 通里（HT5）：在前臂掌侧，当尺侧腕屈肌腱的桡侧缘，腕横纹上 1 寸（图 87）。

4. 阴郄（HT6）：在前臂掌侧，当尺侧腕屈肌腱的桡侧缘，腕横纹上 0. 5 寸（图 87）。

5. 神门（HT7）：在腕部，腕掌侧横纹尺侧端，尺侧腕屈肌腱的桡侧凹陷处（图 87）。

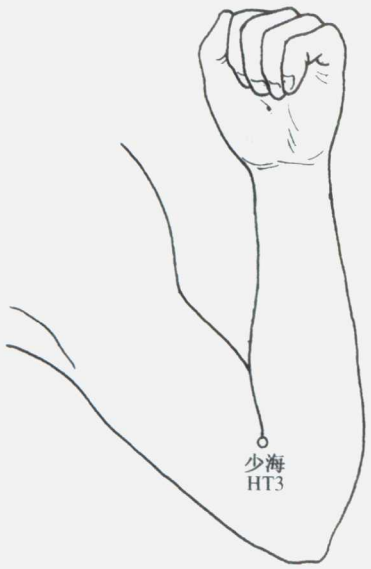


图 86 少海简便取法
Fig. 86 Simple method for locating HT3

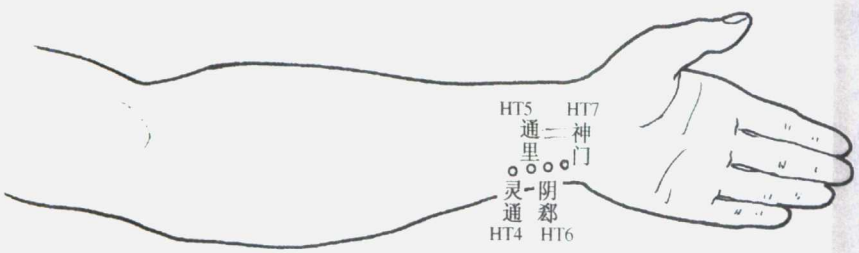


图 87 心经前臂部经穴
Fig. 87 Points of the heart channel on the forearm

Ⅱ. Forearm

1. Shaohai (HT3): with the elbow flexed, at the midpoint of the line connecting Quze (PC3) or the midpoint of the cubital crease and the medial epicondyle of the humerus (Fig. 85).

To locate the point: with the elbow fully flexed, the point is located in a depression at the medial end of the cubital crease (Fig. 86).

2. Lingdao (HT4): on the palmer side of the forearm, on the radial side of the tendon of the flexor carpi ulnaris, 1. 5 cun proximal to the wrist crease (Fig. 87).

3. Tongli (HT5): on the palmer side of the forearm, on the radial side of the tendon of the flexor carpi ulnaris, 1 cun proximal to the wrist crease (Fig. 87).

4. Yinxi (HT6): on the palmer side of the forearm, on the radial side of the tendon of the flexor carpi ulnaris, 0. 5 cun proximal to the wrist crease (Fig. 87).

5. Shenmen (HT7): at the wrist joint, on the radial side of flexor carpi ulnaris, in the depression at the proximal border of the pisiform bone (Fig. 87).

Ⅲ. Hand

1. Shaofu(HT8):on the palm, in the depression between the fourth and fifth metacarpal bones, where when a fist is made, the point is located underneath the tip of the little finger(Fig. 88, Fig. 89).

2. Shaochong(HT9):on the radial side of the little finger, 0. 1 cun proximal to the corner of the nail(Fig. 88).

三、手掌部

1. 少府（HT8）：在手掌面，第4、5掌骨之间，握拳时，当小指尖处（图88、图89）。

2. 少冲（HT9）：在手小指末节桡侧，距指甲角0. 1寸（指寸）（图88）。

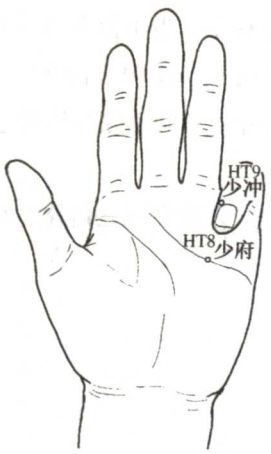


图88 心经手部经穴
Fig. 88 Points of the heart channel on the hand



图89 少府简便取法
Fig. 89 Simple method for locating HT8

Section Ⅶ. Points of the Small Intestine Channel of the Hand-Taiyang

The points of the small intestine channel of the Hand-Taiyang overview see Fig. 90.

第七节 手太阳小肠经经穴

手太阳小肠经经穴概貌见图90。

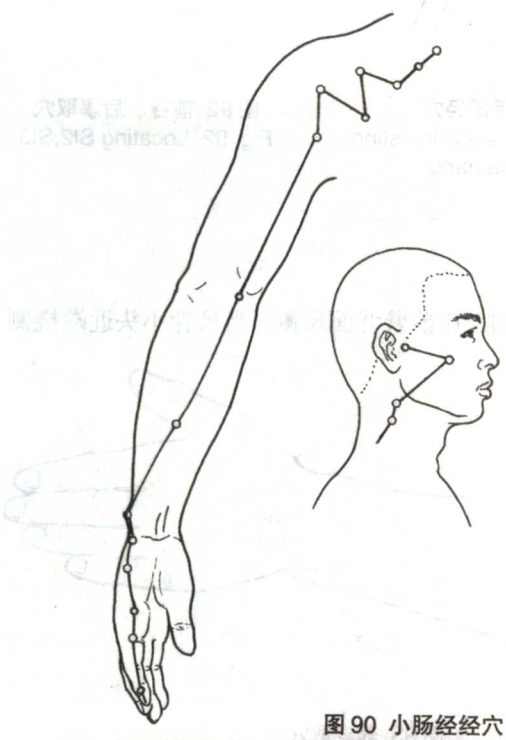


图90 小肠经经穴
Fig. 90 Points of the small intestine channel of the Hand-Taiyang

一、手 部

1. 少泽（SI1）：在手小指末节尺侧，距指甲根角0. 1寸（指寸）（图91）。

2. 前谷（SI2）：在手尺侧，微握拳，当小指本节（第5掌指关节）前的掌指横纹头赤白肉际（图91、图92）。

3. 后溪（SI3）：在手掌尺侧，微握拳，当小指本节（第5掌骨关节）后的远侧掌横纹头赤白肉际（图91、图92）。

4. 腕骨（SI4）：在手掌尺侧，当第5掌骨基底与钩骨之间的凹陷处赤白肉际（图91）。

5. 阳谷（SI5）：在手腕尺侧，当尺骨茎突与三角骨之间的凹陷处（图91）。

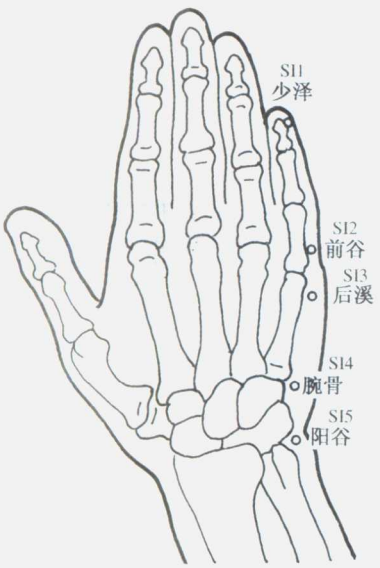


图91 小肠经手部经穴
Fig. 91 Points of the small intestine channel on the hand

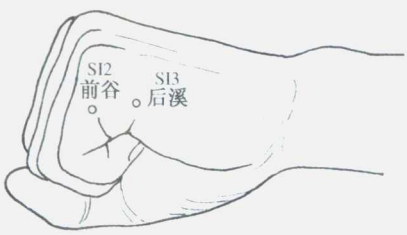


图92 前谷、后溪取穴
Fig. 92 Locating SI2,SI3

二、前臂部

1. 养老（SI6）：在前臂背面尺侧，当尺骨小头近端桡侧凹陷中（图93）。

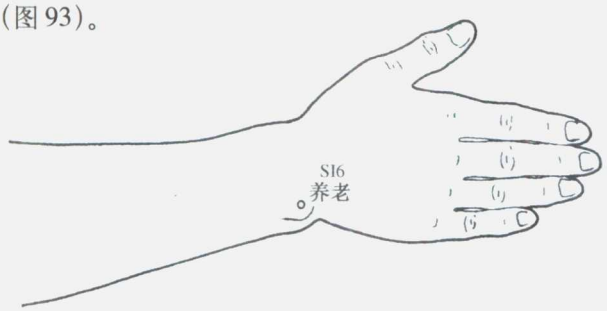


图93 养老取穴一
Fig. 93 Locating SI6 Ⅰ

Ⅰ. Hand

1. Shaoze (SI1): on the ulnar side of the little finger, 0. 1 cun proximal to the corner of the nail (Fig. 91).

2. Qiangu (SI2): on the ulnar side of the hand, in a depression anterior to the ulnar side of the fifth metacarpo-phalangeal joint. When a fist is formed, it is on the junction of the red and white skin of the transverse crease distal to the metacarpo-phalangeal joint (Fig. 91, Fig. 92).

3. Houxi (SI3): on the ulnar side of the hand, when the fist is formed, it is located at the end of the transverse crease proximal to the fifth metacarpo-phalangeal joint, on the junction of the red and white skin (Fig. 91, Fig. 92).

4. Wangu (SI4): on the ulnar side of the border of the palm, in a depression between the base of the fifth metacarpal bone and the hamate bone, on the junction of the red and white skin (Fig. 91).

5. Yanggu (SI5): on the ulnar side of the wrist in the depression between styloid process of the ulna and the triquetrial bone (Fig. 91).

Ⅱ. Forearm

1. Yanglao (SI6): on the ulnar side of the posterior surface of the forearm, in the depression proximal to and on the radial side of the head of the ulna (Fig. 93).

2. Zhizheng (SI7): on the ulnar side of the posterior surface of the forearm, on the line connecting Yanggu (SI5) and Xiaohai (SI8) , 5 cun proximal to the dorsal crease of the wrist (Fig. 95).

3. Xiaohai (SI8): on the medial side of the elbow, in the depression between the olecranon of the ulna and the medial epicondyle of the humerus (Fig. 95).

2. 支正（SI7）：在前臂背面尺侧，当阳谷与小海的连线上，腕背横纹上5寸（图95）。

3. 小海（SI8）：在肘外侧，当尺骨鹰突与肱骨内上髁之间凹陷处（图95）。

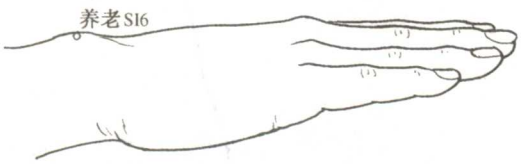


图94 养老取穴二
Fig. 94 Locating SI6 Ⅱ

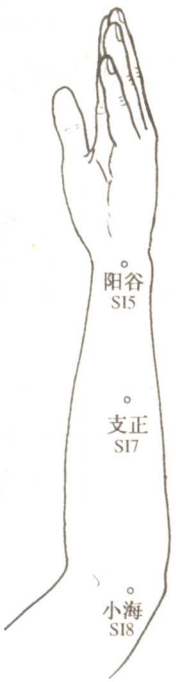


图95 小肠经前臂部经穴
Fig. 95 Points of the small intestine channel on the forearm

Ⅲ. Shoulder/Back

1. Jianzhen (SI9): on the shoulder, located posterior and inferior to the shoulder joint, 1 cun above the posterior end of the axillary fold with the arm adducted (Fig. 96).

2. Naoshu (SI10): on the shoulder, above the posterior end of the axillary fold, in the depression below the lower border of the scapular spine (Fig. 96).

3. Tianzong (SI11): on the scapula, in the depression of the center of the subscapular fossa. It is at the same level as the fourth thoracic vertebra (Fig. 96).

三、肩背部

1. 肩贞（SI9）：在肩关节后下方，臂内收时，肘后纹头上1寸（指寸）（图96）。

2. 臑俞（SI10）：在肩部，当腋后纹头直上，肩胛冈下缘凹陷中（图96）。

3. 天宗（SI11）：在肩胛部，当冈下窝中央凹陷处，与第4胸椎相平（图96）。

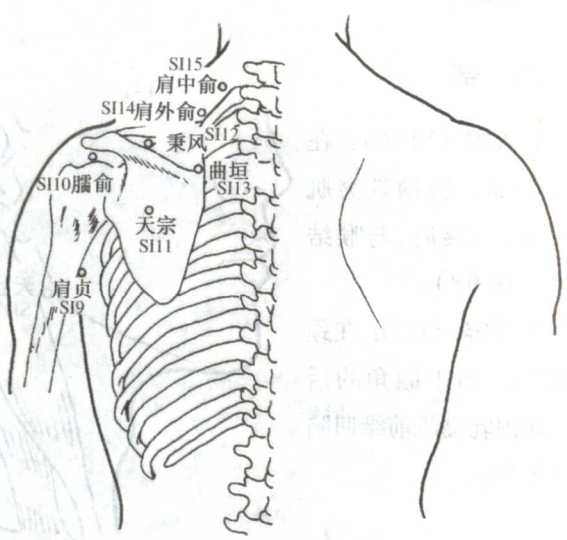


图96 小肠经肩背部经穴
Fig. 96 Points of the small intestine channel on the shoulder/back

本穴位于肩胛冈下缘的中点与肩胛下角连线的上1/3与中1/3交点处（图97）。

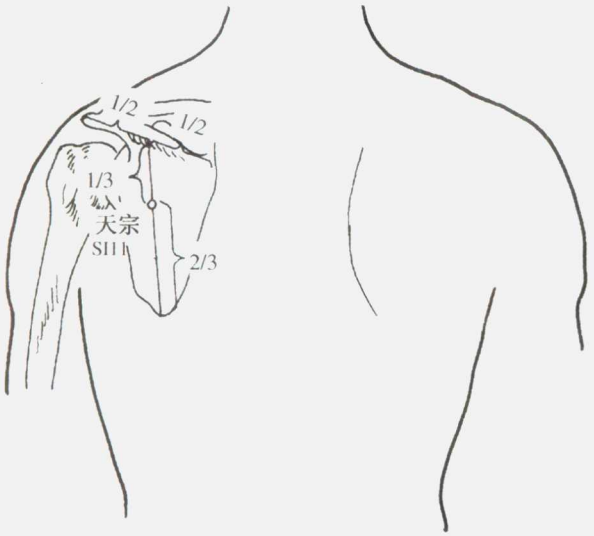


图97 天宗穴取法
Fig. 97 Locating SI11

4. 秉风（SI12）：在肩胛部，冈上窝中央，天宗直上，举臂有凹陷处（图96）。

5. 曲垣（SI13）：在肩胛部，冈上窝内侧端，当臑俞与第2胸椎棘突连线的中点处（图96）。

6. 肩外俞（SI14）：在背部，当第1胸椎棘突下，旁开3寸（图96）。

7. 肩中俞（SI15）：在背部，当第7颈椎棘突下，旁开2寸（图96）。

四、颈 部

1. 天窗（SI16）：在颈外侧部，胸锁乳突肌的后缘，扶突后，与喉结相平（图98）。

2. 天容（SI17）：在颈外侧部，当下颌角的后方，胸锁乳突肌前缘凹陷中（图98）。

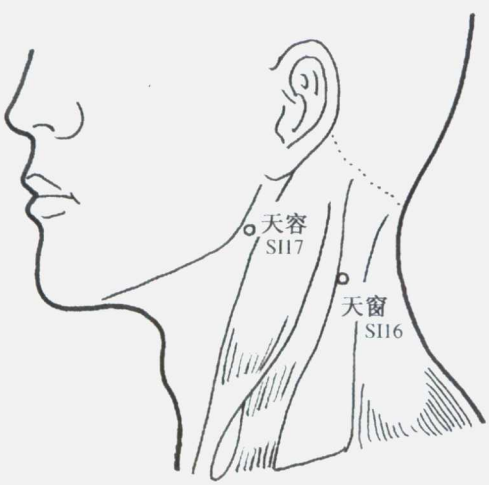


图98 小肠经颈部经穴
Fig. 98 Points of the small intestine channel on the neck

The point is located at a point 1/3 below the lower border of the scapular spine and 2/3 above the inferior angle of the scapula on the line between the lower border of the scapular spine and the inferior angle of the scapula (Fig. 97).

4. Bingfeng (SI12): on the scapula, in the center of the suprascapular fossa, level with the fourth thoracic vertebra. It is located in the depression found when the arm is abducted (Fig. 96).

5. Quyuan (SI13): on the scapula, on the medial end of the suprascapular fossa, at the midpoint of the line connecting Naoshu (SI10) and the spinous process of the 2nd thoracic vertebra (Fig. 96).

6. Jianwaishu (SI14): on the back, below the spinous process of the 1st thoracic vertebra, 3 cun lateral to the posterior midline (Fig. 96).

7. Jianzhongshu (SI15): on the back, below the spinous process of the 7th cervical vertebra, 2 cun lateral to the posterior midline (Fig. 96).

IV. Neck

1. Tianchuang (SI16) :on the lateral side of the neck, posterior to the sternocleidomastoid muscle and Futu (LI18) , on the level of the laryngeal protuberance (Fig.98).

2. Tianrong (SI17) :on the lateral side of the neck, posterior to the mandibular angle, in the depression at the anterior border of the sternocleidomastoid muscle (Fig. 98).

V. Head/Face

1. Quanliao (SI18): on the face, directly below the outer canthus, in the depression inferior to the zygomatic bone (Fig. 99).

2. Tinggong (SI19): on the face, anterior to the tragus and posterior to the mandibular condyloid process, in the depression found when the mouth is open (Fig. 100).

Needling Technique: with the mouth open, direct the needle slightly downward, needle 0. 5~1 cun perpendicularly (Fig. 101).

五、头面部

1. 颧髎(SI18)：在面部，当目外眦直下，颧骨下缘凹陷处（图 99）。

2. 听宫（SI19)：在面部，耳屏前，下颌骨髁状突的后方，张口时呈凹陷处（图 100）。

针刺方法（图101)：张口，针尖微向下，直刺0. 5~1寸。

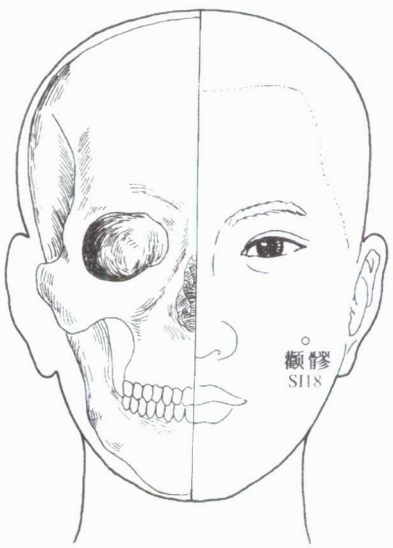


图 99 颧髎取穴
Fig. 99 Locating SI18

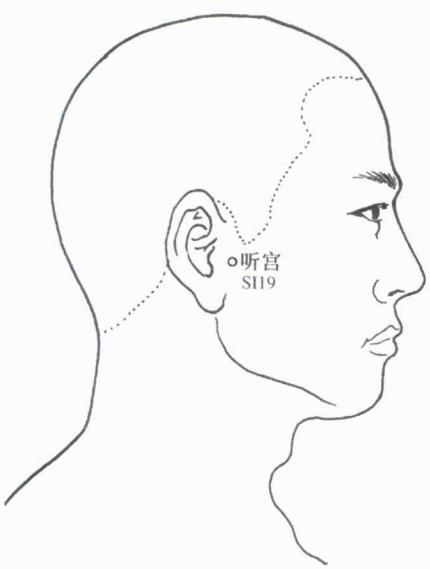


图 100 听宫取穴
Fig. 100 Locating SI19

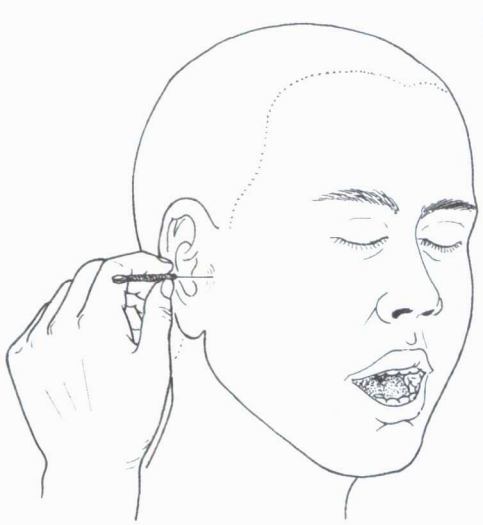


图 101 听宫针法
Fig. 101 SI19 needling technique

第八节 足太阳膀胱经经穴

足太阳膀胱经经穴概貌见图 102。

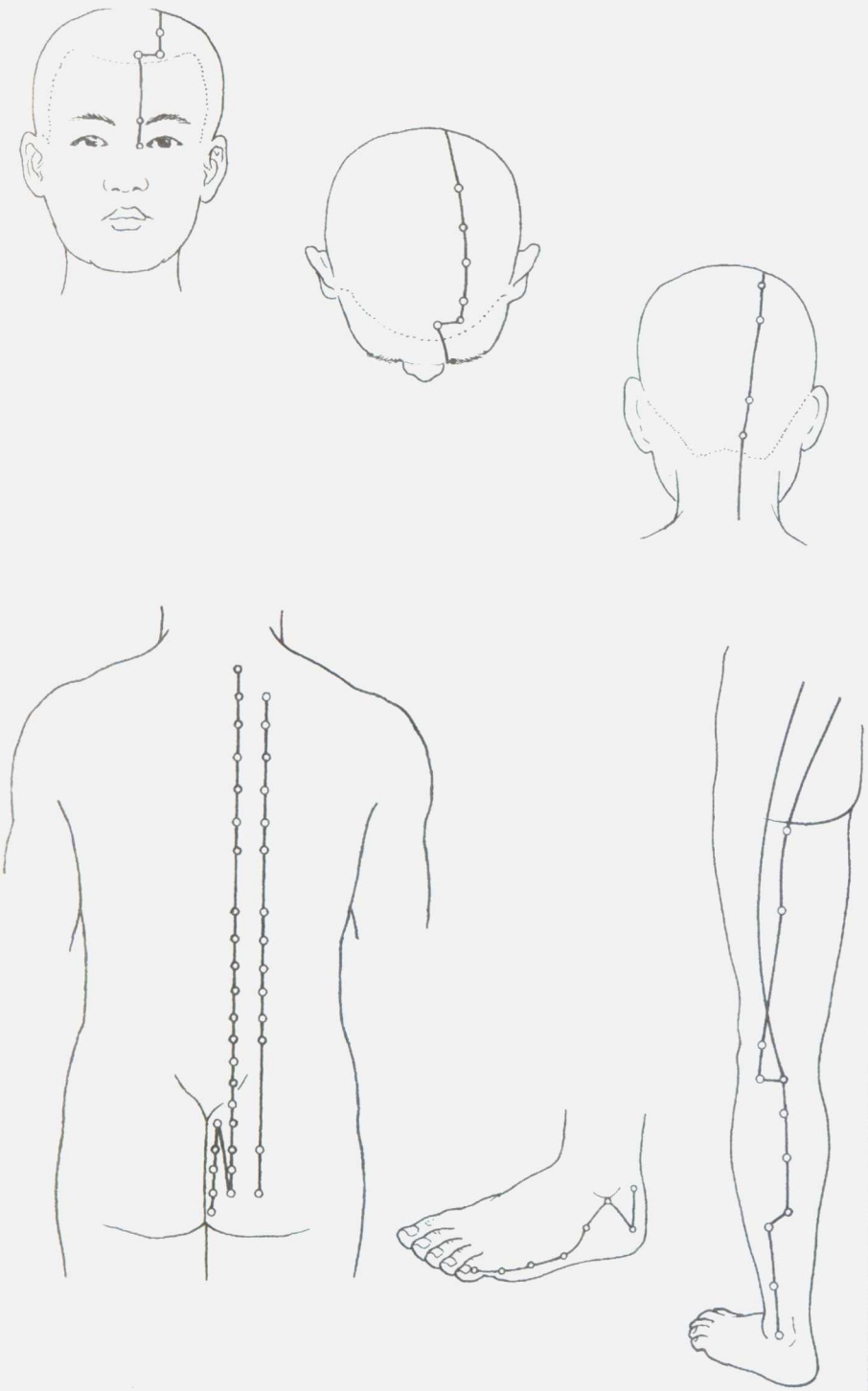


图 102 膀胱经经穴
Fig. 102 Points of the bladder channel of the Foot-Taiyang overview

Section Ⅷ. Points of the Bladder Channel of the Foot-Taiyang

The points of the bladder channel of the Foot-Taiyang overview see Fig. 102.

Ⅰ. Head/Face

1. Jingming (BL1): on the face, 0. 1 cun lateral and superior to the inner canthus, near the medial orbital border (Fig. 103).

The needling technique is similar to that applied to ST1, except inaddition ,the practitioner should press the patient's eyeball in the lateral and inferior direction .

2. Zanzhu (BL2): on the face, in the depression proximal to the medial end of the eyebrow, directly above the inner canthus (Fig. 103).

一、头面部

1. 睛明(BL1): 在面部,目内眦角稍上方凹陷处(图103)。

本穴的针刺操作方法参照“承泣穴”，不同的是医者应将患者的眼球压向外下方固定（图 104、图 105）。

2. 攒竹(BL2): 在面部,当眉头陷中,眶上切迹处(图103)。

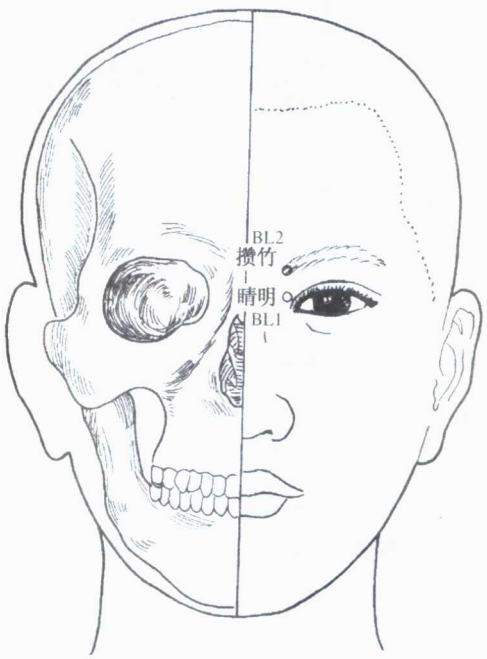


图 103 膀胱经面部经穴
Fig. 103 Points of the bladder channel on the face



图 104 睛明针法(体表)
Fig. 104 BL1 needling technique (surface view)

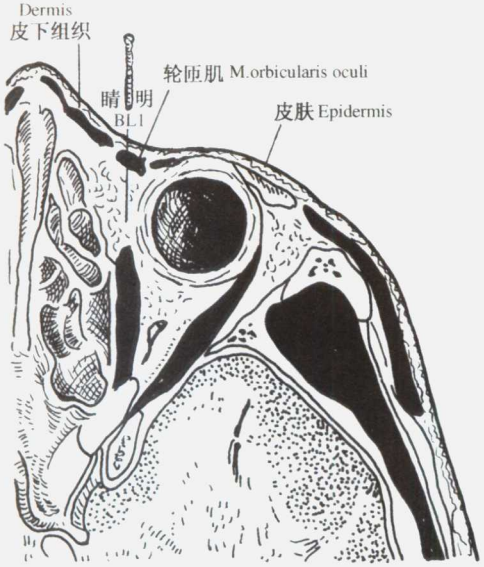


图 105 睛明针法(解剖)
Fig. 105 BL1 needling technique (anatomical view)

3. 眉冲（BL3）：在头部，当攒竹直上入发际0.5寸，神庭与曲差连线之间（图106）。

4. 曲差（BL4）：在头部，当前发际正中直上0.5寸，旁开1.5寸，即神庭与头维连线的内1/3与中1/3交点处(图106)。

5. 五处（BL5）：在头部，当前发际正中直上1寸，旁开1.5寸（图106）。

6. 承光（BL6）：在头部，当前发际正中直上2.5寸，旁开1.5寸（图107）。

7. 通天（BL7）：在头部，当前发际正中直上4寸，旁开1.5寸（图107）。

8. 络却（BL8）：在头部，当前发际正中直上5.5寸，旁开1.5寸（图107）。

9. 玉枕（BL9）：在后头部，当后发际正中直上2.5寸，旁开1.3寸，平枕外隆凸上缘的凹陷处（图108）。

10. 天柱（BL10）：在项部，大筋（斜方肌）外缘之后发际凹陷中，约当后发际正中旁开1.3寸（图108）。

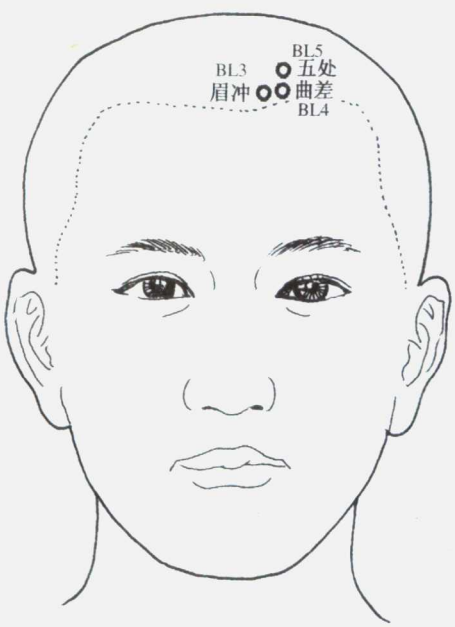


图 106 膀胱经前额部经穴
Fig. 106 Points of the bladder channel on the forehead

3. Meichong (BL3): on the head, directly above Cuanzhu (BL2) , 0. 5 cun above the anterior hairline, located on a line connecting Shenting (DU24) and Qucha (BL4) (Fig. 106).

4. Qucha (BL4): on the head, 0. 5 cun above the anterior hairline, 1. 5 cun lateral to Shenting, 1/3 of the distance between Shenting (DU24) and Touwei (ST8) (Fig. 106).

5. Wuchu (BL5): on the head, 1 cun directly above the midpoint of the anterior hairline and 1. 5 cun lateral to the midline (Fig. 106).

6. Chengguang (BL6): on the head, 2. 5 cun directly above the midpoint of the anterior hairline and 1. 5 lateral to the midline (Fig. 107).

7. Tongtian (BL7): on the head, 4 cun directly above the midpoint of the anterior hairline, and 1. 5 lateral to the midline (Fig. 107).

8. Luoque (BL8): on the head, 5. 5 cun directly above the midpoint of the anterior hairline, and 1. 5 cun lateral to the midline (Fig. 107).

9. Yuzhen (BL9): on the occiput, 2. 5 cun directly above the midpoint of the posterior hairline and 1. 3 cun lateral to the

midline, in the depression on the level of the upper border of the external occipital protuberance (Fig. 108).

10. Tianzhu (BL10): on the nape, in the depression of the lateral border of the trapezius muscle and 1. 3 cun lateral to the midpoint of the posterior hairline (Fig. 108).

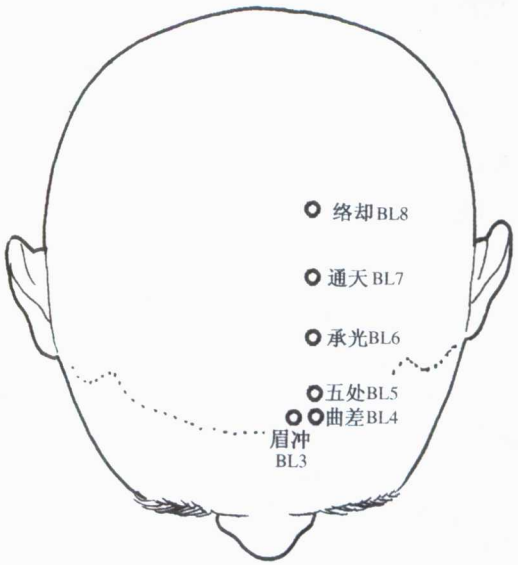


图 107 膀胱经头顶部经穴
Fig. 107 Points of the bladder channel on the superior aspect of the head

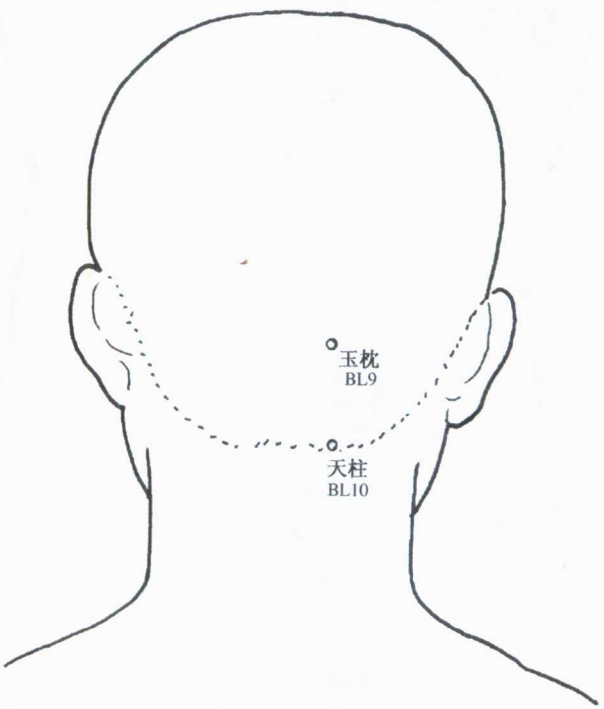


图 108 膀胱经项部经穴
Fig. 108 Points of the bladder channel on the occiput and nape

二、背腰部

1. 大杼（BL11）：在背部，当第1胸椎棘突下，旁开1.5寸（图109）。

2. 风门（BL12）：在背部，当第2胸椎棘突下，旁开1.5寸（图109）。

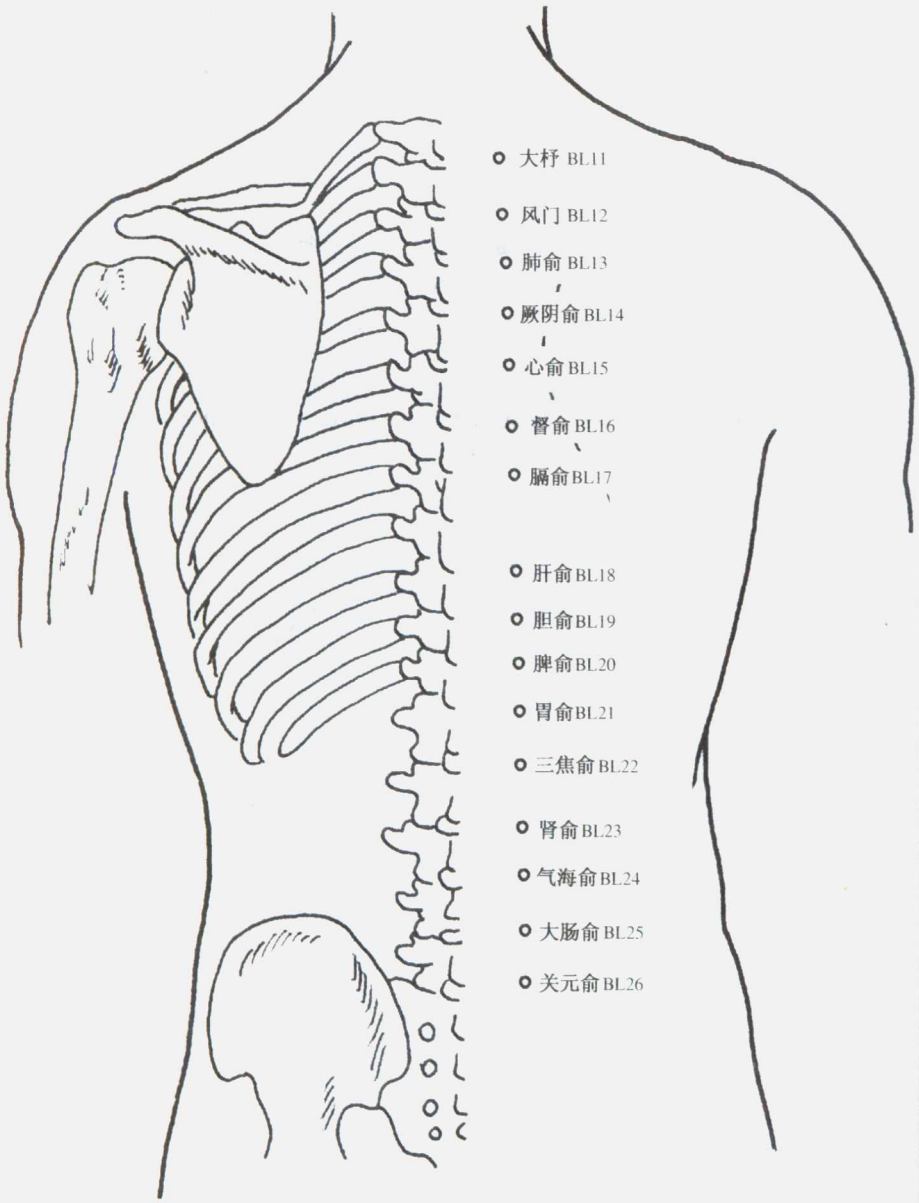


图109 膀胱经背腰部第一侧线经穴
Fig. 109 Points of the 1st lateral line of the bladder channel on the back/lumbar

针刺方法（图110）：斜刺0.5~0.8寸。

背部第10胸椎棘突以上的腧穴，因穴下有肺脏，针刺时只能向内侧或者向下斜刺，此方向肌肉较丰厚，较为安全。而直刺和向外斜刺容易刺穿胸壁，造成气胸。针刺的角度，

Ⅱ. Back/Lumbar

1. Dazhu (BL11): on the back, below the spinous process of the first thoracic vertebra (T1), 1. 5 cun lateral to the posterior midline (Fig. 109).

2. Fengmen (BL12): on the back, below the spinous process of the second thoracic vertebra (T2), 1. 5 cun lateral to the posterior midline (Fig. 109).

Needling technique (see Fig. 110): Puncture obliquely 0.5 ~ 0.8 cun.

When needling points located superior to the 10th thoracic vertebra on the back, one should always insert the needle toward the medial aspect or obliquely toward the inferior aspect .The angle of insertion between the skin and the needle should not be greater than 25°. Inserting the needle perpendicularly or obliquely toward the lateral aspect may puncture the chest wall,causing pneumothorax. Additionally,because of the movement of the rib cage during breathing ,needles inserted perpendicular and too deep may cause damage to the lung .Therefore, perpendicular insertion should be avoided for points on the back.

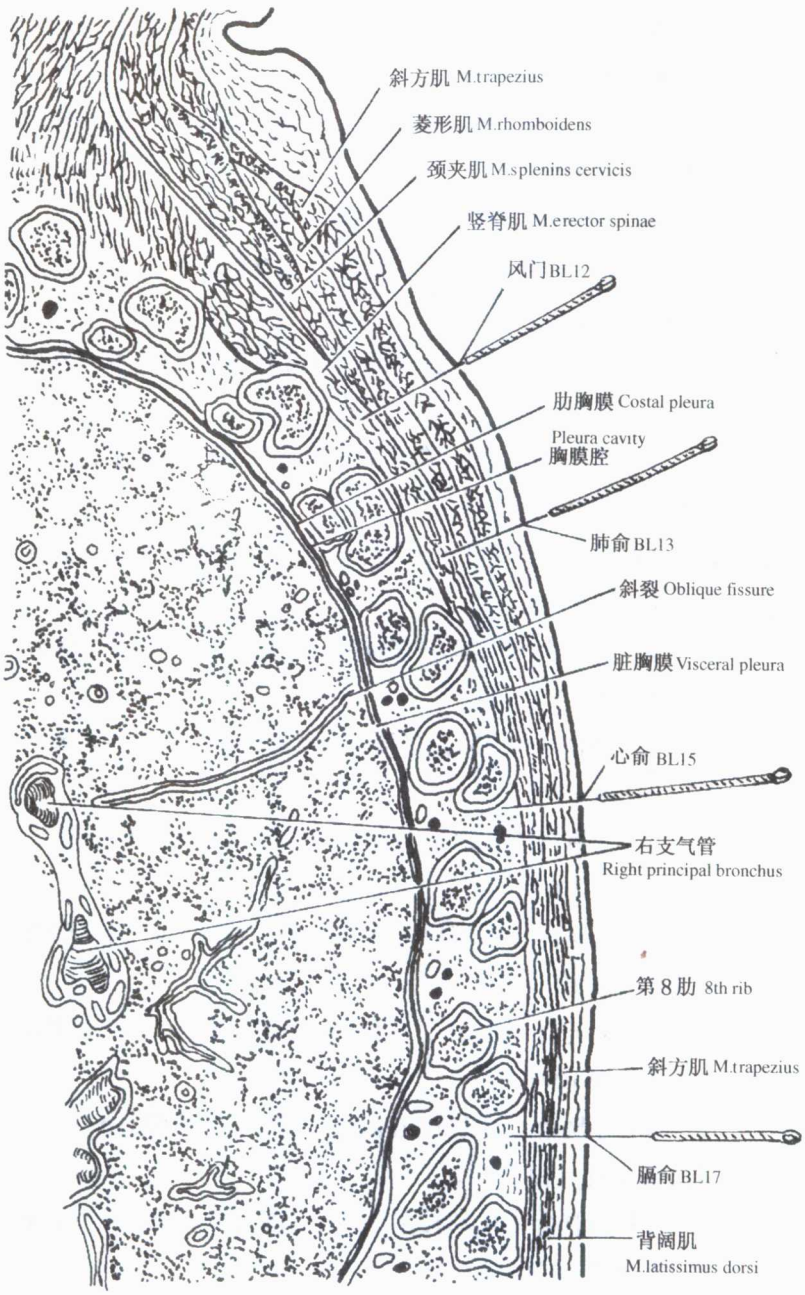


图 110 膀胱经背部经穴针法
Fig. 110 Points of the bladder channel on the back needling technique

3. Feishu (BL13): on the back, below the spinous process of the third thoracic vertebra (T3), 1. 5 cun lateral to the posterior midline (Fig. 109).

4. Jueyinshu (BL14): on the back, below the spinous process of the fourth thoracic vertebra (T4), 1. 5 cun lateral to the posterior midline (Fig. 109).

5. Xinshu (BL15): on the back, below the spinous process of the fifth thoracic vertebra (T5), 1. 5 cun lateral to the posterior midline (Fig. 109).

以针与皮肤夹角不大于25°较为安全。另外，直刺也有可能因胸廓的呼吸运动，将针向内挤压而伤及肺脏，故背部腧穴切忌直刺、深刺。

3. 肺俞（BL13）：在背部，当第3胸椎棘突下，旁开1.5寸（图109）。

4. 厥阴俞（BL14）：在背部，当第4胸椎棘突下，旁开1.5寸（图109）。

5. 心俞（BL15）：在背部，当第5胸椎棘突下，旁开1.5寸（图109）。

6. 督俞（BL16）：在背部，当第6胸椎棘突下，旁开1.5寸（图109）。

7. 膈俞（BL17）：在背部，当第7胸椎棘突下，旁开1.5寸（图109）。

本穴约平两肩胛下角的连线。

8. 肝俞（BL18）：在背部，当第9胸椎棘突下，旁开1.5寸（图109）。

9. 胆俞（BL19）：在背部，当第10胸椎棘突下，旁开1.5寸（图109）。

10. 脾俞（BL20）：在背部，当第11胸椎棘突下，旁开1.5寸（图109）。

11. 胃俞（BL21）：在背部，当第12胸椎棘突下，旁开1.5寸（图109）。

12. 三焦俞（BL22）：在腰部，当第1腰椎棘突下，旁开1.5寸（图109）。

13. 肾俞（BL23）：在腰部，当第2腰椎棘突下，旁开1.5寸（图109）。

14. 气海俞（BL24）：在腰部，当第3腰椎棘突下，旁开1.5寸（图109）。

15. 大肠俞（BL25）：在腰部，当第4腰椎棘突下，旁开1.5寸（图109）。

16. 关元俞（BL26）：在腰部，当第5腰椎棘突下，旁开1.5寸（图109）。

17. 小肠俞（BL27）：在骶部，当骶正中嵴旁1.5寸，平第1骶后孔（图111）。

18. 膀胱俞（BL28）：在骶部，当骶正中嵴旁1.5寸，平第2骶后孔（图111）。

19. 中膂俞（BL29）：在骶部，当骶正中嵴旁1.5寸，平第3骶后孔（图111）。

20. 白环俞（BL30）：在骶部，当骶正中嵴旁1.5寸，平第4骶后孔（图111）。

21. 上髎（BL31）：在骶部，当髂后上棘与后正中线之间，适对第1骶后孔处（图111、图112）。

针刺方法（图113）：因第1骶后孔并非直对体表，而是稍向内下方偏斜。故针刺此穴时，针尖应稍向内下，即向耻骨联合方向，针刺深度可以达1～2寸,方可透过第1骶后孔通向骶前孔达骨盆腔，而次髎、中髎、下髎直刺1～2寸即可。

22. 次髎(BL32)：在骶部，当髂后上棘与后正中线之间，适对第2骶后孔处（图111、图112）。

6. Dushu (BL16): on the back, below the spinous process of the sixth thoracic vertebra (T6) , 1. 5 cun lateral to the posterior midline (Fig. 109).

7. Geshu (BL17): on the back, below the spinous process of the seventh thoracic vertebra (T7) , 1. 5 cun lateral to the posterior midline (Fig. 109).

This point is at the same level as the line connecting both inferior angles of the scapula.

8. Ganshu (BL18): on the back, below the spinous process of the ninth thoracic vertebra (T9) , 1. 5 cun lateral to the posterior midline (Fig. 109).

9. Danshu (BL19): on the back, below the spinous process of the tenth thoracic vertebra (T10) , 1. 5 cun lateral to the posterior midline (Fig. 109).

10. Pishu (BL20): on the back, below the spinous process of the eleventh thoracic vertebra (T11) , 1. 5 cun lateral to the posterior midline (Fig. 109).

11. Weishu (BL21): on the back, below the spinous process of the twelfth thoracic vertebra (T12) , 1. 5 cun lateral to the posterior midline (Fig. 109).

12. Sanjiaoshu (BL22): on the lower back, below the spinous process of the first lumbar vertebra (L1) , 1. 5 cun lateral to the posterior midline (Fig. 109).

13. Shenshu (BL23): on the lower back, below the spinous process of the second lumbar vertebra (L2) , 1.5 cun lateral to the posterior midline (Fig. 109).

14. Qihaishu (BL24): on the lower back, below the spinous process of the third lumbar vertebra (L3) , 1. 5 cun lateral to the posterior midline (Fig. 109).

15. Dachangshu (BL25): on the lower back, below the spinous process of the fourth lumbar vertebra (L4) , 1. 5 cun lateral to the posterior midline (Fig. 109).

16. Guanyuanshu (BL26): on the lower back, below the spinous process of the fifth lumbar vertebra (L5) , 1. 5 cun lateral to the posterior midline (Fig. 109).

17. Xiaochangshu (BL27): on the sacrum, 1. 5 cun lateral to the median sacral crest, on the level of the first posterior sacral foramen (Fig. 111).

18. Pangguangshu (BL28): on the sacrum, 1. 5 cun lateral to the median sacral crest, on the level of the second posterior sacral foramen (Fig. 111).

19. Zhonglushu (BL29): on the sacrum, 1. 5 cun lateral to the median sacral crest, on the level of the third posterior sacral foramen (Fig. 111).

20. Baihuanshu (BL30): on the sacrum, 1. 5 cun lateral to the median sacral crest, on the level of the fourth posterior sacral foramen (Fig. 111).

21. Shangliao (BL31): on the sacrum, midpoint between the posteriorsuperior iliac spine and the posterior midline, at the first posterior sacral foramen (Fig. 111, Fig. 112).

Needling technique (see Fig.113)

The first posterior sacral foramen is angled slightly toward the medial and inferior aspect of the body surface .Thus,when needling this point,the tip of the needle should be pointing medially and inferiorly toward the direction of the pubic symphysis .The depth of needling should be 1~2 cun in order to puncture through the first posterior sacral foramen toward the pelvis.

For BL32,BL33 and BL34, the depth of needle insertion should be 1~2 cun.

22. Ciliao (BL32): on the sacrum, midpoint between the posteriorsuperior iliac spine and the posterior midline, at the second posterior sacral foramen (Fig. 111, Fig. 112).

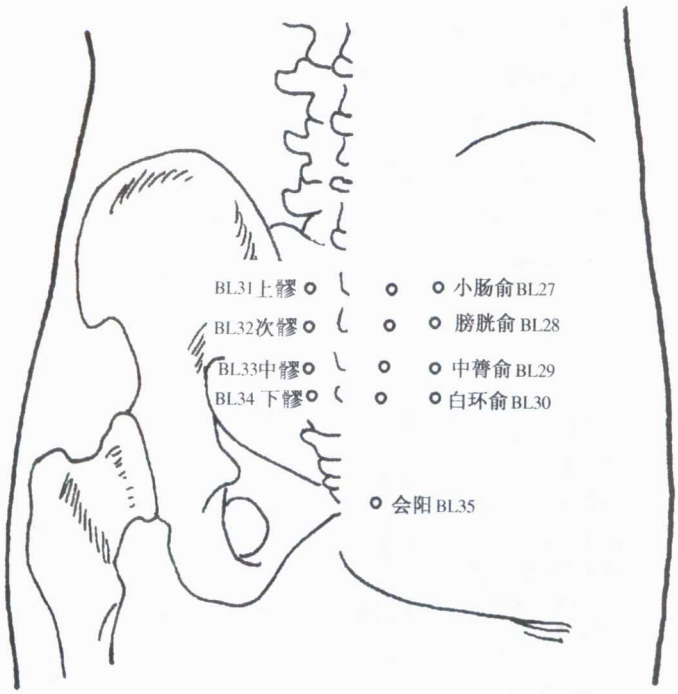


图 111 膀胱经骶部经穴
Fig. 111 Points of the bladder channel on the sacral region

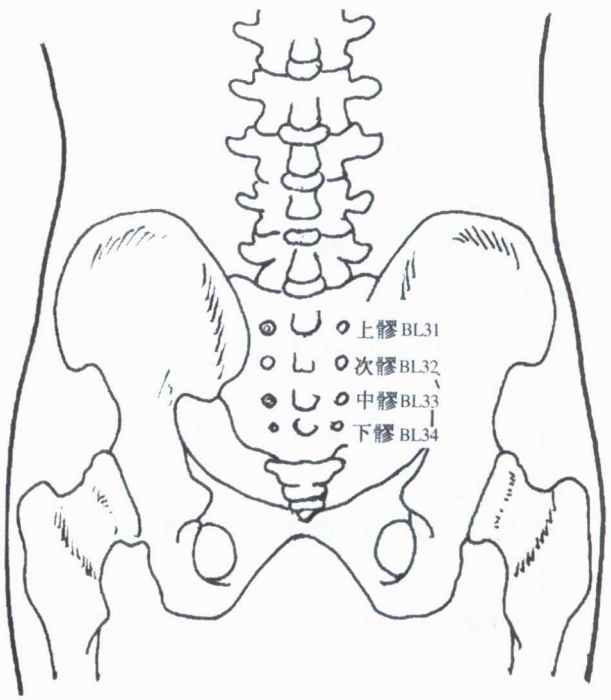


图 112 上、次、中、下髎取穴
Fig. 112 Locating BL31,BL32, BL33,BL34

23. 中髎（BL33）：在骶部，当次髎下内方，适对第3骶后孔处（图111、图112）。

24. 下髎（BL34）：在骶部，当中髎下内方，适对第四骶后孔处（图111、图112）。

25. 会阳（BL35）：在骶部，尾骨旁开0.5寸（图111）。

26. 附分（BL41）：在背部，当第2胸椎棘突下，旁开3寸（图114）。

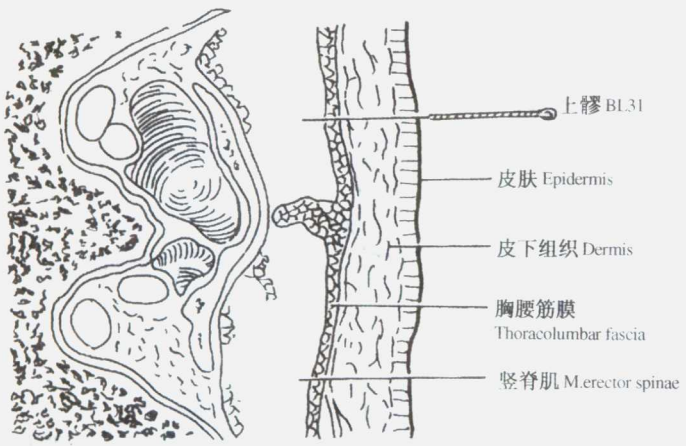


图113 上髎针法
Fig. 113 BL31 needling technique

27. 魄户（BL42）：在背部，当第3胸椎棘突下，旁开3寸（图114）。

28. 膏肓（BL43）：在背部，当第4胸椎棘突下，旁开3寸（图114）。

29. 神堂（BL44）：在背部，当第5胸椎棘突下，旁开3寸（图114）。

30. 谚语（BL45）：在背部，当第6胸椎棘突下，旁开3寸（图114）。

31. 膈关（BL46）：在背部，当第7胸椎棘突下，旁开3寸（图114）。

32. 魂门（BL47）：在背部，当第9胸椎棘突下，旁开3寸（图114）。

33. 阳纲（BL48）：在背部，当第10胸椎棘突下，旁开3寸（图114）。

34. 意舍（BL49）：在背部，当第11胸椎棘突下，旁开3寸（图114）。

35. 胃仓（BL50）：在背部，当第12胸椎棘突下，旁开3寸（图114）。

23. Zhongliao (BL33): on the sacrum, medial and inferior to Ciliao (BL32), at the third posterior sacral foramen (Fig. 111, Fig. 112).

24. Xialiao (BL34): on the sacrum, medial and inferior to Zhongliao (BL33), at the fourth posterior sacral foramen (Fig. 111, Fig. 112).

25. Huiyang (BL35): on the sacrum, 0. 5 cun lateral to the tip of the coccyx (Fig. 111).

26. Fufen (BL41): on the back, below the spinous process of the second thoracic vertebra (T2), 3 cun lateral to the posterior midline (Fig. 114).

27. Pohu (BL42): on the back, below the spinous process of the third thoracic vertebra (T3), 3 cun lateral to the posterior midline (Fig. 114).

28. Gaohuang (BL43): on the back, below the spinous process of the fourth thoracic vertebra (T4), 3 cun lateral to the posterior midline (Fig. 114).

29. Shentang (BL44): on the back, below the spinous process of the fifth thoracic vertebra (T5), 3 cun lateral to the posterior midline (Fig. 114).

30. Yixi (BL45): on the back, below the spinous process of the sixth thoracic vertebra (T6), 3 cun lateral to the posterior midline (Fig. 114).

31. Geguan (BL46): on the back, below the spinous process of the seventh thoracic vertebra (T7), 3 cun lateral to the posterior midline (Fig. 114).

32. Hunmen (BL47): on the back, below the spinous process of the ninth thoracic vertebra (T9), 3 cun lateral to the posterior midline (Fig. 114).

33. Yanggang (BL48): on the back, below the spinous process of the tenth thoracic vertebra (T10), 3 cun lateral to the posterior midline (Fig. 114).

34. Yishe (BL49): on the back, below the spinous process of the eleventh thoracic vertebra (T11), 3 cun lateral to the posterior midline (Fig. 114).

35. Weicang(BL50): on the back, below the spinous process of the twelfth thoracic vertebra (T12), 3 cun lateral to the posterior midline (Fig. 114).

36. Huangmen (BL51): on the lower back, below the spinous process of the first lumbar vertebra (L1), 3 cun lateral to the posterior midline (Fig. 114).

37. Zhishi (BL52): on the lower back, below the spinous process of the second lumbar vertebra (L2), 3 cun lateral to the posterior midline (Fig. 114).

38. Baohuang (BL53): on the buttock, at the same level as the second posterior sacral foramen, 3 cun lateral to the median sacral crest (Fig. 114).

39. Zhibian (BL54): on the buttock, at the same level as the fourth posterior sacral foramen, 3 cun lateral to the median sacral crest (Fig. 114).

36. 肓门（BL51）：在腰部，当第1腰椎棘突下，旁开3寸（图114）。

37. 志室（BL52）：在腰部，当第2腰椎棘突下，旁开3寸（图114）。

38. 胞肓（BL53）：在臀部，平第2骶后孔，骶中嵴旁开3寸（图114）。

39. 秩边（BL54）：在臀部，平第4骶后孔，骶中嵴旁开3寸（图114）。

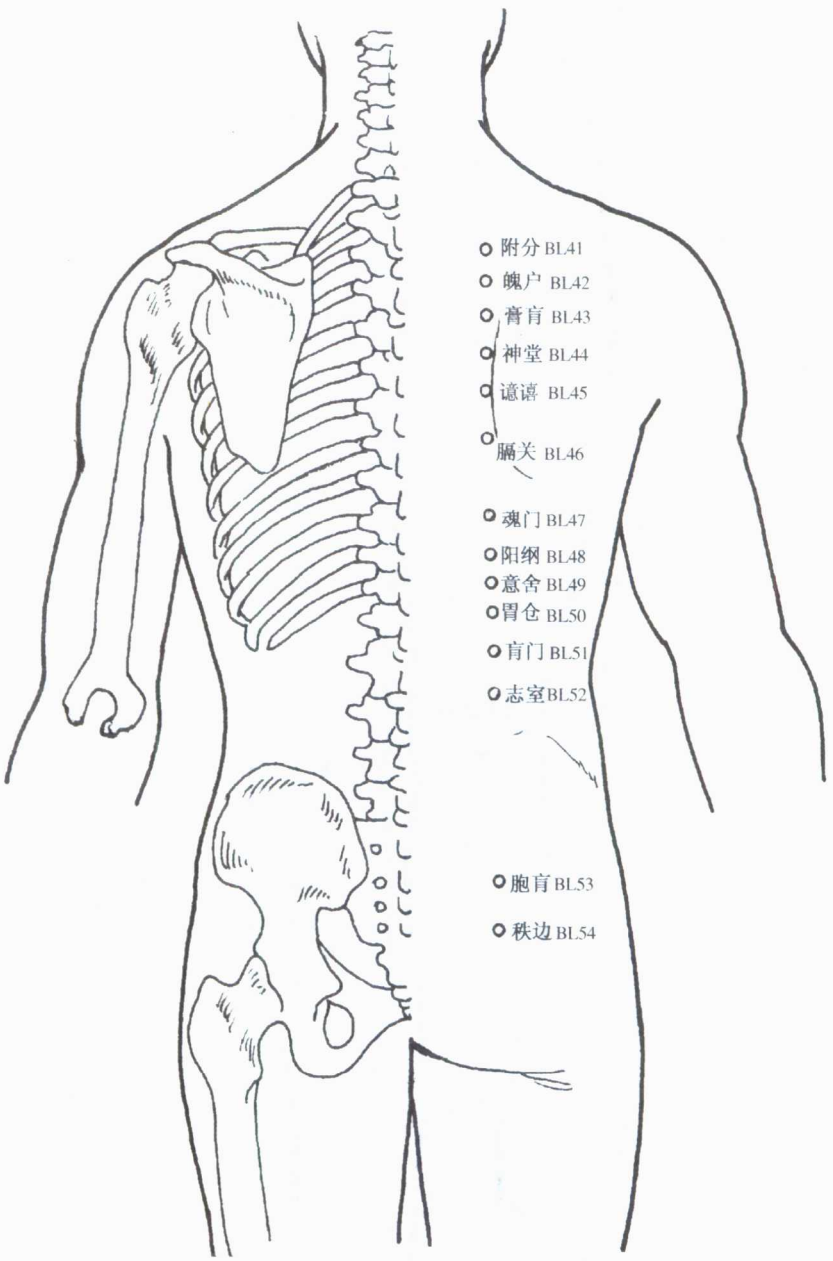


图 114 膀胱经背腰部第 2 侧线经穴
Fig. 114 Points of the 2nd lateral line of the bladder channel on the back/lumbar

三、大腿部

1. 承扶(BL36)：在大腿后面，臀下横纹的中点(图115)。

2. 殷门(BL37)：在大腿后面，当承扶与委中的连线上，承扶下6寸(图115)。

3. 浮郄(BL38)：委阳上1寸，股二头肌腱的内侧(图115)。

Ⅲ. Thigh

1. Chengfu (BL36): on the posterior side of the thigh, at the midpoint of the inferior gluteal crease (Fig. 115).

2. Yinmen (BL37): on the posterior side of the thigh, on the line connecting Chengfu (BL36) and Weizhong (BL40), 6 cun inferior to Chengfu (BL36) (Fig. 115).

3. Fuxi (BL38): at the back of the knee, 1 cun superior to Weiyang (BL39), on the medial side of the tendon of m. biceps femoris (Fig. 115).

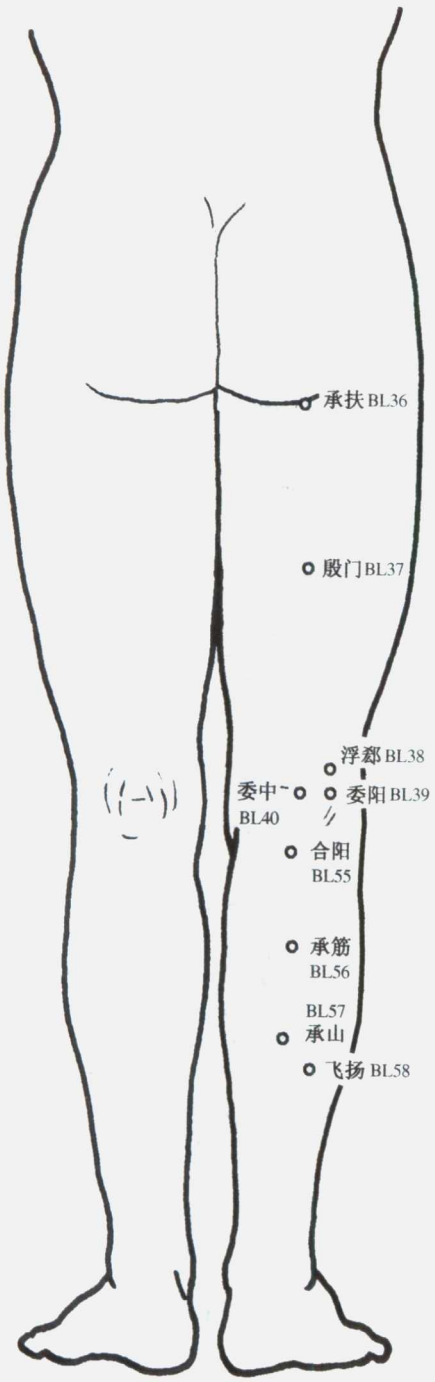


图 115 膀胱经下肢后侧经穴

Fig. 115 Points of the bladder channel on the posterior aspect of the lower limb

Ⅳ. Lower Leg

1. Weiyang (BL39): at the back of the knee, on the lateral end of the popliteal crease, on the medial side of the tendon of m. biceps femoris (Fig. 115, Fig. 116).

2. Weizhong (BL40): at the back of the knee, on the midpoint of the popliteal crease, between the tendons of biceps femoris and semitendinosus (Fig. 115, Fig. 116).

3. Heyang (BL55): on the posterior side of the leg, on a line connecting Weizhong (BL40) and Chengshan (BL57), 2 cun inferior to Weizhong (BL40) (Fig. 115, Fig. 116).

4. Chengjin (BL56): on the posterior side of the leg, on a line connecting Weizhong (BL40) and Chengshan (BL57), at the center of the prominence of the gastrocnemius muscle, 5 cun inferior to Weizhong (BL40) (Fig. 115, Fig. 116).

5. Chengshan (BL57): on the posterior midline of the leg, on the line connecting Weizhong (BL40) and Kunlun (BL60) , in a depression formed inferior to the prominence of the gastrocnemius muscle when the leg is stretched or the heel is lifted (Fig. 115, Fig. 116).

6. Feiyang (BL58): on the posterior side of the leg, 7 cun superior to Kunlun (BL60), or a point posterior to the lateral malleolus, 1 cun lateral and inferior to Chengshan (BL57) (Fig. 115, Fig. 116).

7. Fuyang (BL59): on the posterior side of the leg, 3 cun superior to Kunlun (BL60), or a point posterior to the lateral malleolus (Fig. 117).

四、小腿部

1. 委阳（BL39）：在腘横纹外侧端，股二头肌腱的内侧（图 115、图 116）。

2. 委中（BL40）：在腘横纹中点，当股二头肌腱与半腱肌肌腱的中间（图 115、图 116）。

3. 合阳（BL55）：在小腿后面，当委中与承山的连线上，委中下 2 寸（图 115、图 116）。

4. 承筋（BL56）：在小腿后面，当委中与承山连线上，腓肠肌肌腹中央，委中下 5 寸（图 115、图 116）。

5. 承山（BL57）：在小腿后面正中，委中穴与昆仑穴之间，当伸直小腿或足跟上提时腓肠肌肌腹下出现尖角凹陷处（图 115、图 116）。

6. 飞扬（BL58）：在小腿后面，昆仑穴直上 7 寸，承山外下方 1 寸处（图 115、图 116）。

7. 跗阳（BL59）：在小腿后面，昆仑直上 3 寸（图 117）。

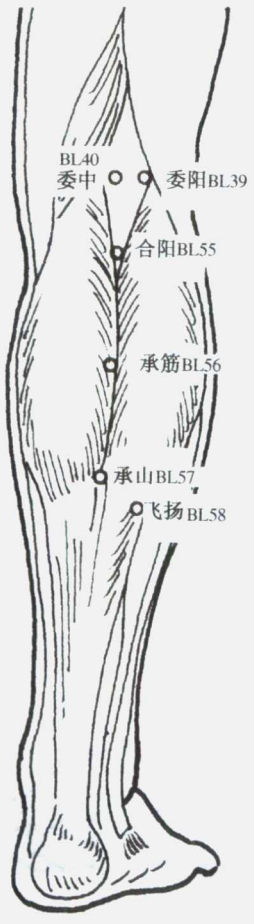


图 116 膀胱经小腿部经穴
Fig. 116 Points of the bladder channel on the lower leg

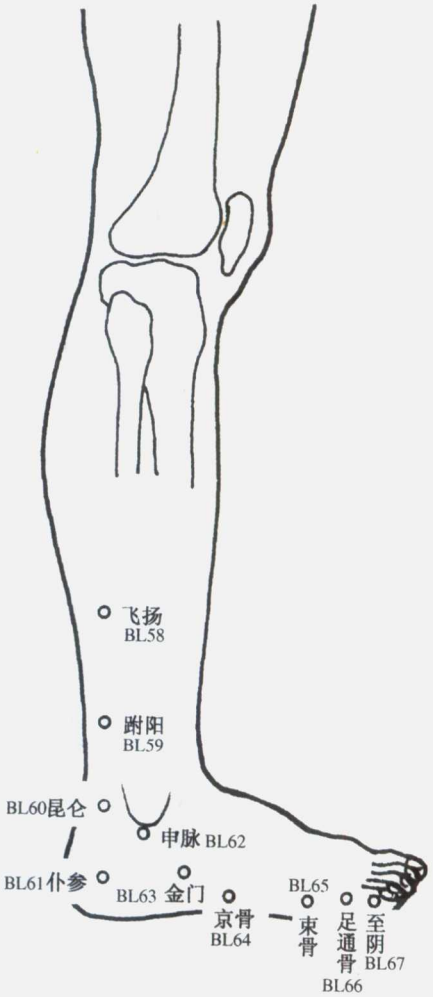


图 117 膀胱经足部经穴一
Fig. 117 Points of the bladder channel on the foot Ⅰ

五、足 部

1. 昆仑（BL60）：在足部外踝后方，当外踝尖与跟腱之间的凹陷处（图 117、图 118）。

2. 仆参（BL61）：在足外侧部，外踝后下方，昆仑穴直下，跟骨外侧，赤白肉际处（图 117、图 118）。

3. 申脉（BL62）：在足外侧部，外踝直下方凹陷中（图 117、图 118）。

4. 金门（BL63）：在足外侧，当外踝前缘直下，骰骨下缘处（图 117、图 118）。本穴位于申脉与京骨连线的中点处。

5. 京骨（BL64）：在足外侧，第 5 跖骨粗隆下方，赤白肉际处（图 117、图 118）。

6. 束骨（BL65）：在足外侧，足小指本节（第 5 跖趾关节）的后方，赤白肉际处（图 117、图 118）。

7. 足通谷（BL66）：在足外侧部，足小指本节（第 5 跖趾关节）的前方，赤白肉际处（图 117、图 118）。

8. 至阴（BL67）：在足小趾末节外侧，距趾甲根角 0. 1 寸（指寸）（图 117、图 118）。

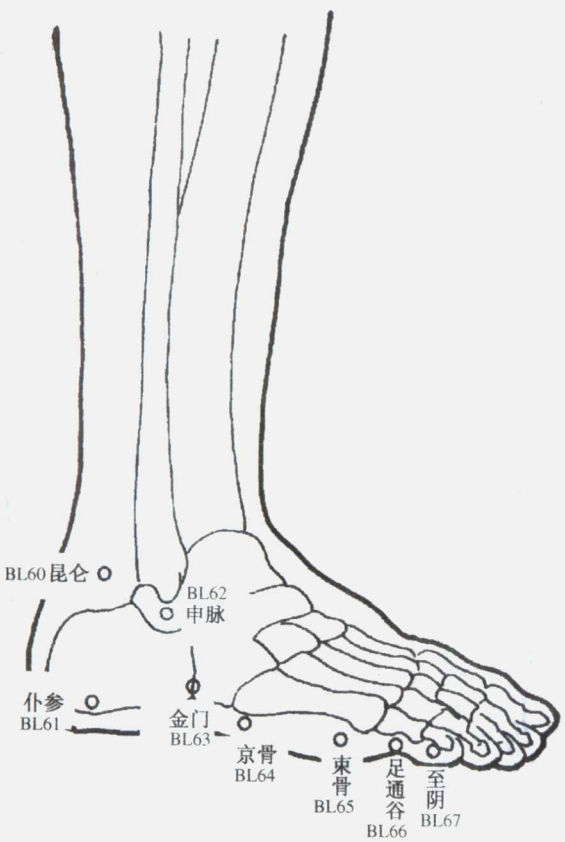


图 118 膀胱经足部经穴二
Fig. 118 Points of the bladder channel on the foot Ⅱ

V. Foot

1. Kunlun (BL60): posterior to the lateral malleolus, in the depression between the prominence of the lateral malleolus (Fig. 117, Fig. 118).

2. Pucan (BL61): on the lateral side of the foot, posterior and interior to the lateral malleolus, directly below Kunlun (BL60), lateral to the calcaneus, at the junction of the red and white skin (Fig. 117, Fig. 118).

3. Shenmai (BL62): on the lateral side of the foot, in the depression directly below the lateral malleolus (Fig. 117, Fig. 118).

4. Jinmen (BL63): on the lateral side of the foot, directly inferior to the anterior border of the lateral malleolus, on the lower border of the cuboid bone (Fig. 117, Fig. 118). This point is on the midpoint of the line connecting between Shenmai (BL62) and Jinggu (BL64).

5. Jinggu (BL64): on the lateral side of the foot, below the tuberosity of the fifth metatarsal bone, at the junction of the red and white skin (Fig. 117, Fig. 118).

6. Shugu (BL65): on the lateral side of the foot, posterior to the fifth metatarsophalangeal joint, at the junction of the red and white skin (Fig. 117, Fig. 118).

7. Zutonggu (BL66): on the lateral side of the foot, anterior to the fifth metatarsophalangeal joint, at the junction of the red and white skin (Fig. 117, Fig. 118).

8. Zhiyin (BL67): on the lateral side of the distal segment of the little toe, 0. 1 cun from the corner of the toenail (Fig. 117, Fig. 118).

Section Ⅸ. Points of the Kidney Channel of the Foot-Shaoyin

The points of the kidney channel of the Foot-Shaoyin overview see Fig. 119.

第九节 足少阴肾经经穴

足少阴肾经经穴概貌见图 119。

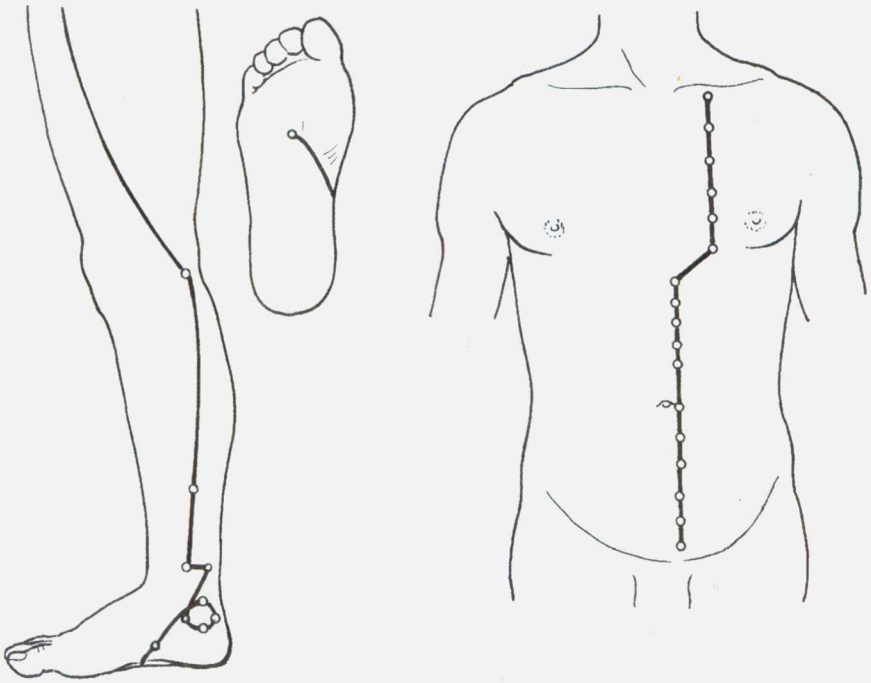


图 119 肾经经穴
Fig. 119 Points of the kidney channel of the Foot-Shaoyin overview

Ⅰ. Foot

1. Yongquan (KI1): on the sole, in a depression formed when the foot is planter flexed, at the junction of the anterior third and posterior two-thirds of the line connecting the base of the second and third toes and the heel (Fig. 120, Fig. 121).

一、足 部

1. 涌泉（KI1）：在足底部，卷足时足前部凹陷处，约当足底2、3趾缝纹头端与足跟连线的前1/3与后2/3交点上（图120、图121）。



图 120 涌泉取穴一
Fig. 120 Locating KI1 Ⅰ

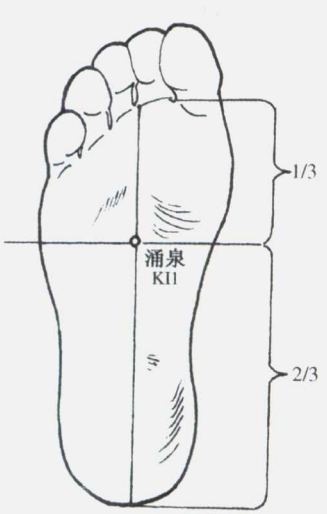


图 121 涌泉取穴二
Fig. 121 Locating KI1 Ⅱ

2. 然谷（KI2）：在足内侧缘，足舟骨粗隆前下方，赤白肉际处（图 122）。

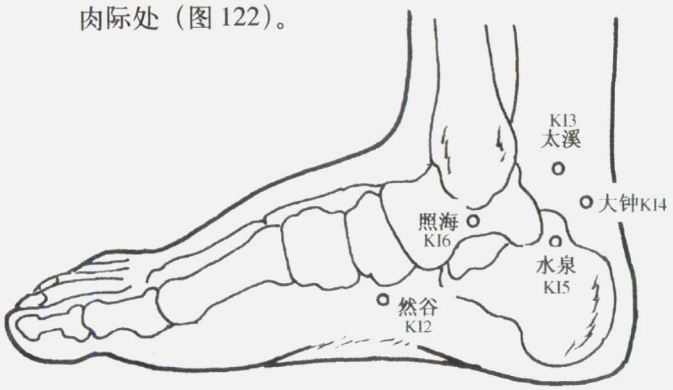


图 122 肾经足部经穴
Fig. 122 Points of the kidney channel on the foot

3. 太溪（KI3）：在足内侧，内踝后方，当内踝尖与跟腱之间的凹陷处（图 122、图 123）。

4. 大钟（KI4）：在足内侧，内踝后下方，当跟腱附着部的内侧前方凹陷处（图 122）。

5. 水泉（KI5）：在足内侧，内踝后下方，当太溪直下 1 寸（指寸），跟骨结节的内侧凹陷处（图 122）。

6. 照海（KI6）：在足内侧，内踝尖下方凹陷处（图 122）。

二、小腿部

1. 复溜（KI7）：在小腿内侧，太溪直上 2 寸，跟腱的前方（图 123）。

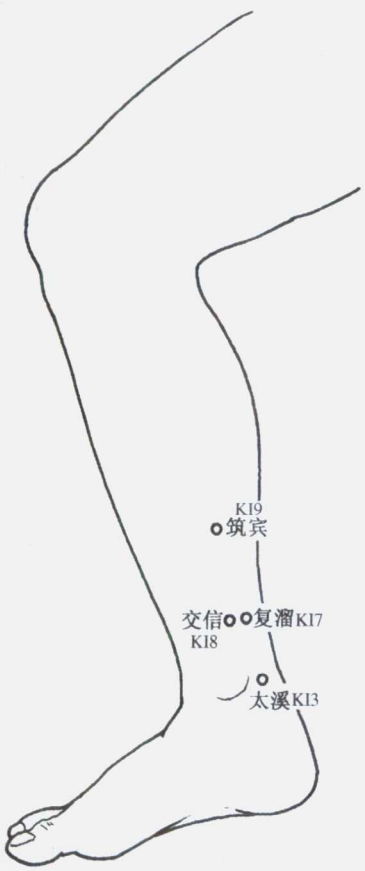


图 123 肾经小腿部经穴
Fig. 123 Points of the kidney channel on the lower leg

2. Rangu (KI2): on the medial border of the foot, below the tuberosity of the navicular bone, and at the junction of the red and white skin (Fig. 122).

3. Taixi (KI3): on the medial side of the foot, posterior to the medial malleolus, in the depression between the prominence of the medial malleolus and the Achilles tendon (Fig. 122, Fig. 123).

4. Dazhong (KI4): on the medial side of the foot, posterior and anterior to the medial malleolus, in the depression medial and anterior to the border of the Achilles tendon (Fig. 122).

5. Shuiquan (KI5): on the medial side of the foot, posterior and anterior to the medial malleolus, 1 cun inferior to Taixi (KI3) , in a depression anterior and superior to the calcaneal tuberosity (Fig. 122).

6. Zhaohai (KI6): on the medial side of the foot, in the depression below the prominence of the medial malleolus (Fig. 122).

Ⅱ. Lower Leg

1. Fuliu (KI7): on the medial side of the lower leg, 2 cun superior to Taixi (KI3), anterior to the Achilles tendon (Fig. 123).

2. Jiaoxin (KI8): on the medial side of the lower leg, 2 cun superior to Taixi (KI3), 0. 5 cun anterior to Fuliu (KI7), posterior to the medial border of the tibia (Fig. 123).

3. Zhubin (KI9): on the medial side of the lower leg, on the line connecting Taixi (KI3) and Yingu (KI10), 5 cun superior to Taixi, medial and inferior to the gastrocnemius muscle (Fig. 123).

4. Yingu (KI10): on the medial side of the popliteal fossa, when the knee is flexed, it is located between the tendons of the semitendinous and semimembraneous muscles (Fig. 124).

2. 交信（KI8）：在小腿内侧，当太溪直上2寸，复溜前0. 5寸，胫骨内侧缘的后方（图123）。

3. 筑宾（KI9）：在小腿内侧当太溪与阴谷的连线上，太溪上5寸，腓肠肌肌腹的内下方（图123）。

4. 阴谷（KI10）：在腘窝内侧，屈膝时，当半腱肌肌腱与半膜肌肌腱之间（图124）。

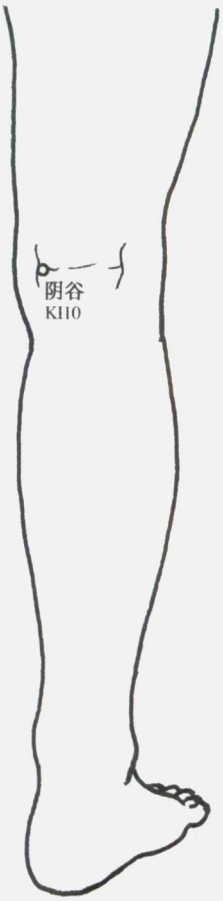


图124 阴谷取穴
Fig. 124 Locating KI10

Ⅲ. Abdomen

1. Henggu (KI11): on the lower abdomen, 5 cun inferior to the center of the umbilicus, 0. 5 cun lateral to the anterior midline (Fig. 125).

2. Dahe (KI12): on the lower abdomen, 4 cun inferior to the center of the umbilicus, 0. 5 cun lateral to the anterior midline (Fig. 125).

3. Qixue (KI13): on the lower abdomen, 3 cun inferior to the center of the umbilicus, 0. 5 cun lateral to the anterior midline (Fig. 125).

4. Siman (KI14): on the lower abdomen, 2 cun inferior to the center of the umbilicus, 0. 5 cun lateral to the anterior midline (Fig. 125).

5. Zhongzhu (KI15): on the lower abdomen, 1 cun inferior to the center of the umbilicus, 0. 5 cun lateral to the anterior midline (Fig. 125).

三、腹 部

1. 横骨（KI11）：在下腹部，当脐中下5寸，前正中线旁开0. 5寸（图125）。

2. 大赫（KI12）：在下腹部，当脐中下4寸，前正中线旁开0. 5寸（图125）。

3. 气穴（KI13）：在下腹部，当脐中下3寸，前正中线旁开0. 5寸（图125）。

4. 四满（KI14）：在下腹部，当脐中下2寸，前正中线旁开0. 5寸（图125）。

5. 中注（KI15）：在下腹部，当脐中下1寸，前正中线旁开0. 5寸（图125）。

6. 肓俞（KI16）：在腹中部，当脐中旁开0. 5寸（图125）。

7. 商曲（KI17）：在上腹部，当脐中上2寸，前正中线旁开0. 5寸（图125）。

8. 石关（KI18）：在上腹部，当脐中上3寸，前正中线旁开0. 5寸（图125）。

9. 阴都（KI19）：在上腹部，当脐中上4寸，前正中线旁开0. 5寸（图125）。

10. 腹通谷（KI20）：在上腹部，当脐中上5寸，前正中线旁开0.5寸（图125）。

11. 幽门（KI21）：在上腹部，当脐中上6寸，前正中线旁开0.5寸（图125）。

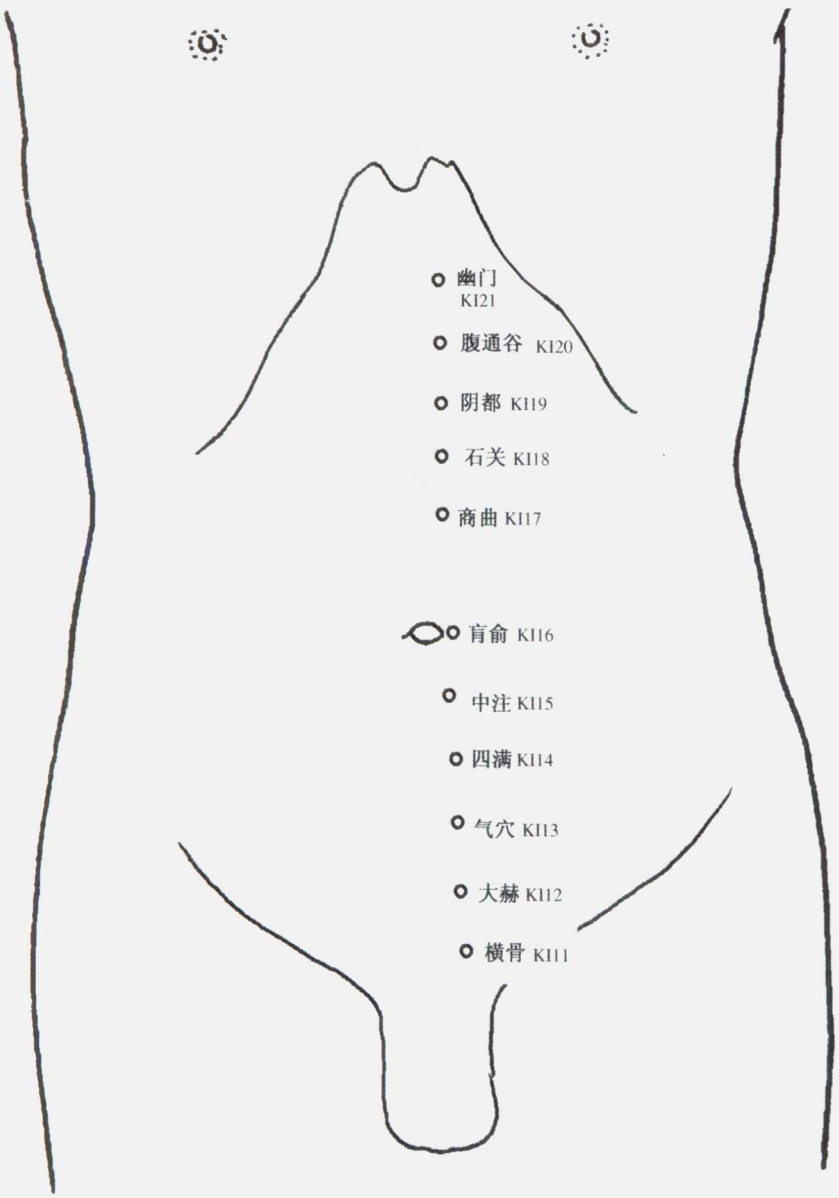


图125 肾经腹部经穴
Fig. 125 Points of the kidney channel on the abdomen

四、胸 部

1. 步廊（KI22）：在胸部，当第5肋间隙，前正中线旁开2寸（图126）。

6. Huangshu (KI16): on the middle abdomen, 0. 5 cun lateral to the center of the umbilicus (Fig. 125).

7. Shangqu (KI17): on the upper abdomen, 2 cun superior to the center of the umbilicus, 0. 5 cun lateral to the anterior midline (Fig. 125).

8. Shiguan (KI18): on the upper abdomen, 3 cun superior to the center of the umbilicus, 0. 5 cun lateral to the anterior midline (Fig. 125).

9. Yindu (KI19): on the upper abdomen, 4 cun superior to the center of the umbilicus, 0. 5 cun lateral to the anterior midline (Fig. 125).

10. Futonggu (KI20): on the upper abdomen, 5 cun superior to the center of the umbilicus, 0. 5 cun lateral to the anterior midline (Fig. 125).

11. Youmen (KI21): on the upper abdomen, 6 cun superior to the center of the umbilicus, 0. 5 cun lateral to the anterior midline (Fig. 125).

Ⅳ. Chest

1. Bulang (KI22): on the chest, in the fifth intercostal space, and 2 cun lateral to the anterior midline (Fig. 126).

2. Shenfeng (KI23): on the chest, in the fourth intercostal space, and 2 cun lateral to the anterior midline (Fig. 126).

3. Lingxu (KI24): on the chest, in the third intercostal space, and 2 cun lateral to the anterior midline (Fig. 126).

4. Shencang (KI25): on the chest, in the second intercostal space, and 2 cun lateral to the anterior midline (Fig. 126).

5. Yuzhong (KI26): on the chest, in the first intercostal space, and 2 cun lateral to the anterior midline (Fig. 126).

6. Shufu (KI27): on the chest, below the lower border of the clavicle, and 2 cun lateral to the anterior midline (Fig. 126).

2. 神封（KI23）：在胸部，当第 4 肋间隙，前正中线旁开 2 寸（图 126）。

3. 灵墟（KI24）：在胸部，当第 3 肋间隙，前正中线旁开 2 寸（图 126）。

4. 神藏（KI25）：在胸部，当第 2 肋间隙，前正中线旁开 2 寸（图 126）。

5. 彧中（KI26）：在胸部，当第 1 肋间隙，前正中线旁开 2 寸（图 126）。

6. 俞府（KI27）：在胸部，当锁骨下缘，前正中线旁开 2 寸（图 126）。

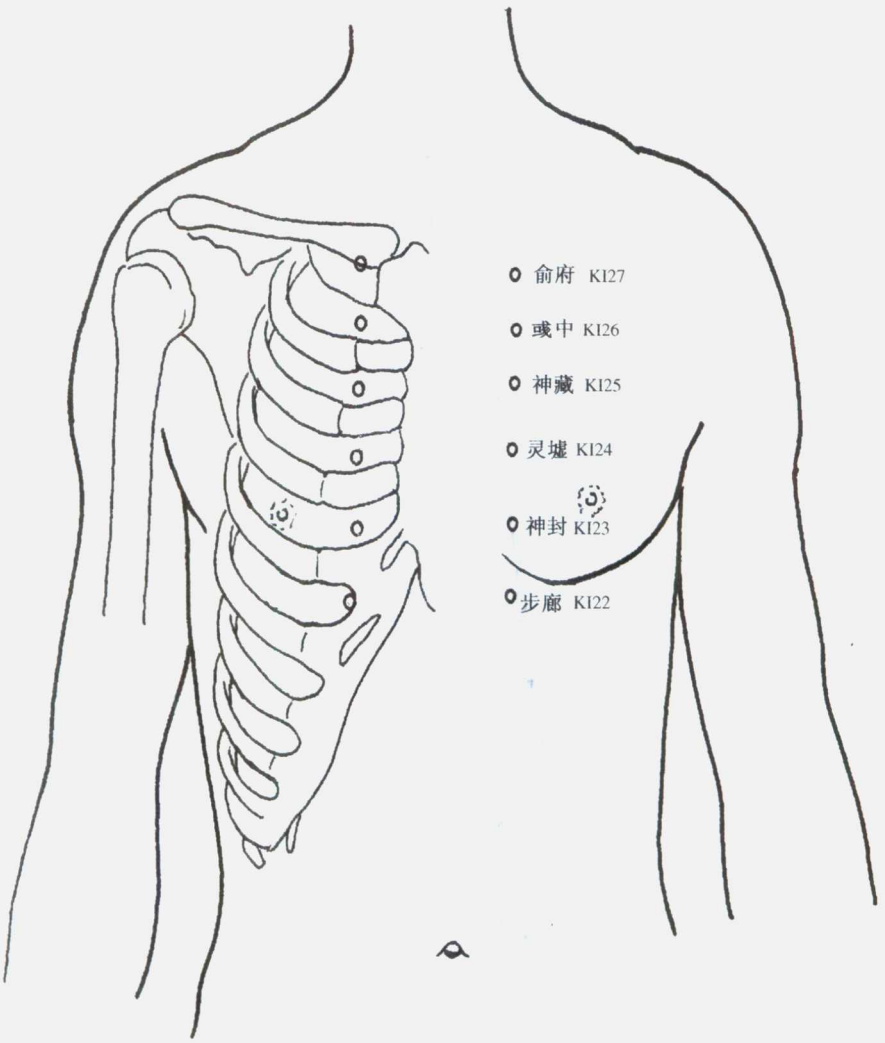


图 126 肾经胸部经穴
Fig. 126 Points of the kidney channel on the chest

第十节 手厥阴心包经经穴

手厥阴心包经经穴概貌见图 127。

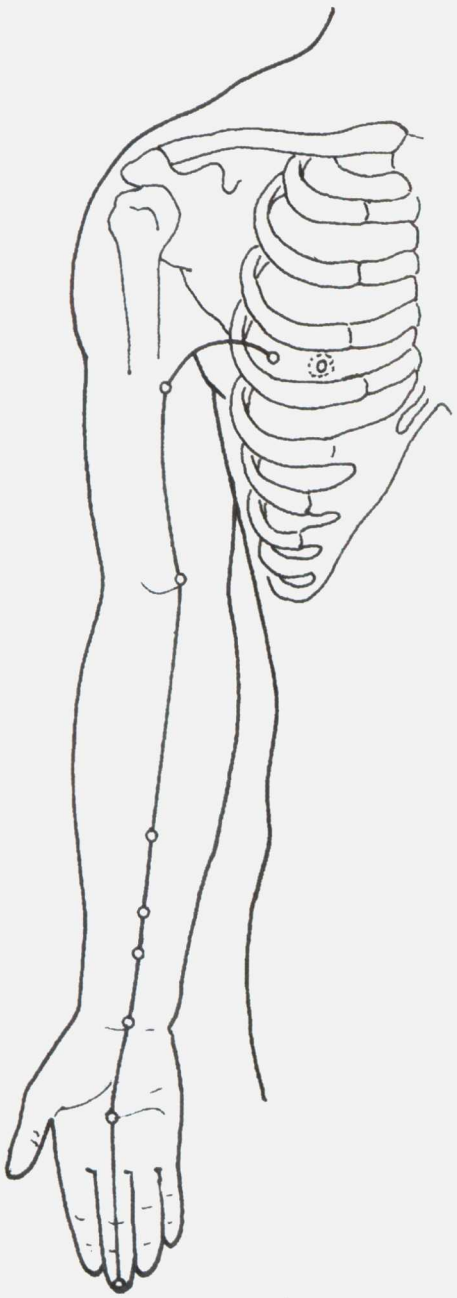


图 127 心包经经穴
Fig. 127 Points of the pericardium channel of the Hand-Jueyin overview

Section X. Points of the Pericardium Channel of the Hand-Jueyin

The points of the pericardium channel of the Hand-Jueyin overview see Fig. 127.

Ⅰ. Chest

Tianchi (PC1): on the chest, in the fourth intercostal space, 1 cun lateral to the nipple, and 5 cun lateral to the anterior midline (Fig. 128).

一、胸 部

天池（PC1）：在胸部，当第4肋间隙，乳头外1寸，前正中线旁开5寸（图128）。

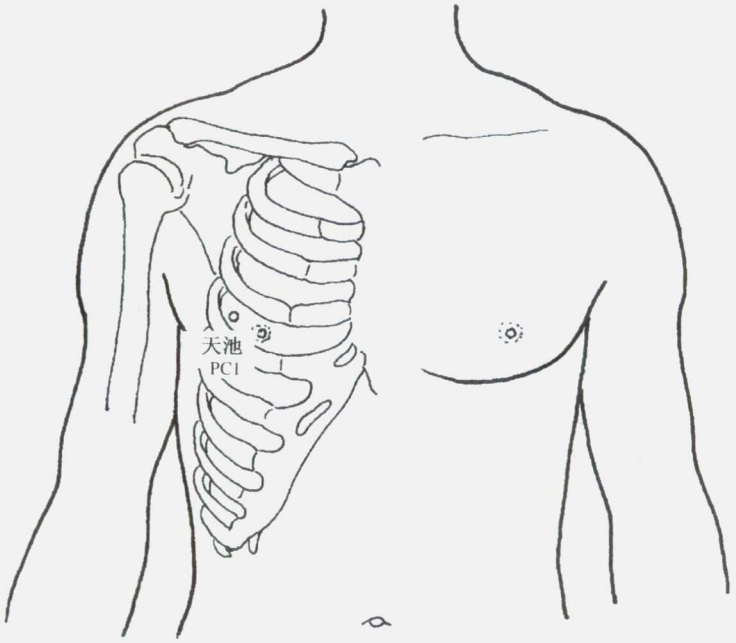


图128 天池定位
Fig. 128 Locating PC1

Ⅱ. Upper Arm

Tianquan (PC2): on the medial side of the arm, 2 cun below the axillary fold, between the long and short heads of the bicypes muscle of the arm (Fig. 129).

二、上臂部

天泉（PC2）：在臂内侧，当腋前纹头下2寸，肱二头肌的长、短头之间（图129）。

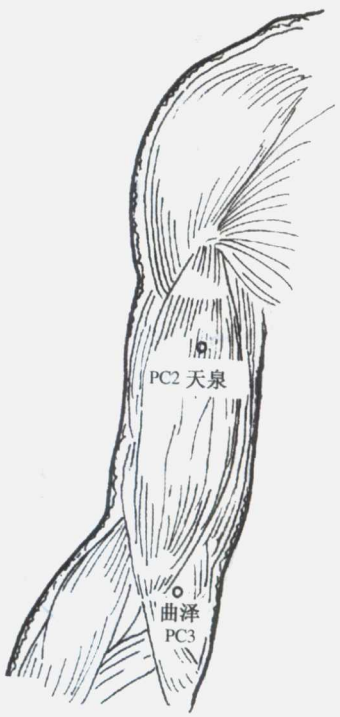


图129 心包经上臂部经穴
Fig. 129 Points of the pericardium channel on the upper arm

三、前臂部

1. 曲泽(PC3)：在肘横纹中，当肱二头肌腱的尺侧缘(图129、图130)。

2. 郄门（PC4)：在前臂掌侧，当大陵与曲泽的连线上，腕横纹上5寸（图130)。

3. 间使（PC5)：在前臂掌侧，当大陵与曲泽的连线上，腕横纹上3寸，掌长肌肌腱与桡侧腕屈肌肌腱之间(图130)。

4. 内关（PC6)：在前臂掌侧，当大陵与曲泽的连线上，腕横纹上2寸，掌长肌肌腱与桡侧腕屈肌肌腱之间(图130)。

心包经前臂部经穴直刺0.5～1寸。针刺时如有触电样感觉向中指放散，是因为刺中了正中神经，应立即退针，改变角度再刺。

5. 大陵（PC7)：在腕横纹的中点处，当掌长肌肌腱与桡侧腕屈肌肌腱之间（图130、图131)。

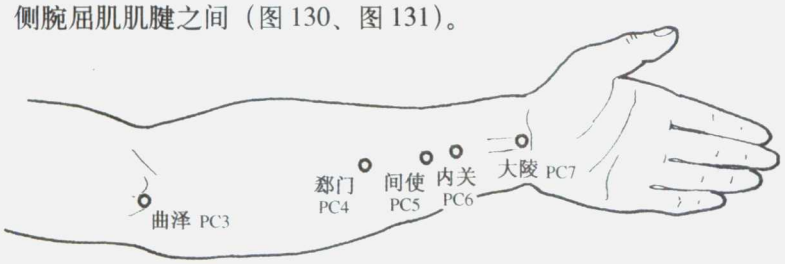


图130 心包经前臂部经穴
Fig. 130 Points of the pericardium channel on the forearm

四、手掌部

1. 劳宫（PC8)：在手掌心，当第2、3掌骨之间偏于第3掌骨，握拳屈指时向中指尖处（图131、图132)。

2. 中冲（PC9)：在手中指末节尖端中央（图131)。

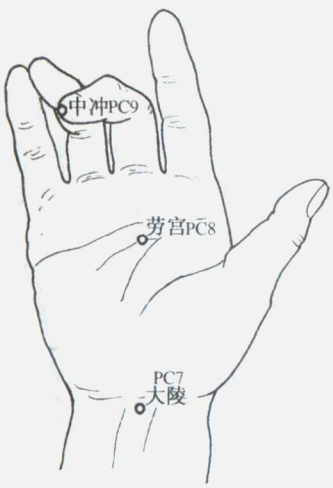


图131 心包经手掌部经穴
Fig. 131 Points of the pericardium channel on the palm

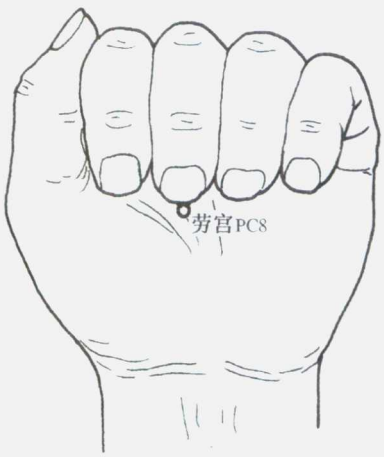


图132 劳宫简便取法
Fig. 132 Simple method for locating PC8

Ⅲ. Forearm

1. Quze (PC3) :at the midpoint of the transverse cubital crease, on the ulnar side of the tendon of the m. biceps brachii (Fig. 129, Fig. 130).

2. Ximen (PC4) :on the palmer side of the forearm, on the line connecting Daling (PC7) and Quze (PC3) , 5 cun superior to the wrist crease (Fig. 130).

3. Jianshi (PC5) :on the palmer side of the forearm, on the line connecting Daling (PC7) and Quze (PC3) , 3 cun superior to the wrist crease, between the tendons of m. palmaris longus and m. flexor carpi radialis (Fig. 130).

4. Neiguan (PC6) :on the palmer side of the forearm, on the line connecting Daling (PC7) and Quze (PC3) , 2 cun superior to the wrist crease, between the tendons of m. palmaris longus and m. flexor carpi radialis (Fig. 130).

The technique for needling points of the pericardium channel on the forearm is direct or perpendicular puncture 0.5~1 cun.If any electrifying sensation occurs during needling and spreads toward the middle finger, it is because the medial nerved is punctured .The needle should be withdrawn immediately and reinserted in a different angle.

5. Daling (PC7): at midpoint of the transverse wrist crease, between the tendons of m. palmaris longus and m. flexor carpi radialis (Fig. 130, Fig. 131).

Ⅳ. Palm

1. Laogong (PC8): at the center of the palm, between the second and the third metacarpal bones, proximal to the metacarpo-phalangeal joint. It is located on under the tip of the middle finger when a fist is made (Fig. 131, Fig. 132).

2. Zhongchong (PC9): at the center of the tip of the middle finger (Fig. 131).

Section XI. Points of the Sanjiao Channel of the Hand-Shaoyang

The points of the sanjiao channel of the Hand-Shaoyang overview see Fig.133.

第十一节 手少阳三焦经经穴

手少阳三焦经经穴概貌见图 133。

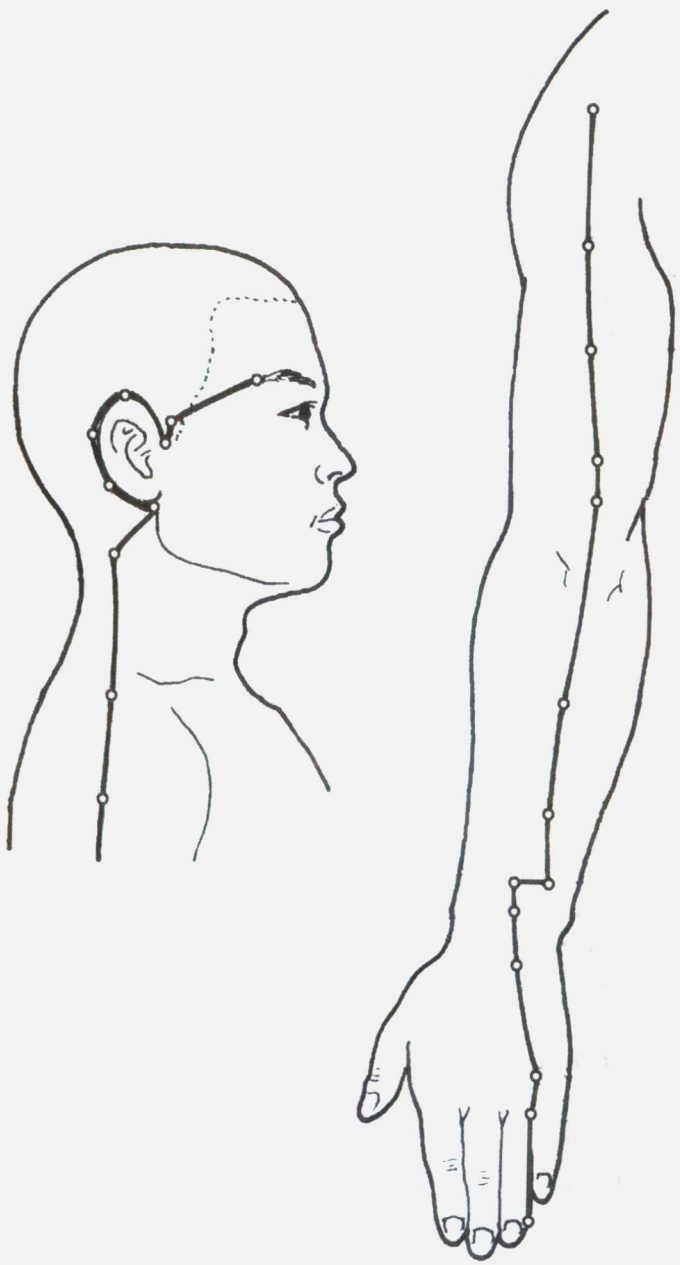


图 133 三焦经经穴
Fig. 133 Points of the Sanjiao channel of the Hand-Shaoyang overview

一、手 部

1. 关冲（SJ1）：在手环指末节尺侧，距指甲角0. 1寸（指寸）（图 134、图 135）。

2. 液门（SJ2）：在手背部，当第 4、5 指间，指蹼缘后方赤白肉际处（图 134、图 135）。

3. 中渚（SJ3）：在手背部，当环指本节（掌指关节）的后方，第4、5掌骨间的凹陷处，液门穴后1寸处（图134、图135）。

4. 阳池（SJ4）：在腕背横纹中，当指伸肌肌腱的尺侧缘凹陷处（图 134、图 135）。

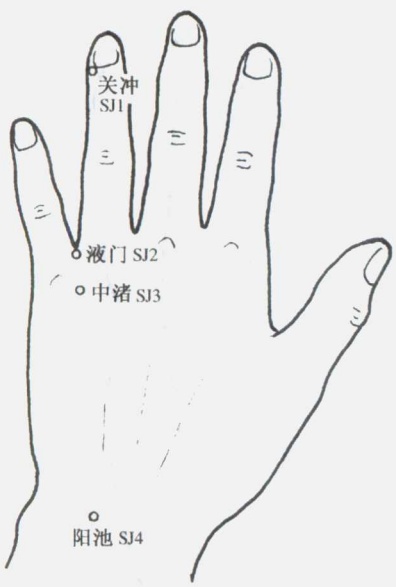


图 134 三焦经手部经穴一
Fig. 134 Points of the Sanjiao channel on the hand Ⅰ

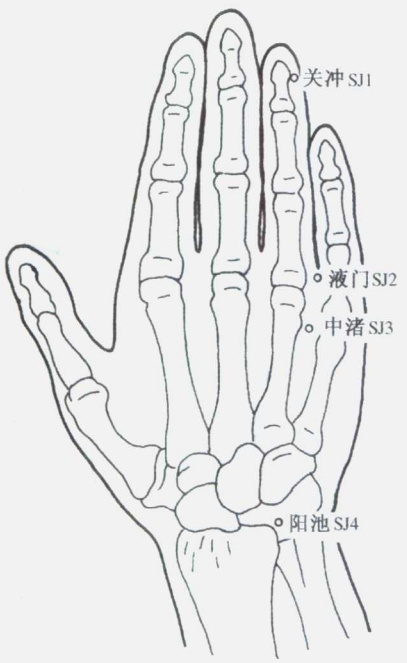


图 135 三焦经手部经穴二
Fig. 135 Points of the Sanjiao channel on the hand Ⅱ

二、前臂部

1. 外关（SJ5）：在前臂背侧，当阳池与肘尖的连线上，腕背横纹上2寸，尺骨与桡骨之间（图 136）。

2. 支沟（SJ6）：在前臂背侧，当阳池与肘尖的连线上，

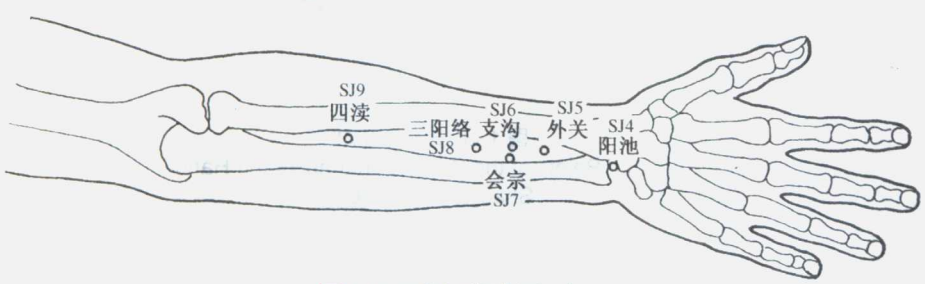


图 136 三焦经前臂部经穴
Fig. 136 Points of the Sanjiao channel on the forearm

Ⅰ. Hand

1. Guanchong (SJ1): on the ulnar side of the distal segment of the fourth finger, 0. 1 cun from the corner of the nail (Fig. 134, Fig. 135).

2. Yemen (SJ2): on the dorsum of the hand, between the fourth finger and the fifth finger, proximal to the margin of the web, at the junction of the red and white skin (Fig. 134, Fig. 135).

3. Zhongzhu (SJ3): on the dorsum of the hand, proximal to the fourth metacarpophalangeal joint, in the depression between the fourth and fifth metacarpal bones, 1 cun posterior to Yemen (SJ2) (Fig. 134, Fig. 135).

4. Yangchi (SJ4): at the midpoint of the transverse crease of the dorsum of the wrist, in the depression between the tendons of extensor digitorum communis and extensor digit minimi (Fig. 134, Fig. 135).

Ⅱ. Forearm

1. Waiguan (SJ5): on the dorsum of the forearm, on the line connecting Yangchi (SJ4) and the olecranon, 2 cun proximal to the dorsal crease of the wrist, between the radius and the ulna (Fig. 136).

2. Zhigou (SJ6): on the dorsum of the forearm, on the line connecting Yangchi (SJ4) and the olecranon, 3 cun proximal to the dorsal crease of the wrist, between the radius and the ulna (Fig. 136).

腕背横纹上3寸，尺骨与桡骨之间（图136）。

3. 会宗（SJ7）：在前臂背侧，当腕背横纹上3寸，支沟尺侧，尺骨的桡侧缘（图136）。

4. 三阳络（SJ8）：在前臂背侧，当阳池与肘尖的连线上，腕背横纹上4寸，尺骨与桡骨之间（图136）。

5. 四渎（SJ9）：在前臂背侧，当阳池与肘尖的连线上，腕背横纹上5寸，尺骨与桡骨之间（图136）。

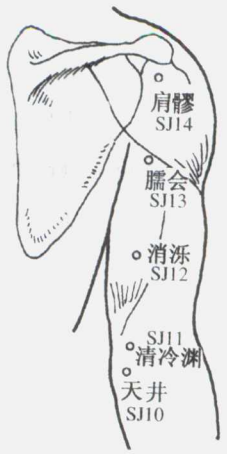


图137 三焦经上臂部经穴
Fig. 137 Points of the Sanjiao channel on the upper arm

三、上臂部

1. 天井（SJ10）：在臂外侧，屈肘时，当肘尖直上1寸（尺骨鹰嘴上缘）凹陷处（图137）。

2. 清冷渊（SJ11）：在臂外侧，屈肘，当肘尖直上2寸，即天井上1寸（图137）。

3. 消泺（SJ12）：在臂外侧当清冷渊与臑会连线的中点处（图137）。

4. 臑会（SJ13）：在臂外侧，当肘尖与肩髃的连线上，肩髃下3寸，三角肌的后下缘（图137）。

四、肩颈部

1. 肩髃（SJ14）：在肩部，肩后方，当肩外展时，于肩峰后下方呈现凹陷处（图137）。

本穴位于肩髎穴后寸许凹陷中，可参照该穴的取法（图47、图48）。

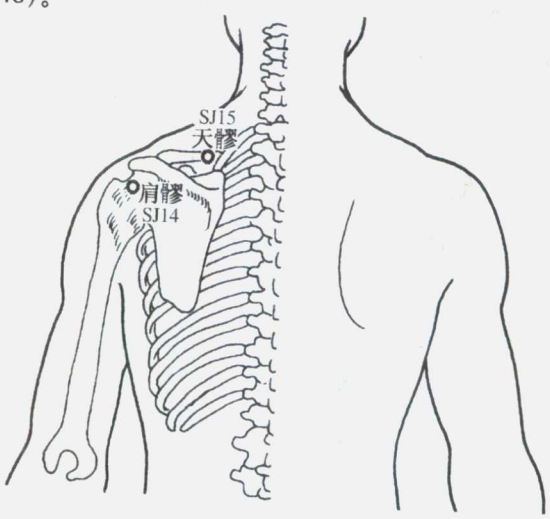


图138 三焦经肩部经穴
Fig. 138 Points of the Sanjiao channel on the shoulder

3. Huizong (SJ7): on the dorsum of the forearm, 3 cun proximal to the dorsal crease of the wrist, on the ulnar side of the Zhigou (SJ6), on the radial border of the ulna (Fig. 136).

4. Sanyangluo (SJ8): on the dorsum of the forearm, on the line connecting Yangchi (SJ4) and the olecranon, 4 cun proximal to the dorsal crease of the wrist, between the radius and the ulna (Fig. 136).

5. Sidu(SJ9): on the dorsum of the forearm, on the line connecting Yangchi (SJ4) and the olecranon, 5 cun proximal to the dorsal crease of the wrist, between the radius and the ulna (Fig. 136).

Ⅲ. Upper Arm

1. Tianjing (SJ10): on the lateral side of the upper arm, when the elbow is flexed, it is in a depression 1 cun proximal to the tip of the olecranon (Fig. 137).

2. Qinglengyuan (SJ11): on the lateral side of the upper arm, when the elbow is flexed, 2 cun proximal to the tip of the olecranon, 1 cun superior to Tianjing (SJ10) (Fig. 137).

3. Xiaoluo (SJ12): on the lateral side of the upper arm, the midpoint on the line connecting Qinglengyuan (SJ11) and Naohui (SJ13) (Fig. 137).

4. Naohui (SJ13): on the lateral side of the upper arm, on the line connecting the tip of the olecranon and Jianliao (SJ14) , 3 cun inferior to Jiaoliao (SJ14) , on the posterioinferior border of the deltoid muscle (Fig. 137).

Ⅳ. Shoulder/Neck

1. Jianliao (SJ14): on the posterior side of the shoulder, when the arm is abducted, the point is in the depression inferior and posterior to the acromion (Fig. 137).

This point is located in the depression posterior to Jianyu (LI15) , consult the method for locating Jianyu (LI15) (Fig. 47, Fig. 48).

2. 天髎(SJ15)：在肩部，肩井与曲垣的中间，当肩胛上角处（图 138）。

3. 天牖（SJ16）：在颈侧部，当乳突的后方直下，平下颌角，胸锁乳突肌的后缘（图 139）。

平下颌角，并不是指与下颌角在一水平线上，而是指正坐时，这些腧穴位于下颌角下缘的延长线上（图 140）。

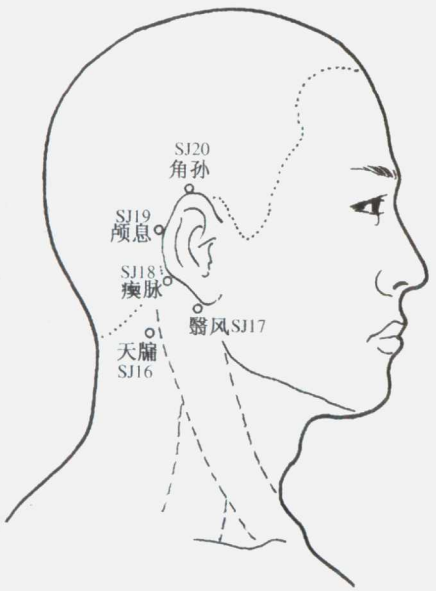


图 139 三焦经侧头部经穴
Fig. 139 Points of the Sanjiao channel on the lateral aspect of the head

五、头面部

1. 翳风（SJ17）：在耳垂后方，当乳突与下颌角之间的凹陷处（图 139）。

针刺方法（图 141）：直刺 0.5～1 寸或从后外向内下方斜刺 0.5～1.5 寸。

翳风穴深部正当面神经从颅骨穿出处，故进针不宜过深，以免损伤面神经。尤其是面瘫初期，针刺手法不宜过强。

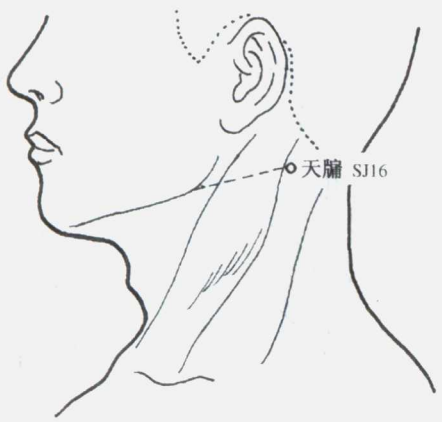


图 140 天牖取穴
Fig. 140 Locating SJ16

2. Tianliao (SJ15): on the scapula, the midpoint between Jianjing (GB21) and Quyuan (SI13) , at the superior angle of the scapula (Fig. 138).

3. Tianyou (SJ16): on the lateral side of the neck, directly below the posterior border of the mastoid process, on the level of the mandibular angle, and on the posterior border of the sternocleidomastoid muscle (Fig. 139).

Note:"on the level of the mandibular angle" does not mean it is on the same horizontal plane as the mandibular angle, it means that when sitting in an upright position, the point is on the extension of an imaginary line drawn from the mandibular angle (Fig. 140).

V . Head/Face

1. Yifeng (SJ17) :posterior to the ear lobe, in the depression between the mastoid process and manipular angle (Fig. 139).

Needling technique(see Fig. 141): Puncture perpendicularly 0.5~1 cun or insert the needle from the lateral aspect obliquely toward the medial,inferior aspect.

SJ17 is located above the point where the facial nerve perforates out of the stylomastoid foramen .Therefore ,needle insertion should not be too deep. The level of needling stimulation should be limited ,especially during the initial stage of facial paralysis,in order to avoid damaging the facial nerve.

2. Chimai (SJ18): on the head, at the center of the mastoid process, at the junction of the middle third and lower third of the distance, along the curve of the ear helix between Jiaosun (SJ20) and Yifeng (SJ17) (Fig. 139).

3. Luxi (SJ19): on the head, at the junction of the upper third and middle third of the distance, along the curve of the ear helix between Jiaosun (SJ20) and Yifeng (SJ17) (Fig. 139).

4. Jiaosun (SJ20): on the head, superior to the ear apex within the hairline (Fig. 139, Fig. 142).

5. Ermen (SJ21): on the face, anterior to the supratragic notch, with the mouth open, the point is in the depression slightly superior to the condyloid process of the mandible (Fig. 143).

6. Heliao (SJ22): on the lateral side of the head, on the posterior margin of the temples, anterior to the anterior border of the root of the ear, in a slight depression on the border of the hairline of the temple (Fig. 143).

7. Sizhukong (SJ23): on the face, in the depression at the lateral end of the eyebrow (Fig. 143).

2. 瘈脉（SJ18）：在头部，耳后乳突中央，当角孙至翳风之间，沿耳轮连线的中、下 1/3 的交点处（图 139）。

3. 颅息（SJ19）：在头部，当角孙至翳风之间，沿耳轮连线的上、中 1/3 的交点处（图 139）。

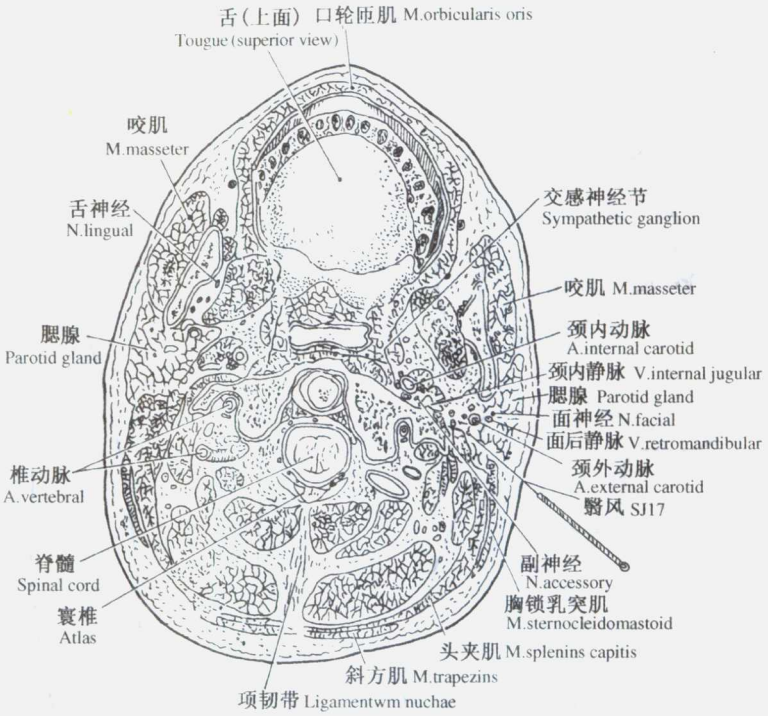


图 141 翳风针法
Fig. 141 SJ17 needling technique

4. 角孙（SJ20）：在头部，折耳郭向前，当耳尖直上入发际处（图 139、图 142）。

5. 耳门（SJ21）：在面部，当耳屏上切迹的前方，下颌角髁状突后缘，张口有凹陷处（图 143）。

6. 和髎(SJ22)：在头侧部，当鬓发后缘，平耳郭根之前方，颞浅动脉的后缘（图 143）。

7. 丝竹空（SJ23）：在面部，当眉梢凹陷处（图 143）。



图 142 角孙简便取法
Fig. 142 Simple method for locating SJ20

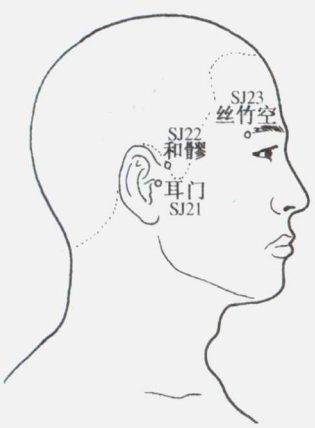


图 143 耳门、和髎、丝竹空定位
Fig. 143 Locating SJ21,SJ22,SJ23

第十二节 足少阳胆经经穴

足少阳胆经经穴概貌见图 144。

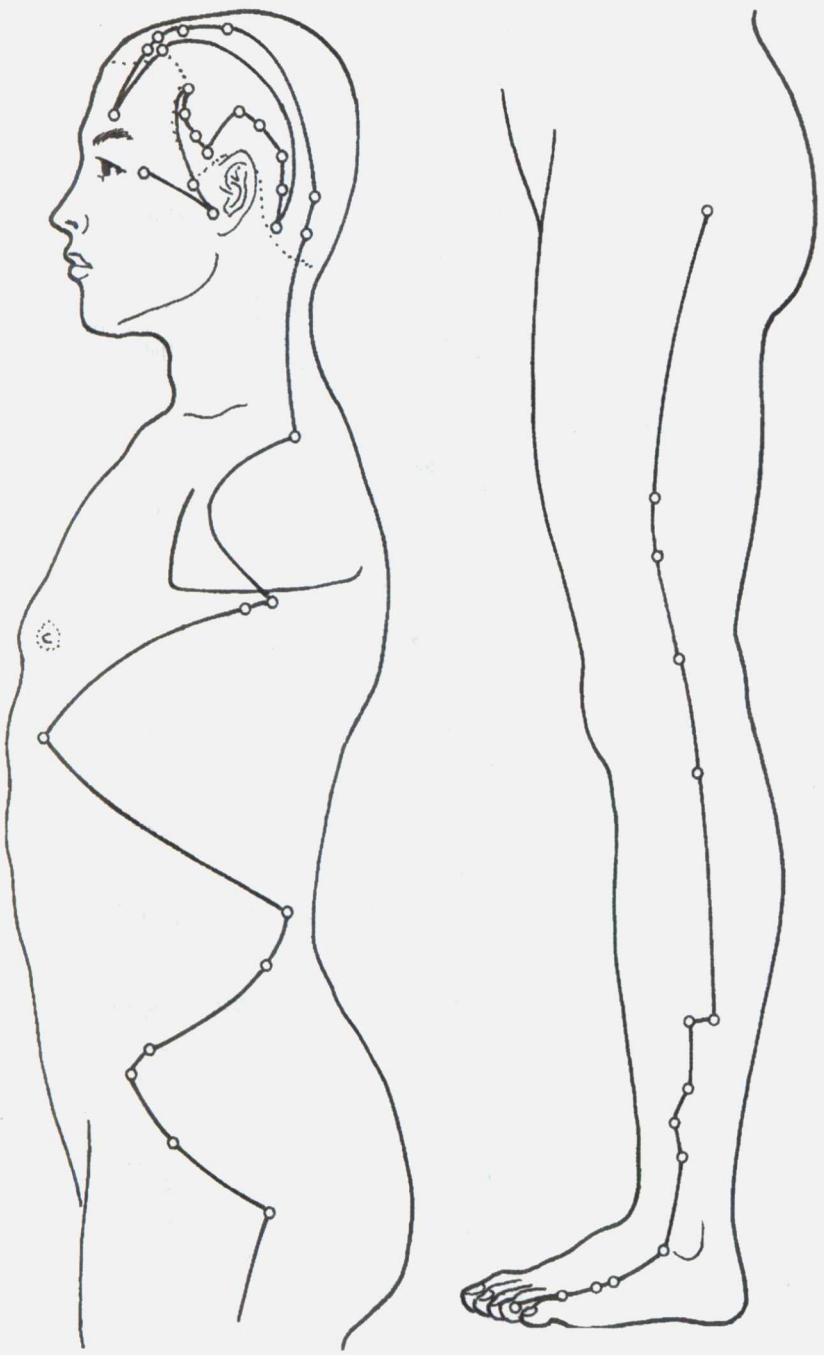


图 144 胆经经穴
Fig. 144 Points of the gall bladder channel of the Foot-Shaoyang overview

Section XII. Points of the Gall Bladder Channel of the Foot-Shaoyang

The points of the gall bladder channel of the Foot-Shaoyang overview see Fig. 144.

I . Head/Face

1. Tongziliao (GB1): on the face, lateral to the outer canthus, on the lateral border of the orbit (Fig. 145).

2. Tinghui (GB2): on the face, anterior to the intertragic notch, when the mouth open, the point is located in a depression posterior to the condyloid process of the mandible (Fig. 145).

一、头面部

1. 瞳子髎(GB1)：在面部，目外眦旁，当眶外侧缘处（图 145）。

2. 听会（GB2)：在面部，当耳屏间切迹的前方，下颌角髁状突的后缘，张口凹陷处（图 145)。

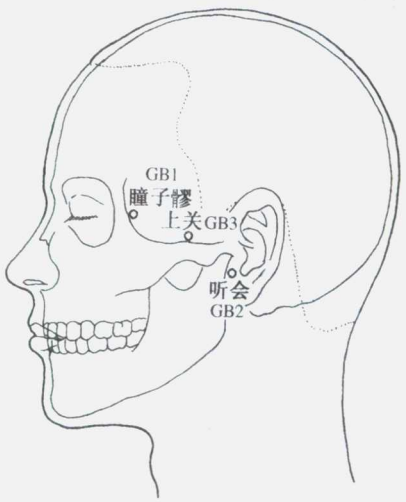


图 145 胆经面部经穴
Fig. 145 Points of the gall bladder channel on the face

3. Shangguan (GB3): anterior to the ear, directly above Xiaguan (ST7), in a depression above the upper border of the zygomatic arch (Fig. 145).

4. Hanyan (GB4): on the hairline above the temple, at the junction of the upper 1/4 and lower 3/4 of the curved line connecting Touwei (St8) and Qubin (GB7) (Fig. 146).

5. Xuanlu (GB5): on the hairline above the temple, at the midpoint of the curved line connecting Touwei (St8) and Qubin (GB7) (Fig. 146).

6. Xuanli (GB6): on the hairline above the temple, at the junction of the upper 3/4 and lower 1/4 of the curved line connecting Touwei (St8) and Qubin (GB7) (Fig. 146).

3. 上关（GB3)：在耳前，下关直上，当颧弓的上缘凹陷处（图 145)。

4. 颔厌（GB4)：在头部鬓发上，当头维与曲鬓弧形连线的上 1/4 与下 3/4 交点处（图 146)。

5. 悬颅（GB5)：在头部鬓发上，当头维与曲鬓弧形连线的中点处（图 146)。

6. 悬厘（GB6)：在头部鬓发上，当头维与曲鬓弧形连线的上 3/4 与下 1/4 交点处（图 146)。

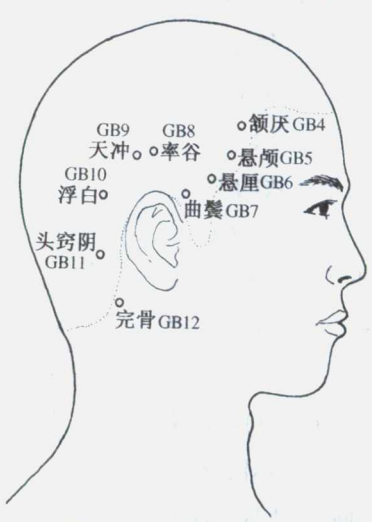


图 146 胆经侧头部经穴
Fig. 146 Points of the gall bladder channel on the lateral aspect of the head

7. 曲鬓（GB7）：在头部，当耳前鬓角发际后缘的垂线与耳尖水平线交点处（图 146）。

8. 率谷（GB8）：在头部，当耳尖直上入发际 1. 5 寸，角孙直上方（图 146）。

定取率谷时，可先定角孙，将食指与中指并拢，以此宽度为准，率谷在角孙上方两指处（图 147）。也可在角孙与顶骨结节的中点取率谷（图 148）。



图 147 率谷简便取法一
Fig. 147 Simple method for locating GB8 Ⅰ



图 148 率谷简便取法二
Fig. 148 Simple method for locating GB8 Ⅱ

9. 天冲（GB9）：在头部，当耳根后缘直上入发际 2 寸，率谷后 0. 5 寸处（图 146）。

10. 浮白（GB10）：在头部，当耳后乳突的上方，天冲与完骨的弧形连线的中 1/3 与上 1/3 交点处（图 146）。

11. 头窍阴（GB11）：在头部，当耳后乳突的上方，天冲与完骨的弧形连线的中 1/3 与下 1/3 交点处（图 146）。

12. 完骨（GB12）：在头部，当耳后乳突的后下方凹陷处（图 146）。

13. 本神（GB13）：在头部，当前发际上 0. 5 寸，神庭旁开 3 寸，神庭与头维连线的内2/3与外1/3交点处（图149）。

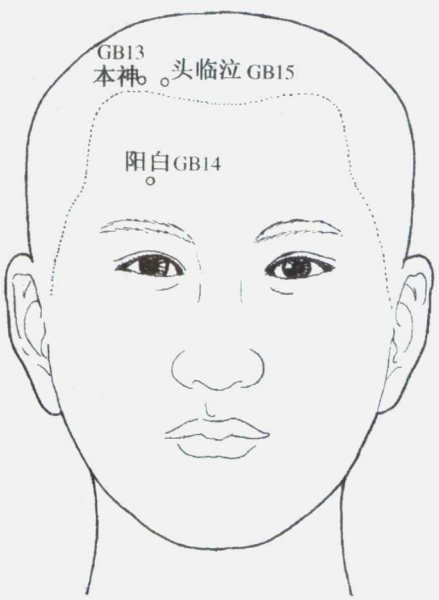


图 149 胆经前额部经穴
Fig. 149 Points of the gall bladder channel on the forehead

7. Qubin (GB7): on the head, at a cross point of the vertical posterior border of the temples and horizontal line through the ear apex (Fig. 146).

8. Shuaigu (GB8): on the head, 1. 5 superior to the hairline above the ear apex, directly above Jiaosun (SJ20) (Fig. 146).

To locate this point: when locating Shuaigu (GB8), one can first locate Jiaosun (SJ20), using the index and middle finger as the measurement, and place it above Jiaosun (SJ20) to mark Shuaigu (GB8) (Fig. 147). Midpoint between the parietal eminence and Jiaosun (SJ20) (Fig. 148).

9. Tianchong (GB9): on the head, directly above the posterior border of the ear root, 2 cun superior to the hairline and 0. 5 cun posterior to Shuaigu (GB8) (Fig. 146).

10. Fubai (GB10): on the head, posterior and superior to the mastoid process, at the junction of the middle 1/3 and upper 1/3 of the curved line connecting Tianchong (GB9) and Wangu (GB12) (Fig. 146).

11. Touqiaoyin (GB11): on the head, posterior and superior to the mastoid process, at the junction of the middle 1/3 and lower 1/3 of the curved line connecting Tianchong (GB9) and Wangu (GB12) (Fig. 146).

12. Wangu (GB12): on the head, in the depression posterior and inferior to the mastoid process (Fig. 146).

13. Benshen (GB13): on the head, 0. 5 cun superior to the hairline, 3 cun lateral to Shenting (DU24) , 2/3 of the distance between Shenting (DU24) and Touwei (ST8) (Fig. 149).

14. Yangbai (GB14): on the forehead, directly above the pupil, 1 cun superior to the eyebrow (Fig. 149).

15. Toulinqi (GB15): on the head, 0. 5 cun superior to the hairline directly above the pupil, midpoint between the line connecting Shenting (DU24) and Touwei (ST8) (Fig. 149).

16. Muchuang (GB16): on the head, 1. 5 cun above the anterior hairline, 2. 25 cun lateral to the midline of the head (Fig. 150).

17. Zhengying (GB17): on the head, 2. 5 cun above the anterior hairline, 2. 25 cun lateral to the midline of the head (Fig. 150).

18. Chengling (GB18): on the head, 4 cun above the anterior hairline, 2. 25 cun lateral to the midline of the head (Fig. 150).

19. Naokong (GB19): on the head, lateral side of the supper border of the external occipital protuberance, 2. 25 cun lateral to the midline of the head, at the same level as Naohu (DU17) (Fig. 151).

20. Fengchi (GB20): on the nape, at the same level as Fengfu (DU16), in the depression between the origins of the sternocleidomastoid and trapezius muscles (Fig. 151).

14. 阳白 (GB14)：在前额部，当瞳孔直上，眉上1寸(图149)。

15. 头临泣（GB15）：在头部，当瞳孔直上入发际0. 5寸，神庭与头维连线的中点处（图149）。

16. 目窗（GB16）：在头部，当前发际上1. 5寸，头正中线旁开2. 25寸（图150）。

17. 正营（GB17）：在头部，当前发际上2. 5寸，头正中线旁开2. 25寸（图150）。

18. 承灵（GB18）：在头部，当前发际上4寸，头正中线旁开2. 25寸（图150）。

19. 脑空（GB19）：在头部，当枕外隆凸的上缘外侧，头正中线旁开2. 25寸，平脑户（图151）。

20. 风池（GB20）：在项部，当枕骨之下，与风府相平，胸锁乳突肌与斜方肌上端之间的凹陷处（图151）。



图150 胆经头顶部经穴
Fig. 150 Points of the gall bladder channel on the superior aspect of the head



图151 胆经后头部经穴
Fig. 151 Points of the gall bladder channel on the posterior aspect of the head

To locate this point: place the thumb and the index finger along the depression lateral border of the trapezius muscles on both sides until they reach the lower border of the external occipital protuberance. It is on the same level as Fengfu (DU16) (Fig. 152).

大拇指与食指沿患者两侧斜方肌外侧缘的凹陷向上推，当推至凹陷的上端，平枕外粗隆处(风府)便是风池（图152）。

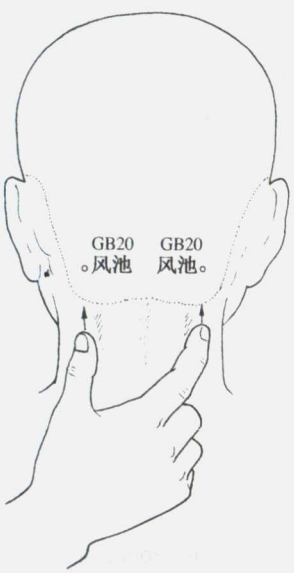


图152 风池简便取法
Fig. 152 Simple method for locating GB20

二、肩 部

肩井（GB21）：在肩上，前直乳中，当大椎穴与肩峰端连线的中点处（图 153）。

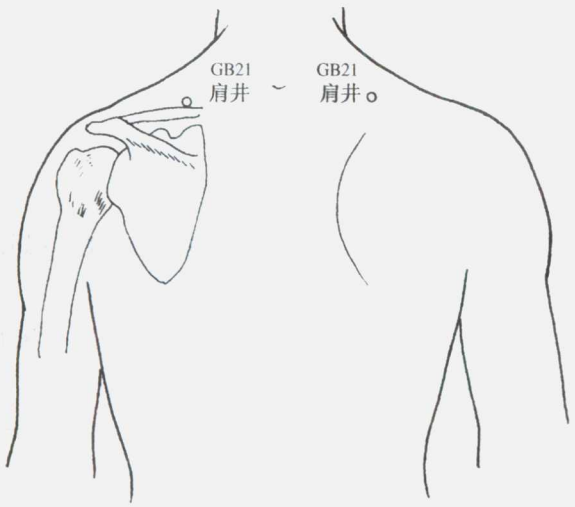


图 153 肩井定位
Fig. 153 Locating GB21

三、侧胸部

1. 渊腋（GB22）：在侧胸部，举臂，当腋中线上，腋下 3 寸，第 4 肋间隙中（图 154）。

2. 辄筋（GB23）：在侧胸部，渊腋前 1 寸，平乳头，第 4 肋间隙中（图 154）。

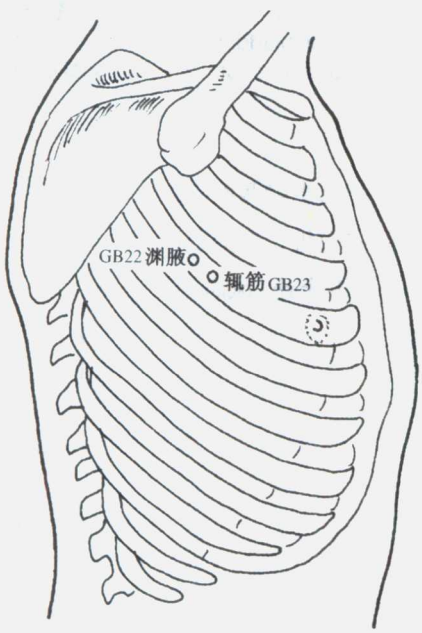


图 154 胆经侧胸部经穴
Fig. 154 Points of the gall bladder channel on the lateral aspect of the chest

Ⅱ. Shoulder

Jianjing (GB21): on the shoulder, directly above the nipple, at the midpoint of the line connecting Dazhui (DU14) and the acromion (Fig. 153).

Ⅲ. Lateral Part of the Chest

1. Yuanye (GB22): on the lateral side of the chest, with the arm raised, it is on the mid-axillary line, 3 cun below the axilla, in the fourth intercostal space (Fig. 154).

2. Zhejin (GB23): on the lateral side of the chest, 1 cun anterior to Yuanye (GB22), at the same level as the nipple, in the fourth intercostal space (Fig. 154).

Ⅳ. Chest

Riyue (GB24): directly below the nipple, in the seventh intercostal space. 4 cun lateral to the anterior midline (Fig. 155).

四、胸 部

日月（GB24）：当乳头直下，第7肋间隙中，前正中线旁开4寸处（图155）。

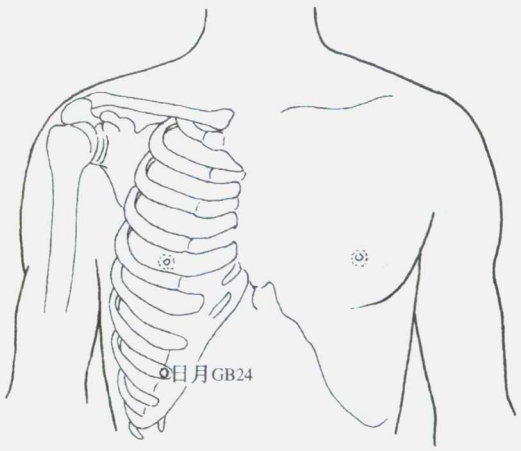


图155 日月定位
Fig. 155 Locating GB24

Ⅴ. Abdomen

1. Jingmen (GB25): on the lateral side of the abdomen, 1. 8 cun posterior to Zhangmen (LR13) , anterior and inferior to the free end of the twelfth rib (Fig. 156).

2. Daimai (GB26): on the lateral side of the abdomen, 1. 8 cun inferior to Zhangmen (LR13), at the cross point of a vertical line through the free end of the eleventh rib and a horizontal line through the umbilicus (Fig. 156).

五、腰腹部

1. 京门（GB25）：在侧腰部，章门后1. 8寸，当第12肋骨游离端的下方（图156）。

2. 带脉（GB26）：在侧腰部，章门下1. 8寸，当第11肋骨游离端下方垂线与脐水平线的交点处（图156）。

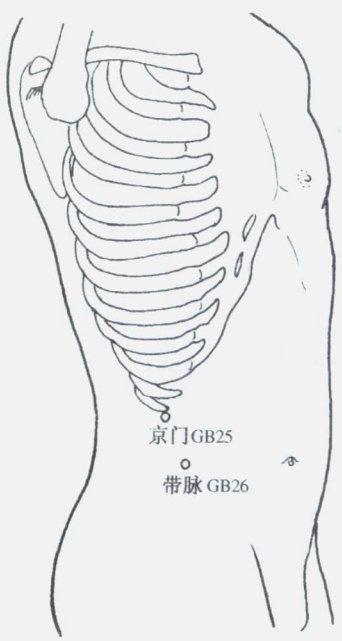


图156 京门、带脉定位
Fig. 156 Locating GB25,GB26

3. 五枢（GB27）：在侧腹部，当髂前上棘的前方，横平脐下3寸处（图157、图158）。

4. 维道（GB28）：在侧腹部，当髂前上棘的前下方，五枢前下0.5寸（图157、图158）。

3. Wushu (GB27): on the lateral side of the abdomen, anterior to the anteriosuperior iliac spine, 3 cun inferior to the level of the umbilicus (Fig. 157, Fig. 158).

4. Weidao (GB28): on the lateral side of the abdomen, anterior and inferior to the anteriosuperior iliac spine, 0. 5 cun anterior and inferior to Wushu (GB27) (Fig. 157, Fig. 158).

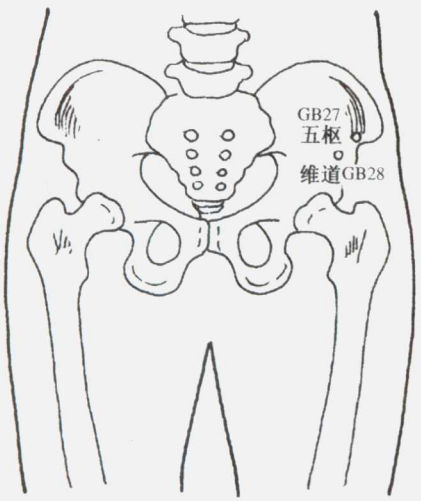


图157 五枢、维道定位
Fig. 157 Locating GB27,GB28



图158 胆经侧腹部、髋部经穴
Fig. 158 Points of the gall bladder channel on the lateral aspect of the abdomen and hip

VI. Hip

1. Juliao (GB29): on the hip, at the mid point of the line connecting the anteriosuperior iliac spine and the prominence of the great trochanter (Fig. 158).

2. Huantiao (GB30): on the postero-lateral side of the hip joint, one third of the distance between the prominence of the great trochanter and the sacro-coccygeal hiatus (Fig. 159).

To locate this point: the patient should lie on one's side, in the lateral recombent posture, thigh flexed, to facilitate the palpation of the prominence of greater trochanter (Fig. 160).

六、臀 部

1. 居髎(GB29)：在髋部，当髂前上棘与股骨大转子最凸点连线的中点处（图 158）。

2. 环跳（GB30)：在股外侧部，侧卧屈股，当股骨大转子最凸点与骶管裂孔连线的外 1/3 与内 2/3 交界处（图 159)。

取用本穴时，患者应侧卧，伸下腿，屈上腿，以使股骨大转子暴露更明显（图 160)。

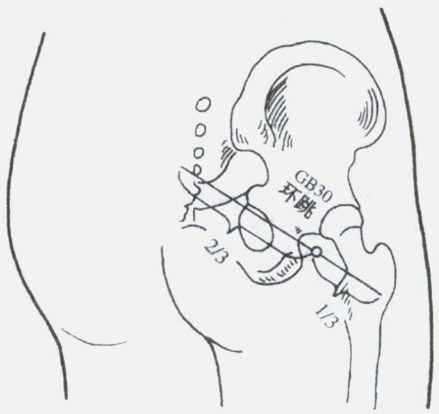


图 159 环跳定位
Fig. 159 Locating GB30

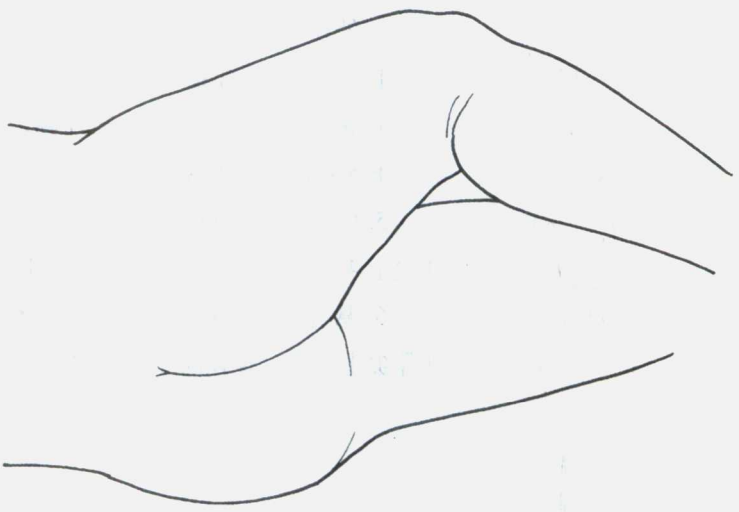


图 160 环跳取穴体位
Fig. 160 Appropriate posture for locating GB30

七、大腿部

1. 风市（GB31）：在大腿外侧部的中线上，当腘横纹上7寸，或直立垂手时，中指尖处（图161、图162）。

2. 中渎（GB32）：在大腿外侧，当风市下2寸，或腘横纹上5寸，股外侧肌与股二头肌之间（图161）。

3. 膝阳关（GB33）：在膝外侧，当阳陵泉上3寸，股骨外上髁上方的凹陷处（图161）。



图161 胆经大腿部经穴
Fig. 161 Points of the gall bladder channel the thigh

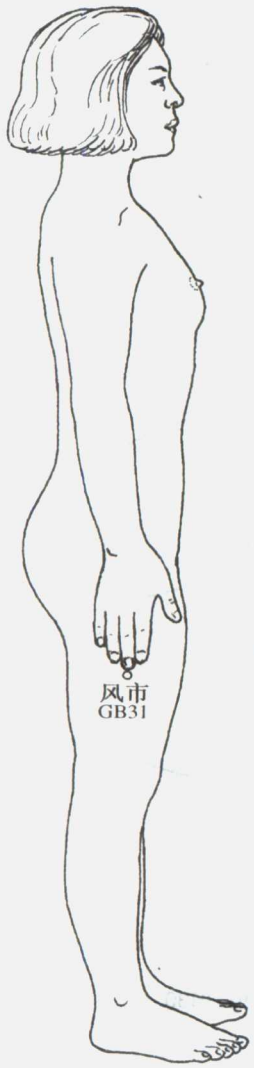


图162 风市简便取法
Fig. 162 Simple method for locating GB31

八、小腿部

1. 阳陵泉（GB34）：在小腿外侧，当腓骨小头前下方凹陷处（图163）。

2. 阳交（GB35）：在小腿外侧，当外踝尖上7寸，腓骨后缘（图163）。

3. 外丘（GB36）：在小腿外侧，当外踝尖上7寸，腓骨前缘（图163）。

4. 光明（GB37）：在小腿外侧，当外踝尖上5寸，腓骨前缘（图163）。

5. 阳辅（GB38）：在小腿外侧，当外踝尖上4寸，腓骨前缘稍前方（图163）。

6. 悬钟（GB39）：在小腿的外侧，当外踝尖上3寸，腓骨前缘（图163）。

VII. Thigh

1. Fengshi (GB31): on the lateral midline of the thigh, 7 cun superior to the popliteal crease. Or, when the patient stands erect with the arms hanging down freely, the point is located at the tip of the middle finger (Fig. 161, Fig. 162).

2. Zhongdu (GB32): on the lateral side of the thigh, 2 cun inferior to Fengshi (GB31), or 5 cun superior to the popliteal crease, between the lateral vastus muscle and biceps muscle of the thigh (Fig. 161).

3. Xiyangguan (GB33): on the lateral side of the thigh, 3 cun superior to Yanglingquan (GB34), in the depression above the external epicondyle of the femur (Fig. 161).

VIII. Lower Leg

1. Yanglingquan (GB34): on the lateral side of the lower leg, in a depression anterior and inferior to the head of the fibula (Fig. 163).

2. Yangjiao (GB35): on the lateral side of the lower leg, 7 cun superior to the tip of the lateral malleolus, on the posterior border of the fibula (Fig. 163).

3. Waiqiu (GB36): on the lateral side of the lower leg, 7 cun superior to the tip of the lateral malleolus, on the anterior border of the fibula (Fig. 163).

4. Guangming (GB37): on the lateral side of the lower leg, 5 cun superior to the tip of the lateral malleolus, on the anterior border of the fibula (Fig. 163).

5. Yangfu (GB38): on the lateral side of the lower leg, 4 cun superior to the tip of the lateral malleolus, slightly anterior to the anterior border of the fibula (Fig. 163).

6. Xuanzhong (GB39): on the lateral side of the lower leg, 3 cun superior to the tip of the lateral malleolus, on the anterior border of the fibula (Fig. 163).

IX. Foot

1. Qiuxu (GB40): anterior and inferior to the lateral malleolus, in the depression lateral to the tendon of m. extensor digitorum longus (Fig. 164).

To locate the point: with the foot flexed, it is located at the junction of lines drawn along the anterior and inferior borders of the lateral malleolus (Fig. 165).

2. Zulinqi (GB41): on the lateral side of the dorsum of the foot, posterior to the fourth metatarsophalangeal joint, in a depression lateral to the tendon of the m. extensor digitorum longus of the fifth toe (Fig. 164).

3. Diwuhui (GB42): on the lateral side of the dorsum of the foot, posterior to the fourth metatarsophalangeal joint, between the fourth and fifth metatarsal bones, medial to the tendon of m. extensor digitorum longus of the fifth toe (Fig. 164).

4. Xiaxi (GB43): on the lateral side of the dorsum of the foot, between the fourth and fifth toes, at the junction of the red and white skin, proximal to the margin of the web (Fig. 164).

5. Zuqiaoyin (GB44): on the lateral side of the distal segment of the fourth toe, 0. 1 cun from the corner of the toenail (Fig. 164).

九、足 部

1. 丘墟（GB40）：在足外踝的前下方，当趾长伸肌腱的外侧凹陷处（图 164）。

踝关节背屈直角，当外踝前缘垂直线与外踝下缘水平线的相交处有一凹陷，此凹陷中就是本穴（图 165）。

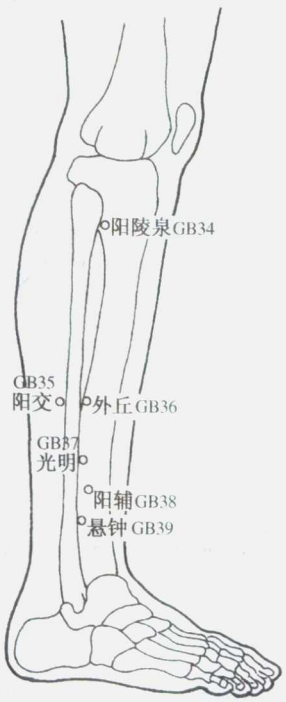


图 163 胆经小腿部经穴
Fig. 163 Points of the gall bladder channel on the lower leg

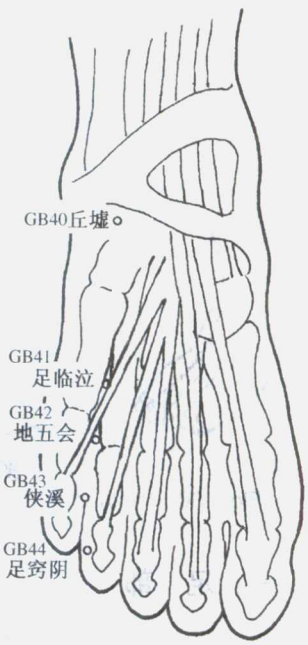


图 164 胆经足部经穴
Fig. 164 Points of the gall bladder channel on the foot

2. 足临泣（GB41）：在足背外侧，当第 4 趾本节（第 4 跖趾关节）的后方，小趾伸肌腱的外侧凹陷处（图 164）。

3. 地五会（GB42）：在足背外侧，当第 4 趾本节（第 4 跖趾关节）的后方，第 4、5 跖骨之间，小趾伸肌腱的内侧缘（图 164）。

4. 侠溪（GB43）：在足背外侧，当第 4、5 趾间，趾蹼缘后方赤白肉际处（图 164）。

5. 足窍阴（GB44）：在足第 4 趾末节外侧，距趾甲角 0.1 寸（指寸）（图 164）。

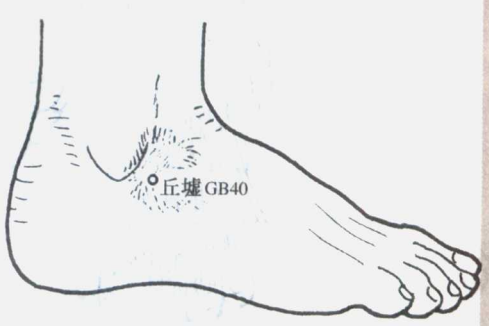


图 165 丘墟取穴
Fig. 165 Locating GB40

第十三节 足厥阴肝经经穴

足厥阴肝经经穴概貌见图 166。

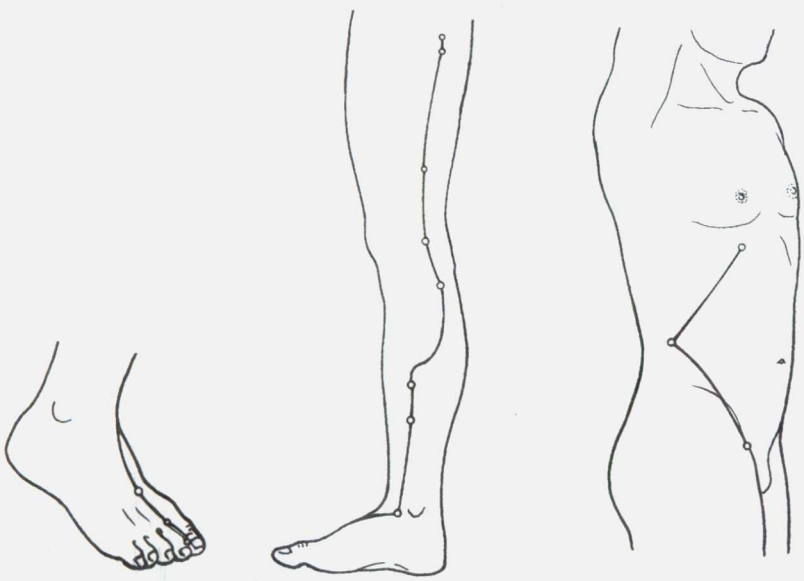


图 166 肝经经穴
Fig. 166 Points of the liver channel of the Foot-Jueyin overview

一、足 部

1. 大敦（LR1）：在足大趾末节外侧，距趾甲角 0. 1 寸（指寸）（图 167）。

2. 行间（LR2）：在足背侧，当第 1、2 趾间，趾蹼缘的后方尺白肉际处（图 167）。

3. 太冲（LR3）：在足背侧，当第 1、2 跖骨结合部之前方凹陷中（图 167）。

4. 中封（LR4）：当足内踝前，商丘与解溪连线上，胫骨前肌腱的内侧凹陷处（图 167）。

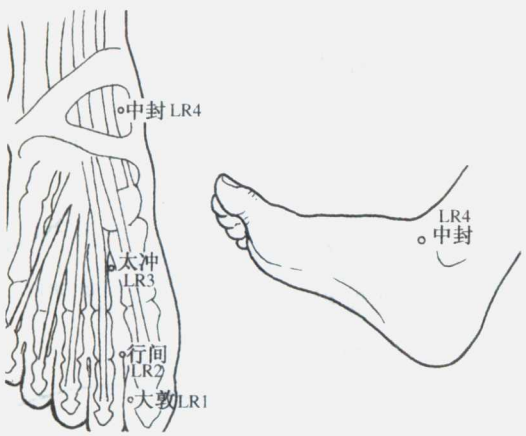


图 167 肝经足部经穴
Fig. 167 Points of the liver channel on the foot

Section XIII. Points of the Liver Channel of the Foot-Jueyin

The points of the liver channel of the Foot-Jueyin overview see Fig. 166.

I. Foot

1. Dadun (LR1): on the lateral side of dorsum of the foot, the distal segment of the great toe, 0. 1 cun proximal to the corner of the nail (Fig. 167).

2. Xingjian (LR2): on the dorsum of the foot, between the first and second toe, proximal to the margin of the web, at the junction of the red and white skin (Fig. 167).

3. Taichong (LR3): on the dorsum of the foot, in the depression distal to the junction of the first and second metatarsal bones (Fig. 167).

4. Zhongfeng (LR4): on the dorsum of the foot, anterior to the medial malleolus, on the line connecting Shangqiu (SP5) and Jiexi (ST41), in the depression medial to the tendon of m. tibialis anticus (Fig. 167).

Ⅱ. Lower Leg

1. Ligou (LR5): on the medial side of the lower leg, 5 cun superior to the tip of the medial malleolus, on the midline of the medial surface of the tibia (Fig. 168).

2. Zhongdu (LR6): on the medial side of the lower leg, 7 cun superior to the tip of the medial malleolus, on the midline of the medial surface of the tibia (Fig. 168).

3. Xiguan (LR7): on the medial side of the lower leg, posterior and inferior to the medial epicondyle of the tibia, 1 cun posterior to Yinlingquan (SP9), on the upper end of the medial head of the gastrocnemius muscle (Fig. 168).

4. Ququan (LR8): on the medial side of the knee, with the knee flexed, the point is located at the medial end of the popliteal crease, posterior to the medial epicondyle of the tibia, in the depression of the anterior border of the insertion of the semimembranous and semitendinous muscles (Fig. 169).

Ⅲ. Thigh

1. Yinbao (LR9): on the medial side of the thigh, 4 cun superior to the medial epicondyle of the femur, between the medial vastus muscle and sartorius muscle (Fig. 169).

2. Zuwuli (LR10): on the medial side of the thigh, 3 cun inferior to Qizhong (ST30), at the proximal end of the thigh, below the pubic tubercle and on the lateral border of the long abductor muscle of the thigh (Fig. 170).

3. Yinlian (LR11): on the medial side of the thigh, 2 cun inferior to Qichong (ST30), at the proximal end of the thigh, below the pubic tubercle and on the lateral border of the long abductor muscle of the thigh (Fig. 170).

4. Jimai (LR12): lateral to

二、小腿部

1. 蠡沟（LR5）：在小腿内侧，足内踝尖上5寸，胫骨内侧面的中央（图168）。

2. 中都（LR6）：在小腿内侧，足内踝尖上7寸，胫骨内侧面的中央（图168）。

3. 膝关（LR7）：在小腿内侧，当胫骨内侧髁的后下方，阴陵泉后1寸，腓肠肌内侧头的上部（图168）。

4. 曲泉（LR8）：在膝内侧，屈膝，当膝关节内侧面横纹内侧端，股骨内侧髁的后缘，半腱肌、半膜肌上端的前缘凹陷处（图169）。

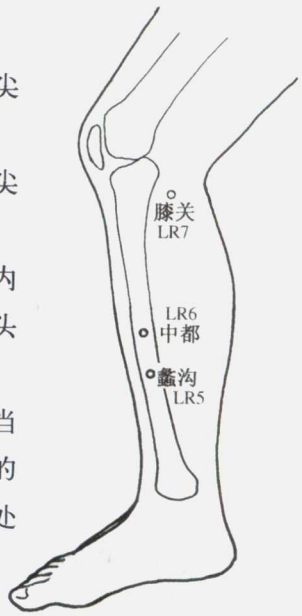


图168 肝经小腿部经穴
Fig. 168 Points of the liver channel on the lower leg

三、大腿部

1. 阴包（LR9）：在大腿内侧，当股骨内上髁上4寸，股内肌与缝匠肌之间（图169）。

2. 足五里（LR10）：在大腿内侧，当气冲直下3寸，大腿根部，耻骨结节的下方，长收肌的外缘（图170）。

3. 阴廉（LR11）：在大腿内侧，当气冲直下2寸，大腿根部，耻骨结节的下方，长收肌的外缘（图170）。

4. 急脉（LR12）：在耻骨结节的外侧，当气冲外下方腹股沟股动脉搏动处，前正中线旁开2.5寸（图170）。

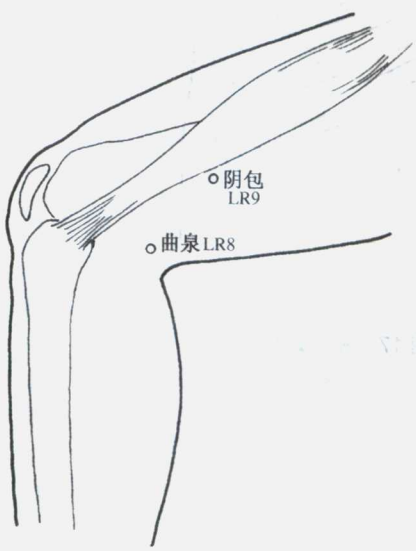


图169 肝经大腿下部经穴
Fig. 169 Points of the liver channel on the inferior aspct of the thigh

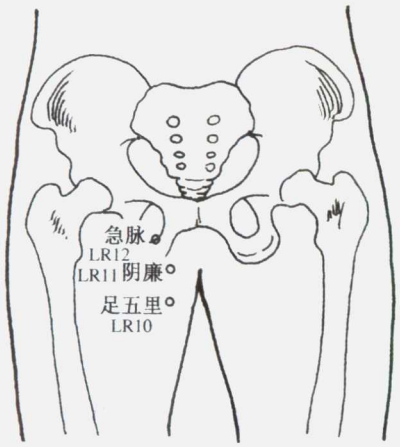


图 170 肝经大腿上部经穴
Fig. 170 Points of the liver channel on the superior aspect of the thigh

四、侧腹部

章门(LR13):在侧腹部,当第11肋游离端的下方(图171)。

垂肩屈肘,以肘尖贴于胁部,肘尖所指的胁部,是章门穴(图172)。

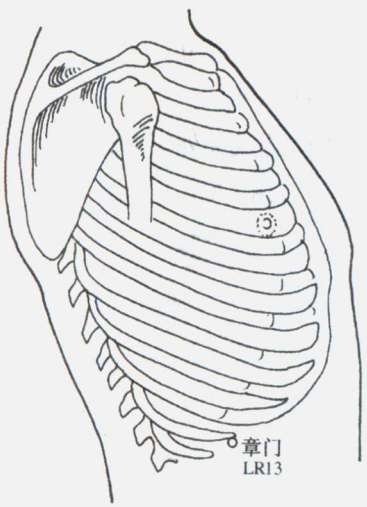


图 171 章门定位
Fig. 171 Locating LR13

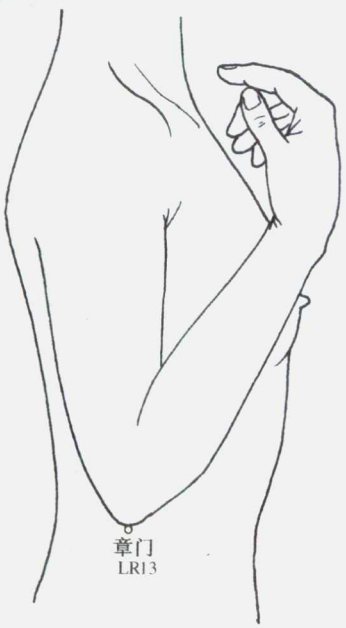


图 172 章门简便取法
Fig. 172 Simple method for locating LR13

the pubic tubercle, in the inguinal groove where the pulsation of the femoral artery is palpable, 2. 5 cun lateral to the anterior midline (Fig. 170).

Ⅳ. Lateral Abdomen

Zhangmen (LR13): on the lateral side of the abdomen, blow the free end of the eleventh rib (Fig. 171).

To locate this point: with shoulder relaxed and the elbow flexed, place the tip of the elbow next to the ribs, the point is located beneath the tip of the flexed elbow (Fig. 172).

V. Chest

Qimen (LR14): on the chest, directly below the nipple, in the sixth intercostal space, 4 cun lateral to the anterior midline (Fig. 173).

五、胸 部

期门（LR14）：在胸部，当乳头直下，第6肋间隙，前正中线旁开4寸（图173）。

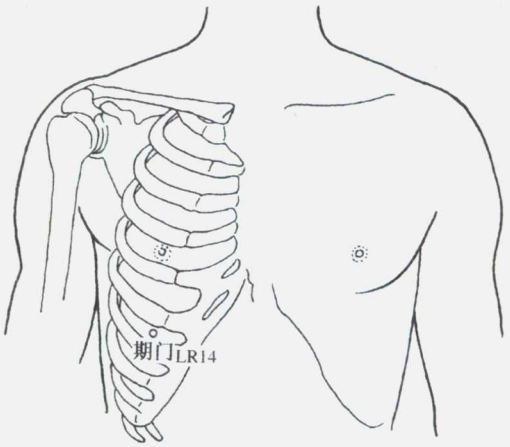


图173 期门定位
Fig. 173 Locating LR14

Section XIV. Points of the Du Channel

The points of the Du channel overview see Fig. 174.

第十四节 督脉经穴

督脉经穴概貌见图174。

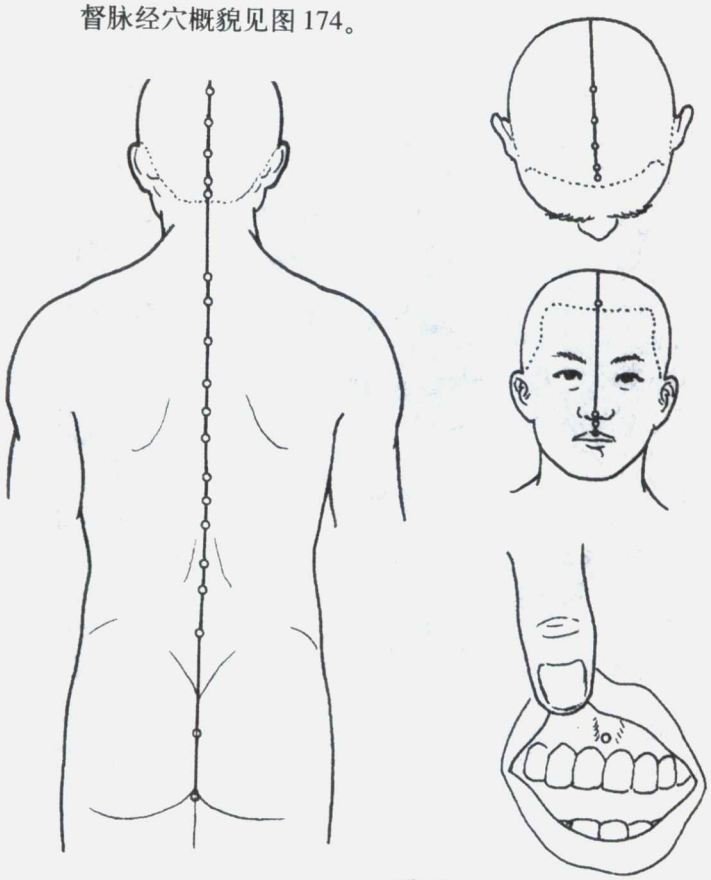


图174 督脉经穴
Fig. 174 Points of the Du channel overview

一、腰骶部

1. 长强（DU1）：在尾骨端下，当尾骨端与肛门连线的中点处（图 175、图 177）。

2. 腰俞（DU2）：在骶部，当后正中线上，适对骶管裂孔（图 177、图 178）。

3. 腰阳关（DU3）：腰部，当后正中线上，第 4 腰椎棘突下凹陷中（图 177、图 178）。

Ⅰ. Lumbar/Sacrum

1. Changqiang (DU1): below the tip of the coccyx, at the midpoint of the line connecting the tip of the coccyx and the anus (Fig. 175, Fig. 177).

2. Yaoshu (DU2): on the sacrum, on the posterior midline, at the sacral hiatus (Fig. 177, Fig. 178).

3. Yaoyangguan (DU3): on the lower back, on the posterior midline, in a depression below the spinous process of the fourth lumbar vertebra (Fig. 177, Fig. 178).

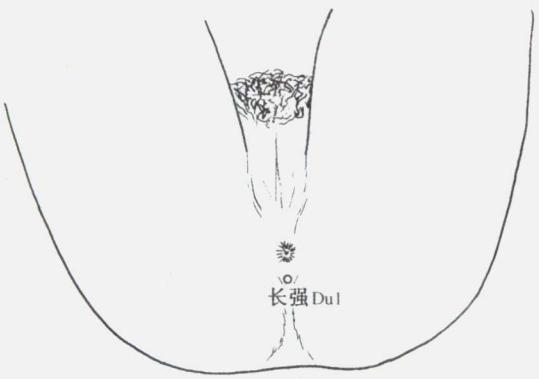


图 175 长强定位
Fig. 175 Locating DU1

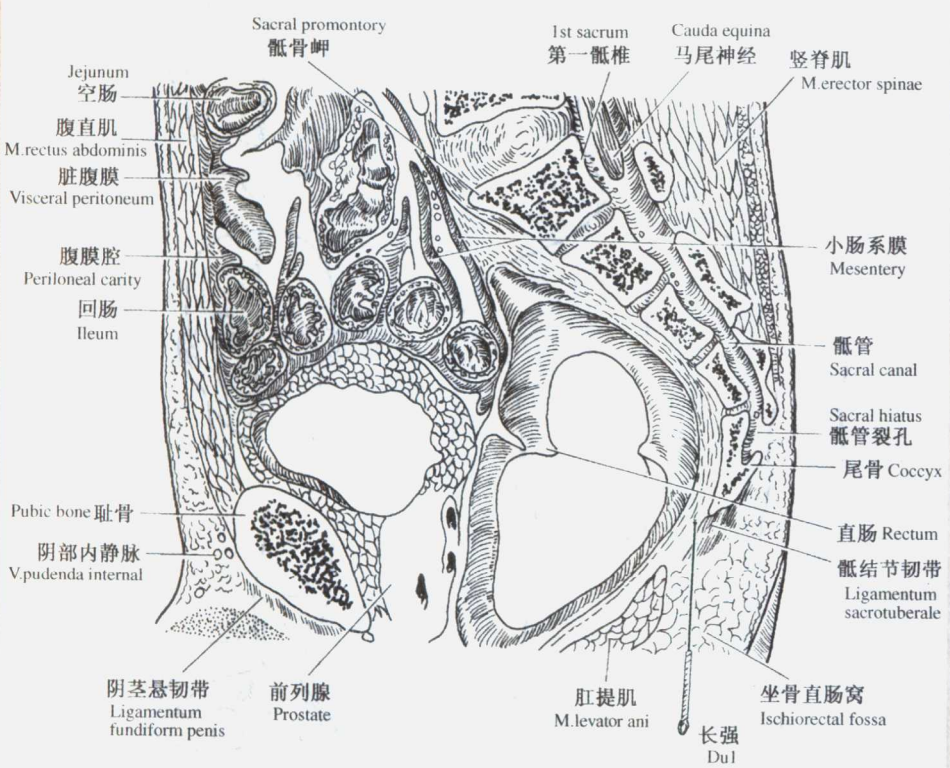


图 176 长强针法
Fig. 176 DU1 needling technique

4. Mingmen (DU4): on the lower back, on the posterior midline, in a depression below the spinous process of the second lumbar vertebra (Fig. 177, Fig. 178).

5. Xuanshu (DU5): on the lower back, on the posterior midline, in a depression below the spinous process of the first lumbar vertebra (Fig. 177, Fig. 178).

4. 命门（DU4）：在腰部，当后正中线上，第2腰椎棘突下凹陷中（图177、图178）。

5. 悬枢（DU5）：在腰部，当后正中线上，第1腰椎棘突下凹陷中（图177、图178）。

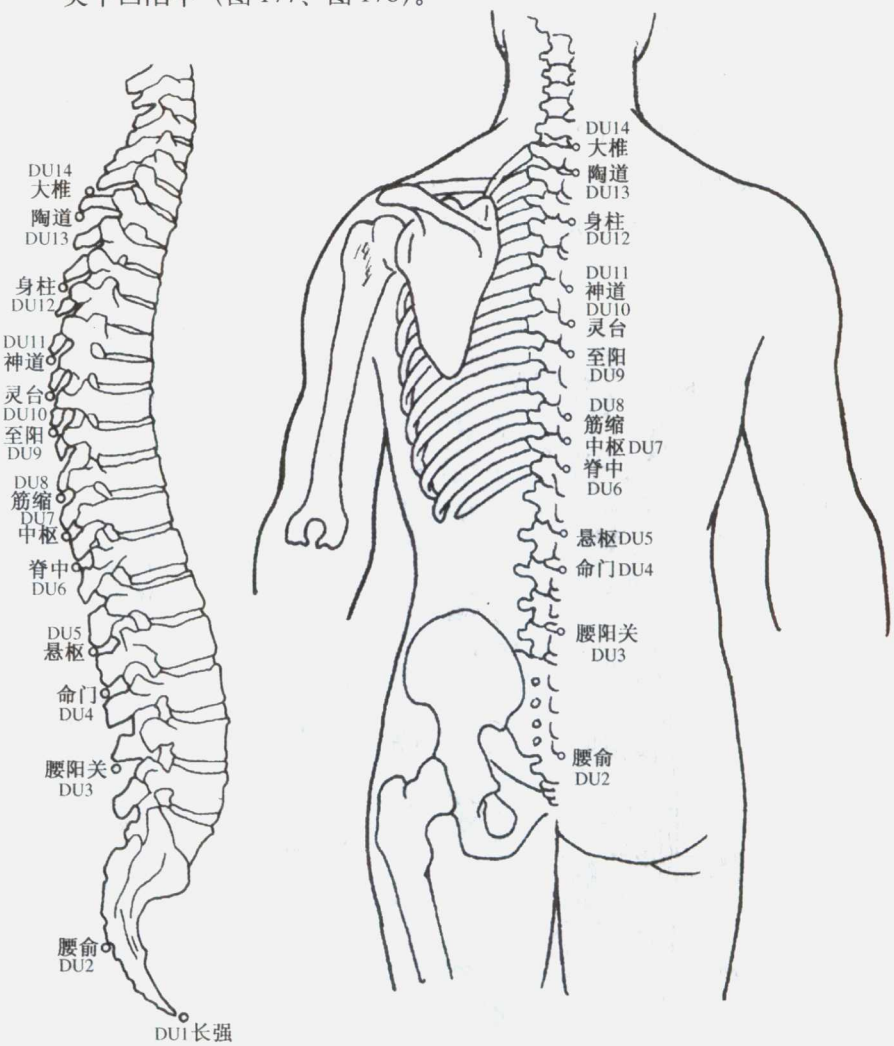


图177 督脉背腰部经穴一
Fig. 177 Points of the DU channel on the back Ⅰ

图178 督脉背腰部经穴二
Fig. 178 Points of the DU channel on the back Ⅱ

Ⅱ. Back

1. Jizhong (DU6): on the back, on the posterior midline, in a depression below the spinous process of the eleventh thoracic vertebra (Fig. 177, Fig. 178).

2. Zhongshu (DU7): on the back, on the posterior midline, in a depression below the spinous process of the ten thoracic vertebra (Fig. 177, Fig. 178).

3. Jinsuo (DU8): on the back, on the posterior midline, in a depression below the spinous process of the nineth thoracic vertebra (Fig. 177, Fig. 178).

4. Zhiyang (DU9): on the back, on the posterior midline, in a depression below the spinous process of the seventh thoracic vertebra (Fig. 177, Fig. 178).

二、背 部

1. 脊中（DU6）：在背部，当后正中线上，第11胸椎棘突下凹陷中（图177、图178）。

2. 中枢（DU7）：在背部，当后正中线上，第10胸椎棘突下凹陷中（图177、图178）。

3. 筋缩（DU8）：在背部，当后正中线上，第9胸椎棘突下凹陷中（图177、图178）。

4. 至阳（DU9）：在背部，当后正中线上，第7胸椎棘突下凹陷中（图177、图178）。

5. 灵台（DU10）：在背部，当后正中线上，第6胸椎棘突下凹陷中（图177、图178）。

6. 神道（DU11）：在背部，当后正中线上，第5胸椎棘突下凹陷中（图177、图178）。

7. 身柱（DU12）：在背部，当后正中线上，第3胸椎棘突下凹陷中（图177、图178）。

8. 陶道（DU13）：在背部，当后正中线上，第1胸椎棘突下凹陷中（图177、图178）。

9. 大椎（DU14）：在后正中线上，第7颈椎棘突下凹陷中（图177、图178）。

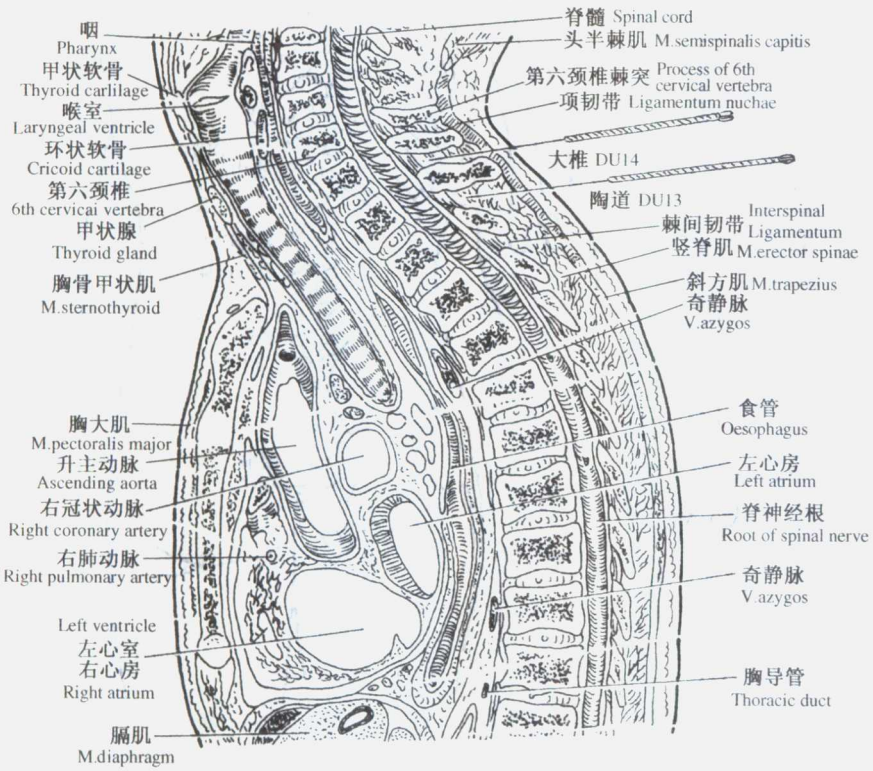


图179 大椎针法
Fig. 179 DU14 needling technique

三、头面部

1. 哑门（DU15）：在项部，当后发际正中直上0.5寸，第1颈椎下（图180）。

2. 风府（DU16）：在项部，当后发际正中直上1寸，枕外隆凸直下，两侧斜方肌之间凹陷中（图180）。

3. 脑户（DU17）：在头部，当后发际正中直上2.5寸，风府上1.5寸，枕外隆凸的上缘凹陷处（图180）。



图180 督脉后头部经穴
Fig. 180 Points of the DU channel on the posterior aspect of the head

5. Lingtai (DU10): on the back, on the posterior midline, in a depression below the spinous process of the sixth thoracic vertebra (Fig. 177, Fig. 178).

6. Shendao (DU11): on the back, on the posterior midline, in a depression below the spinous process of the fifth thoracic vertebra (Fig. 177, Fig. 178).

7. Shenzhu (DU12): on the back, on the posterior midline, in a depression below the spinous process of the third thoracic vertebra (Fig. 177, Fig. 178).

8. Taodao (DU13): on the back, on the posterior midline, in a depression below the spinous process of the first thoracic vertebra (Fig. 177, Fig. 178).

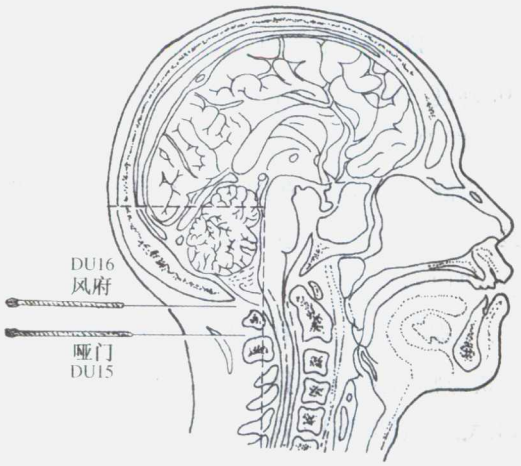
9. Dazhui (DU14): on the posterior midline, in the depression below the seventh cervical vertebra (Fig. 177, Fig. 178).

Ⅲ. Head/Face

1. Yamen (DU15): on the neck, 0. 5 cun superior to the midpoint of the posterior hairline, below the first cervical vertebra (Fig. 180).

2. Fengfu (DU16): on the neck, 1. 0 cun superior to the midpoint of the posterior hairline, directly below the external occipital protuberance, in the depression between the trapezius muscle of both sides (Fig. 180).

3. Naohu (DU17): on the head, 2. 5 cun superior to the midpoint of the posterior hairline, 1. 5 cun superior to Fengfu (DU16), in the depression on the superior border of the external occipital protuberance (Fig. 180).



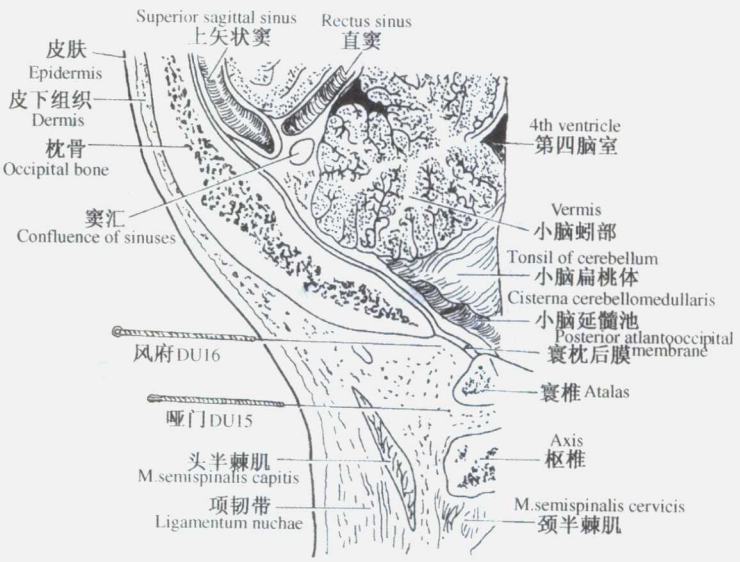


图 181 哑门针法
Fig. 181 DU15 needling technique

4. Qiangjian (DU18): on the head, 4. 0 cun superior to the midpoint of the posterior hairline (Fig. 180).

5. Houding (DU19): on the head, 5. 5 cun superior to the midpoint of the posterior hairline [3 cun above Naohu (DU17)] (Fig. 180).

6. Baihui (DU20): on the head, 5. 0 cun superior to the midpoint of the anterior hairline, at the midpoint connecting the apexes of both ears (Fig. 180, Fig. 182, Fig. 183).

7. Qianding (DU21): on the head, 3. 5 cun superior to the midpoint of the anterior hairline. [1. 5 cun anterior to Baihui (DU20)] (Fig. 182).

8. Xinhui (DU22): on the head, 2 cun superior to the midpoint of the anterior hairline. [3 cun anterior to Baihui (DU20)] (Fig. 182).

4. 强间(DU18)：在头部，当后发际正中直上4寸(图180)。

5. 后顶（DU19)：在头部，当后发际正中直上5. 5寸(脑户上3寸)(图180)。

6. 百会（DU20)：在头部，当前发际正中直上5寸，或两耳尖连线的中点处（图180、图182、图183)。

7. 前顶（DU21)：在头部，当前发际正中直上3. 5寸（百会前1. 5寸)(图182)。

8. 囟会（DU22)：在头部，当前发际正中直上2寸（百会前3寸)（图182)。

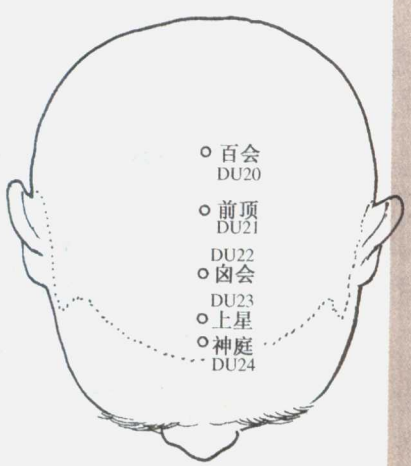


图 182 督脉头顶部经穴
Fig. 182 Points of the DU channel on the superior aspect of the head

9. 上星（DU23）：在头部，当前发际正中直上1寸（图182）。

10. 神庭（DU24）：在头部，当前发际正中直上0.5寸（图182、图184）。

11. 素髎（DU25）：在面部，当鼻尖的正中央（图184）。

12. 水沟（DU26）：在面部，当人中沟的上1/3与中1/3交点处（图184）。

13. 兑端（DU27）：在面部，当上唇的尖端，人中沟下端的皮肤与唇的移行部（图184）。

14. 龈交（DU28）：在上唇内，唇系带与上齿龈的相接处（图185）。

9. Shangxing (DU23): on the head, 1 cun superior to the midpoint of the anterior hairline (Fig. 182).

10. Shenting (DU24): on the head, 0.5 cun superior to the midpoint of the anterior hairline (Fig. 182, Fig. 184).

11. Suliao (DU25): on the face, at the center of the apex of the nose (Fig. 184).

12. Shuigou (DU26): on the face, at the point of intersection of the upper third and middle third of the philtrum (Fig. 184).

13. Duiduan (DU27): on the face, on the labial tubercle of the upper lip, on the vermilion border between the philtrum and the upper lip (Fig. 184).

14. Yinjiao (DU28): inside the upper lip, at the junction of the labial frenum and the upper gum (Fig. 185).

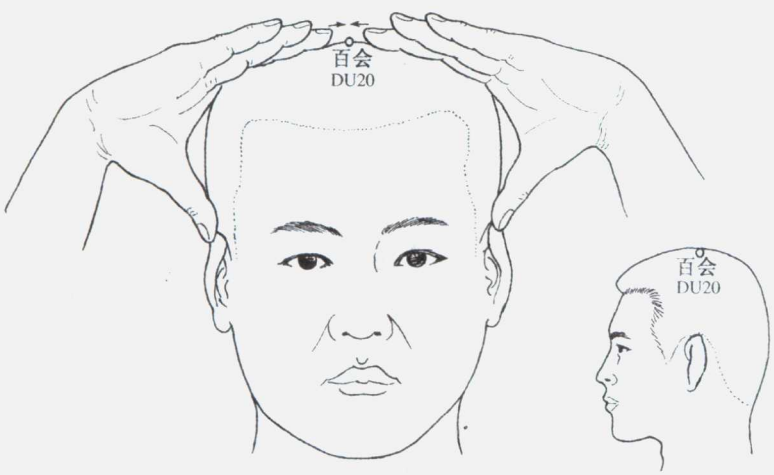


图183 百会简便取穴
Fig. 183 Simple method for locating DU20

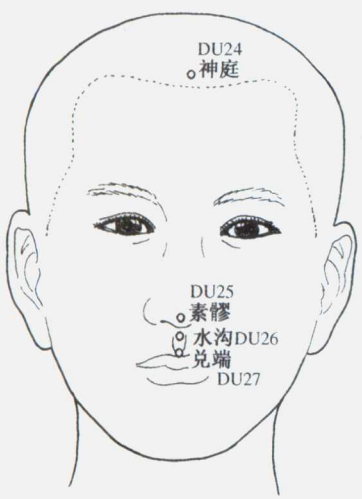


图184 督脉面部经穴
Fig. 184 Points of the DU channel on the face

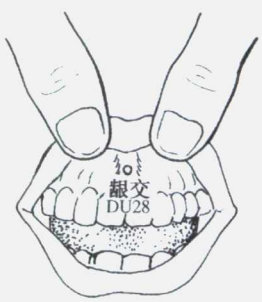


图185 龈交定位
Fig. 185 Locating DU28

Section XV. Points of the Ren Channel

The points of the Ren channel overview see Fig. 186.

第十五节 任脉经穴

任脉经穴概貌见图 186。

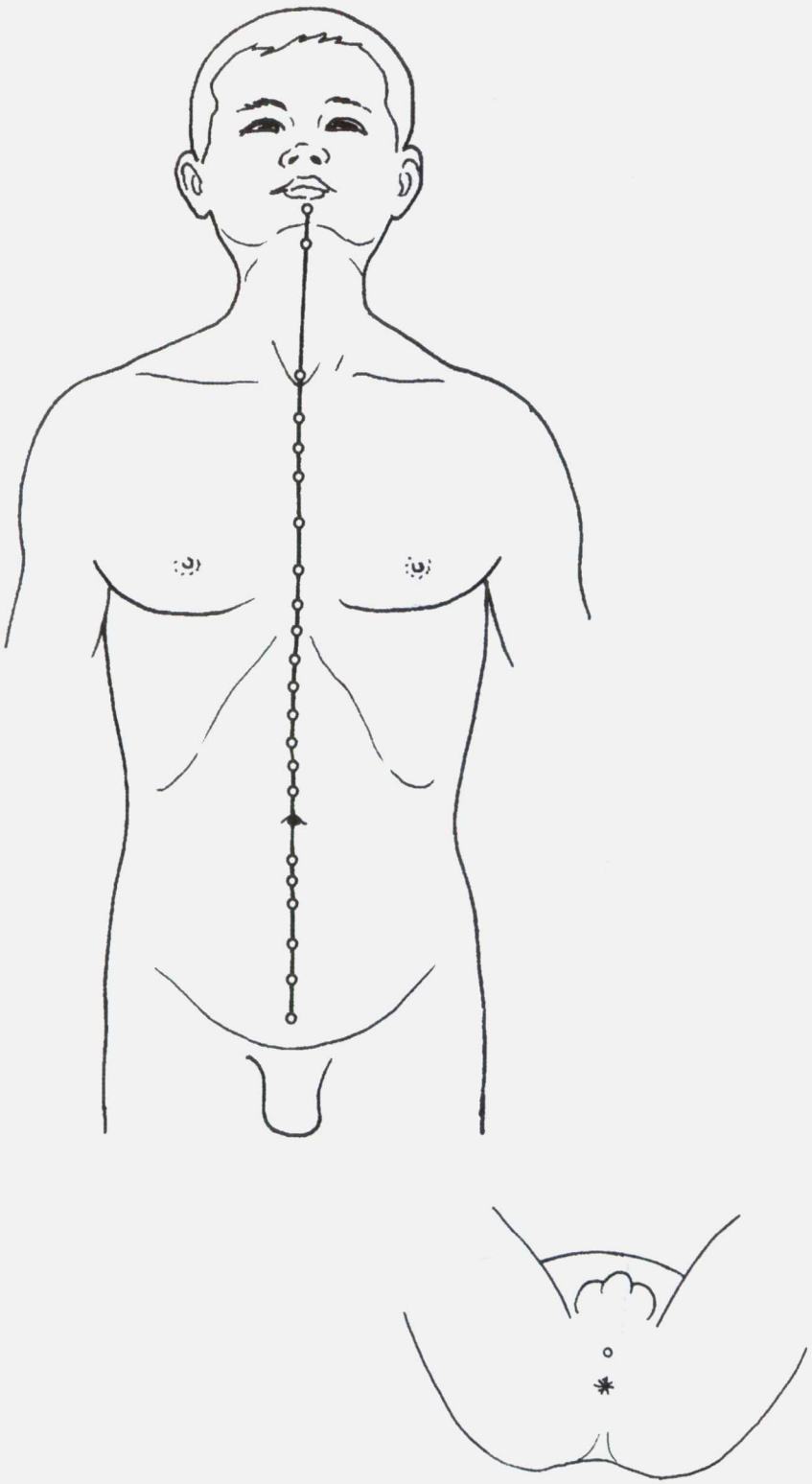


图 186 任脉经穴
Fig. 186 Points of the Ren channel overview

一、会阴部

会阴（RN1）：在会阴部，男性当阴囊根部与肛门连线的中点；女性当大阴唇后联合与肛门连线的中点（图 187）。

二、腹 部

1. 曲骨（RN2）：在下腹部，当前正中线上，耻骨联合上缘的中点处（图 188）。

2. 中极（RN3）：在下腹部，前正中线上，当脐中下 4 寸（图 188）。

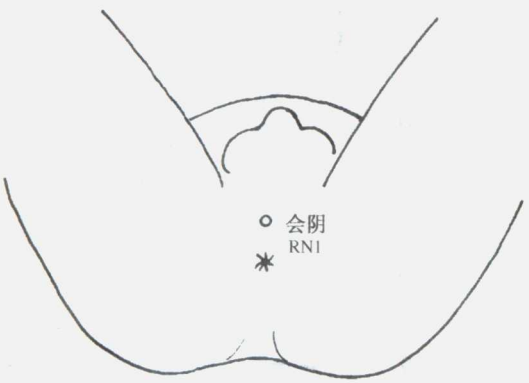


图 187 会阴定位
Fig. 187 Locating RN1

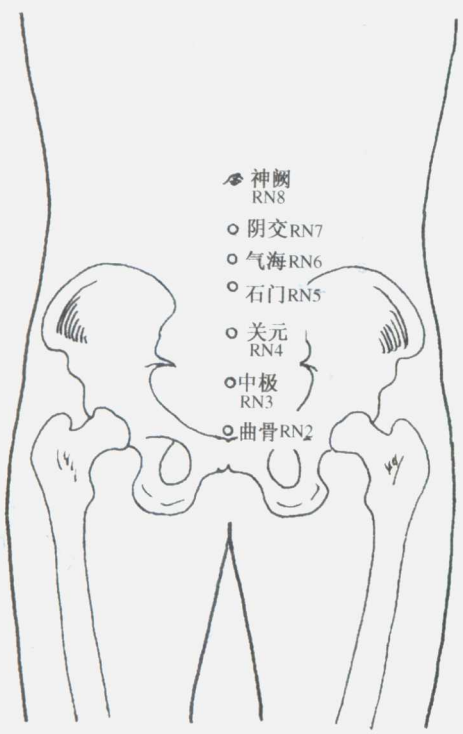


图 188 任脉下腹部经穴
Fig. 188 Points of the Ren channel on the inferior aspect of the abdomen

Ⅰ. Perineum

Huiyin (RN1): on the perineum, in male, the point is located at the midpoint between the posterior border of the scrotum and anus; for female, it is located between the posterior commissure of the large labia and anus (Fig. 187).

Ⅱ. Abdomen

1. Qugu (RN2): on the lower abdomen, on the anterior midline, at the midpoint of the upper border of the pubic symphysis (Fig. 188).

2. Zhongji (RN3): on the lower abdomen, on the anterior midline, 4 cun inferior to the umbilicus (Fig. 188).

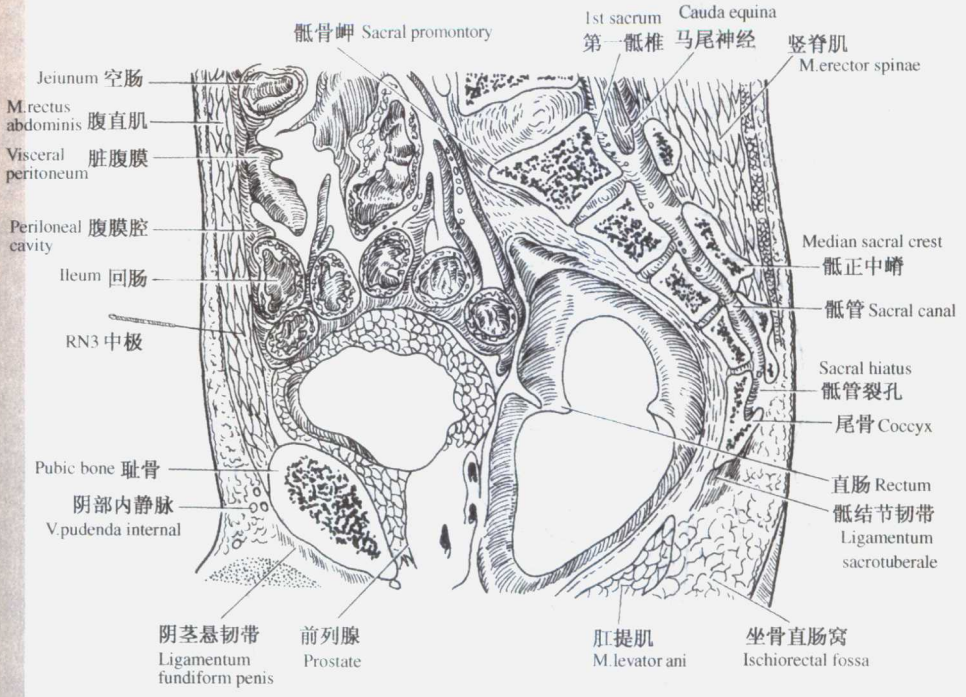


图 189 中极针法
Fig. 189 RN3 needling technique

3. Guanyuan (RN4): on the lower abdomen, on the anterior midline, 3 cun inferior to the umbilicus (Fig. 188).

4. Shimen (RN5): on the lower abdomen, on the anterior midline, 2 cun inferior to the umbilicus (Fig. 188).

5. Qihai (RN6): on the lower abdomen, on the anterior midline, 1. 5 cun inferior to the umbilicus (Fig. 188).

6. Yinjiao (RN7): on the lower abdomen, on the anterior midline, 1 cun inferior to the umbilicus (Fig. 188).

7. Shenque (RN8): in the mid abdomen, at the center of the umbilicus (Fig. 188, Fig. 190).

8. Shuifen (RN9): on the upper abdomen, on the anterior midline, 1 cun superior to the umbilicus (Fig. 190).

9. Xiawan (RN10): on the upper abdomen, on the anterior midline, 2 cun superior to the umbilicus (Fig. 190).

10. Jianli (RN11): on the upper abdomen, on the anterior midline, 3 cun superior to the umbilicus (Fig. 190).

11. Zhongwan (RN12): on the upper abdomen, on the anterior midline, 4 cun superior to the umbilicus (Fig. 190).

12. Shangwan (RN13): on the upper abdomen, on the anterior midline, 5 cun superior to the umbilicus (Fig. 190).

3. 关元（RN4）：在下腹部，前正中线上，当脐中下3寸（图188）。

4. 石门（RN5）：在下腹部，前正中线上，当脐中下2寸（图188）。

5. 气海（RN6）：在下腹部，前正中线上，当脐中下1.5寸（图188）。

6. 阴交（RN7）：在下腹部，前正中线上，当脐中下1寸（图188）。

7. 神阙（RN8）：在腹中部，脐中央（图188、图190）。

8. 水分（RN9）：在上腹部，前正中线上，当脐中上1寸（图190）。

9. 下脘（RN10）：在上腹部，前正中线上，当脐中上2寸（图190）。

10. 建里（RN11）：在上腹部，前正中线上，当脐中上3寸（图190）。

11. 中脘（RN12）：在上腹部，前正中线上，当脐中上4寸（图190）。

12. 上脘（RN13）：在上腰部，前正中线上，当脐中上5寸（图190）。

13. 巨阙（RN14）：在上腹部，前正中线上，当脐中上6寸（图190）。

14. 鸠尾（RN15）：在上腹部，前正中线上，当胸剑结合部下1寸（图190）。

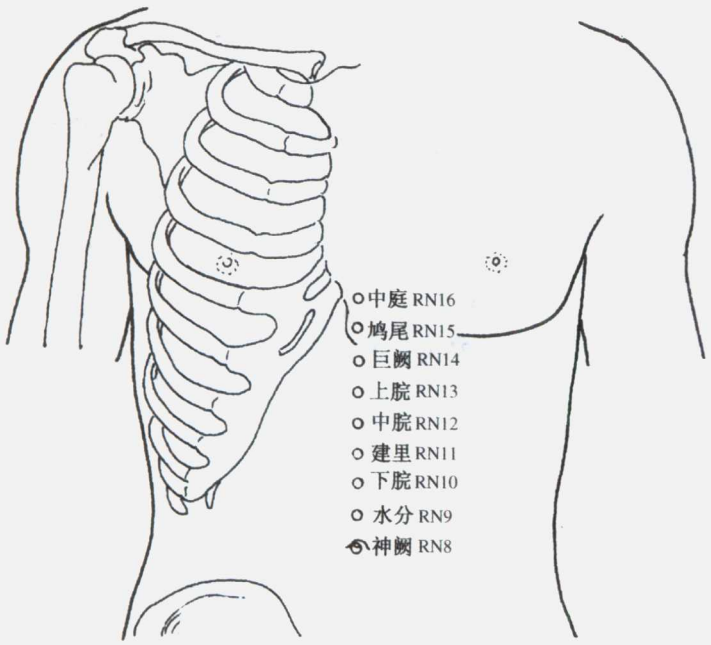


图190 任脉上腹部经穴
Fig. 190 Points of the Ren channel on the superior aspect of the abdomen

13. Juque (RN14): on the upper abdomen, on the anterior midline, 6 cun superior to the umbilicus (Fig. 190).

14. Jiuwei (RN15): on the upper abdomen, on the anterior midline, 1 cun inferior to the xiphosternal synchondrosis (Fig. 190).

三、胸 部

1. 中庭（RN16）：在胸部，当前正中线上，平第5肋间，即胸剑结合部（图191）。

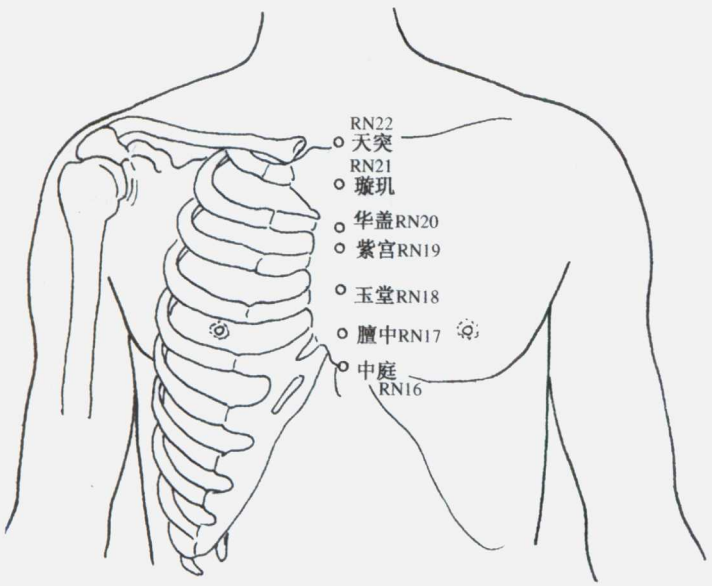


图191 任脉胸部经穴
Fig. 191 Points of the Ren channel on the chest

Ⅲ. Chest

1. Zhongting (RN16): on the chest, on the anterior midline, on the level of the fifth intercostal space, on the xiphosternal synchondrosis (Fig. 191).

2. Tanzhong (RN17): on the chest, on the anterior midline, on the level of the fourth intercostal space, at the midpoint of the line connecting both nipples (Fig. 191).

3. Yutang (RN18): on the chest, on the anterior midline, on the level of the third intercostal space (Fig. 191).

4. Zigong (RN19): on the chest, on the anterior midline, on the level of the second intercostal space (Fig. 191).

5. Huagai (RN20): on the chest,on the anterior midline,on the level of the first intercostal space (Fig. 191).

6. Xuanji (RN21): on the chest, on the anterior midline, 1 cun posterior to Tiantu (RN22) (Fig. 191).

Ⅳ. Neck

1. Tiantu (RN22): on the neck, on the anterior midline, at the center of the suprasternal fossa (Fig. 192).

2. Lianquan (RN23): on the neck, on the anterior midline, in the depression above the superior border of the thyroid bone (Fig. 192).

2. 膻中（RN17）：在胸部，当前正中线上，平第4肋间，两乳头连线的中点（图191）。

3. 玉堂（RN18）：在胸部，当前正中线上，平第3肋间（图191）。

4. 紫宫（RN19）：在胸部，当前正中线上，平第2肋间（图191）。

5. 华盖（RN20）：在胸部，当前正中线上，平第1肋间（图191）。

6. 璇玑（RN21）：在胸部，当前正中线上，天突下1寸（图191）。

四、颈 部

1. 天突（RN22）：在颈部，当前正中线上，胸骨上窝中央（图192）。

2. 廉泉（RN23）：在颈部，前正中线上，结喉上方，舌骨上缘凹陷处（图192）。



图 192 任脉颈部经穴
Fig. 192 Points of the Ren channel on the neck

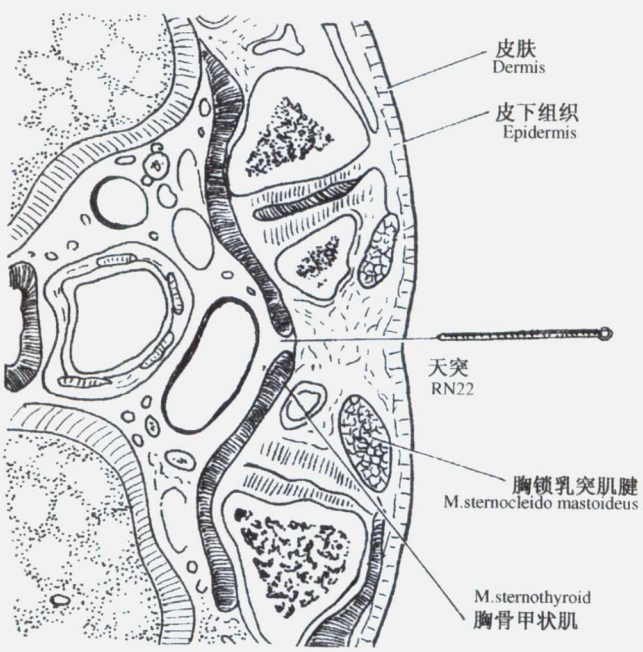


图 193 天突针法
Fig. 193 RN22 needling technique

五、面 部

承浆(RN24):在面部,当颏唇沟的正中凹陷处(图192、图194)。

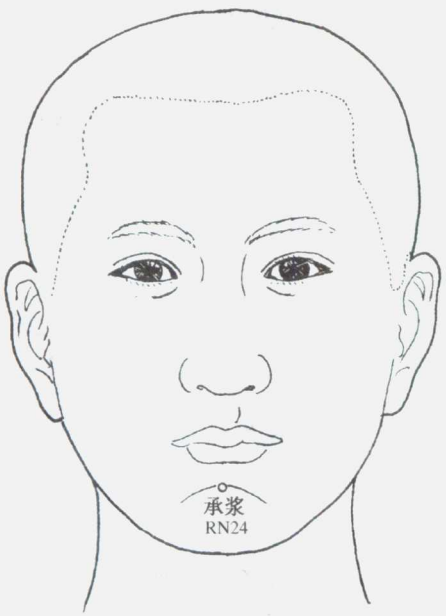


图194 承浆定位
Fig. 194 Locating RN24

V. Face

Chengjiang (RN24): on the face, in the depression at the midpoint of the mentolabial sulcus (Fig. 192, Fig. 194).

Chapter Ⅲ. Commonly Used Extraordinary Points

Extraordinary points are acupuncture points that are in addition to points distributed on the fourteen meridians. Each point has a specific name, definite location, and certain therapeutic effects. These extraordinary points are closely related to points on the meridians in such that some points from the meridians are derived from extra points. Also, some extraordinary points may include meridian points as well, for exampler "si hua" or "four flower" points consist of Geshu (BL17) and Danshu (BL19).

Extraordinary points have been documented extensively in the past. In "Qian Jin Fang" or "Invaluable Prescriptions", 187 extraordinary points were recorded, while in "Zhen Jiu Ji Cheng" or "Collections of Acupuncture and Moxibustion", 144 extraordinary points were noted. The following section will introduce 64 commonly used extraordinary points in accordance with international standards, based on classical literature and clinical practices.

Ⅰ. Points on the Head and Neck

1. Dangyang: at the front part of the head, directly above the pupil, 1 cun above the anterior hairline (Fig. 195).

2. Yintang: on the forehead, at the midpoint between the eyebrows (Fig. 195).

3. Sishencong: four points on the head. 1 cun anterior, posterior and lateral to Baihui (DU20) (Fig. 196).

4. Yuyao: on the forehead, directly above the pupil, in the eyebrow (Fig. 197).

5. Qiuhou: on the face, at the junction of the lateral fourth and medial three fourths of the

第三章　常用经外奇穴

经外奇穴又称奇穴，是十四经穴以外，有一定穴名，有固定位置，对某些病证有较好治疗效果的一类腧穴。奇穴与经穴间关系密切，这一方面体现在部分经穴由奇穴发展而来，另一方面还表现在一部分奇穴由经穴组合而成，即奇穴中还包含了一些经穴。如四花穴由膈俞和胆俞组成。

历代文献关于奇穴的记载很多，如《千金方》载有奇穴187个，《针灸集成》汇集144个奇穴等。下面将依据国际标准化腧穴方案，参照历代文献，结合临床运用，介绍64个常用经外奇穴。

一、头颈部

1. 当阳：在头前部，当瞳孔直上，前发际上1寸（图195）。

2. 印堂：在额部，当两眉头之中间（图195）。

3. 四神聪：在头顶部，当百会穴前后左右各1寸，共四穴（图196）。

4. 鱼腰：在额部，瞳孔直上，眉毛中央（图197）。

5. 球后：在面部，当眶下缘外1/4与内3/4交界处（图197）。

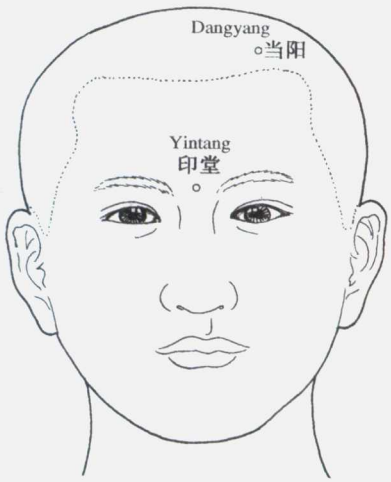


图195 当阳、印堂定位
Fig. 195 Locating Dangyang,Yintang

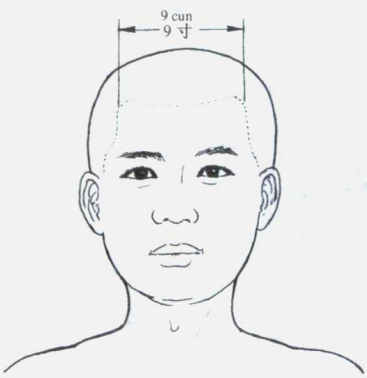


图196 四神聪定位
Fig. 196 Locating Sishencong

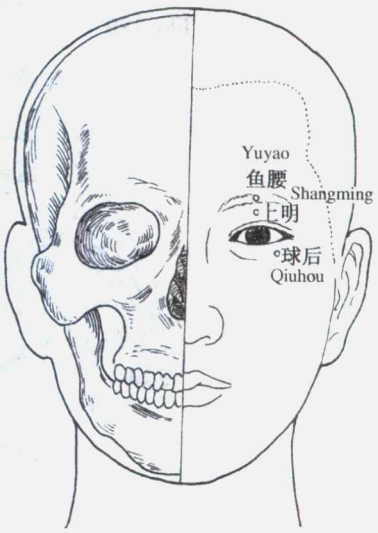


图197 鱼腰、球后、上明定位
Fig. 197 Locating Yuyao,Qiuhou,Shangming

6. 上明：位于眶上缘中点下方处，目正视，瞳孔直上，从眉弓中点作一垂直线与眶上缘之交点的下方凹陷处（图 197）。

7. 太阳：位于头颞部，当眉梢与目外眦之间向后约1横指的凹陷处（图 198）。

8. 耳尖：在耳郭的上方，当折耳向前，耳郭上方的尖端处（图 198）。

9. 牵正：位于面颊部，耳垂前方 0.5 寸处，与耳垂中点相平处（图 198）。



图 198 太阳、耳尖、牵正定位
Fig. 198 Locating Taiyang, Erjian,Qianzheng

10. 上迎香：在面部，当鼻翼软骨与鼻甲的交界处，近鼻唇沟上端处（图 199）。



图 199 上迎香、夹承浆定位
Fig. 199 Locating Shangyingxiang,Jiachengjiang

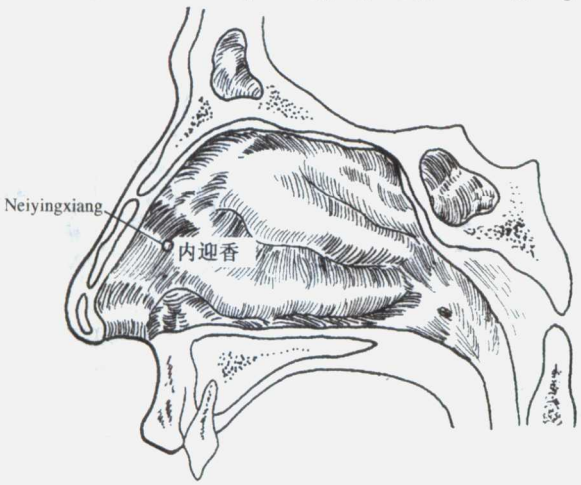


图 200 内迎香定位
Fig. 200 Locating Neiyingxiang

infraorbital margin (Fig. 197).

6. Shangming: below the midpoint of the supra-orbital margin. With eyes looking forward, directly above the pupil, the point is located perpendicular from the arch of the eyebrow where it intersects the supra-orbital margin (Fig. 197).

7. Taiyang: at the temperal part of the head, between the lateral end of the eyebrow and the outer canthus, in the depression one finger breadth behind (Fig. 198).

8. Erjian: at the apex of the auricle when the ear is folded forward (Fig. 198).

9. Qianzheng: on the cheek, 0.5 cun anterior to the ear lobe, level with the midpoint of the ear lobe (Fig. 198).

10. Shangyingxiang: on the face, at the junction of the alar cartilage of the nose and the nasal concha, near the upper end of the nasolabial groove (Fig. 199).

11. Jiachengjiang: 1 cun lateral to Chengjiang (DU24) (Fig. 199).

12. Neiyingxiang: in the nostril, at the junction between the alar cartilage of the nose and the nasal concha (Fig. 200).

13. Juquan: in the mouth, at the midpoint of the dorsal midline of the tongue (Fig. 201).

14. Haiquan: in the mouth, at the midpoint of the frenulum of the tongue (Fig. 202).

15. Jinjin, Yuye: in the mouth, respectively on the vein to the left and right side of the frenulum of the tongue (Fig. 202).

16. Shezhu: in the mouth, at the cross point between the frenulum and the plica sublingualis of the tongue (Fig. 203).

17. Shanglianquan: 1 cun superior to Lianquan (RN23), in a depression between lower edge of the jaw and the os hyoideum (Fig. 204).

18. Hongyin: on the neck, in a depression located 0.5 cun lateral to the thyroid cartilage (Fig. 205).

19. Jingbi: at the margin above the clavicle, at the connection between posterior border of the sternocleidomastoid muscle and the clavicle, above the midpoint between Qishe (ST11) and Quepen (ST23) (Fig. 205).

11. 夹承浆：承浆穴左右旁开各1寸处（图199）。

12. 内迎香：在鼻孔内，当鼻翼软骨与鼻甲交界的黏膜处（图200）。

13. 聚泉：在口腔内，当舌表面正中缝的中点处（图201）。

14. 海泉：在口腔内，当舌下系带中点处（图202）。

15. 金津、玉液：在口腔内，当舌下系带两侧的静脉上，左为金津，右为玉液（图202）。

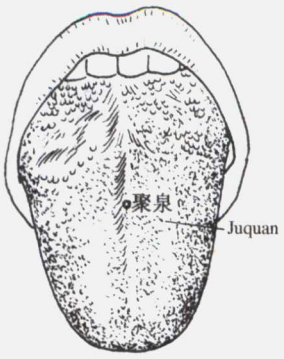


图201 聚泉定位
Fig. 201 Locating Juguan

16. 舌柱：位于口腔底部，舌系带与舌下襞之十字交叉点处（图203）。

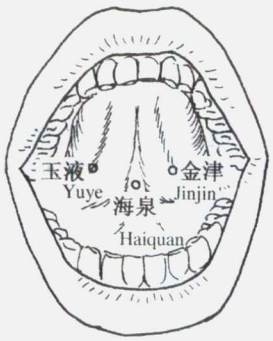


图202 海泉、金津、玉液定位
Fig. 202 Locating Haiquan,Jinjin,Yuye



图203 舌柱定位
Fig. 203 Locating Shezhu

17. 上廉泉：在廉泉穴上1寸，下颌下缘与舌骨体之间的凹陷中（图204）。

18. 洪音：位于颈部，甲状软骨切迹上凹陷两侧旁0.5寸处（图205）。

19. 颈臂：位于锁骨上缘，胸锁乳突肌下端与锁骨相接处，于气舍和缺盆两穴连线的中点之上方取穴（图205）。



图204 上廉泉定位
Fig.204 Locating Shanglianquan

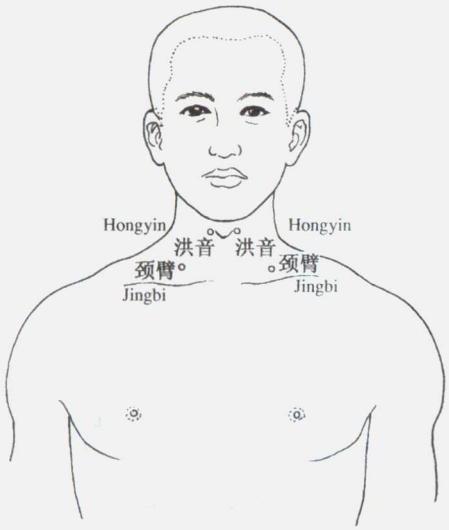


图 205 洪音、颈臂定位
Fig. 205 Locating Hongyin,Jingbi

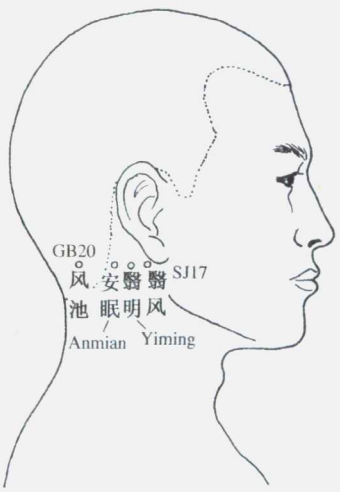


图 206 翳明、安眠定位
Fig. 206 Locating Yiming, Anmian

20. 翳明：在项部，当翳风后 1 寸（图 206）。

21. 安眠：位于翳风和风池连线的中点处（图 206）。

22. 颈百劳：在项部，当大椎直上 2 寸，后正中线旁开 1 寸（图 207）。

23. 新设：后发际下 1. 5 寸，与风池穴在一条直线上，约当第 4 颈椎横突端处（图 207）。

24. 崇骨：位于后正中线上，第6颈椎棘突下凹陷中（图207）。

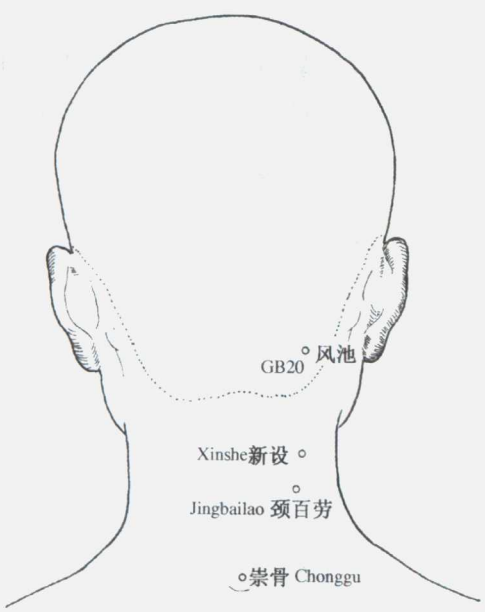


图 207 颈百劳、新设、崇骨定位
Fig. 207 Locating Jingbailao,Xinshe,Chonggu

20. Yiming: on the nape, 1 cun posterior to Yifeng (SJ17) (Fig. 206).

21. Anmian: behind the ear, midpoint between Yifeng (SJ17) and Fengchi (GB20) (Fig. 206).

22. Jingbailao: on the nape, 2 cun above Dazhui (DU14), 1 cun lateral to the posterior midline (Fig. 207).

23. Xinshe: 1. 5 cun below the posterior hairline, on the same line as Fengchi (GB20), approximately at the tip of the transverse process of the fourth cervical vertebra (Fig. 207).

24. Chonggu: on the posterior midline in a depression, below the spinous process of the sixth cervical vertebra (Fig. 207).

Ⅱ. Points on the Chest and Abdomen

1. Jianneiling: on the chest, mid point between the axillary fold and Jianyu (LI15) (Fig. 208).

2. Mingguan: on the lateral side of the chest, form an equilateral triangle with Zhongwan (RN12) and Ruzhong (ST33) as one side and using the distance and the angle as a measure, locate mingguan (Fig. 209).

3. Sanjiaojiu: on the lower abdomen, form an equilateral triangle with the apex as the umbilicus, and the length of the side is equal to the length of the patient's mouth. The points are located as the angles of the triangle (Fig. 210).

二、胸腹部

1. 肩内陵：位于腋前皱襞与肩髃连线的中点处（图208）。

2. 命关：位于左右侧胸部，以中脘穴至乳中穴之连线为一边向外做一等边三角形，外下角是穴（图209）。

3. 三角灸：以患者两口角的长度为一边，做一等边三角形，将顶角置于患者脐心，底呈水平线，于两底角处取穴（图210）。

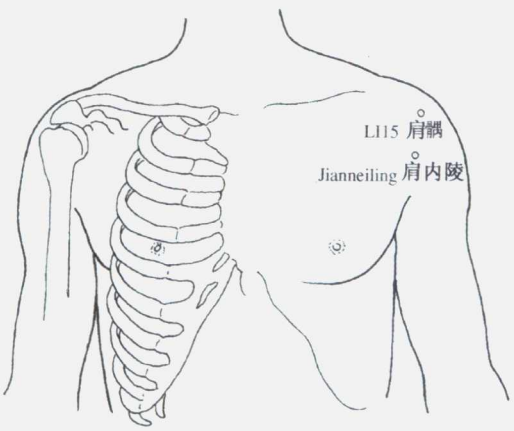


图 208 肩内陵定位
Fig. 208 Locating Jianneiling

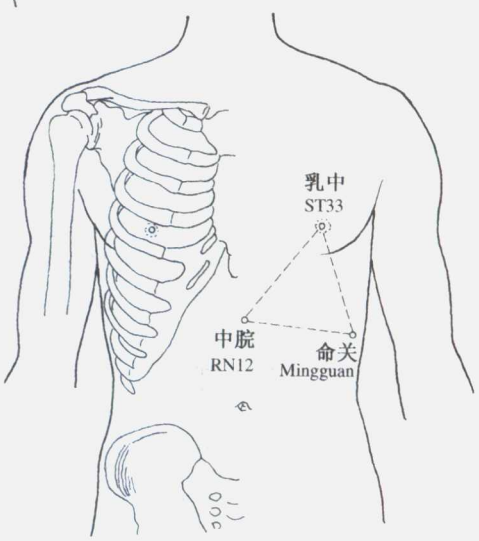


图 209 命关定位
Fig. 209 Locating Mingguan



图 210 三角灸定位
Fig. 210 Locating Sanjiaojiu

4. 提托：位于脐下3寸，左右旁开4寸处（图211）。

5. 子宫：在下腹部，当脐中下4寸，中极旁开3寸（图211）。

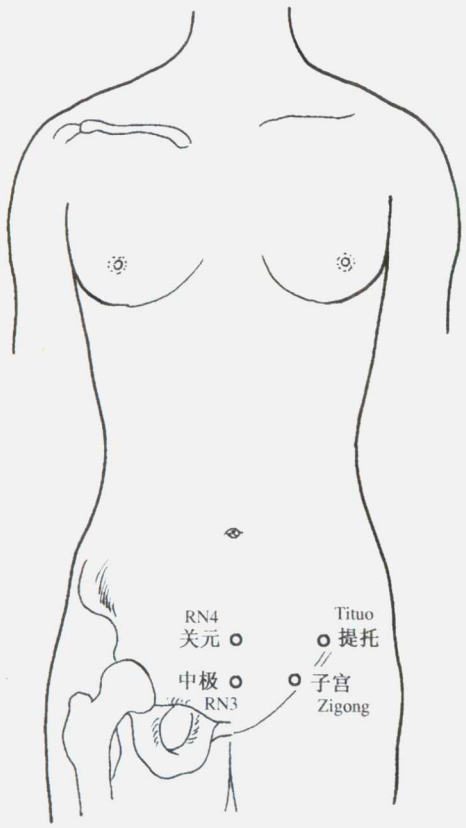


图211 子宫、提托定位
Fig. 211 Locating Zigong,Tituo

4. Tituo: on the lower abdomen, 3 cun below the center of the umbilicus, and 4 cun lateral to the midline (Fig. 211).

5. Zigong: on the lower abdomen, 4 cun below the center of the umbilicus, and 3 cun lateral to Zhongji (RN3) (Fig. 211).

三、背 部

1. 定喘：在背部，当第7颈椎棘突下，旁开0.5寸（图212）。

2. 夹脊：在背腰部，当第1胸椎至第5腰椎棘突下两侧，后正中线旁开0.5寸，一侧17穴（图212）。

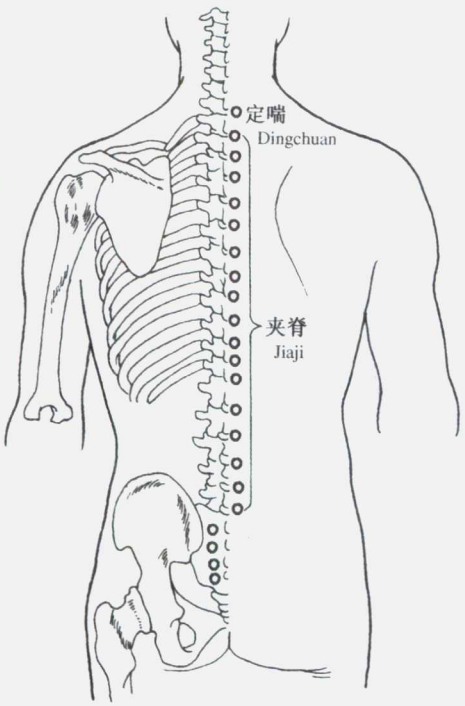


图212 定喘、夹脊定位
Fig. 212 Locating Dingchuan, Jiaji

Ⅲ. Points on the Back

1. Dingchuan: on the back, below the spinous process of the seventh cervical vertebra, 0.5 cun lateral to the posterior midline (Fig. 212).

2. Jiaji: on each side of the back, below the spinous process from the first thoracic to the fifth lumbar vertebrae, 0.5 cun lateral to the posterior midline, totaling 17 points on each side (Fig. 212).

3. Juqueshu: located in the depression below the spinous process of the fourth thoracic vertebra (Fig. 213).

4. Weiwanxiashu: on the back, below the spinous process of the eighth thoracic vertebra, 1.5 lateral to the posterior midline (Fig. 213).

5. Sihua: both Geshu (BL17) and Dashu (BL19) (Fig. 213).

6. Pigen: on the lower back, below the spinous process of the first lumbar vertebra, 3. 5 cun lateral to the posterior midline (Fig. 214).

7. Xiajishu: on the midline of the lower back, below the spinous process of the third lumbar vertebra (Fig. 214).

8. Yaoyi: on the lower back, below the spinous process of the fourth lumbar vertebra, 3 cun lateral to the posterior midline (Fig. 214).

9. Yaoyan: on the lower back, below the spinous process of the fourth lumbar vertebra, 3. 5 cun lateral to the posterior midline (Fig. 214).

10. Shiqizhui: on the lower back, and the posterior midline, below the spinous process of the fifth lumbar vertebra (Fig. 214).

11. Yaoqi: on the lower back, 2 cun directly above the tip of the coccyx, in the depression between the sacral horns (Fig. 214).

3. 巨阙俞：位于第4胸椎棘突下凹陷中（图213）。

4. 胃脘下俞：在背部，当第8胸椎棘突下，旁开1.5寸（图213）。

5. 四花：即膈俞和胆俞4穴（图213）。

6. 痞根：在腰部，当第1腰椎棘突下，旁开3.5寸（图214）。

7. 下极俞：在腰部，当后正中线上，第3腰椎棘突下（图214）。

8. 腰宜：在腰部，当第4腰椎棘突下，旁开3寸（图214）。

9. 腰眼：在腰部，当第4腰椎棘突下，旁开3.5寸（图214）。

10. 十七椎：在腰部，当后正中线上，第5腰椎棘突下（图214）。

11. 腰奇：在骶部，当尾骨端直上2寸，骶角之间凹陷中（图214）。

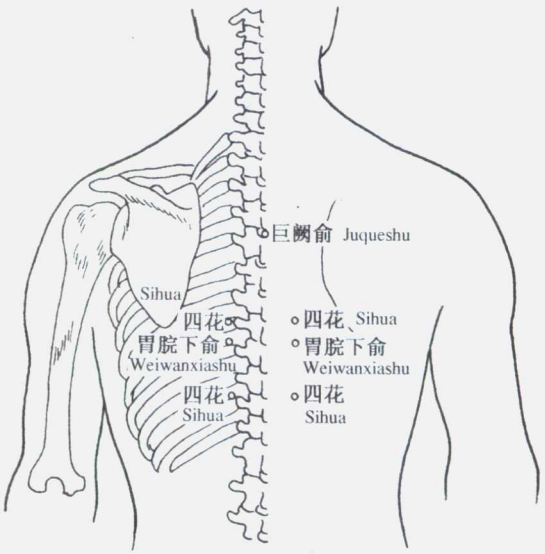


图213 巨阙俞、胃脘下俞、四花定位
Fig. 213 Locating Juqueshu,Weiwanxiashu,Sihua

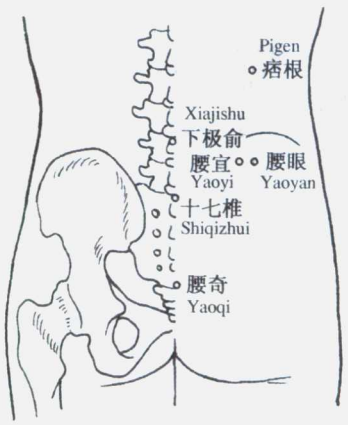


图214 痞根、下级俞、腰宜、腰眼、十七椎、腰奇定位
Fig. 214 Locating Pigen,Xiajishu,Yaoyi,Yaoyan,Shiqizhui,Yaoqi

四、上肢部

1. 肘尖：在肘后部，屈肘，当尺骨鹰嘴的尖端（图215）。

2. 二白：在前臂掌侧，腕横纹上4寸，桡侧腕屈肌腱的两侧，一侧2穴（图216）。

3. 四缝：在第2～5指掌侧，近端指关节中央，一侧4穴（图217）。

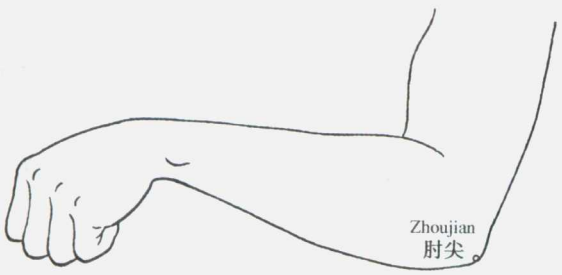


图215 肘尖定位
Fig. 215 Locating Zhoujian

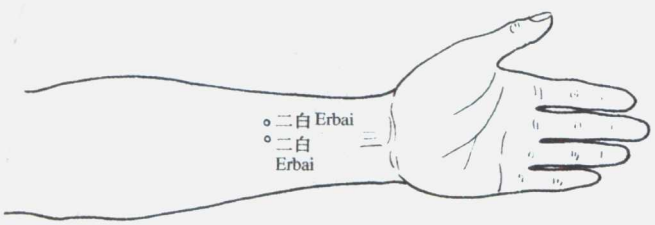


图216 二白定位
Fig. 216 Locating Erbai



图217 四缝定位
Fig. 217 Locating Sifeng

Ⅳ. Points on the Upper Limbs

1. Zhoujian: on the posterior side of the elbow, at the tip of the olecranon when the elbow is flexed (Fig. 215).

2. Erbai: on the palmer side of each forearm, 4 cun proximal to the crease of the wrist, on each side of the tendon of the radial flexor muscle of the wrist,two points on each side (Fig. 216).

3. Sifeng: on the palmar side of the second to fifth fingers and at the center of the proximal interphalangeal joints, four points on each side (Fig. 217).

4. Baxie: on the dorsum of each hand, when the hand is made into a fist, the points are located between the first and fifth fingers, at the junction of the red and white skin proximal to the margin of the four webs between the fingers. Four points on each hand, there are eight points total (Fig. 218).

5. Zhongquan: on the dorsal crease of the wrist, in the depression on the radial side of the tendon of the common extensor muscle of the fingers (Fig. 218).

6. Zhongkui: point on the dorsal side of the middle finger, at the center of the proximal interphalangeal joint (Fig. 219).

7. Dagukong: on the dorsal side of the thumb, at the center of the interphalangeal joint (Fig. 219).

8. Xiaogukong: on the dorsal side of the little finger, at the center of the proximal interphalangeal joint (Fig. 219).

9. Yaotongdian: on the dorsum of the hand, between the second and third, and between the fourth and fifth metacarpal bones, at the midpoint between the dorsal crease of the wrist and the metacarpo-phalangeal joint. Two points on each hand (Fig. 220).

10. Wailaogong: on the dorsum of the hand, between second and third metacarpal bones, and 0. 5 cun proximal to the metacarpo-phalangeal joint (Fig. 220).

11. Shixuan: ten points on both hands, at the tips of the ten fingers, 0. 1 cun from the free margin of the nails (Fig. 221).

4. 八邪：在手背侧，微握拳，第1～5指间，指蹼缘后方赤白肉际处左右共8穴（图218）。

5. 中泉：在腕背侧横纹中，当指总伸肌腱桡侧的凹陷中（图218）。

6. 中魁：在中指背侧近侧指间关节的中点处（图219）。

7. 大骨空：在拇指背侧指间关节的中点处（图219）。

8. 小骨空：在小指背侧近侧指间关节的中点处（图219）。

9. 腰痛点：在手背侧，第2、3掌骨及第4、5掌骨之间，当腕横纹与掌指关节中点处，一侧2穴（图220）。

10. 外劳宫：在手背侧，第2、3掌骨之间，掌指关节后0. 5寸（图220）。

11. 十宣：在手十指尖端，距指甲游离缘0. 1寸，左右共10穴（图221）。



图218 八邪、中泉定位
Fig. 218 Locating Baxie,Zhongquan



图219 中魁、大骨空、小骨空定位
Fig. 219 Locating Zhongkui, Dagukong,Xiaogukong

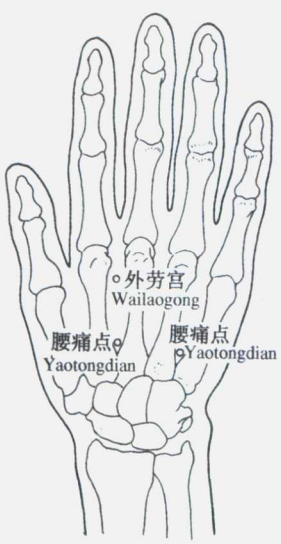


图220 腰痛点、外劳宫定位
Fig. 220 Locating Yaotongdian,Wailaogong



图221 十宣定位
Fig. 221 Locating Shixuan

五、下肢部

1. 环中：位于股骨大转子与骶管裂孔连线的内1/3与中1/3交点处（图222）。

2. 髋骨：在大腿前面下部，当梁丘两旁各1.5寸，一侧2穴（图223）。



图222 环中定位
Fig. 222 Locating Huanzhong

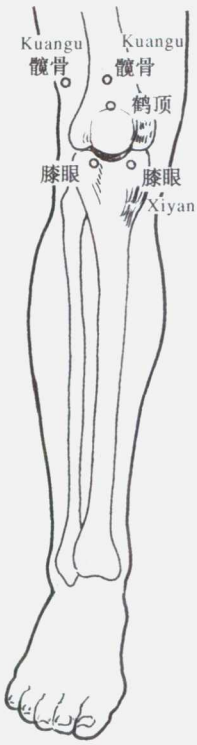


图223 髋骨、鹤顶、膝眼定位
Fig. 223 Locating Kuangu,Heding,Xiyan

3. 鹤顶：在膝上部，髌底的中点上方凹陷处（图223）。

4. 百虫窝：屈膝，在大腿内侧，髌底内侧端3寸，即血海上1寸（图224）。

5. 膝眼：屈膝，在髌韧带两侧凹陷处，在内侧的称内膝眼，在外侧的称外膝眼（图223、图224、图225）。

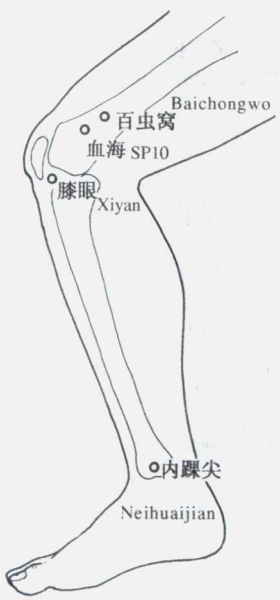


图224 百虫窝、膝眼、内踝尖定位
Fig. 224 Locating Baichongwo,Xiyan,Neihuaijian

Ⅴ. Points on the Lower Limbs

1. Huanzhong: on the postero-lateral side of the hip joint, two third of the distance between the prominence of the great trochanter and the sacro-coccygeal hiatus (Fig. 222).

2. Kuangu: on the lower part of the anterior surface of the thigh, 1.5 cun lateral and medial to Liangqiu (ST34), two points on each thigh (Fig. 223).

3. Heding: above the knee, in the depression of the midpoint of the upper border of the patella (Fig. 223).

4. Baichongwo: with the knee flexed, located on the inner thigh 3 cun above the medial superior corner of the patella, approximately 1 cun above Xuehai (SP10) (Fig. 224).

5. Xiyan: with the knee flexed, the point is located in the depression on the lateral side of the patellar ligament. The point on the medial side is called Neixiyan, on the lateral side is called Waixiyan (Fig. 223, Fig. 224, Fig. 225).



图 225 膝眼、胆囊、外踝尖定位
Fig. 225 Locating Xiyan,Dannang,Waihuaijian

6. Dannang: at the upper part of the lateral surface of the leg, 2 cun directly below the depression anterior and inferior to the head of the fibula or 2 cun below Yanglingquan (GB34) (Fig. 225).

7. Lanwei: at the upper part of the anterior surface of the leg, 5 cun below Dubi (ST35), one finger breadth lateral to the anterior crest of the tibia (Fig. 226).

8. Waihuaijian: on the lateral side of the foot, at the prominence of the lateral malleolus (Fig. 225).

9. Neihuaijian: on the medial side of the foot, at the prominence of the medial malleolus (Fig. 224).

6. 胆囊：在小腿外侧上部，当腓骨小头前下方凹陷处（阳陵泉）直下 2 寸（图 225）。

7. 阑尾：在小腿前侧上部，当犊鼻下 5 寸，胫骨前缘旁开一横指（图 226）。

8. 外踝尖：在足外侧面，外踝的凸起处（图 225）。

9. 内踝尖：在足内侧面，内踝的凸起处（图 224）。

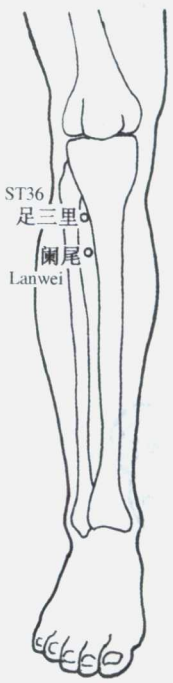


图 226 阑尾定位
Fig. 226 Locating Lanwei

10. 八风：在足背侧第1～5趾间，趾蹼缘后方赤白肉际处，一侧4穴，左右共8穴（图227）。

11. 独阴：在足第2趾的跖面远端趾间关节的中点（图228）。

12. 里内庭：位于足跖面，第2、3跖趾关节前方凹陷中，与内庭穴相对处（图228）。

13. 气端：在足十趾尖端，距趾甲游离缘0.1寸，左右共10穴（图229）。

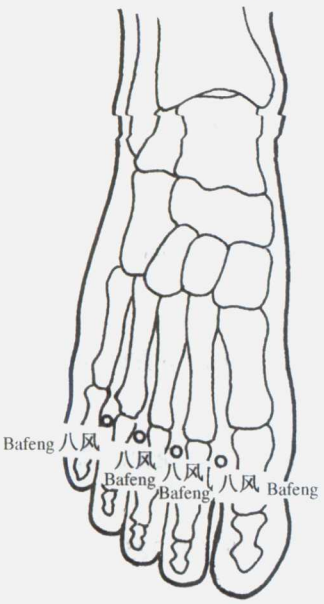


图227 八风定位
Fig. 227 Locating Bafeng

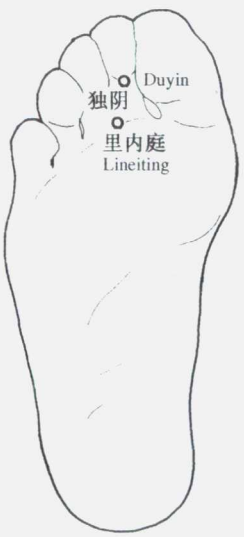


图228 独阴、里内庭定位
Fig. 228 Locating Duyin,Lineiting



图229 气端定位
Fig. 229 Locating Qiduan

10. Bafeng: on the dorsum of the foot, at the junction of the red and white skin proximal to the margin of the webs between each two neighboring toes, four points on each foot, totaling eight points (Fig. 227).

11. Duyin: on the plantar side of the second toe, at the center of the distal interphalangeal joint (Fig. 228).

12. Lineiting: on the plantar side, in a depression between the second and third toe, at the base of the distal interphalangeal joint, opposite of Neiting (ST44) (Fig. 228).

13. Qiduan: on the tip of the toes, 0.1 cun from the free margin of the nails. There are ten points (Fig. 229).

Chapter Ⅳ. Micro-acupuncture

Micro-acupuncture points/areas/zones are places where the stimulation is applied. Micro-acupuncture points differ from meridian points and extraordinary points in such that micro-acupuncture is used on relatively independent and specific organs. For example, eye acupuncture points are limited to locations around the eye, and the points of hand acupuncture are only located on the hands.

Under the guidance of the traditional Chinese medicine theories, combined with modern medical knowledge, doctors in the recent era have developed several micro-acupuncture systems. The "micro" here means both the needling tools used are smaller, more delicate, also means the limited location of the points. This section presents ten commonly used micro-acupuncture systems and points.

Section I. Ear Acupuncture

Ⅰ. Sections of the Auricle

The auricle is divided into anterior and posterior auricle, the concaved part of the auricle is located at the anterior side, the convex side of the auricle is the posterior auricle.

1. The anterior aspect of the auricle (Fig. 230): the anterior aspect of the auricle can be divided into earlobe (groove anterior to ear lobe), helix (helix crus, helix crus process, helix crus notch, helix tubercle, helix cauda, helix-lobe notch, groove anterior to helix), antihelix (trunk of antihelix, superior crus of antihelix, inferior crus of antihelix, helix notch), scapha, triangular fossa, concha auricularis (cymba conchae, cavity of concha), tragus (supratragic notch, upper apex of tragus, lower apex of tragus,

第四章 微针穴

微针穴（区）是微针疗法的刺激部位。与经穴和奇穴等份布于人体各部的腧穴不同的是，微针穴集中地分布在相对独立的组织和器官上，如眼针穴只分布于眼部，手针穴仅分布于手上等。

近代医家在中医理论指导下，结合现代医学知识，创立了数十种微针疗法，这里的"微"，既指使用的针具精细，更指穴位分布的部位局限。现参照有关文献，辑录十类常用的微针穴。

第一节 耳 穴

一、耳郭体表分部

耳郭分耳郭前面和耳郭背面，其凹面为耳郭前面，凸面为耳郭背面。

1. 耳郭前面体表分部（图230）：耳郭前面可分为耳垂（耳垂前沟）、耳轮（耳轮脚、耳轮脚棘、耳轮脚切迹、耳轮结节、耳轮尾、轮垂切迹、耳轮前沟）、对耳轮（对耳轮体、对耳轮上脚、对耳轮下脚、轮屏切迹）、耳舟、三角窝、耳甲（耳甲艇、耳甲腔）、耳屏（屏上切迹、上屏尖、下屏尖、耳屏前沟）、对耳屏（对屏尖、屏间切迹）、外耳门等。

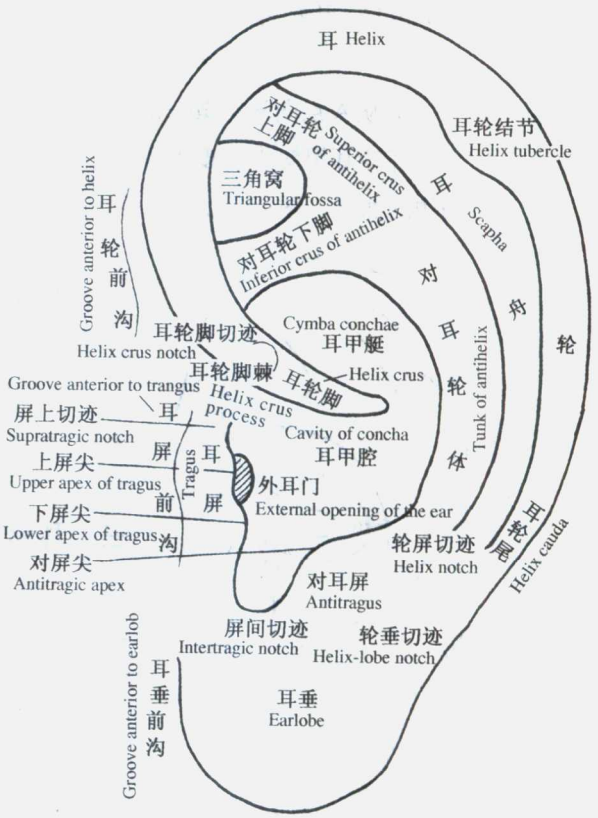


图 230 耳郭前面解剖部位
Fig. 230 The anterior aspect of the auricle

2. 耳郭背部体表分部（图231）：耳郭背面大致可分为耳轮背面、耳轮尾背面、耳垂背面、耳舟隆起、三角窝隆起、耳甲艇隆起、耳甲腔隆起、对耳轮上脚沟、对耳轮下脚沟、对耳轮沟、耳轮脚沟、对耳屏沟、上耳根、下耳根等。

二、耳郭标志点、线的设定

1.在耳轮内缘上，设耳轮脚切迹至对耳轮下脚间中、上1/3交界处为A点（图232）。

2. 在耳甲内，由耳轮脚消失处向后做一水平线与对耳轮耳甲缘相交，设交点为D点（图232）。

3. 设耳轮脚消失处至D点这线的中、后1/3交界处为B点（图232）。

4. 设外耳道口后缘上1/4与下3/4交界处为C点（图232）。

5. 从A点向B点做一条与对耳轮耳甲艇缘弧度大体相仿的曲线（图232）。

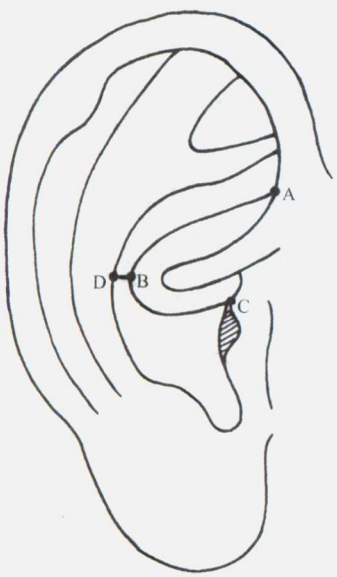


图 232 耳郭标志点、线
Fig. 232 Auricle landmarks and lines

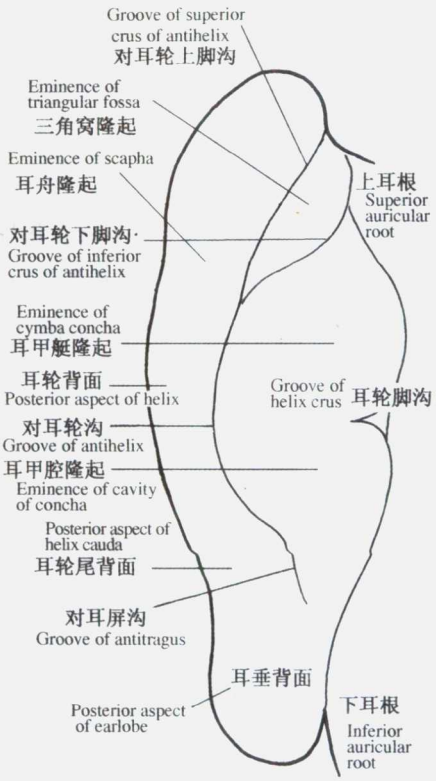


图 231 耳郭背面解剖部位
Fig. 231 The posterior aspect of the auricle

6. 从B点向C点做一条与耳轮脚下缘弧度大体相仿的曲线（图232）。

7. 从B点向D点做一连线为BD线（图232）。

三、耳郭分区

1. 耳轮：耳轮脚为耳轮1区；耳轮脚切迹到对耳轮下脚上缘之间的耳轮分为3等份，自下而上依次为耳轮2区、耳轮3区、耳轮4区；对耳轮下脚上缘到对耳轮上脚前线之间的耳轮为耳轮5区；对耳轮上脚前缘到

anterior groove of tragus), antitragus (antitragic apex, intertragic notch), external opening of the ear, etc.

2. The posterior aspect of the auricle (Fig. 231): the posterior aspect of the auricle can be divided into posterior aspect of helix, posterior aspect of helix cauda, posterior aspect of the earlobe, eminence of scapha, eminence of triangular fossa, eminence of cymba conchae, eminence of cavity of concha, groove of superior crus of antihelix, groove of inferior crus of antihelix, groove of antihelix, groove of helix crus, groove of antitragus, superior auricular root, inferior auricular root, etc.

Ⅱ. Setting Up Auricle Landmarks and Lines

1. At the inner border of the helix, set point A where it is 1/3 of the distance from helix crus notch to the inferior crus of antihelix (Fig. 232).

2. Inside the concha, draw a straight line back from where helix crus ends to intersect with antiheli and concha, set this as point D (Fig. 232).

3. Set point B at 2/3 of the distance from where the helix crus ends to point D (Fig. 232).

4. Set point C at 1/4 of the distance from the apex of the posterior border of the external ear canal (Fig. 232).

5. From point A to point B, draw a line curved along the helix and cymba conchae (Fig. 232).

6. From point B to point C, draw a line curved along helix crus (Fig. 232).

7. Connect a line from point B to point D as the BD line (Fig. 232).

Ⅲ. Auricular Zones

1. Helix: The helix crus is zone 1 of the helix. The helix from the helix crus notch to inferior crus of antihelix is divided into three parts: helix

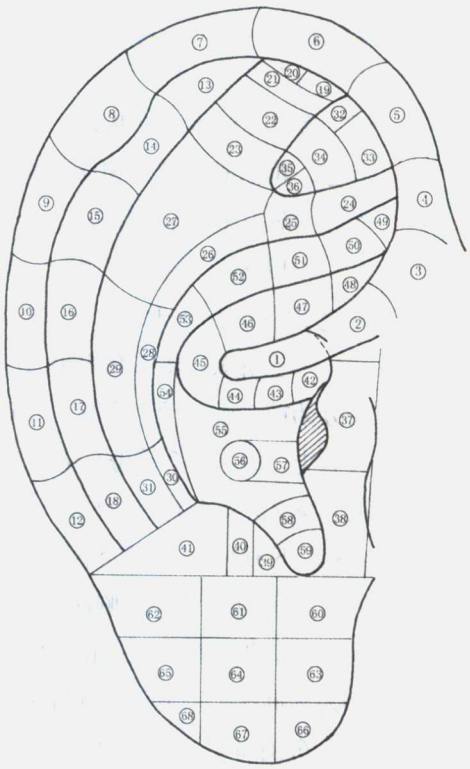
zone 2, helix zone 3, helix zone 4. The helix from the superior border of the inferior crus of antihelix to superior crus of the antihelixis helix zone 5. The part of the helix that is from the anterior border of superior crus of the antihelixis helix zone 6. From the ear apex to the superior border of the helix tubercle is helix zone 7. From the superior border of the helix tubercle to the inferior border of the helix tubercle is helix zone 8. The part of the helix from the inferior border of the helix tubercle to before the earlobe is divided into four parts. From superior to inferior order, they are helix zone 9, helix zone 10, helix zone 11, helix zone 12 respectively (Fig. 233).

2. Scapha: The scapha is divided into 6 parts. From top to bottom, they are scapha zone 1, zone 2, zone 3, zone 4, zone 5, and zone 6 (Fig. 233).

3. Antihelix: The superior crus of the antihelixis divided into upper, middle and lower parts. The lower 1/3 is antihelix zone 5, the middle 1/3 is antihelix zone 4. Take the upper 1/3 and divided it further into top and bottom parts. The bottom half is antihelix zone 3. Take the upper 1/2 and divide it into anterior and posterior halves. The posterior half is antihelix zone 2, and the anterior 1/2 is antihelix zone 1. The inferior crus of antihelix is divided into anterior, middle and posterior parts. The middle and anterior 2/3 are antihelix zone 6. The posterior 1/3 is antihelix zone 7. Divide the trunk of antihelix into 5 parts, from the divergent point of the superior and inferior crus of antihelix to helix notch. And along the border of antihelix concha, further divide the trunk of antihelix into two more parts: anterior 1/4 and posterior 3/4. The anterior superior 2/5 is antihelix zone 8. The posterior superior 2/5 is antihelix zone 9. The anteromedial 2/5 is antihelix zone 10. The posteromedial 2/5

耳尖之间的耳轮为耳轮6区；耳尖到耳轮结节上缘为耳轮7区；耳轮结节上缘到耳轮结节下缘为耳轮8区；耳轮结节下缘到轮垂切迹之间的耳轮分为4等份，自上而下依次为耳轮9区、耳轮10区、耳轮11区、耳轮12区（图233）。

2. 耳舟：耳舟分为6等份，自上而下依次为耳舟1区、2区、3区、4区、5区、6区（图233）。



注：

① 耳轮 1 区	Helix zone 1
② 耳轮 2 区	Helix zone 2
③ 耳轮 3 区	Helix zone 3
④ 耳轮 4 区	Helix zone 4
⑤ 耳轮 5 区	Helix zone 5
⑥ 耳轮 6 区	Helix zone 6
⑦ 耳轮 7 区	Helix zone 7
⑧ 耳轮 8 区	Helix zone 8
⑨ 耳轮 9 区	Helix zone 9
⑩ 耳轮 10 区	Helix zone 10
⑪ 耳轮 11 区	Helix zone 11
⑫ 耳轮 12 区	Helix zone 12
⑬ 耳舟 1 区	Scapha zone 1
⑭ 耳舟 2 区	Scapha zone 2
⑮ 耳舟 3 区	Scapha zone 3
⑯ 耳舟 4 区	Scapha zone 4
⑰ 耳舟 5 区	Scapha zone 5
⑱ 耳舟 6 区	Scapha zone 6
⑲ 对耳轮 1 区	Antihelix zone 1
⑳ 对耳轮 2 区	Antihelix zone 2
㉑ 对耳轮 3 区	Antihelix zone 3
㉒ 对耳轮 4 区	Antihelix zone 4
㉓ 对耳轮 5 区	Antihelix zone 5
㉔ 对耳轮 6 区	Antihelix zone 6
㉕ 对耳轮 7 区	Antihelix zone 7
㉖ 对耳轮 8 区	Antihelix zone 8
㉗ 对耳轮 9 区	Antihelix zone 9
㉘ 对耳轮 10 区	Antihelix zone 10
㉙ 对耳轮 11 区	Antihelix zone 11
㉚ 对耳轮 12 区	Antihelix zone 12
㉛ 对耳轮 13 区	Antihelix zone 13
㉜ 三角窝 1 区	Triangular fossa zone 1
㉝ 三角窝 2 区	Triangular fossa zone 2
㉞ 三角窝 3 区	Triangular fossa zone 3
㉟ 三角窝 4 区	Triangular fossa zone 4
㊱ 三角窝 5 区	Triangular fossa zone 5
㊲ 耳屏 1 区	Tragus zone 1
㊳ 耳屏 2 区	Tragus zone 2
㊴ 对耳屏 1 区	Antitragus zone 1
㊵ 对耳屏 2 区	Antitragus zone 2
㊶ 对耳屏 3 区	Antitragus zone 3
㊷ 耳甲 1 区	Concha zone 1
㊸ 耳甲 2 区	Concha zone 2
㊹ 耳甲 3 区	Concha zone 3
㊺ 耳甲 4 区	Concha zone 4
㊻ 耳甲 5 区	Concha zone 5
㊼ 耳甲 6 区	Concha zone 6
㊽ 耳甲 7 区	Concha zone 7
㊾ 耳甲 8 区	Concha zone 8
㊿ 耳甲 9 区	Concha zone 9
(51) 耳甲 10 区	Concha zone 10
(52) 耳甲 11 区	Concha zone 11
(53) 耳甲 12 区	Concha zone 12
(54) 耳甲 13 区	Concha zone 13
(55) 耳甲 14 区	Concha zone 14
(56) 耳甲 15 区	Concha zone 15
(57) 耳甲 16 区	Concha zone 16
(58) 耳甲 17 区	Concha zone 17
(59) 耳甲 18 区	Concha zone 18
(60) 耳垂 1 区	Earlobe zone 1
(61) 耳垂 2 区	Earlobe zone 2
(62) 耳垂 3 区	Earlobe zone 3
(63) 耳垂 4 区	Earlobe zone 4
(64) 耳垂 5 区	Earlobe zone 5
(65) 耳垂 6 区	Earlobe zone 6
(66) 耳垂 7 区	Earlobe zone 7
(67) 耳垂 8 区	Earlobe zone 8
(68) 耳垂 8 区	Earlobe zone 9

图 233 耳郭前分区

Fig. 233 Auricular zones(Anterior aspect)

3. 对耳轮：对耳轮上脚分为上、中、下3等份，下1/3为对耳轮5区，中1/3为对耳轮4区；再将上1/3分为上、下2等份，下1/2为对耳轮3区；再将上1/2分为前后2等份，后

1/2为对耳轮2区，前1/2为对耳轮1区。对耳轮下脚分为前、中、后3等份，中、前2/3为对耳轮6区，后1/3为对耳轮7区。将对耳轮体从对耳轮上、下脚分叉处至轮屏切迹分为5等份，再沿对耳轮耳甲缘将对耳轮体分为前1/4和后3/4两部分，前上2/5为对耳轮8区，后上2/5为对耳轮9区，前中2/5为对耳轮10区，后中2/5为对耳轮11区，前下1/5为对耳轮12区，后下1/5为对耳轮13区（图233）。

4. 三角窝：将三角窝由耳轮内缘至对耳轮上、下脚分叉处分为前、中、后3等份，中1/3为三角窝3区；再将前1/3分为上、中、下3等份，上1/3为三角窝1区，中、下2/3为三角窝2区；再将后1/3分为上、下2等份，上1/2为三角窝4区，下1/2为三角窝5区（图233）。

5. 耳屏：耳屏外侧面分为上、下2等份，上部为耳屏1区，下部为耳屏2区；将耳屏内侧面分为上、下2等份，上部为耳屏3区，下部为耳屏4区（图233、图234）。

6. 对耳屏：由对屏尖及对屏尖至轮屏切迹连线之中点，分别向耳垂上线做两条垂线，将对耳屏外侧面及其后部分为前、中、后三区，前为对耳屏1区，中为对耳屏2区，后为对耳屏3区，对耳屏内侧面为对耳屏4区（图233、图234）。

7. 耳甲：将BC线前段与耳轮脚下缘间分成3等份，前1/3为耳甲1区，中1/3为耳甲2区，后1/3为耳甲3区。ABC线前方，耳轮脚消失处为耳甲4区。将AB线前段与耳轮脚

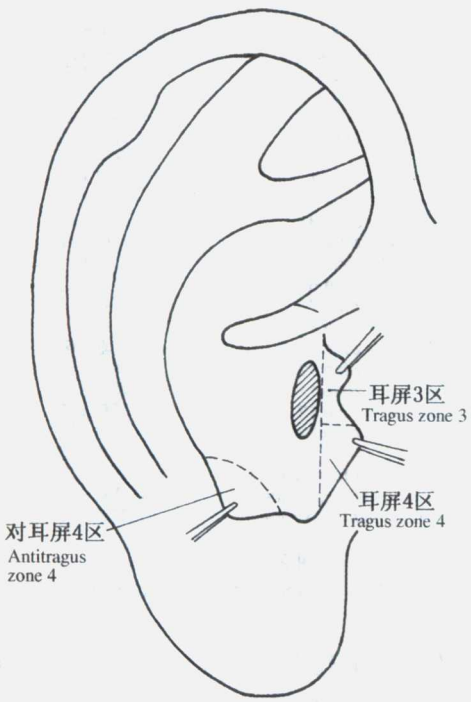


图234 对耳屏、耳屏内侧面分区
Fig. 234 Division of the tragus and antitragus(Inner side)

is the antihelix zone 11, the anterioinferior 1/5 is the antihelix zone 12. The posterior inferior 1/5 is antihelix zone 13 (Fig. 233).

4. Triangular fossa: Divide the triangular fossa into anterior, middle and posterior sections, beginning with the interior border of the helix and ending with divergent point of the inferior and superior crus of antihelix. The middle 1/3 is triangular fossa zone 3. Take the anterior 1/3 and further divide it into superior, middle, and inferior sections. The superior 1/3 is triangular fossa zone 1. The middle and inferior 2/3 are triangular fossa zone 2. Further take the posterior 1/3 and divide it into superior and inferior parts. The superior 1/2 is triangular fossa zone 4, where as the inferior 1/2 is triangular fossa zone 5 (Fig. 233).

5. Tragus: The lateral side of the tragus is divided into superior and inferior parts. The superior section is tragus zone 1, and the inferior section is tragus zone 2. Take the inner side of the tragus and also divided into superior and inferior sections. The superior section is tragus zone 3, and the inferior section is tragus zone 4 (Fig. 233, Fig. 234).

6. Antitragus: Drop two perpendicular lines, one from the apex of antitragus and one from the midpoint between the apex of antitragus to the antitragus notch, both toward the earlobe, dividing the lateral and anterior sides of antitragus into anterior, middle and posterior sections. The anterior section is antitragus zone 1. The middle section is antitragus zone 2. And the posterior section is antitragus zone 3. The inner side of the antitragus is antitragus zone 4 (Fig. 233, Fig. 234).

7. Concha: Take the beginning section of the line BC and the lower border of the helix crus. Divide it into three parts. The front 1/3 is concha zone 1, the middle 1/3 concha zone 2,

and the latter 1/3 concha zone 3. Concha zone 4 is located at the anterior part of the line ABC, where the helix crus ends. Take the anterior section of line AB, the superior border of the helix crus, and part of the inner border of the helix, and divide it into three parts. The posterior 1/3 is concha zone 5, middle 1/3 concha zone 6, anterior 1/3 concha zone 7. Take the anterior 1/3 of the inferior crus of antihelix and connect with point A. Concha zone 8 is located on the cymba conchae, the anterior part of this line. Take the anterior part of line AB and the remaining part of the inferior crus of antihelix, excluding concha zone 8. Divide it into two parts - anterior and posterior. The anterior 1/2 is concha zone 9 and the posterior 1/2, concha zone 10. Above the posterior section of the line AB on the cymba conchae, take the distance between posterior border of concha zone 10 and the line BD and divide it into superior and inferior sections. The superior 1/2 is concha zone 11, the lower 1/2, concha zone 12. From helix notch to point B forms the posterior part of the line. The inferior section of the concha on line BD is concha zone 13. With cavity of concha as the center of the circle. The radius is from the center to 1/2 of the distance of line BC. This circular area is concha zone 15. Extending a line from the apex and base of the circle, towards the posterior area of the external ear, the area within the two lines is concha zone 16. The area surrounding zone 15 and 16 is concha zone 14. Take the base of outer ear canal and connect to the midpoint of antitragus concha and further divide the cavity of concha, area beneath the line, into superior and inferior parts. The superior 1/2 is concha zone 17, while the inferior 1/2 is concha zone 18 (Fig. 233).

8. Earlobe: From the top line of the earlobe to the lowest

上缘及部分耳轮内缘间分成3等份，后1/3为耳甲5区，中1/3为耳甲6区，前1/3为耳甲7区。将对耳轮下脚下缘前、中1/3交界处与A点连线，该线前方的耳甲艇部为耳甲8区。将AB线前段与对耳轮下脚下缘间耳甲8区以后的部分，分为前、后2等份，前1/2为耳甲9区，后1/2为耳甲10区。在AB线后段上方的耳甲艇部，将耳甲10区后缘与BD线之间分成上、下2等份，上1/2为耳甲11区，下1/2为耳甲12区。由轮屏切迹至B点做连该线后方、BD线下方的耳甲部为耳甲13区。以耳甲腔中央为圆心，圆心与BC线间距离的1/2为半径做圆，该圆形区域为耳甲15区。过15区最高点与最低点分别向外耳门后壁做两条切线，切线间为耳甲16区。15、16区周围为耳甲14区。将外耳门的最低点与对耳屏耳甲缘中点相连，再将该线以下的耳甲腔部分为上、下2等份，上1/2为耳甲17区，下1/2为耳甲18区（图233）。



图235 耳背部分区
Fig. 235 Auricular zones (Posterior aspect)

8. 耳垂：在耳垂上线至耳垂下缘最低点之间划两条等距离平行线，于上平行线上引两条垂直等份线，将耳垂分为9个区，上部由前到后依次为耳垂1区、2区、3区；中部由前到后依次为耳垂4区、5区、6区；下部由前到后依次为耳垂7区、8区、9区（图233）。

9. 耳背：分别过对耳轮上、下脚分叉处耳背对应点和轮屏切迹耳背对应点做两条水平线，将耳背分为上、中、下三部分，上部为耳背1区，下部为耳背5区；再将中部分为内、中、外3等份，内1/3为耳背2区，中1/3为耳背3区，外1/3为耳背4区（图235）。

四、耳穴分布的一般规律

耳穴在耳郭的分布有一定的规律，耳郭好像一个头部朝下臀部朝上的倒置胎儿。其规律是：与头面部相应的穴位分布在耳垂或耳垂附近；与上肢相应的穴位分布在耳舟；与躯干和下肢相应的穴位分布在对耳轮上、下脚；与内脏相应的穴位多集中在耳甲艇和耳甲腔；与消化道相应的穴位在耳轮脚周围环形排列（图236）。

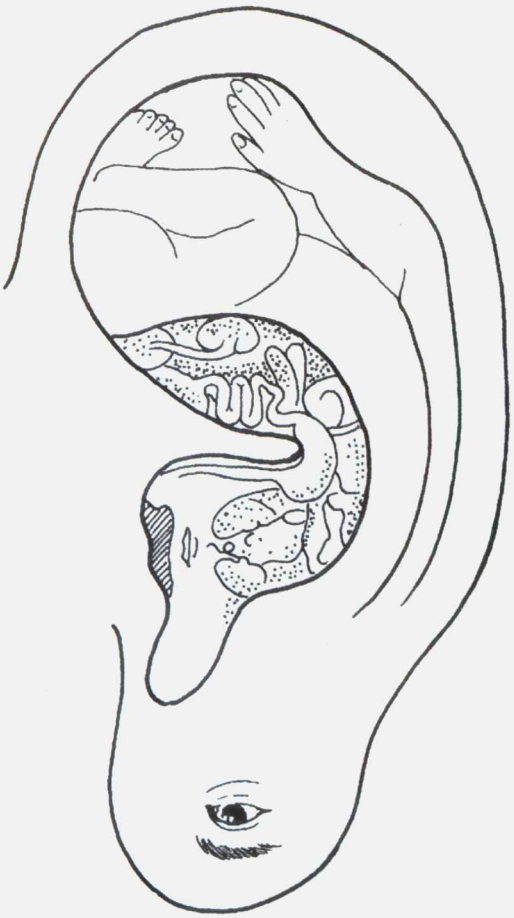


图 236 耳穴分布规律示意图
Fig. 236 The distribution pattern of ear acupuncture points

五、耳轮穴位

1. 耳中：在耳轮脚处，即耳轮 1 区（图 237、图 238）。

2. 直肠：在耳轮脚棘前上方的耳轮处，即耳轮 2 区（图 237、图 238）。

3. 尿道：在直肠区上方的耳轮处，即耳轮 3 区（图 237、图 238）。

4. 外生殖器：在对耳轮下脚前方的耳轮处，即耳轮 4 区（图 237、图 238）。

5. 肛门：在三角窝前方的耳轮处，即耳轮 5 区（图 237、图 238）。

6. 耳尖：在耳郭向前对折的上部尖端处，即耳轮 6、7 区交界处（图 237、图 238）。

7. 结节：在耳轮结节处，即耳轮 8 区（图 237、图 238）。

8. 轮 1：在耳轮结节下方的耳轮处，即耳轮 9 区（图 237、图 238）。

9. 轮 2：在轮 1 区下方的耳轮处，即耳轮 10 区（图 237、

point of the earlobe, draw two equidistant parallel lines. Add two equidistant lines perpendicular to the parallel lines, dividing the earlobe into 9 zones. On the top section, from anterior to posterior aspect respectively, they are: earlobe zone 1, 2, 3; the middle section, from anterior to posterior aspect respectively, contains earlobe zone 4, 5, 6 and the bottom section, from anterior to posterior aspect respectively, is earlobe zone 7, 8 and 9 (Fig. 233).

9. Posterior surface of the auricle: Identify the corresponding point of the superior, inferior crus of the antihelix, and the corresponding point of helix notch on the posterior surface of the auricle. Draw two perpendicular lines, dividing the posterior aspect of the auricle to top, middle and bottom parts. The top part is posterior surface of the auricle zone 1, the lowest part is zone 5. The middle section is further divided into outer, middle and inner parts. The inner 1/3 is the posterior surface of the auricle zone 2, the middle 1/3 is zone 3 and the outer 1/3 is zone 4 (Fig. 235).

Ⅳ. The Distribution Pattern of Ear Acupuncture Points

The distribution of ear acupuncture points on the auricle follows a certain scheme. The auricle is compared to an inverted fetus with the head down and the buttocks towards the top. The pattern is as follows: points corresponding to head and face are distributed over the earlobe or near it. The points corresponding to the upper limbs are located at the scapha. Those associated with the trunk and lower limbs are spread across the superior and inferior crus of antihelix. As for the points related to internal organs, they are mostly concentrated at cymba conchae and cavity of concha.

The points correlated with the digestive system are lined up around the helix crus (Fig. 236).

V. Points on the Helix

1. Ear center: at the helix crus, or helix zone 1 (Fig. 237, Fig. 238).

2. Rectum: at the helix anterior superior to the helix crus, or helix zone 2 (Fig. 237, Fig. 238).

3. Urethra: at the helix above the rectum area, or helix zone 3 (Fig. 237, Fig. 238).

4. External genitals: at the helix anterior to the inferior crus of the antihelix, or helix zone 4 (Fig. 237, Fig. 238).

5. Anus: at the helix anterior to the triangular fossa, or helix zone5 (Fig. 237, Fig. 238).

6. Ear apex: at the tip of the auricle when the ear is folded toward the tragus or intersection of helix 6 and 7 (Fig. 237, Fig. 238).

7. Node: at the helix tubercle, or helix zone 8 (Fig. 237, Fig. 238)

8. Helix 1: at the below the helix tubercle, or helix zone 9 (Fig. 237, Fig. 238).

9. Helix 2: at the helix below helix 1, or helix zone 10 (Fig. 237, Fig. 238).

10. Helix 3: at the helix below helix 2, or helix zone 11 (Fig. 237, Fig. 238).

图238)。

10. 轮3：在轮2区下方的耳轮处，即耳轮11区（图237、图238)。

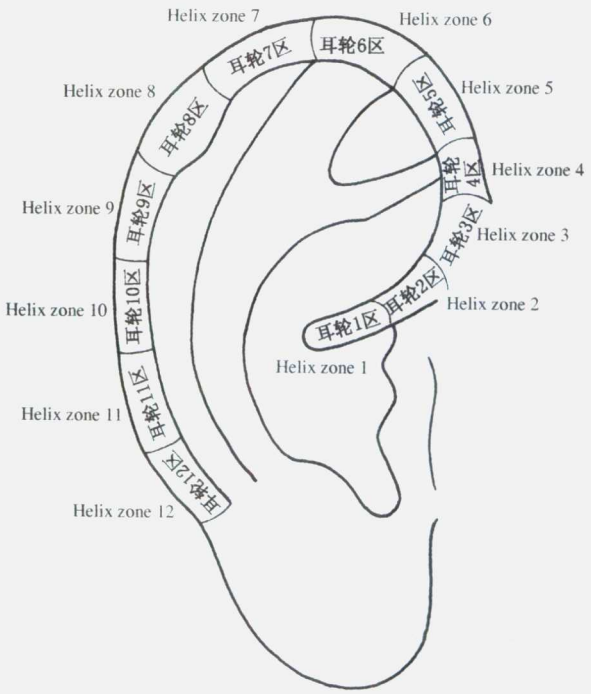


图237 耳轮分区
Fig. 237 Division of the helix

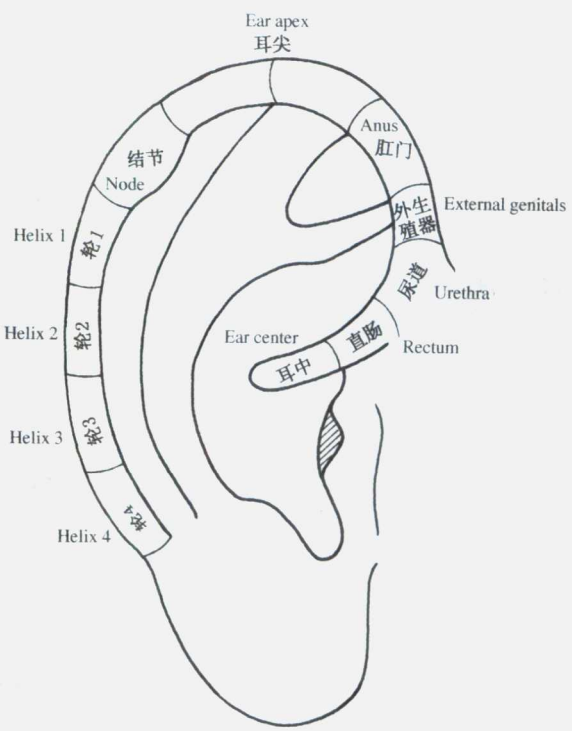


图238 耳轮部耳穴
Fig. 238 Points on the helix

11. 轮4：在轮3区下方的耳轮处，即耳轮12区（图237、图238）。

六、耳舟穴位

1. 指：在耳舟上方处，即耳舟1区（图239、图240）。

2. 腕：在指区的下方处，即耳舟2区（图239、图240）。

3. 风溪：在耳轮结节前方，指区与腕区之间，即耳舟1、2区交界处（图239、图240）。

4. 肘：在腕区的下方处，即耳舟3区（图239、图240）。

5. 肩：在肘区的下方处，即耳舟4、5区（图239、图240）。

6. 锁骨：在肩区的下方处，即耳舟6区（图239、图240）。

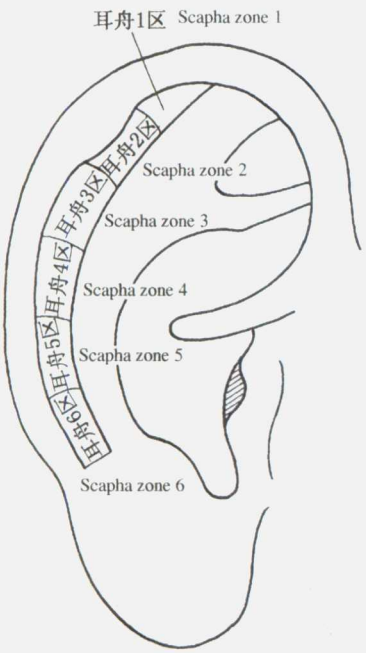


图239 耳舟分区
Fig. 239 Division of the Scapha

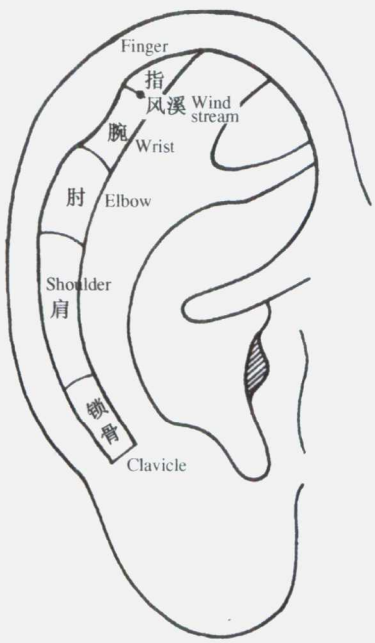


图240 耳舟部耳穴
Fig. 240 Points on the Scapha

11. Helix 4: at the helix below helix 3, or helix zone 12 (Fig. 237, Fig. 238).

Ⅵ. Points on the Scapha

1. Finger: at the top of the scapha, or scapha zone 1 (Fig. 239, Fig. 240).

2. Wrist: just below the finger area, or scapha zone 2 (Fig. 239, Fig. 240).

3. Wind stream: at the junction of the finger and wrist areas, anterior to the helix tubercle, or the intersection of scapha zone 1 and 2 (Fig. 239, Fig. 240).

4. Elbow: below the wrist area, or scapha zone 3 (Fig. 239, Fig. 240).

5. Shoulder: below the elbow area, or scapha zones 4 & 5 (Fig. 239, Fig. 240).

6. Clavicle: below the shoulder area, or scapha zone 6 (Fig. 239, Fig. 240).

Ⅶ. Points on the Antihelix

1. Heel: at the front part of the top of the superior crus of antihelix, or antihelix zone 1 (Fig. 241, Fig. 242).

2. Toe: at the back part of the top of the superior crus of antihelix, or antihelix zone 2 (Fig. 241, Fig. 242).

3. Ankle: below the heel and toe areas, or antihelix zone 3 (Fig. 241, Fig. 242).

4. Knee: at the middle 1/3 of the superior crus of the antihelix, or antihelix zone 4 (Fig. 241, Fig. 242).

5. Hip: at the lower 1/3 of the superior crus of the antihelix, or antihelix zone 5 (Fig. 241, Fig. 242).

6. Sciatic nerve: at the front 2/3 of the inferior crus of the antihelix, or antihelix zone 6 (Fig. 241, Fig. 242).

7. Sympathesis: at the junction between the inferior crus of antihelix and the inner border helix of the helix, or anterior to antihelix zone 6 (Fig. 241, Fig. 242).

8. Gluteus: at the back 1/3 of the inferior crus of the antihelix, or antihelix zone 7 (Fig. 241, Fig. 242).

9. Abdomen: at the upper 2/5 of the anterior part of the trunk of the antihelix, or antihelix zone 8 (Fig. 241, Fig. 242).

七、对耳轮穴位

1. 跟：在对耳轮上脚的前上部，即对耳轮1区（图241、图242）。

2. 趾：在耳尖下方的对耳轮上脚后上部，即对耳轮2区（图241、图242）。

3. 踝：在趾、跟区下方处，即对耳轮3区（图241、图242）。

4. 膝：对耳轮上脚的中1/3处，即对耳轮4区（图241、图242）。

5. 髋：对耳轮上脚的下1/3处，即对耳轮5区（图241、图242）。

6. 坐骨神经：对耳轮下脚的前2/3处，即对耳轮6区（图241、图242）。

7. 交感：对耳轮下脚的末端与耳轮内缘相交处，即对耳轮6区前端（图241、图242）。

8. 臀：对耳轮下脚的后1/3处，即对耳轮7区（图241、图242）。

9. 腹：在对耳轮体前部上2/5处，即对耳轮8区（图241、图242）。

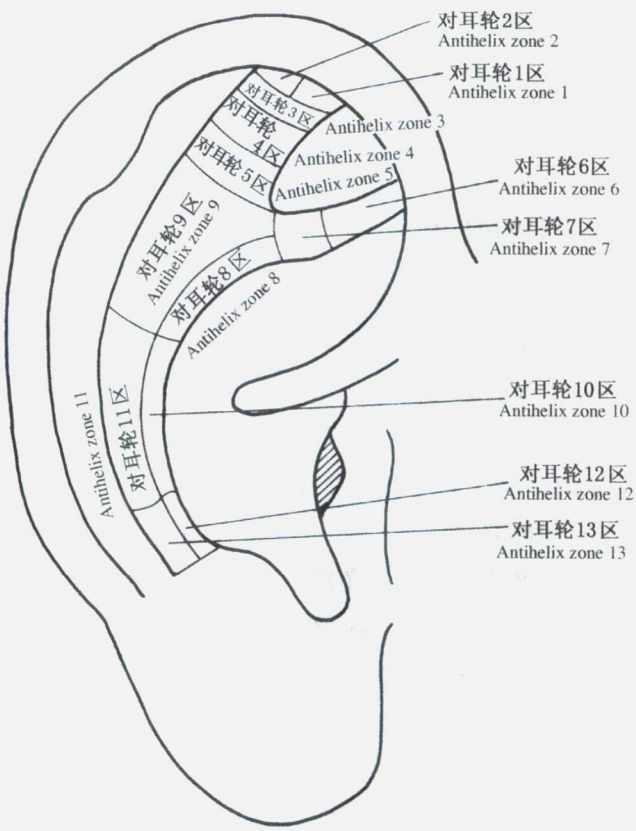


图241 对耳轮分区
Fig. 241 Division of the antihelix

10. 腰骶椎：在腹区后方，即对耳轮9区（图241、图242）。

11. 胸：在对耳轮体前部中2/5处，即对耳轮10区（图241、图242）。

12. 胸椎：在胸区后方，即对耳轮11区（图241、图242）。

13. 颈：在对耳轮体前部下1/5处，即对耳轮12区（图241、图242）。

14. 颈椎：在颈区后方，即对耳轮13区（图241、图242）。

10. Lumbosacral vertebrae: posterior to the abdomen area, or antihelix zone 9 (Fig. 241, Fig. 242).

11. Chest: at the middle 2/5 of the front part of the antihelix, or antihelix zone 10 (Fig. 241, Fig. 242).

12. Thoracic vertebrae: posterior to the chest area, or antihelix zone 11 (Fig. 241, Fig. 242).

13. Neck: at the lower 1/5 of the anterior part of the antihelix, or antihelix zone 12 (Fig. 241, Fig. 242).

14. Cervical vertebrae: posterior to the neck area, or antihelix zone 13 (Fig. 241, Fig. 242).

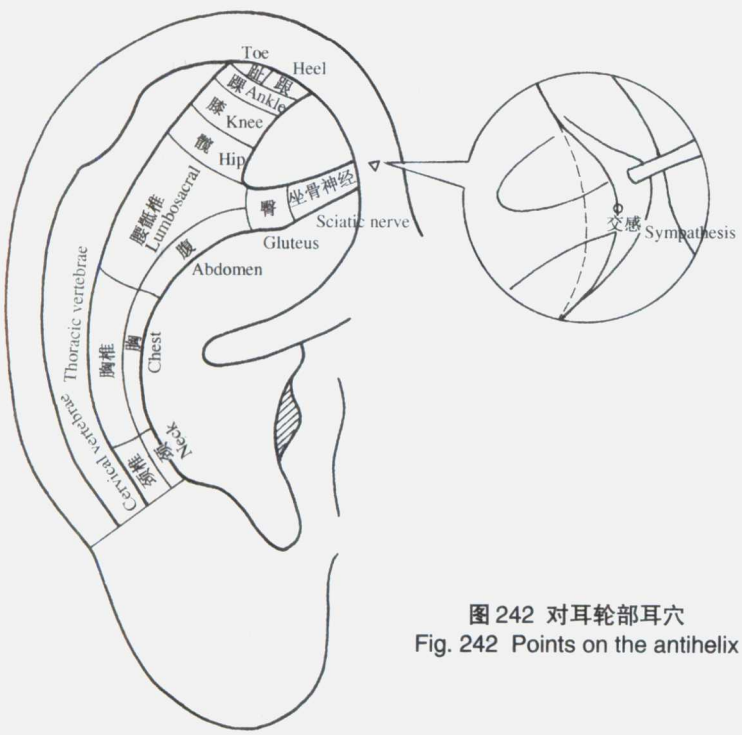


图242 对耳轮部耳穴
Fig. 242 Points on the antihelix

八、三角窝穴位

1. 角窝上：在三角窝前1/3的上部，即三角窝1区（图243、图244）。

2. 内生殖器：在三角窝前1/3的下部，即三角窝2区（图243、图244）

3. 角窝中：在三角窝中1/3处，即三角窝3区（图243、图244）。

4. 神门：在三角窝后1/3的上部，即三角窝4区（图243、图244）。

5. 盆腔：在三角窝后1/3的下部，即三角窝5区（图243、图244）。

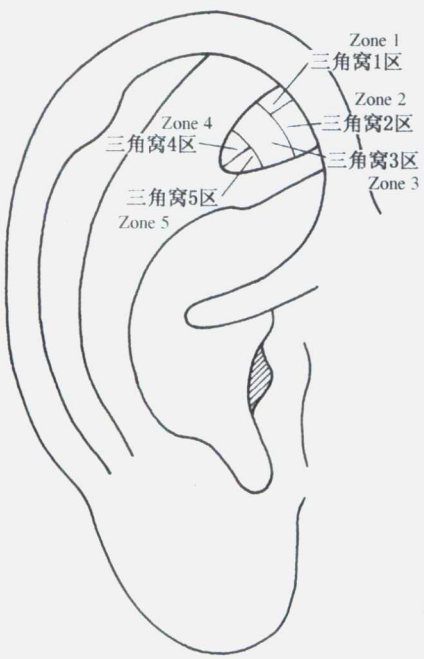


图243 三角窝分区
Fig. 243 Division of the triangular fossa

Ⅷ. Points on the Triangular Fossa

1. Superior triangular fossa: in the upper part of the anterior 1/3 triangular fossa, or triangular fossa zone 1 (Fig. 243, Fig. 244).

2. Internal genitals: in the lower part of the anterior 1/3 triangular fossa, or triangular fossa zone 2 (Fig. 243, Fig. 244).

3. Middle triangular fossa: at the middle 1/3 of the triangular fossa, or triangular fossa zone 3 (Fig. 243, Fig. 244).

4. Shenmen: in the upper part of the posterior 1/3 of the triangular fossa, or triangular fossa zone 4 (Fig. 243, Fig. 244).

5. Pelvis: in the lower part of the posterior 1/3 of the triangular fossa, or triangular fossa zone 5 (Fig. 243, Fig. 244).

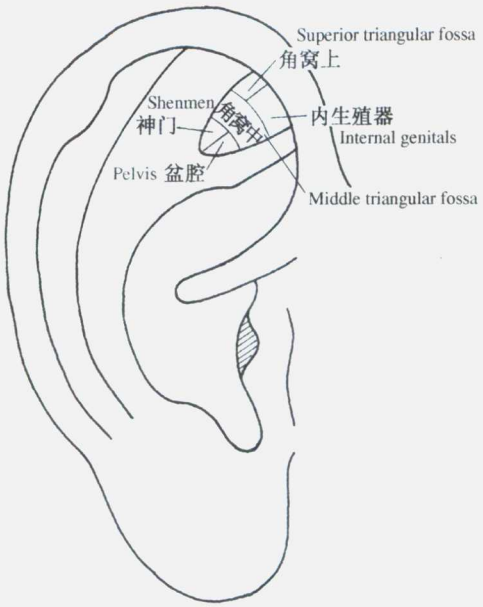


图 244 三角窝部耳穴
Fig. 244 Points on the triangular fossa

Ⅸ. Points on the Tragus

1. Upper tragus: at the upper 1/2 of the outer side of the tragus, or tragus zone 1 (Fig. 245, Fig. 246).

2. Lower tragus: at the lower 1/2 of the outer side of the tragus, or tragus zone 2 (Fig. 245, Fig. 246).

3. External ear: in front of the supratragic notch, close to the helix, or at the upper edge of tragus zone 1 (Fig. 245, Fig. 246).

4. Apex of tragus: at the upper end of the free border of the tragus, or on the posterior edge of tragus zone 1 (Fig. 245, Fig. 246).

5. External nose: at the middle of the outer side of the tragus, or between tragus zones 1 and 2 (Fig. 245, Fig. 246).

九、耳屏穴位

1. 上屏：在耳屏外侧面上 1/2 处，即耳屏 1 区（图 245、图 246）。

2. 下屏：在耳屏外侧面下 1/2 处，即耳屏 2 区（图 245、图 246）。

3. 外耳：在屏上切迹前方近耳轮部，即耳屏 1 区上缘处（图 245、图 246）。

4. 屏尖：在耳屏游离缘上部尖端，即耳屏 1 区后缘处（图 245、图 246）。

5. 外鼻：在耳屏外侧面中部，即耳屏 1、2 区之间（图 245、图 246）。

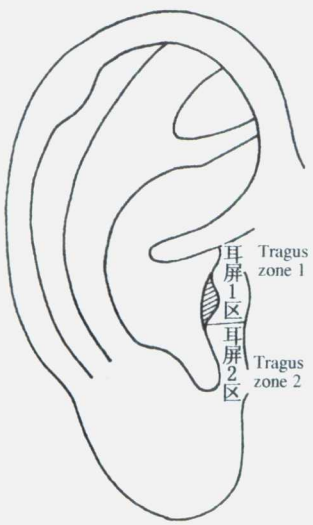


图 245 耳屏前面分区
Fig. 245 Division of the tragus(Outer side)

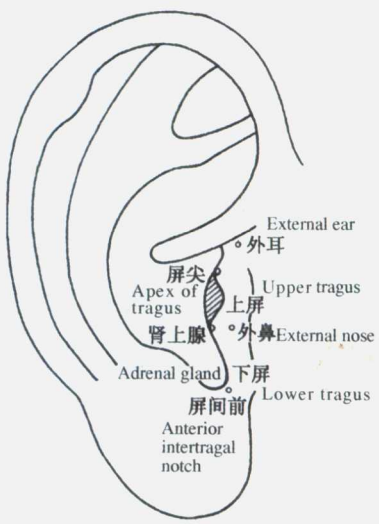


图 246 耳屏前面耳穴
Fig. 246 Points on the tragus(Outer side)

6. 肾上腺：在耳屏游离缘下部尖端，即耳屏2区后缘处（图245、图246）。

7. 屏间前：在屏间切迹前方耳屏最下部，即耳屏2区下缘处（图245、图246）。

8. 咽喉：耳屏内侧面上1/2处，即耳屏3区（图247、图248）。

9. 内鼻：在耳屏内侧面下1/2处，即耳屏4区（图247、图248）。

6. Adrenal gland: at the lower end of the free border of the tragus, or the posterior side of the tragus zone 2 (Fig. 245, Fig. 246).

7. Anterior intertragal notch: in the lowest part of the tragus, anterior to the intertragic notch, or below tragus zone 2 (Fig. 245, Fig. 246).

8. Throat: at the upper 1/2 of the inner side of the tragus, or tragus zone 3 (Fig. 247, Fig. 248).

9. Internal nose: at the lower 1/2 of the inner side of the tragus, or tragus zone 4 (Fig. 247, Fig. 248).

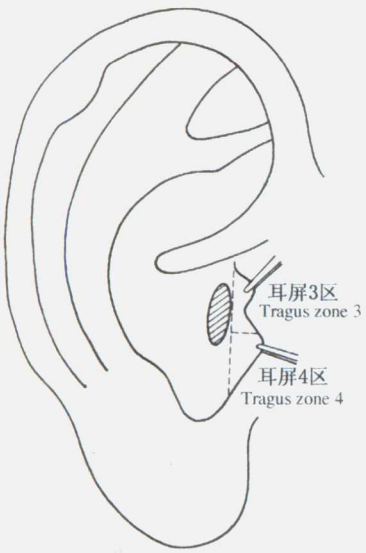


图247 耳屏内侧面分区
Fig. 247 Division of the tragus (Inner side)



图248 耳屏内侧面耳穴
Fig. 248 Points on the tragus(Inner side)

十、对耳屏穴位

X. Points on the Antitragus

1. 额：在对耳屏外侧面的前部，即对耳屏1区（图249、图250）。

1. Forehead: in the anterior part of the outer side of the antitragus, or antitragus zone 1 (Fig. 249, Fig. 250).

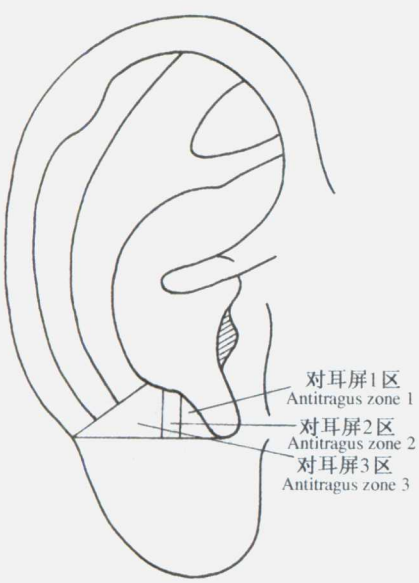


图249 对耳屏外侧分区
Fig. 249 Division of the antitragus (Outer side)

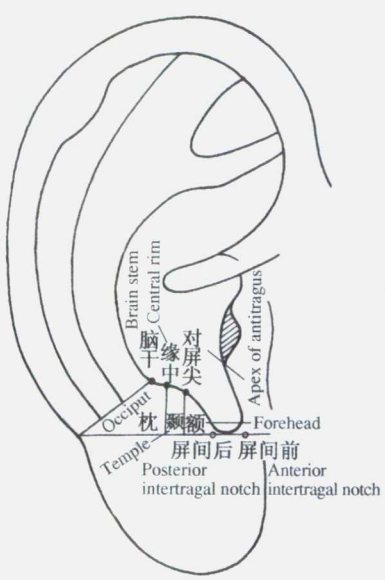


图250 对耳屏外侧耳穴
Fig. 250 Points on the antitragus(Outer side)

2. Posterior intertragal notch: in the anteriоinferior part of the antitragus behind the intertragic notch, or below antitragus zone 1 (Fig. 249, Fig. 250).

3. Temple: in the middle part of the outer side of the antitragus, or antitragus zone 2 (Fig. 249, Fig. 250).

4. Occiput: in the posterior part of the outer side of the antitragus, or antitragus zone 3 (Fig. 249, Fig. 250).

5. Apex of antitragus: at the apex of the free border of the antitragus, or at the intersection of antitragus zones 1, 2 and 4 (Fig. 249, Fig. 250).

6. Central rim: on the free border of the antitragus. At the midpoint between apex of the antitragus and the helix notch, or the intersection of antitragus zones 2, 3 and 4 (Fig. 249, Fig. 250).

7. Brain stem: at the helix notch, or antitragus zones 3 and 4 (Fig. 249, Fig. 250).

8. Subcortex: in the inner side of the antitragus, or antitragus zone 4 (Fig. 251, Fig. 252).

XI. Points on the Concha

1. Mouth: at the anterior 1/3 below the helix crus, or concha zone 1 (Fig. 253, Fig. 254).

2. Esophagus: at the middle 1/3 below the helix crus, or concha zone 2 (Fig. 253, Fig. 254).

3. Cardia: at the posterior 1/3 below the helix crus, or concha zone 3 (Fig. 253, Fig. 254).

4. Stomach: at the place where the helix crus ends, or concha4 (Fig. 253, Fig. 254).

5. Duodenum: at the posterior 1/3 of the superior helix crus, or 1/3 of the distance from the helix crus and line AB, or concha zone 5 (Fig. 253, Fig. 254).

2. 屏间后：在屏间切迹后方对耳屏前下部，即对耳屏1区下缘处（图249、图250）。

3. 颞：在对耳屏外侧面的中部，即对耳屏2区（图249、图250）。

4. 枕：在对耳屏外侧面的后部，即对耳屏3区（图249、图250）。

5. 对屏尖：在对耳屏游离缘的尖端，即对耳屏1、2、4区交点处（图249、图250）。

6. 缘中：在对耳屏游离缘上，对屏尖与轮屏切迹之中点处，即对耳屏2、3、4区交点处（图249、图250）。

7. 脑干：在轮屏切迹处，即对耳屏3、4区之间（图249、图250）。

8. 皮质下：在对耳屏内侧面，即对耳屏4区（图251、图252）。

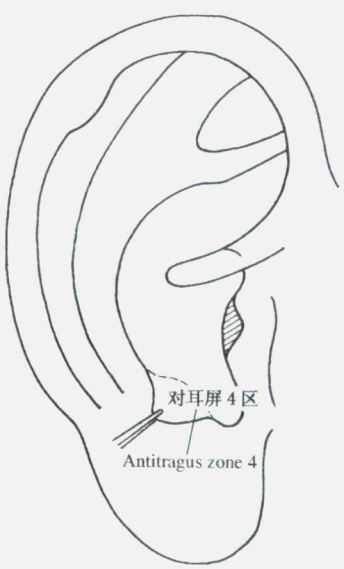


图251 对耳屏内侧分区
Fig. 251 Division of the antitragus (Inner side)

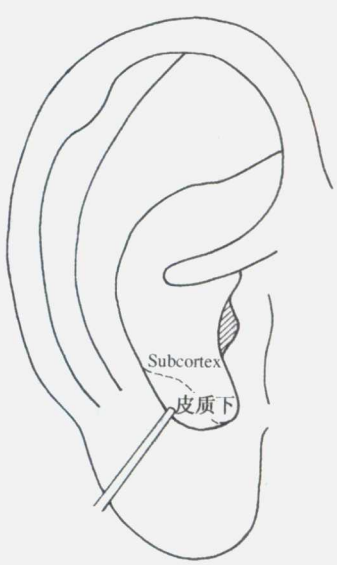


图252 对耳屏内侧耳穴
Fig. 252 Points on the antitragus (Inner side)

十一、耳甲穴位

1. 口：在耳轮脚下方前1/3处，即耳甲1区（图253、图254）。

2. 食管：在耳轮脚下方中1/3处，即耳甲2区（图253、图254）。

3. 贲门：在耳轮脚下方后1/3处. 即耳甲3区（图253、图254）。

4. 胃：在耳轮脚消失处，即耳甲4区（图253、图254）。

5. 十二指肠：在耳轮脚及部分耳轮与AB线之间的后

1/3处，即耳甲5区（图253、图254）。

6. 小肠：在耳轮脚及部分耳轮与AB线之间的后1/3处，即耳甲6区（图253、图254）。

7. 大肠：在耳轮脚及部分耳轮与AB线之间的后1/3处，即耳甲7区（图253、图254）。

8. 阑尾：在小肠区与大肠区之间，即耳甲6、7区交界处（图253、图254）。

9. 艇角：在对耳轮下脚下方前部，即耳甲8区（图253、图254）。

10. 膀胱：在对耳轮下脚下方中部，即耳甲9区（图253、图254）。

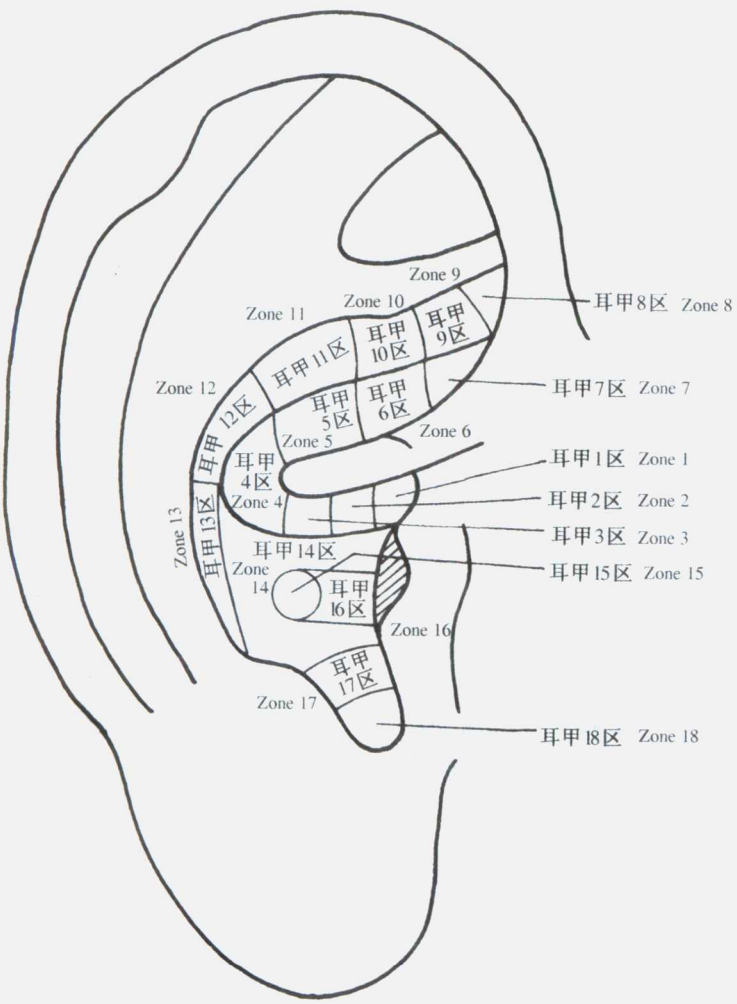


图253 耳甲分区
Fig. 253 Division of the concha

11. 肾：在对耳轮下脚下方后部，即耳甲10区（图253、图254）。

12. 输尿管：在肾区与膀胱区之间，即耳甲9、10区交界处（图253、图254）。

6. Small intestine: at the middle 1/3 of the superior helix crus, or 2/3 of the distance from the helix crus and line AB, or concha zone 6 (Fig. 253, Fig. 254).

7. Large intestine: at the anterior 1/3 of the superior helix crus, or last 1/3 of the distance between the helix crus and line AB, or concha zone 7 (Fig. 253, Fig. 254).

8. Appendix: between the small and large intestine areas, or intersection of zones 6 and 7 (Fig. 253, Fig. 254).

9. Angle of superior concha: at the anterior part below the inferior crus of antihelix, or concha zone 8 (Fig. 253, Fig. 254).

10. Bladder: at the middle part below the inferior crus of antihelix, or concha zone 9 (Fig. 253, Fig. 254).

11. Kidney: at the posterior part below the inferior crus of antihelix, or concha zone 10 (Fig. 253, Fig. 254).

12. Ureter: between the kidney and bladder areas, or intersection of concha zones 9 and 10 (Fig. 253, Fig. 254).

13. Pancreas and gallbladder: at the posterior superior part of the cymba conchae, or concha zone 11 (Fig. 253, Fig. 254).

14. Liver: at the posterior inferior part of the cymba conchae, or concha zone 12 (Fig. 253, Fig. 254).

15. Center of superior concha: between small intestine and kidney areas, or where concha zones 6 and 10 intersects (Fig. 253, Fig. 254).

16. Spleen: below the BD line, at the posterior superior part of the cavitas conchae, or concha zone 13 (Fig. 253, Fig. 254).

17. Heart: in the center of the cavitas conchae, or concha zone 15 (Fig. 253, Fig. 254).

18. Trachea: between the heart area and the external opening of the ear, or concha zone 16 (Fig. 253, Fig. 254).

19. Lung: around the heart and trachea areas, or concha zone 14 (Fig. 253, Fig. 254).

20. Sanjiao-triple energizer: posterior inferior to the external opening of the ear, between the lung and endocrine area, or concha zone 17 (Fig. 253, Fig. 254).

21. Endocrine: Inside the intertragic notch, at the anterior inferior part of the cavitas conchae, or concha zone 18 (Fig. 253, Fig. 254).

13. 胰胆：在耳甲艇的后上部，即耳甲11区（图253、图254）。

14. 肝：在耳甲艇的后下部，即耳甲12区（图253、图254）。

15. 艇中：在小肠区与肾区之间，即耳甲6、10区交界处（图253、图254）。

16. 脾：在BD线下方，耳甲腔的后上部，即耳甲13区（图253、图254）。

17. 心：在耳甲腔正中凹陷处，即耳甲15区（图253、图254）。

18. 气管：在心区与外耳门之间，即耳甲16区（图253、图254）。

19. 肺：在心区、气管区周围处，即耳甲14区（图253、图254）。

20. 三焦：在外耳门后下，肺区与内分泌区之间，即耳甲17区（图253、图254）。

21. 内分泌：在屏间切迹内，耳甲腔的前下部，即耳甲18区（图253、图254）。

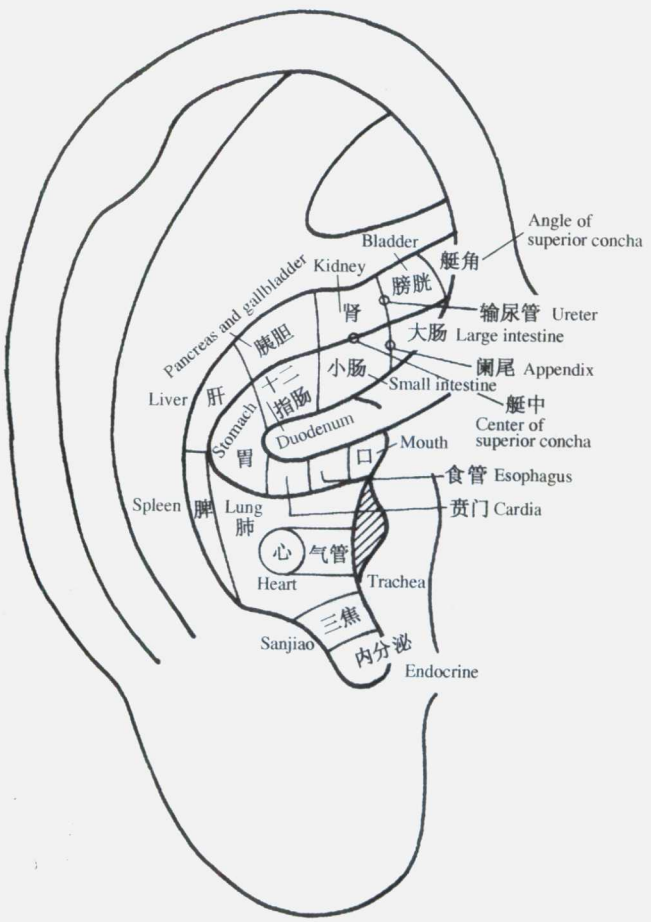


图254 耳甲部耳穴
Fig. 254 Points on the concha

十二、耳垂穴位

1. 牙：在耳垂正面前上部，即耳垂1区（图255、图256）。

2. 舌：在耳垂正面中上部，即耳垂2区（图255、图256）。

3. 颌：在耳垂正面后上部，即耳垂3区（图255、图256）。

4. 垂前：在耳垂正面前中部，即耳垂4区（图255、图256）。

5. 眼：在耳垂正面中央部，即耳垂5区（图255、图256）。

6. 内耳：在耳垂正面后中部，即耳垂6区（图255、图256）。

7. 面颊：在耳垂正面眼区与内耳区之间，即耳垂5、6区交界处（图255、图256）。

8. 扁桃体：在耳垂正面下部，即耳垂7、8、9区（图255、图256）。

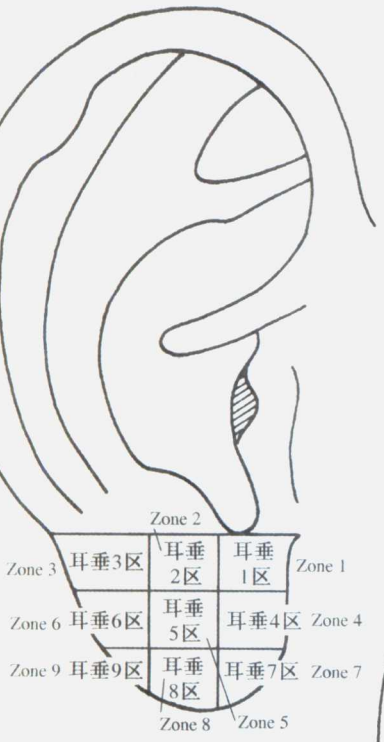


图 255 耳垂分区
Fig. 255 Division of the earlobe



图 256 耳垂部耳穴
Fig. 256 Points on the earlobe

Ⅻ. Points on the Earlobe

1. Tooth: in the anterior superior part of the front side of the earlobe, or earlobe zone 1 (Fig. 255, Fig. 256).

2. Tongue: in the mediosuperior part of the front side of the earlobe, or earlobe zone 2 (Fig. 255, Fig. 256).

3. Jaw: in the posterior superior part of the front side of the earlobe, or earlobe zone 3 (Fig. 255, Fig. 256).

4. Anterior earlobe: in the anteromedial part of the front side of the earlobe, or earlobe zone 4 (Fig. 255, Fig. 256).

5. Eye: in the central part of the front side of the earlobe, or earlobe zone 5 (Fig. 255, Fig. 256).

6. Internal ear: in the posteromedial part of the front side of the earlobe, or earlobe zone 6 (Fig. 255, Fig. 256).

7. Cheek: at the junction between the internal ear and eye areas, or the junction of earlobe zones 5 and 6 (Fig. 255, Fig. 256).

8. Tonsil: in the lower part of the front side of the earlobe, or earlobe zones 7, 8 and 9 (Fig. 255, Fig. 256).

XIII. Points on the Posterior Surface of the Auricle

1. Heart of posterior surface: in the upper part of the posterior surface of the auricle, or posterior surface zone 1 (Fig. 257, Fig. 258).

2. Lung of the posterior surface: in the middle and inner part of the posterior surface of the auricle, or posterior surface zone 2 (Fig. 257, Fig. 258).

3. Spleen of the posterior surface: in the center part of the posterior surface of the auricle, or posterior surface zone 3 (Fig. 257, Fig. 258).

4. Liver of the posterior surface: in the middle and outer part of the posterior surface of the auricle, or posterior surface zone 4 (Fig. 257, Fig. 258).

5. Kidney of the posterior surface: in the lower part of the posterior surface of the auricle, or posterior surface zone 5 (Fig. 257, Fig. 258).

6. Groove of the posterior surface: in the groove of the inferior crus of the antihelix (Fig. 257, Fig. 258).

XIV. Points on the Ear Root

1. Upper ear root: at the upper border of the auricular root (Fig. 259).

2. Root of ear vagus: at the junction of the retroauricle and the mastoid, at the level of the helix crus (Fig. 259).

3. Lower ear root: at the lower border of the auricular root (Fig. 259).

十三、耳背穴位

1. 耳背心：在耳背上部，即耳背1区（图257、图258）。

2. 耳背肺：在耳背中内部，即耳背2区（图257、图258）。

3. 耳背脾：在耳背中央部，即耳背3区（图257、图258）。

4. 耳背肝：在耳背中外部，即耳背4区（图257、图258）。

5. 耳背肾：在耳背下部，即耳背5区（图257、图258）。

6. 耳背沟：在对耳轮沟和对耳轮上、下脚沟处（图257、图258）。



图257 耳背分区
Fig. 257 Division of the posterior surface of the auricle

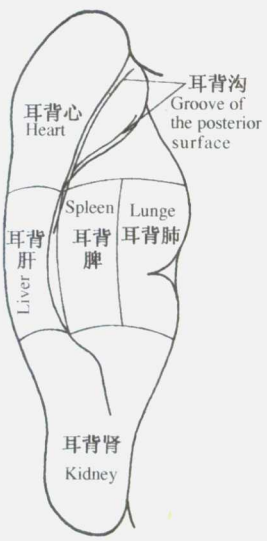


图258 耳背部耳穴
Fig. 258 Points on the posterior surface of the auricle

十四、耳根穴位

1. 上耳根：在耳根最上处（图259）。

2. 耳迷根：在耳轮脚后沟的耳根处（图259）

3. 下耳根：在耳根最下处（图259）。

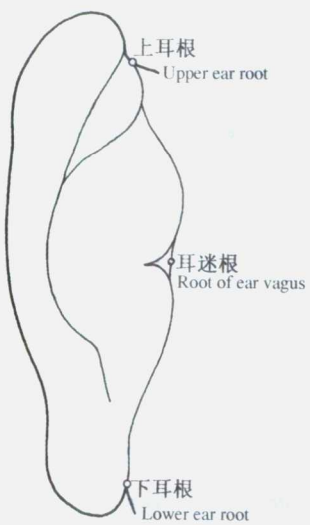


图259 耳根部耳穴
Fig. 259 Points on the ear root

第二节 头针刺激区

一、划分头针刺激区的两条标准定位线

1. 前后正中线：是从两眉间中点（正中线前点）至枕外粗隆尖端下缘（正中线后点）经过头顶的连线（图 260、图 261、图 262）。

2. 眉枕线：是从眉毛中点上缘和枕外粗隆尖端的头侧面连线（图 260、图 261、图 262）。

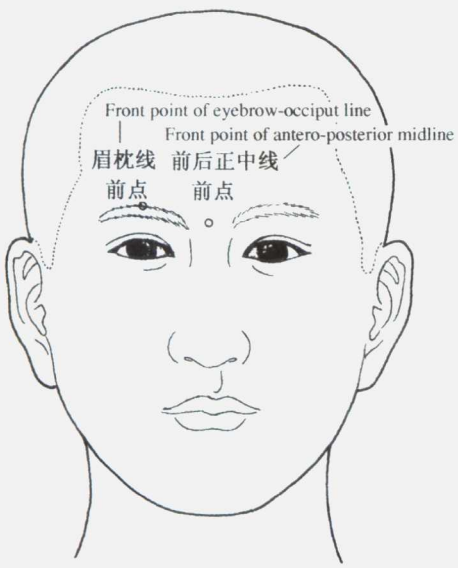


图 260 前后正中线、眉枕线前点定位
Fig. 260 Front points' location of antero-posterior midline and eyebrow-occiput line

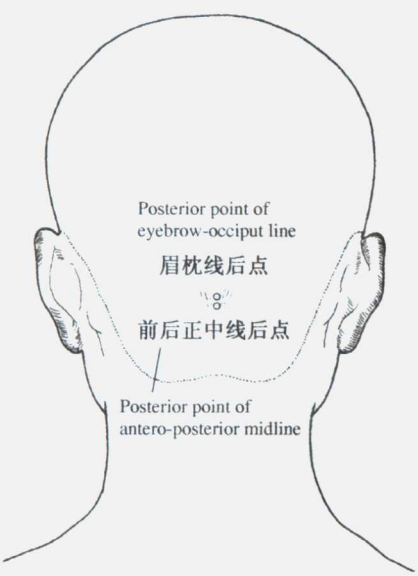


图 261 前后正中线、眉枕线后点定位
Fig. 261 Posterior points' location of antero-posterior midline and eye brow-occiput line

Section Ⅱ. Scalp Acupuncture

Ⅰ. The Two Standard Lines that Divide the Stimulation Areas in Scalp Acupuncture

1. Antero-posterior midline: It begins at the midpoint of the two eyebrows, passes through the vertex and ends below the external occipital protuberance (Fig. 260, Fig. 261, Fig. 262).

2. Eyebrow-occiput line: It begins at midpoint of the eyebrow, passes through the temporal region and ends at the external occipital protuberance (Fig. 260, Fig. 261, Fig. 262).

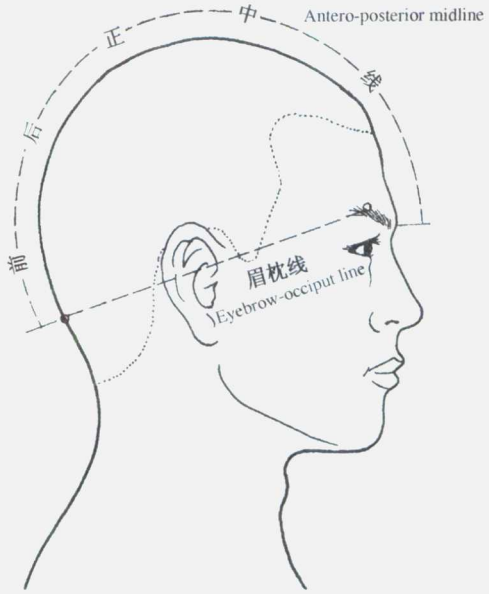


图 262 头针刺激区定位线
Fig. 262 The standard lines of the stimulation areas in scalp acupuncture

Ⅱ. Stimulation Areas for Scalp Acupuncture

1. Motor region: the top point is located 0.5 cm posterior to the midpoint of antero-posterior midline. The base point is the intersecting point of the eyebrow-occiput line and the anterior border of the natural hairline. If the hairline is not very clear, then from the midpoint of the zygomatic arch, extend a perpendicular line upward until it intersects with the eyebrow-occiput line and move 0.5 cm anterior. Use this point as the base point. Connect these two points to form the motor region. The motor region can be further divided into three sections (Fig. 263).

1) Upper: the upper 1/5 of the motor region - lower limb and trunk motor region.

2) Middle: the middle 2/5 of the motor region - upper limb motor region.

3) Lower: the lower 2/5 of the motor region - face motor region, or speech region Ⅰ.

二、头针刺激区

1. 运动区：上点在前后正中线中点往后 0.5 厘米处；下点在眉枕线和鬓角发际前缘相交处。如果鬓角不明显，可以从颧弓中点向上引垂直线，此线与眉枕线交叉处向前移 0.5 厘米为运动区下点。上下两点的连线即为运动区。运动区又可以分为上、中、下三部（图 263）。

1）上部：是运动区的上 1/5，为下肢、躯干运动区。

2）中部：是运动区的中 2/5，为上肢运动区。

3）下部：是运动区的下 2/5，为面运动区，亦称言语一区。

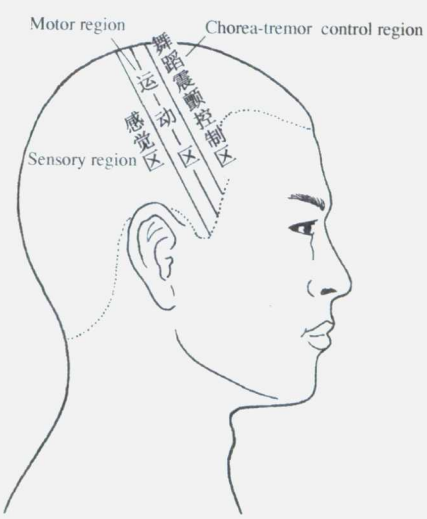


图 263 运动区、感觉区、舞蹈震颤控制区定位
Fig. 263 Locations of motor region ,sensory region and chorea-tremor control region

2. 感觉区：运动区向后移1.5厘米的平行线即是本区。感觉区也分为上、中、下三部（图 263）。

1）上部：是感觉区的上 1/5，为下肢、头、躯干感觉区。

2）中部：是感觉区的中 2/5，为上肢感觉区。

3）下部：是感觉区的下 2/5，为面感觉区。

3. 舞蹈震颤控制区：在运动区向前移 1. 5 厘米的平行线（图 263）。

4. 晕听区：从耳尖直上 1. 5 厘米处，向前及向后各引 2 厘米的水平线（图 264）。

5. 言语二区：从顶骨结节后下方 2 厘米处引一平行于前后正中线的直线，向下取 3 厘米长直线（图 264）。

6. 言语三区：晕听区中点向后引4厘米长的水平线(图265)。

7. 运用区：从顶骨结节起分别引一垂直线和与该线夹角为 40° 的前后两线，长度均为 3 厘米（图 265）。

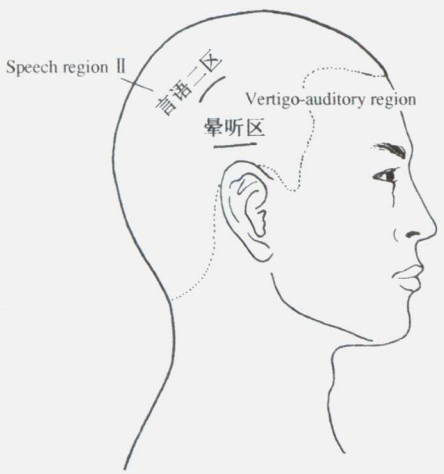


图 264 晕听区、言语二区定位
Fig. 264 Locations of Vertigo-auditory region and speech region Ⅱ

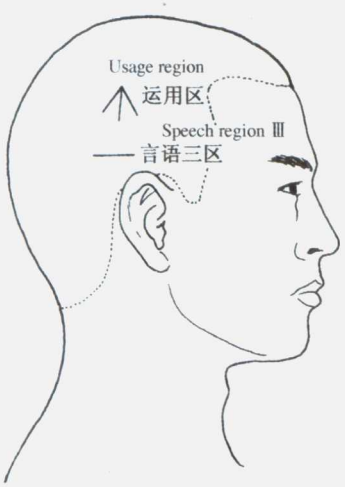


图 265 言语三区、运用区定位
Fig. 265 Locations of speech region Ⅲ and Usage region

2. Sensory region: the sensory region is located parallel to the motor region line, but 1.5cm posterior to the motor region. The sensory region is also divided into three sections (Fig. 263).

1) Upper: the upper 1/5 of the sensory region - lower limb, trunk and head sensory region.

2) Middle: the middle 2/5 of the sensory region, upper limb sensory region.

3) Lower: the lower 2/5 of the sensory region, face sensory region.

3. Chorea-tremor control region: a line 1.5cm anterior and parallel to the motor region (Fig. 263).

4. Vertigo-auditory region: a 4 cm horizontal line, extended equidistance in both anterior and posterior directions at 1. 5 cm right above the auricular apex (Fig. 264).

5. Speech region Ⅱ: a 3 cm straight line, starting from a point 2 cm posterior and inferior to the parietal tubercle, parallel to the antero-posterior midline (Fig. 264).

6. Speech region Ⅲ: a horizontal line extended 4 cm posterior from the midpoint of the vertigo-auditory area (Fig. 265).

7. Usage region: three 3 cm lines extended from the parietal tubercle - one vertically, and two at 40° angle anterior and posterior respectively (Fig. 265).

8. Foot motor sensory region: two 3 cm parallel lines each 1 cm apart from and posterior to the midpoint of the antero-posterior midline (Fig. 266).

9. Optic region: two 4 cm parallel lines, 1 cm apart from and anterior to the external occipital protuberance (Fig. 267).

10. Balance region: two 4 cm lines, parallel to the antero-posterior midline, 3. 5 cm apart from and posterior to the external occipital protuberance (Fig. 267).

11. Stomach region: two 2 cm lines, parallel to the antero-posterior midline, posterior from the hairline perpendicular to the pupil. One line on each side (Fig. 268).

12. Thoracic cavity region: two 4 cm lines, midway between the stomach region and the antero-posterior midline, both equidistant posterior and anterior from the hairline. One line on each side (Fig. 268).

13. Reproduction region: two 2 cm lines, parallel to the antero-posterior midline, posterior to the corner of the forehead (Fig. 268).

8. 足运感区：在前后正中线的中点旁开左右各 1 厘米，向后引与前后正中线相平行的 3 厘米长的直线（图 266）。

9. 视区：在前后正中线的后点旁开 1 厘米处的枕外粗隆水平线上，向上引平行于前后正中线的 4 厘米长的直线（图 267）。

10. 平衡区：在前后正中线的后点旁开 3. 5 厘米处的枕外粗隆水平线上，向下引平行于前后正中线的 4 厘米长的直线（图 267）。

11. 胃区：以瞳孔直上发际处为起点，向上引平行于前后正中线的 2 厘米长的直线（图 268）。

12. 胸腔区：在胃区与前后正中线之间，发际上下各引 2 厘米长的直线（图 268）。

13. 生殖区：从额角处向上引平行于前后正中线的 2 厘米长的直线（图 268）。

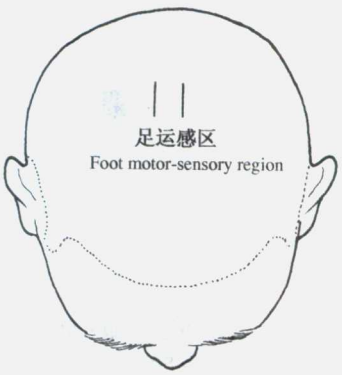


图 266 足运感区定位
Fig. 266 Location of foot motor-sensory region

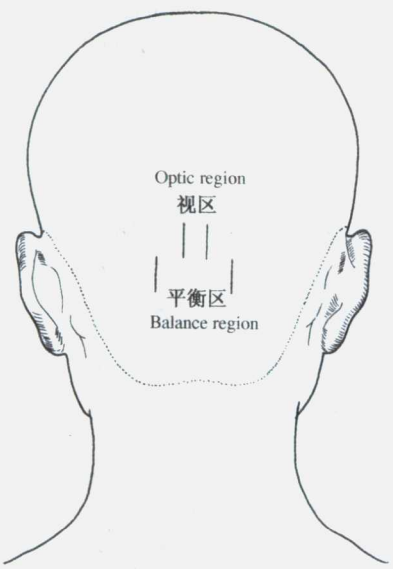


图 267 视区、平衡区定位
Fig. 267 Location of optic region and balance region

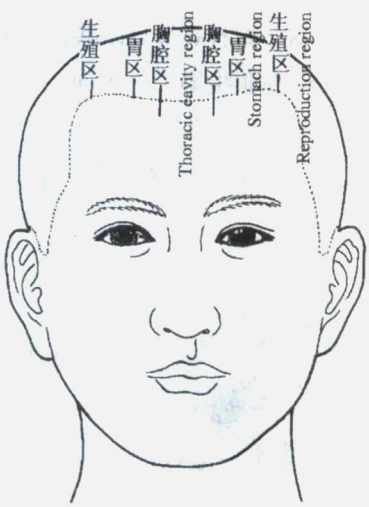


图 268 胃区、胸腔区、生殖区定位
Fig. 268 Location of stomach region,thoracic cavity region and reproduction region

第三节 眼针穴（区）

一、8区的划分

两眼向前平视，经瞳孔中心做一水平线并延伸过内、外眦，再经瞳孔中心做该水平线之垂直线，并延伸过上、下眼眶，将眼区分成4个象限。再将每一个象限分成两个相等区，即8个象限，区域相等，此8个相等区就是8个经区。

划区时，人仰卧头向北、脚向南。自左眼的西北方按顺时针方向依次为1、2、3、4、5、6、7、8八个区域（图269）；自右眼的东北方按逆时针方向依次为1、2、3、4、5、6、7、8八个区域（图270）。

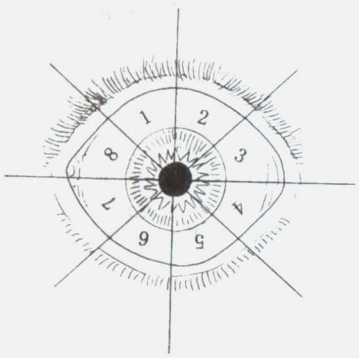


图269 左眼8区划分
Fig. 269 8 sections of the left eye

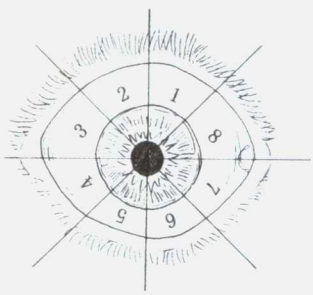


图270 右眼8区划分
Fig. 270 8 sections of the right eye

二、13穴的确定

在八区划分的基础上，再将1、2、4、6、7均分为两个小区，这样，每只眼共分为13个大小不等的区域。自1区开始，左眼按顺时针方向，右眼按逆时针方向，将13个区域命名为13个眼穴，依次是肺、大肠、肾、膀胱、上焦、肝、胆、中焦、心、小肠、脾、胃、下焦（图271、图272）。

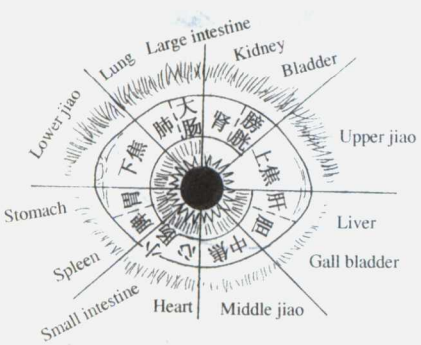


图271 左眼13穴定位
Fig. 271 13 sections of the left eye

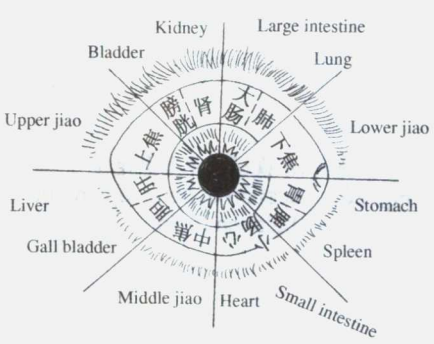


图272 右眼13穴定位
Fig. 272 13 sections of the right eye

Section Ⅲ. Eye Acupuncture

Ⅰ. The Division of the 8 Sections

With the eyes looking forward, draw an imaginary horizontal line passing through the pupil and beyond the inner and outer canthus. From the pupil, draw a line perpendicular extending beyond the both infraorbital and supra-orbital margins, and dividing the eye into four quadrants. Further divide each quadrant into two equal sections, forming 8 sections of equal area. These eight sections are the eight meridian zones.

When dividing the sections, the patient should lie face up with the head pointing north. On the left eye, the first section starts from the northwest and rotates clockwise for the remaining seven sections respectively (Fig. 269); on the right eye, the first section starts from the northeast and rotates counter clockwise for the rest of the sections respectively (Fig. 270).

Ⅱ. The Establishment of the 13 Points

On the basis of these eight sections, further divide sections 1, 2, 4, 6, 7, into two sections to form thirteen sections of varying areas. Starting from section 1, the sections on the left eye are arranged clockwise and counter clockwise on the right eye. These thirteen sections are named "thirteen eye points", which are lung, large intestine, kidney, bladder, upper jiao (upper energizer), liver, gall bladder, middle jiao (middle energizer), heart, small intestine, spleen, stomach, lower jiao (lower energizer) (Fig. 271, Fig. 272).

第四节 面 针 穴

一、面部正中线上的穴位

1. 脑面穴：位于前额正中（图 273）。

2. 咽喉穴：在脑面穴与肺穴之中间，即两眉间上方(图273)。

3. 肺穴：在两眉间，即阙中处（图 273）。

4. 心穴：在肺穴下方，两目内眦中间微上，即下极处(图273)。

5. 肝穴：在心穴下方，挟两颧之间，鼻梁骨上端处(图273)。

6. 脾穴：在肝穴下方，在鼻尖上缘至鼻梁骨下端处，即鼻尖上面王处（图 273）。

7. 膀胱及生殖器穴：在鼻中隔下与人中之间，人中沟处（图 273）。

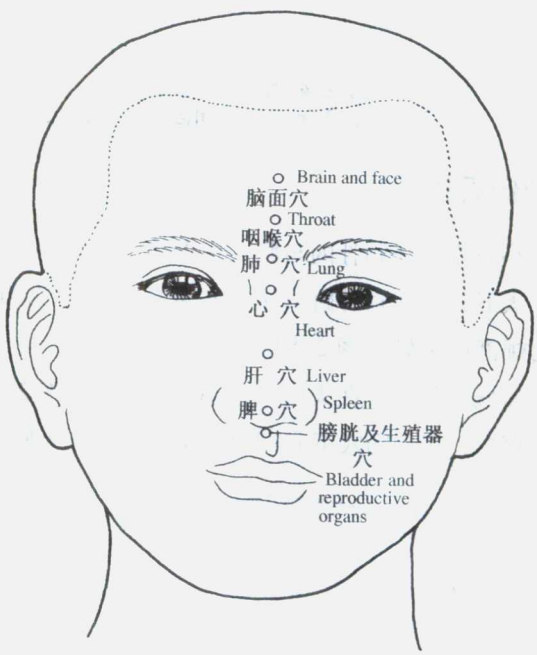


图 273 面部正中线上穴位
Fig. 273 Points on the midline of the face

二、面部内眦线上诸穴

面部内眦线系两目内眦至鼻翼外端的连线，分布于其上的穴位是：

1. 耳穴：在眉内侧微上方（图 274）。

2. 胸膺穴：在目内眦稍上方的眶骨窝下处（图 274）。

Section Ⅳ. Face Acupuncture

Ⅰ. Points on the Midline of the Face

1. Brain and face: at the middle of the forehead (Fig. 273).

2. Throat: at the middle of the brain/face point and the lung point, or above two eyebrows (Fig. 273).

3. Lung: in between two eyebrows, or "juezhong" (Fig. 273).

4. Heart: below the lung point, slightly above the midpoint of two inner canthi, or "xiaji"(Fig. 273).

5. Liver: below the heart point, between the cheek bones, on top of the nasal bone (Fig. 273).

6. Spleen: below the liver point, on the tip of the nose to the lower edge of the nasal bone (Fig. 273).

7. Bladder and reproductive organs: between the septum and the philtrum (Fig. 273).

Ⅱ. Points Along the Inner Canthus

Points along the inner canthus to the lateral side of the ala nasi:

1. Ear: slightly above the medial end of the eyebrow (Fig. 274).

2. Chest: above the inner canthus, on the supra-orbital margin (Fig. 274).

3. 乳房穴：在胸膺穴稍下方，睛明穴微上处（图 274）。

4. 胆穴：在内眦线上与肝穴相平处（图 274）。

5. 胃穴：在胆穴下，脾穴侧旁，于鼻翼中央之上处（图274）。

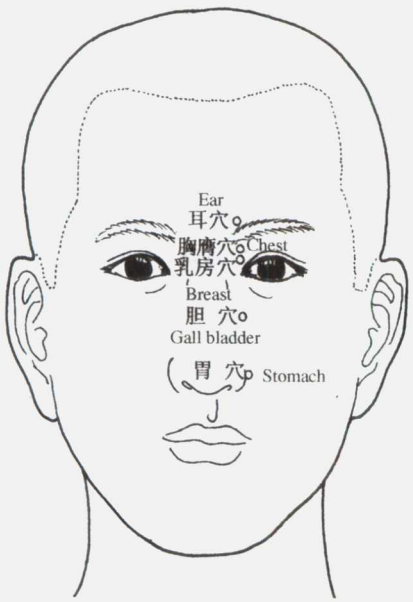


图 274 面部内眦线上穴位
Fig. 274 Points along the inner canthus

3. Breast: below the chest point, slightly above Jingming point (BL1) (Fig. 274).

4. Gall bladder: along the line of inner canthus, level with the liver point (Fig. 274).

5. Stomach: below the gall bladder point, adjacent to the spleen point, on the midpoint of the ala nasi (Fig. 274).

三、两侧面部诸穴

1. 小肠穴：在颧骨内与胆穴相平处（图 275）。

2. 大肠穴：在目外眦直下方与鼻翼平位，亦即颧骨下缘，面颊部中央处（图 275）。

3. 盲肠阑尾穴：在大肠穴与小肠穴之间（图 275）。

4. 肾穴：在大肠穴下 1～3 厘米处，亦云在大肠穴外方，

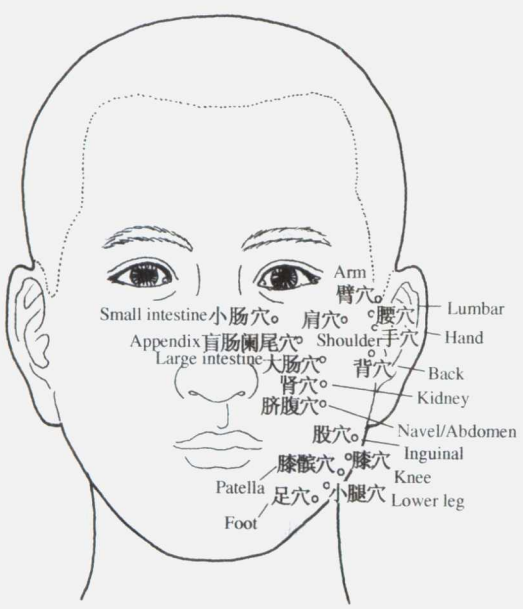


图 275 面部侧面穴位
Fig. 275 Points on both sides of the face

Ⅲ. Points on Both Sides of the Face

1. Small intestine: on the zygomatic bone, level with the gall baldder point (Fig. 275).

2. Large intestine: directly below the outer canthus, level with the ala nasi, or at the inferior border of the zygomatic arch, at the middle of the cheek (Fig. 275).

3. Appendix: between the large intestine point and the small intestine point (Fig. 275).

4. Kidney: about 1~3 cm below the large intesting point, on the cheek (Fig. 275).

5. Shoulder: slightly posterior to the point between the outer canthus and the large intestine point, or above the large intestine point, on the zygomatic arch (Fig. 275).

6. Arm: at the midpoint between the shoulder point and the ear apex, or above the border of the zygomatic arch (Fig. 275).

7. Hand: 3 cm below the arm point and the zygomatic arch (Fig. 275).

8. Back: 3 cm below Xiaguan (ST7), anterior to the tragus (Fig. 275).

9. Lumbar: 1. 5cm below the arm point (Fig. 275).

10. Navel/Abdomen: 1.7 cm below the kidney point, on the cheek (Fig. 275).

11. Inguinal: below the ear, slightly above Jiache (ST6), 1/3 of the distance from earlobe to the lower angle of the mandible (Fig. 275).

12. Knee: 1. 5 cun below to Jiache (ST6), 2/3 of the distance from earlobe to the lower angle of the mandible (Fig. 275).

13. Patella: 1. 7 cm below the knee point, right above the lower angle of the mandible (Fig. 275).

14. Lower leg: 1. 7 cm below the patella, or on the lower angle of the mandible (Fig. 275).

15. Foot: 1. 7 cm anterior inferior to the lower leg point (Fig. 275).

Section V. Nose Acupuncture

I. Points on the Midline of the Nose

The midline of the nose begins on the forehead and ends above the philtrum.

1. Head/Brain: at the middle of the forehead, same as the brain/face point in face acupuncture (Fig. 276).

2. Throat: between the lung point and the head/brain point (Fig. 276).

3. Lung: in between two eyebrows, same as the lung point in the face acupuncture (Fig. 276).

颊部处（图 275）。

5. 肩穴：在目外眦与大肠穴之间中点略后方，亦云在大肠穴上方，当颧弓上（图 275）。

6. 臂穴：在肩穴与耳尖连线中间，亦云在肩穴后方，颧弓上缘处（图 275）。

7. 手穴：在臂穴直下 3 厘米处，当颧弓下缘（图 275）。

8. 背穴：在下关穴下 3 厘米处，当耳屏之前方（图 275）。

9. 腰穴：在臂穴内下方约 1. 5 厘米处（图 275）。

10. 脐腹穴：在肾穴直下 1. 7 厘米，颊部（图 275）。

11. 股穴：在耳下，颊车穴略上方，于耳垂与下颌角间上 1/3 与下 2/3 交点处（图 275）。

12. 膝穴：在颊车穴前下方约 1. 5 寸处，当耳垂与下颌角间上 2/3 与下 1/3 交点处（图 275）。

13. 膝髌穴：在膝穴前下方 1. 7 厘米处，正当下颌角上（图 275）。

14. 小腿穴：在膝髌穴下 1 . 7 厘米处，亦云在下颌角之前（图 275）。

15. 足穴：在小腿穴前下方 1. 7 厘米处（图 275）。

第五节 鼻 针 穴

一、鼻正中线上的穴位

鼻正中线指起于前额，止于人中上端的一条直线，分布于其上的穴位是：

1. 头脑点：在前额的正中，同面针的脑面穴（图 276）。

2. 咽喉点：在头脑点与肺点之间（图 276）。

3. 肺点：在两眉之间，同面针肺穴（图 276）。

4. 心点：在肺点之下，两目内眦之间（图 276）。

5. 肝点：在心点之下，于鼻梁骨上段处（图276）。

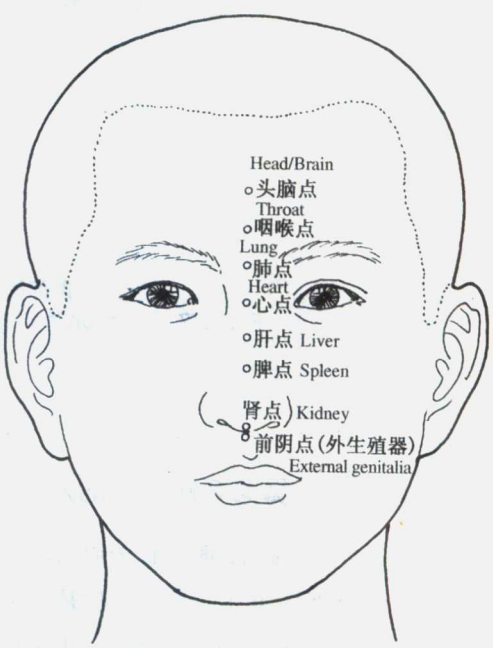


图 276 鼻正中线上穴位
Fig. 276 Points on the midline of the nose

6. 脾点：在肝点之下，于鼻梁骨下段处（图 276）。

7. 肾点：在鼻尖部（图 276）。

8. 前阴点（外生殖器）：在鼻中隔下端尽处（图 276）。

二、鼻第 1 侧线上的穴位

鼻第 1 侧线起于目内眦下方，沿鼻梁骨左右各一行，绕鼻翼外壁下端，下止于鼻尖两侧，分布于其上的穴位是：

1. 胆点：在目内眦之下方，肝点之外方（图 277）。

2. 胃点：在胆点之下，脾点之外方（图 277）。

3. 小肠点：在胃点之下，鼻翼上 1/3 处（图 277）。

4. 大肠点：在小肠点之下，鼻翼正中央（图 277）。

5. 膀胱点：在大肠点之下，鼻翼壁外下缘（图 277）。

6. 睾丸卵巢点：在鼻尖部前阴点之两侧（图 277）。

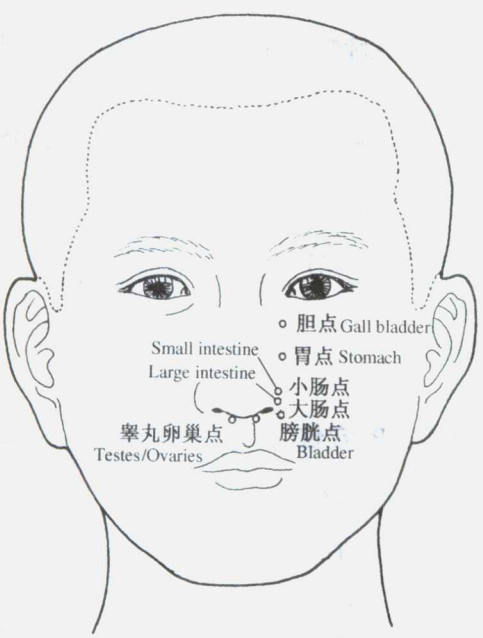


图 277 鼻部第 1 侧线穴位
Fig. 277 Points on the first sideline of the nose

三、鼻第 2 侧线上的穴位

鼻第 2 侧线起于眉头，下行于第 1 侧线外方，止于鼻翼尽处，其上分布的穴位是：

1. 耳点：在眉头（即眉的内缘处）（图 278）。

2. 胸点：在眉棱骨之下，目窠之上（图 278）。

4. Heart: below the lung point, in between two inner canthi (Fig. 276).

5. Liver: below the heart point, on the superior section of the nasal bone (Fig. 276).

6. Spleen: below the liver point, at the inferior section of the nasal bone (Fig. 276).

7. Kidney: at the tip of the nose (Fig. 276).

8. External genitalia: at the inferior end of the septum nasi (Fig. 276).

Ⅱ. Points on the First Sideline of the Nose

The first sideline of the nose begins below the inner canthus along the nasal bone on each side of the nose, surrounding the inferior and lateral side of the ala nasi and ends at the tip of the nose.

1. Gall bladder: below the inner canthus, lateral to the liver point (Fig. 277).

2. Stomach: below the gall bladder point, lateral to the spleen point (Fig. 277).

3. Small intestine: below the stomach point, 1/3 superior to the ala nasi (Fig. 277).

4. Large intestine: below the small intestine, in the middle of the ala nasi (Fig. 277).

5. Bladder: below the large intestine, inferior to the lateral side of the ala nasi (Fig. 277).

6. Testes/Ovaries: lateral to the external genitalia point on both sides (Fig. 277).

Ⅲ. Points on the Second Sideline of the Nose

The second sideline of the nose begins at the tip of the eyebrow, extending downward lateral to the first sideline, and ends at the end of ala nasi.

1. Ear: on the tip of the eyebrow (the medial end of the eyebrow) (Fig. 278).

2. Chest: below the supra-orbital ridge and above the margin of the supra-orbital

margin (Fig. 278).

3. Breast: above Jingming (BL1) (Fig. 278).

4. Neck/Back: below Jingming (BL1) (Fig. 278).

5. Lumbar: medial to the zygomatic bones on both sides, at the same level with the liver point (Fig. 278).

6. Upper limb: below the lumbar point, at the same level with the spleen point (Fig. 278).

7. Inguinal: below the upper limb point, at the same level with the superior aspect of the ala nasi (Fig. 278).

8. Knee: below the inguinal point, approximately level with the large intestine point (Fig. 278).

9. Foot/Toe: below the knee point, level with the bladder point (Fig. 278).

3. 乳点：在睛明穴的上方（图 278）。

4. 项背点：在睛明穴的下方（图 278）。

5. 腰脊点：在两颧的内方，与肝点平行（图 278）。

6. 上肢点：在腰脊点下方，与脾点平行（图 278）。

7. 胯股点：在上肢点下方，与鼻翼上缘平行（图 278）。

8. 膝胫点：在胯股点下方，约与大肠点相平行（图278）。

9. 足趾点：在膝胫点下方，与膀胱点相平行（图 278）。

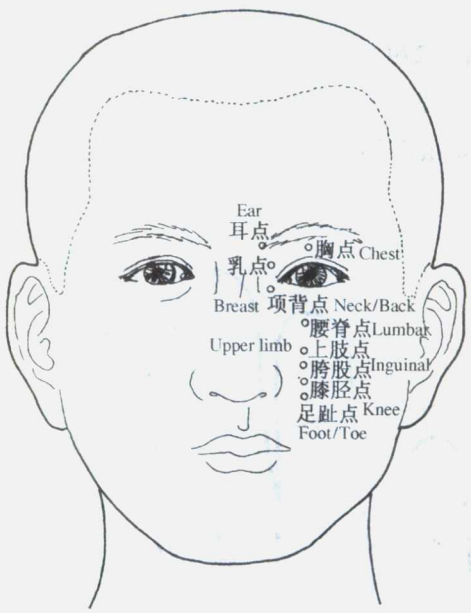


图 278 鼻部第二侧线穴位
Fig. 278 Points on the second sideline of the nose

Section XI. Hand Acupuncture

Ⅰ. Points on the Palm

1. Spleen: on the palmar aspect of the hand, at the midpoint of the crease of the first interphalangeal joint (Fig. 279).

2. Stomach: on the palmar aspect of the hand, at the midpoint of the line connecting Laogong (PC8) and Daling (PC7) (Fig. 279).

3. Small intestine: on the palmar aspect of the hand, at the midpoint of the crease of the second proximal interphalangeal joint (Fig. 279).

第六节 手 针 穴

一、手掌部穴

1. 脾点：在掌面，拇指指关节横纹中点处（图 279）。

2. 胃肠点：在劳宫穴与大陵穴连线的中点处（图 279）。

3. 小肠点：在掌面，食指第1指关节横纹中点处（图279）。

4. 大肠点：在掌面，食指第 2、3 节指骨间横纹中点处（图 279）。

5. 三焦点：在掌面，中指第1指关节横纹中点处（图279）。

6. 心点：在掌面，中指第2指关节横纹中点处（图279）。

7. 肝点：在掌面，无名指第1指关节横纹中点处（图279）。

8. 肺点：在掌面，无名指第2指关节横纹中点处（图279）。

9. 命门点：在掌面，小指第1指关节横纹中点处(图279)。

10. 肾点：在掌面，小指第2指关节横纹中点处(图279)。

11. 夜尿点：同肾点（图279)。

12. 定惊点：在手掌侧大小鱼际交接处中点（图279)。

13. 扁桃体点：在掌面第1掌骨尺侧中点处（图279)。

14. 急救点：在中指尖端，距指甲缘0.2寸许（图279)。

15. 牙痛点：在掌面，第3、4掌指关节间，近第3掌指关节处（图279)。

16. 坐骨神经点：在第4、5掌指关节间，靠近第4掌指关节处（图279)。

17. 咳喘点：在掌面食指掌指关节尺侧处（图279)。

18. 足跟痛点：在胃肠点与大陵穴连线的中点处(图279)。



图279 手掌部穴位
Fig. 279 Points on the palm

4. Large intestine: on the palmar aspect of the hand, at the midpoint of the crease of the second distal interphalangeal joint (Fig. 279).

5. Sanjiao (triple energizer): on the palmar aspect of the hand, at the midpoint of the crease of the third proximal interphalangeal joint (Fig. 279).

6. Heart: on the palmar aspect of the hand, at the midpoint of the crease of the third distal interphalangeal joint of the middle finger (Fig. 279).

7. Liver: on the palmar aspect of the hand, at the midpoint of the crease of the fourth proximal interphalangeal joint (Fig. 279).

8. Lung: on the palmar aspect of the hand, at the midpoint of the crease of the fourth distal interphalangeal joint (Fig. 279).

9. Mingmen: on the palmar aspect of the hand, at the midpoint of the crease of the fifth proximal interphalangeal joint (Fig. 279).

10. Kidney: on the palmar aspect of the hand, at the midpoint of the crease of the fifth distal interphalangeal joint (Fig. 279).

11. Enuresis: same as the kidney point (Fig. 279).

12. Calm fright: on the side of the palm at the junction of the thenar eminence and the hypothenar eminence (Fig. 279).

13. Tonsil: on the palmar aspect of the hand, at the midpoint of the first metacarpal bone (Fig. 279).

14. Emergency: on the palmar aspect of the hand, at the tip of the third finger, 0.2 cun from the border of the nail (Fig. 279).

15. Toothache: on the palmar aspect of the hand, between the third and fourth metacarpo-phalangeal joint, near the third metacarpo-phalangeal joint (Fig. 279).

16. Sciatica: on the palmar aspect of the hand, between the fourth and fifth metacarpo-phalangeal joint, near the fourth

metacarpo-phalangeal joint (Fig. 279).

17. Cough/Asthma: on the palmar aspect of the hand, on the ulnar side of the second metacarpo-phalangeal joint (Fig. 279).

18. Heel pain: on the palmar aspect of the hand, at the midpoint of the line connecting the stomach point and Daling (PC7) (Fig. 279).

Ⅱ. Points on the Dorsal Aspect of the Hand

1. Throat: on the dorsum of the hand, between the third and fourth metacarpo-phalangeal joint, near the third metacarpo-phalangeal joint (Fig. 280).

2. Neck: at the ulnar side of the second metacarpo-phalangeal joint (Fig. 280).

3. Lumbar/Leg: on the dorsum of the hand, between the second and third, and between the fourth and fifth metacarpal bones, at the midpoint between the dorsal crease of the wrist and the metacarpo-phalangeal joint. Two points on each hand (Fig. 280).

4. Elevate blood pressure: on the dorsum of the hand, at the middle of the wrist crease (Fig. 280).

5. Hiccup: on the dorsum of the hand, at the transverse furrows of the distal interphalangeal joint (Fig. 280).

6. Reduce fever: on the dorsum of the hand, at the web of the radial side of the middle finger (Fig. 280).

7. Diarrhea: on the dorsum of the hand, 1 cun superior to the midpoint of the third and fourth metacarpo-phalangeal joint (Fig. 280).

Ⅲ. Points on the Anteromedial Aspect of the Finger and Hand

1. Malaria: at the junction of the first metacarpal and the wrist joint, on the radial side of

二、手背部穴

1. 咽喉点：在手背面，第3、4掌指关节间。近第3掌指关节处（图280）。

2. 颈项点：在手背面，第2掌指关节尺侧缘（图280）。

3. 腰腿点：在手背腕横纹前1.5寸，第2伸指肌腱桡侧，第4伸指肌腱尺侧处，一手两穴（图280）。

4. 升压点：在手背腕横纹中点处（图280）。

5. 呃逆点：在手背中指第2指关节横纹中点处（图280）。

6. 退热点：在手背中指桡侧指蹼处（图280）。

7. 腹泻点：在手背第3、4掌指关节间上1寸处（图280）。



图280 手背部穴位
Fig. 280 Points on the dorsal aspect of the hand

三、指、掌桡侧穴

1. 疟疾点：在第1掌骨与腕关节结合处，大鱼际桡侧缘（图281）。

2. 踝点：在拇指掌指关节桡侧赤白肉际处（图281）。

3. 胸痛点：在拇指指关节桡侧赤白肉际处（图281）。

4. 前头点：在食指第1指关节桡侧赤白肉际处（图281）。

5. 头顶点：在中指第1指关节桡侧赤白肉际处（图281）。

6. 肩点：位于食指掌指关节桡侧赤白肉际处（图281）。

7. 会阴点：在小指第1指关节桡侧赤白肉际处（图281）。



图 281 掌、指桡侧穴位
Fig. 281 Points on the anteromedial aspect of the finger and hand

四、指、掌尺侧穴

1. 眼点：位于拇指指关节尺侧赤白肉际处（图 282）。
2. 偏头点：在无名指第1指关节尺侧赤白肉际处（图282）。
3. 后头点：在小指第1指关节尺侧赤白肉际处（图282）。
4. 脊柱点：在小指掌指关节尺侧赤白肉际处（图 282）。

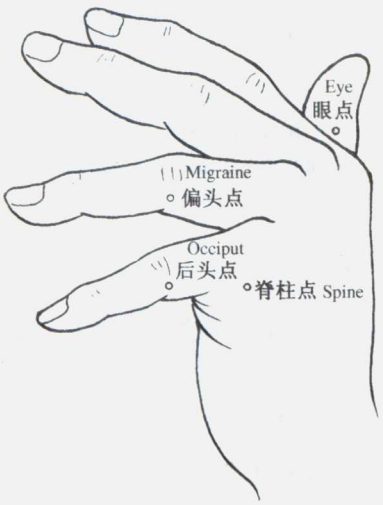


图 282 掌、指尺侧穴位
Fig. 282 Points on the posterolateral aspect of the finger and hand

the thenar eminence (Fig. 281).

2. Ankle: on the radial side of the first metacarpo-phalangeal joint, at the junction of red and white skin (Fig. 281).

3. Chest pain: on the radial side of the first interphalangeal joint, at the junction of red and white skin (Fig. 281).

4. Frontal part of the head: on the radial side of the second proximal interphalangeal joint, at the junction of red and white skin (Fig. 281).

5. Vertex cranii: on the radial side of the third proximal interphalangeal joint, at the junction of red and white skin (Fig. 281).

6. Shoulder: on the radial side of the second metacarpo-phalangeal joint, at the junction of red and white skin (Fig. 281).

7. Perineum: on the radial side of the fifth proximal interphalangeal joint, at the junction of red and white skin (Fig. 281).

Ⅳ. Points on the Posterolateral Aspect of the Finger and Hand

1. Eye: at the ulnar side of the first interphalangeal joint, at the junction of red and white skin (Fig. 282).

2. Migraine: at the ulnar side of the fourth proximal interphalangeal joint, at the junction of red and white skin (Fig. 282).

3. Occiput: at the ulnar side of the fifth proximal interphalangeal joint, at the junction of red and white skin (Fig. 282).

4. Spine: at the ulnar side of the fifth metacarpo-phalangeal joint, at the junction of red and white skin (Fig. 282).

第七节 足 针 穴

一、足部常用的骨度分寸

1. 足跟后缘至中趾根部为10寸（图283）。

2. 足跖面第1跖趾关节内侧赤白肉际至第5跖趾关节外侧赤白肉际为5寸，足背部亦同此（图283）。

3. 足跟部最宽处距离为3寸（图283）。

4. 足内、外踝高点至足底为3寸（图284）。

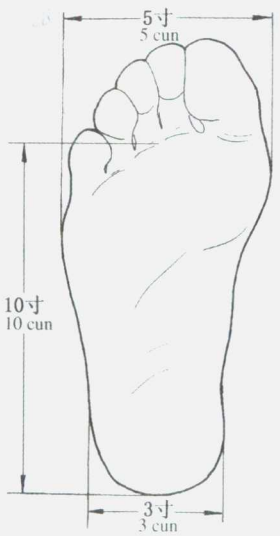


图283 足底部骨度分寸
Fig. 283 Measurement for the sole of the foot

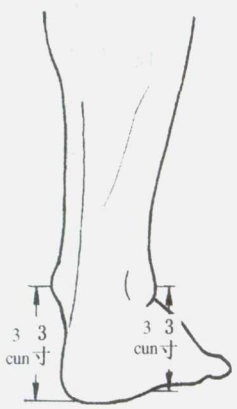


图284 内、外踝高点至足底骨度分寸
Fig. 284 Measurement from the plantar region of the foot to both the prominence of medial and external malleolus

二、足底部足针穴

1. 头面：距足跟后缘1寸，足底正中线上（图285）。

2. 安眠：距足跟后缘3寸，足底正中线上，约当外踝与内踝在足底部连线的中点处（图285）。

3. 胸：距足跟后缘3寸，足底正中线外侧1寸处，即安眠穴外1寸处（图285）。

4. 面：安眠穴内侧旁开1寸（图285）。

5. 心：距足跟后缘3.5寸，足底正中线上（图285）。

6. 肺：位于心穴旁开1.5寸，左右各1穴（图285）。

7. 癌根3：距足跟后缘4寸，足底正中线内侧旁开1.5寸处，即内侧肺穴前0.5寸（图285）。

8. 胃：距足跟后缘4寸，足底正中线上（图285）。

9. 肝：位于胃穴内侧2寸处（图285）。

10. 脾：位于胃穴外侧1寸处（图285）。

Section Ⅶ. Foot Acupuncture

Ⅰ. Commonly Used Measurement for Foot Acupuncture

1. From the posterior border of the calcaneal region to the base of the third toe is 10 cun (Fig. 283).

2. From the medial side of the first metatarso-phalangeal joint, at the junction of the red and white skin, to the lateral side of the fifth metatarso-phalangeal joint, is 5 cun. It's the same on both dorsum and plantar side of the foot (Fig. 283).

3. The width of the calcaneal region is 3 cun (Fig. 283).

4. From the plantar region of the foot to both the prominence of medial and external malleolus (Fig. 284).

Ⅱ. Points on the Sole of the Foot

1. Head: about 1 cun distal to the posterior border of the heel, on the midline of the sole (Fig. 285).

2. Anmian or sleep well point: about 3 cun distal to the posterior border of the heel, on the midline of the sole, approximately at the midpoint of the line connecting the external malleolus and the medial malleolus (Fig. 285).

3. Chest: about 3 cun distal to the posterior border of the heel, 1 cun lateral to the midline of the sole, or 1 cun lateral to anmian (Fig. 285).

4. Face: 1 cun medial to anmian (Fig. 285).

5. Heart: about 3. 5 cun distal to the posterior border of the heel, on the midline of the sole (Fig. 285).

6. Lung: 1. 5 medial and lateral to the heart point. One point on each side (Fig. 285).

7. Cancer root 3: about 4 cun distal to the posterior border

11. 小肠：距足跟后缘 5. 5 寸，足底正中线旁开 1. 5 寸处，左右各一穴（图 285）。

12. 癌根 1：距足跟后缘 6 寸，足底正中线内侧旁开 2 寸处（图 285）。

13. 大肠：距足跟后缘 6. 5 寸，足底正中线内侧旁开 2 寸处（图 285）。

14. 肾：涌泉穴内外各 1. 5 寸处（图 285）。

15. 膀胱：位于中趾根部后方 2 寸处，足底正中线上（图 285）。

16. 子宫（精宫）：位于中趾根部后方 1. 5 寸处，足底正中线上（图 285）。

17. 癌根 2：膀胱穴内侧旁开 2. 5 寸处（图 285）。

18. 坐骨 1：位于足 4 趾根部后 4 寸处（图 285）。

19. 牙痛 1：位于足小趾根部后方 1 寸处（图 285）。

20. 牙痛2：位于足大趾趾与第2趾间后1寸处（图285）。

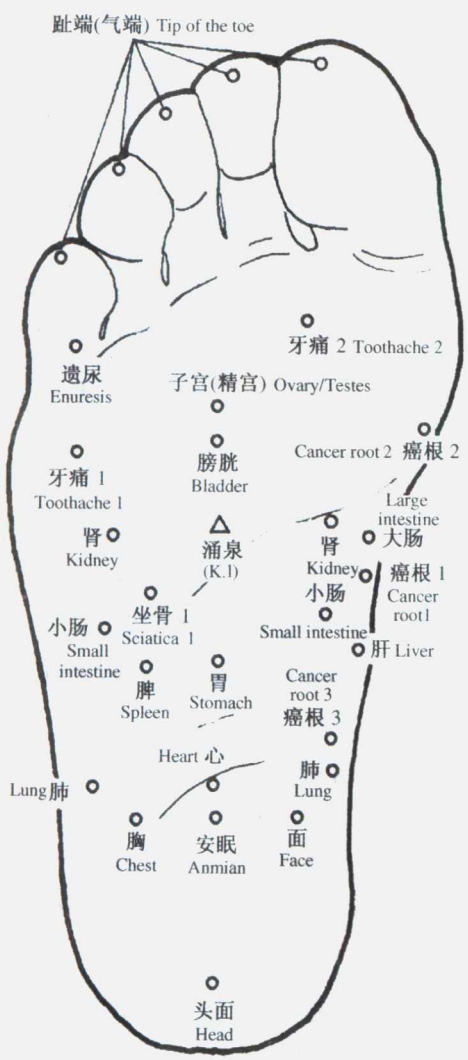


图 285 足底部穴位
Fig. 285 Points on the sole of the foot

of the heel, 1. 5 cun medial to the midline of the sole, 0. 5 cun medial to the lung point (Fig. 285).

8. Stomach: about 4 cun distal to the posterior border of the heel, on the midline of the sole (Fig. 285).

9. Liver: 2 cun medial to the stomach point (Fig. 285).

10. Spleen: 1 cun lateral to the stomach point (Fig. 285).

11. Small intestine: about 5. 5 cun distal to the posterior border of the heel, 1. 5 cun medial and lateral to the midline of the sole. One point on each side (Fig. 285).

12. Cancer root 1: about 6 cun distal to the posterior border of the heel, 2 cun medial to the midline of the sole (Fig. 285).

13. Large intestine: about 6. 5 cun distal to the posterior border of the heel, 2 cun medial to the midline of the sole (Fig. 285).

14. Kidney: 1. 5 cun medial and lateral to Yongquan (KI1) (Fig. 285).

15. Bladder: 2 cun proximal to the base of the third toe, on the midline of the sole (Fig. 285).

16. Ovary/Testes: 1. 5 cun proximal to the base of the third toe, on the midline of the sole (Fig. 285).

17. Cancer root 2: 2. 5 cun medial to the kidney point (Fig. 285).

18. Sciatica 1: 4 cun proximal to the base of the fourth toe (Fig. 285).

19. Toothache 1: 1 cun proximal to the base of the fifth toe (Fig. 285).

20. Toothache 2: 1 cun proximal to the web between the base of the first and second toe (Fig. 285).

21. Enuresis: at the midpoint of the transverse furrows of the first toe (Fig. 285).

22. Tip of the toe (tip of qi): on the tip of the ten toes, 0. 1 cun from the toe nail (Fig. 285).

21. 遗尿：位于足小趾第1趾横纹的中点处（图285）。

22. 趾端（气端）：位于两足十趾的尖端，距爪甲约0.1寸处（图285）。

三、足背部足针穴

1. 头痛点：位于足背，第2~4趾趾关节内侧赤白肉际处（图286）。

2. 扁桃1：位于足大趾上，跖长伸肌腱内侧，跖趾关节处（图286）。

3. 扁桃2：位于太冲穴与行间穴连线的中点处（图286）。

4. 腰痛点：位于第1跖骨小头外侧前方凹陷中（图286）。

5. 坐骨2：位于足背，足临泣穴与地五会穴连线的中点处（图286）。

6. 落枕：位于足背第3、4趾缝端后2寸处（图286）。

7. 胃肠点：位于足背，第2、3趾缝端后3寸处（图286）。

8. 心痛点：位于解溪穴下2.5寸处（图286）。

9. 腰腿点：位于解溪穴下0.5寸，两旁凹陷中，一足两穴（图286）。



图286 足背部穴位
Fig. 286 Points on the dorsum of the foot

四、足内侧足针穴

1. 眩晕点：位于足内侧舟骨突起上方凹陷中（图287）。

2. 痛经1：位于内踝高点直下2寸处（图287）。

3. 痛经2：位于足内侧舟骨粗隆下后方凹陷中（图287）。

4. 癫痫点：位于太白穴与公孙穴连线的中点处（图287）。

五、足外侧足针穴

臂：位于昆仑穴直上1寸处（图288）。

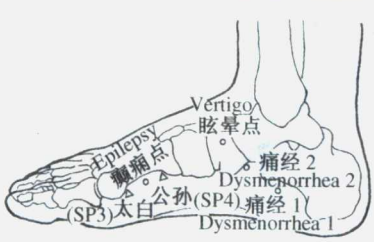


图287 足内侧穴位
Fig. 287 Points on the medial side of the foot

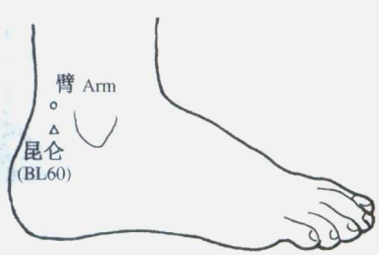


图288 足外侧穴位
Fig. 288 Points on the Lateral side of the foot

Ⅲ. Points on the Dorsum of the Foot

1. Headache: on the dorsum of the foot, at the junction of the red and white skin on the lateral side of the second, third and fourth metatarsophalangeal joint (Fig. 286).

2. Tonsil 1: on the big toe, medial side of the tendon of flexor hallucis longus, at the head of the first metatarsal (Fig. 286).

3. Tonsil 2: at the midpoint of the line connecting Taichong (LR3) and Xingjian (LR2) (Fig. 286).

4. Lumbago: in a depression lateral to the head of the first metatarsal (Fig. 286).

5. Sciatica 2: on the dorsum of the foot, at the midpoint of the line connecting Zulinqi (GB41) and Diwuhui (GB42) (Fig. 286).

6. Stiff neck: on the dorsum of the foot, 2 cun proximal to the web of the third and fourth toes (Fig. 286).

7. Stomach: on the dorsum of the foot, 3 cun proximal to the web of the second and third toe (Fig. 286).

8. Heartache: 2.5 cun inferior to Jiexi (ST41) (Fig. 286).

9. Lower back and leg: 0.5 cun inferior to Jiexi (ST41), in depressions both medial and lateral to each side. Two points on each foot (Fig. 286).

Ⅳ. Points on the Medial Side of the Foot

1. Vertigo: in a depression lateral to the tuberosity of the navicular bone (Fig. 287).

2. Dysmenorrhea 1: 2 cun below the prominence of the medial malleolus (Fig. 287).

3. Dysmenorrhea 2: in a depression posterior and inferior to the tuberosity of the navicular bone (Fig. 287).

4. Epilepsy: at the midpoint of the line connecting Taibai (SP3) and Gongsun (SP4) (Fig. 287).

第八节 腕踝针穴

一、分 区

1. 1区：前正中线两侧的区域，包括额部、眼、鼻、舌、咽喉、气管、食管、心脏、腹部、会阴部（图289、图291）。

2. 2区：躯体前面的两旁（1区的两侧），包括颞部、颊部、后牙、颌下部、乳部、肺、侧腹部（图289、图291）。

3. 3区：位于躯体前面的外缘（2区的外缘），范围狭窄，包括沿耳郭前缘的头面部、胸腹部、沿腋窝前缘向下的垂直线（图289、图291）。

4. 4区：躯体前后面交界处，包括头项、耳以及腋

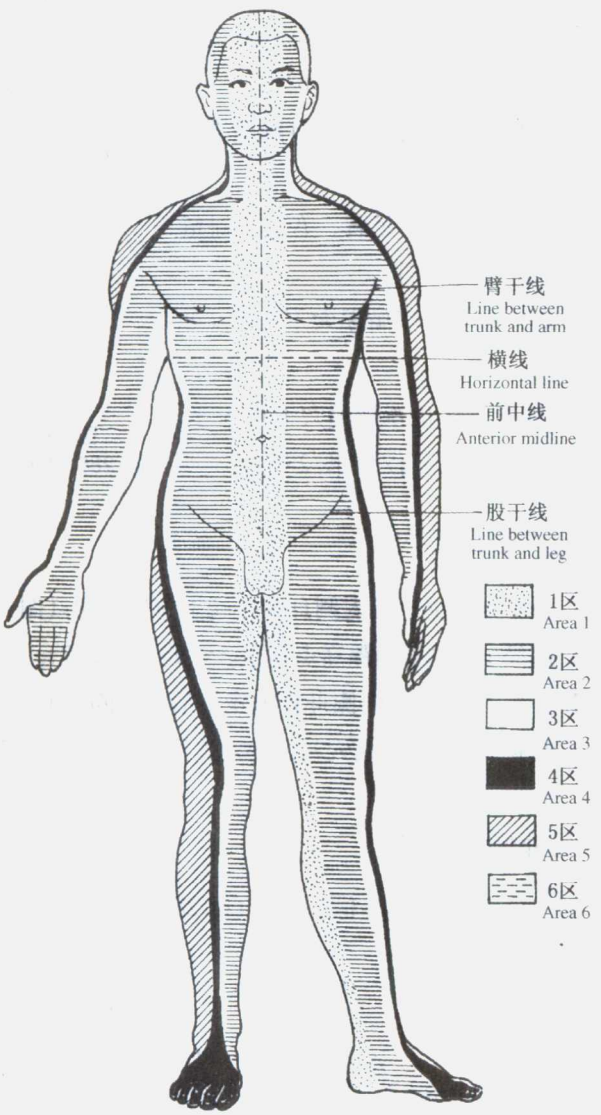


图289 腕踝针分区正面
Fig. 289 Division of ankle and wrist acupuncture (Anterior aspect)

Ⅴ. Points on the Lateral Side of the Foot

Arm: 1 cun directly above Kunlun (BL60) (Fig. 288).

Section Ⅷ. Ankle and Wrist Acupuncture

Ⅰ. Division of Sections

1. Area 1: areas on both sides of the anterior midline, including the forehead, eyes, nose, tongue, throat, trachea, esophagus, heart, abdomen and perineum (Fig. 289, Fig. 291).

2. Area 2: areas lateral to area 1, on both sides of the anterior aspect of the body, including temporal part of the head, cheeks, back teeth, lower maxilla and mandible, chest, lung and lateral side of the abdomen (Fig. 289, Fig. 291).

3. Area 3: on the lateral border of the body, lateral to area 2. This area is narrow, including the part of the face and head along the ear, the chest and abdomen, and the area longitudinally along the anterior aspect of the axillary fold (Fig. 289, Fig. 291).

4. Area 4: at the junction between the anterior and posterior part of the body, including the apex of the head, ear and the area perpendicularly below the axillary fold (Fig. 289, Fig. 290, Fig. 291).

窝垂直向下的区域（图289、图290、图291）。

5. 5区：躯体后面的两旁（与2区相对），包括头颈后外侧、肩胛区、躯干两旁、下肢外侧（图289、图290、图291）。

6. 6区：躯体后面正中线两侧的区域（与1区相对），包括后头部、枕项部、脊柱部、骶尾部、肛门等（图290、图291）。

四肢分区：当两上、下肢处于内侧面向前的外旋位、两下肢靠拢时，四肢的内侧面相当于躯干的前面；外侧面相当于躯干的后面；前面靠拢的缝相当于前正中线；后面靠拢的缝相当于后正中线，这样四肢的分区就可按躯干的分区类推。

5. Area 5: on both posterior sides of the body, corresponding to area 2, including the lateral side of the head and neck, shoulder, both sides of the trunk and lateral side of the lower limbs (Fig. 289, Fig. 290, Fig. 291).

6. Area 6: areas lateral to the posterior midline, corresponding to area one, including occiput, nape, spine, sacrum and the anus, etc. . (Fig. 290, Fig. 291).

Division of areas for the four limbs: With the arms are in supination, both legs abducted, the medial side of the limbs correspond to the anterior aspect of the trunk and the lateral part of the limbs correspond to the posterior part of the trunk. The line between the two legs at the anterior aspect corresponds to the anterior midline and the posterior aspect corresponds to the posterior midline, etc..

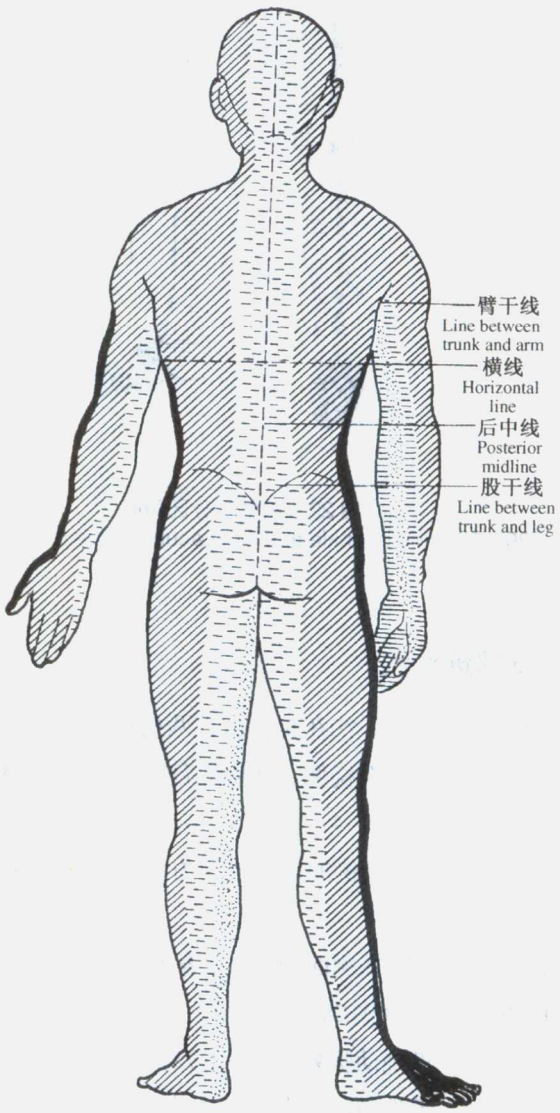


图290 腕踝针分区背面
Fig. 290 Division of ankle and wrist acupuncture (Posterior aspect)

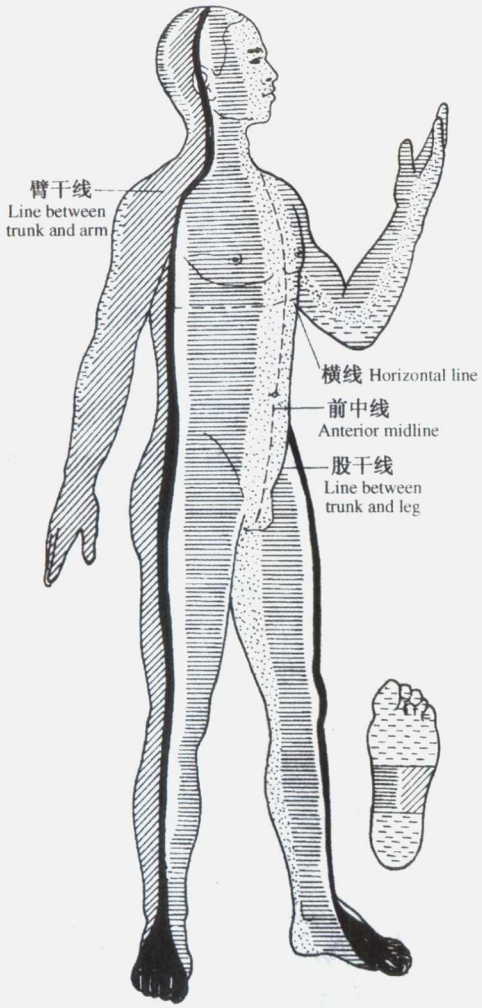


图 291 腕踝针分区侧面
Fig. 291 Division of ankle and wrist acupuncture (Lateral aspect)

二、腕部进针点

进针点共6个，约在腕横纹上两横指（内关、外关）一圈处。从掌间尺侧至桡侧，再从腕背桡侧至尺侧，依次称作上1、上2、上3、上4、上5、上6。

1. 上1：在小指侧的尺骨缘前方，用拇指端按压觉凹陷处（图292）。

2. 上2：在腕掌侧面的中央，掌长肌腱与桡侧腕屈肌腱之间，即内关穴（图292）。

3. 上3：靠桡动脉外侧（图292）。

4. 上4：手掌向内，在拇指侧的桡骨缘上（图293）。

5. 上5：腕背的中央，即外关穴（图293）。

6. 上6：小指侧尺骨缘背面（图293）。

Ⅱ. Places of Needle Insertion on the Wrists

There are six points of insertion. They are located on a band approximately two finger widths above the wrist crease, corresponding to Neiguan (PC6) and Waiguan (SJ5). This band around the wrist begins at the radial side to the ulnar side on the palmar side of the wrist and back to the radial and then ulnar side on the dorsum of the hand. These six points are: Top 1, 2, 3, 4, 5, 6.

1. Top 1: on the lateral side of the fifth finger, in a depression proximal to the styloid process of the ulnar (Fig. 292).

2. Top 2: on the palmer side of the forearm, between the tendons of m. palmaris longus and m. flexor carpi radialis, or Neiguan (PC6) (Fig. 292).

3. Top 3: near the lateral side of the radial artery (Fig. 292).

4. Top 4: on the dorsum side of the forearm, lateral to the radius (Fig. 293).

5. Top 5: on the dorsum of the forearm, at the midpoint between the radius and the ulna, or Waiguan(SJ5)(Fig. 293).

6. Top 6: on the dorsum of the forearm, on the lateral side of the ulna, proximal to the fifth finger (Fig. 293).

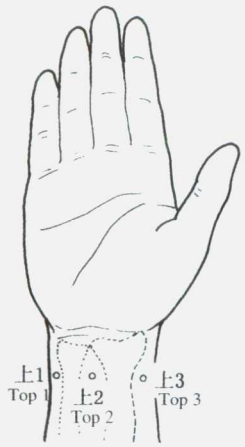


图 292 腕部掌面进针点
Fig. 292 Places of needle insertion on the wrists(palm aspect)

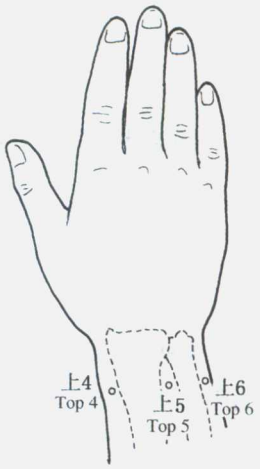


图 293 腕部背面进针点
Fig. 293 Places of needle insertion on the wrists(dorsal aspect)

三、踝部进针点

踝部进针点，共有6个，约在内、外踝最高点上三横指（相当悬钟、三阴交）一圈处。从跟腱内侧起向前转到外侧跟腱依次为下1、下2、下3、下4、下5、下6。

1. 下1：靠跟腱内侧缘（图294）。
2. 下2：在内侧面中央，靠胫骨后缘（图294）。
3. 下3：胫骨前缘向内1厘米处（图294）。
4. 下4：胫骨前缘外侧与腓骨前缘之间的中点（图295）。
5. 下5：在外侧面中央（图295）。
6. 下6：靠跟腱外缘（图295）。

Ⅲ. Places of Needle Insertion on the Ankles

There are six points of insertion on the ankles. They are approximately located along a band 3 finger widths above the prominence of lateral and medial malleolus, corresponding with Xuanzhong (GB39) and Sanyinjiao (SP6). From the medial side of the Achilles tendon laterally, these points are: Base 1, 2, 3, 4, 5, 6.

1. Base 1: adjacent to the medial side of the Achilles tendon (Fig. 294).
2. Base 2: at the midpoint of the medial side of the lower leg, close to the crest of the tibia (Fig. 294).
3. Base 3: 1 cm medial to the anterior aspect of the tibia (Fig. 294).
4. Base 4: at the midpoint between the lateral side of the anterior border of the tibia and the anterior border of the fibula (Fig. 295).
5. Base 5: at the midpoint on the lateral side of the lower leg (Fig. 295).
6. Base 6: adjacent to the lateral side of the Achilles tendon (Fig. 295).

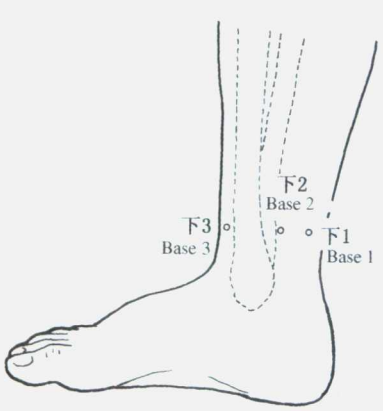


图 294 踝部内侧面进针点
Fig. 294 Places of needle insertion on the ankles (medial side)

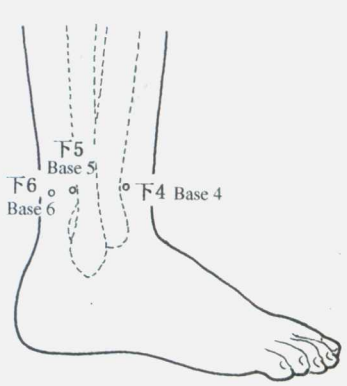


图 295 踝部外侧面进针点
Fig. 295 Places of needle insertion on the ankles (lateral side)

第九节 手 象 针

一、手部划线

手部划线是手象针定位的基础。为了准确定位，便于取穴治疗，按一定的生理标志，将手部划分出以下11条定位线。

1. 阴阳分线：沿手部桡侧、尺侧正中赤白肉际所划之线，也就是手掌面与手背面的分界线。手的掌面为阴，背面为阳，阴阳分线处的部位为阴阳面（图296）。

2. 掌Ⅰ线：在手掌面桡侧。由第1指尖端正中经指骨、掌骨正中，止于腕横纹桡侧1/6与尺侧5/6交点处（图296）。

3. 掌Ⅱ线：在手掌偏桡侧。由第2指尖端正中经指骨、掌骨正中，止于腕横纹桡侧1/3与尺侧2/3交点处（图296）。

4. 掌Ⅲ线：在手掌面正中。由第3指尖端正中经指骨、掌骨正中，止于腕横纹正中点（图296）。

5. 掌Ⅳ线：在手掌面偏尺侧。由第4指尖端正中经指骨、掌骨正中，止于腕横纹桡侧2/3与尺侧1/3交点处（图296）。

6. 掌Ⅴ线：在手掌面尺侧。由第5指尖端正中经指骨、掌骨正中，止于腕横纹桡侧5／6与尺侧1／6交点处(图296)。

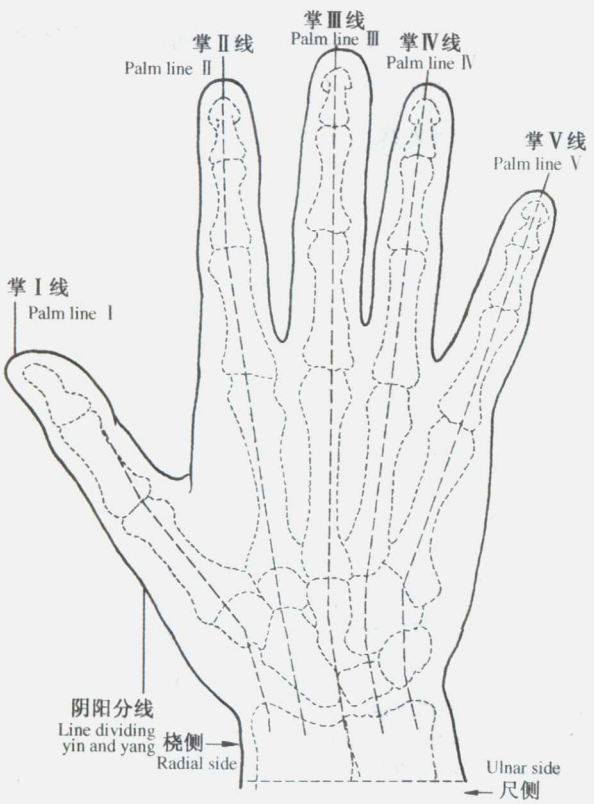


图296 手掌面标志线
Fig. 296 Line mark on the palm

Section Ⅸ. Hand Projection Acupuncture

Ⅰ. Dividing Lines on the Hand

In order to accurately locate the points, the dividing lines of the hand are devised according to anatomical landmarks. It is the basis for locating points in hand projection acupuncture. There are 11 dividing lines on the hand.

1. Line dividing yin and yang: Along the red and white skin part of the hand on the radius and ulna is the dividing line for the dorsum and palm of the hand. The palmar side of the hand is yin and the dorsum side of the hand is yang. The part dividing the yin and yang is called "yin yang side"(Fig. 296).

2. Palm line Ⅰ:on the radial side of the palm. It begins at the tip of the thumb, passes through the middle of the phalanx and metacarpal and ends on the radial side of the wrist crease, about 1/6 of the distance from the radial side and 5/6 from the ulnar side of the wrist (Fig. 296).

3. Palm line Ⅱ: on the palm of the hand, slightly toward the radial end. It begins at the tip of the second finger, passes though the middle of the second phalanx and metacarpal and ends at the point 1/3 of the distance from the radial side or 2/3 from the ulnar side of wrist crease (Fig. 296).

4. Palm line Ⅲ: in the middle of the palm. It begins at the tip of the third finger, passes through the middle of the thrid phalanx and the metacarpal and ends at the middle wrist crease (Fig. 296).

5. Palm line Ⅳ: slightly on the ulnar side of the palm. It begins at the tip of the fourth finger, passes through the middle of the fourth phalanx and metacarpal and ends at the point 2/3 distance from the radial side and 1/3 of the distance from the ulnar side of the wrist crease

(Fig. 296).

6. Palm line Ⅴ: on the ulnar side of the palm. It begins at the tip of the fifth finger and passes through the fifth phalanx and metacarpal, and ends at the point 5/6 distance from the radial side and 1/6 of the distance from the ulnar side of the wrist crease (Fig. 296).

7. Dorsal line I: on the ulnar side of the dorsal surface of the hand, corresponding to Palm line Ⅴ (Fig. 297).

8. Dorsal line Ⅱ: on the slightly ulnar side of the dorsal surface of the hand, corresponding to Palm line Ⅳ (Fig. 297).

9. Dorsal line Ⅲ: in the middle, on the dorsal surface of the hand, corresponding to Palm line Ⅲ (Fig. 297).

10. Dorsal line Ⅳ: on the slightly radial side of the dorsal surface of the hand, corresponding to Palm line Ⅱ (Fig. 297).

11. Dorsal line Ⅴ: on the radial side of the dorsal surface of the hand, corresponding to Palm line I (Fig. 297).

Ⅱ. Projection of Body on the Hand

It is the miniaturization of a human body.

On the ulnar aspect of the left hand, the Dorsal lines I and Ⅱ represent the left half of the body. Therefore, the radial aspect of the two Dorsal lines represent the right half of the body. Conversely, on the right hand, the radial aspect of the two Dorsal lines represent the right half of the body and the radial side represents the left half of the body.

1. Head/Neck: on the dorsal surface of the third finger. From the tip to the base of the third metacarpal respectively: top of the head, occiput and neck. The Dorsal line Ⅲ corresponds to the anterior midline (Fig. 298, Fig. 299).

7. 背Ⅰ线：在手背面尺侧，与掌Ⅴ线相对（图297）。

8. 背Ⅱ线：在手背面偏尺侧与掌Ⅳ线相对（图297）。

9. 背Ⅲ线：在手背面正中与掌Ⅲ线相对（图297）。

10. 背Ⅳ线：在手背面偏桡侧与掌Ⅱ线相对（图297）。

11. 背Ⅴ线：在手背面桡侧与掌Ⅱ线相对（图297）。

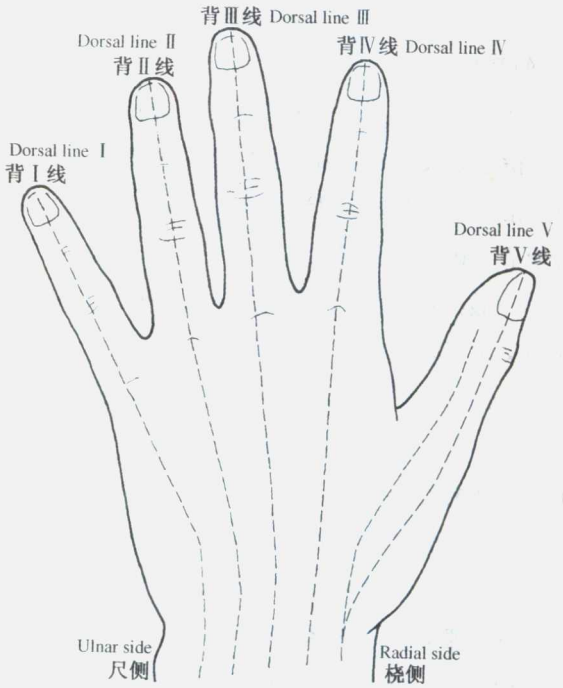


图297 手背面标志线
Fig. 297 Line mark on the back

二、手伏象

手伏象是人的整体缩形。

在左手上，背Ⅱ线尺侧手背面，为左手伏象穴区系统的左半侧躯体。反之，桡侧为右半侧躯体。在右手上，背Ⅱ线尺侧手背面，为右手伏象穴区系统的右半侧躯体。反之，桡侧为左半侧躯体。

1. 头颈：位于中指各节背侧面。由指端至第3掌指关节，顺序为头顶、后头和项部。以头项的正中沿着背Ⅲ线左右两侧对称分布（图298、图299）。

2. 躯干：在第3掌骨的背侧面，以躯干正中沿着手背Ⅲ线左右对称分布。掌指关节相当于颈胸椎之交界（大椎穴）处，掌腕关节相当于尾骶骨（长强穴）处，第1、5掌骨，相当于尾骶骨的左、右侧骨盆。躯干划分为3段：即背、腰、臀3部，背部约占总长3/7；腰部占2/7；臀部占2/7（图298、图299）。

3. 上肢：左右上肢，在两手上分布的位置基本相同。但两手上所代表的手伏象的左右上肢恰好相反而又重合（图298、图299）。

1）左上肢：在左手上是无名指的部位；在右手上是食指的部位。

2）右上肢：在右手上是第4手指的部位；在左手上是第2手指的部位。

第2、4掌指关节处，相当于肩部；指端，相当于手指；Ⅰ与Ⅱ指节间关节处，相当于肘部；指Ⅰ骨节，相当于上臂；Ⅱ与Ⅲ指节间关节处，相当于腕部；指Ⅱ骨节，相当于前臂；指Ⅲ骨节，相当于手部。

4. 下肢：两手所代表手伏象左右下肢的部位，刚好交叉相反而又相互重叠（图298、图299）。

1）左下肢：左手上是小指，右手上是拇指。

2）右下肢：左手上是拇指，右手上是小指。分别沿手背Ⅰ、Ⅴ线对称分布。

髋部：分别位于拇指、小指掌指关节处。拇指Ⅰ、Ⅱ节间关节处，相当于膝部；指Ⅰ骨节，相当于股部；Ⅱ、Ⅲ节间，相当于踝部。但拇指是两个节，第Ⅲ节不明显，故踝部定在指甲根部，指Ⅱ骨节，相当于胫部。小指Ⅰ、Ⅱ节间关节处，相当于膝部；指Ⅰ骨节相当于股部；Ⅱ、Ⅲ节间关节处，相当于踝部；指Ⅱ骨节，相当于胫部；指Ⅲ骨节，相当于足部。

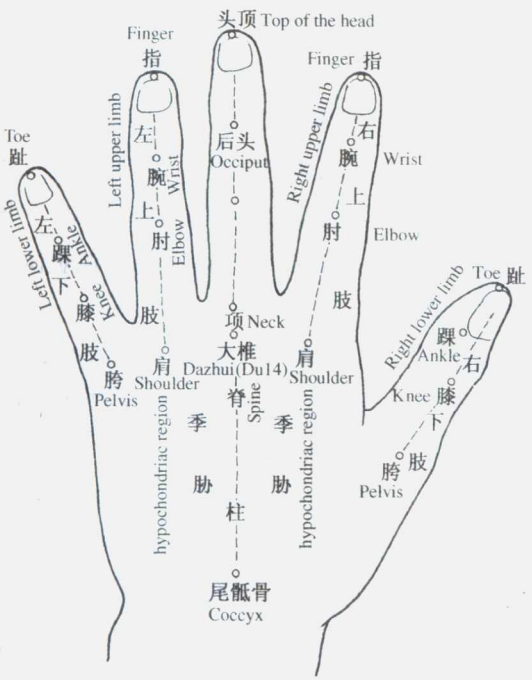


图298 左手手伏象
Fig. 298 Projection of body on the left hand

2. Trunk: on the dorsal surface of the third metacarpal, with the Dorsal line Ⅲ as the midline, the trunk area is evenly distributed on both sides of the line. The metacarpo-phalangeal joint is similar to the junction of cervical and thoracic vertebra, or Dazhui (DU14). At the wrist joint, it is similar to the coccyx, or Changqiang (DU1). The first and fifth metacarpal bones correspond to the left and right pelvis. The trunk area is divided into three parts: back, lumbar and buttocks. The back regions is about 3/7 of the total distance, and the lumbar is 2/7, while the buttocks is 2/7 (Fig. 298, Fig. 299).

3. Upper limb: the locations of the left and right upper limbs are basically the same on both hands. One is the mirror image of the other (Fig. 298, Fig. 299).

1) Left upper limb: on the left hand, it is on the fourth finger; but on the right hand, it is on the second finger.

2) Right upper limb: on the right hand, it is on the fourth finger, but on the left hand, it is on the second finger.

The second and fourth metacarpo-phalangeal joints correspond to shoulders. The tips of the fingers correspond to fingers. The proximal interphalangeal joints represent elbows. The proximal phalanx represents upper arm, the distal interphalangeal joints wrists, the middle phalanx forearm and the distal phalanx hand.

4. Lower limb: the lower limbs represented on both hands are mirror images of one another (Fig. 298, Fig. 299).

1) Left lower limb: on the left hand, it is on the fifth finger; but on the right hand, it is on the thumb.

2) Right lower limb: on the left hand, it is on the thumb; but on the left hand, it is on the fifth finger. They are distributed evenly along Dorsal lines Ⅰ and Ⅴ.

The pelvis is located respectively at the metacarpo-phalangeal joints of the thumb and fifth finger. The proximal interphalangeal joint of the thumb represents the knee, where as the proximal phalanx represents the thigh. The interphalangeal joint of the thumb represents the ankle. The ankle region is at the base of the nail. The distal phalanx of the thumb represents the lower leg. The proximal interphalangeal joint of the fifth finger represents the knee. The proximal phalanx represents the thigh. The distal interphalangeal joint represents the ankle. The middle phalanx represents the lower leg where as the distal phalanx of the fifth finger represents the foot.

Ⅲ. Projection of the Organs on the Hand

The projections of body and organs on the hand are divided into yin and yang parts. Combining both parts constitutes an entire body. The projection of the organs are also a miniaturization of the body, a reflection of the inner organs on the palms of the hands. Their locations corresponds to the body parts mentioned above in the projections of the body on the hand.

1. Head / Face: on the palmar side of the third finger. From the tip to the base of the metacarpo-phalangeal joint respectively is the forehead, eyes, nose, face, tongue neck and throat, Tiantu (RN22). With the forehead as the middle, the rest of the head region is distributed equally along both sides of the the Palm line Ⅲ. The palmar side of the distal phalanx represents the forehead; the distal interphalangeal joint,

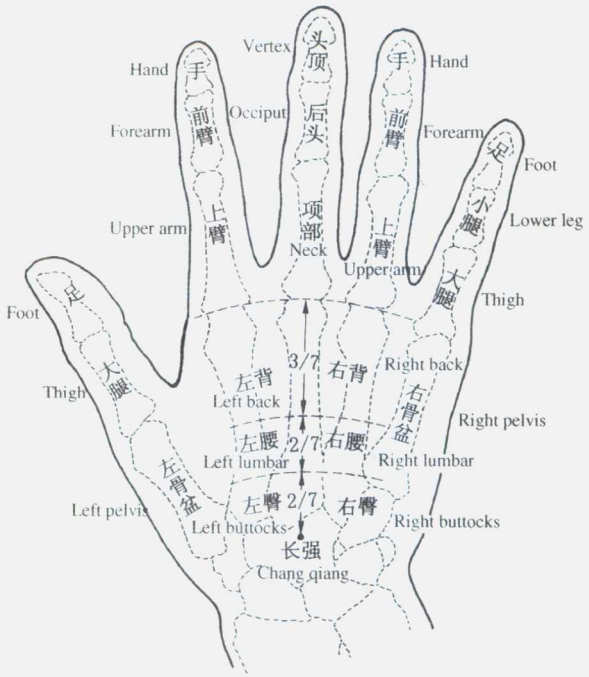


图 299 右手手伏象
Fig. 299 Projection of body on the right hand

三、手伏脏

手伏脏与手伏象，以阴阳分线为界，两者结合，构成一个人的整体，即手伏脏为手伏象整体缩形之屈收面，是内脏在手掌面反应区域的定位。其部位基本与手背面伏象穴区相互对照。

1. 头面：位于中指各节的腹侧面。由指端至掌指关节，分别为头额、眼睛、鼻、面、舌、颈、咽喉至掌指关节（天突穴）处。以前额正中，沿掌Ⅲ线左右对称分布；指Ⅲ节的指腹，相当于头额；Ⅱ、Ⅲ节指缝为眼；指Ⅱ节的腹侧，相当于鼻面；中缝，相当于口舌；指Ⅰ节，相当于脖颈、咽喉（图 300、图 301）。

2. 胸腹：在第 3 掌骨的掌侧面，以胸腹正中线，沿着掌Ⅲ线左右对称分布；掌指关节正中，相当于天突穴；心，在第 4 掌骨桡侧，距掌指关节约 1 厘米处；心包，在心的外围；肺，分布在“胸腔”两侧，从第 2、3 掌骨之间距掌指关节约 1 厘米为右肺，在第 3、4 掌骨之间距掌指关节约 1 厘米为左肺；食道，在第 3 掌骨从掌指关节至掌横纹正中；膈，掌横纹为横膈；脾，在第 4 掌骨掌横纹下缘；胃在第 3 掌骨的掌横纹下缘；右肾，在大鱼际正中内侧缘，左肾，在小鱼际正中内侧缘；在大、小鱼际内侧缘交点至腕横纹中点，依次为肠区、膀胱、子宫和外阴（图 300、图 301）。

3. 上、下肢：分布区域同手伏象相应部位的屈侧面（图300、图301）。

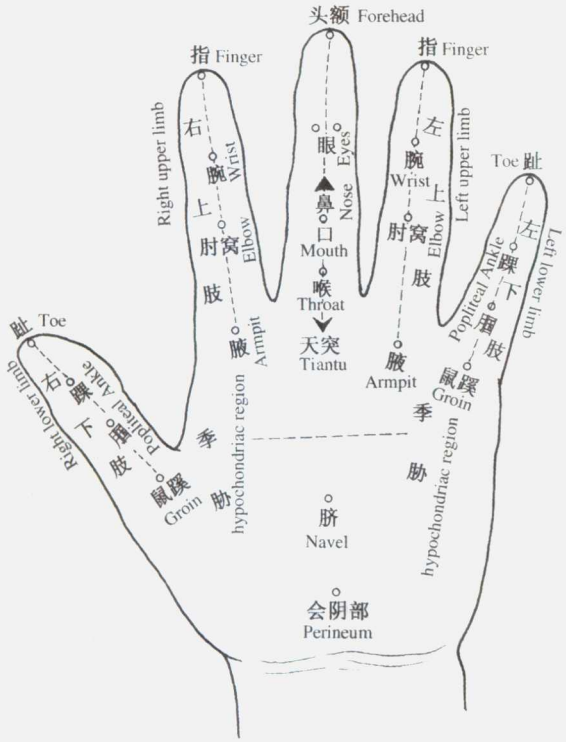


图 300 左手手伏脏
Fig. 300 Projection of the organs on the left hand

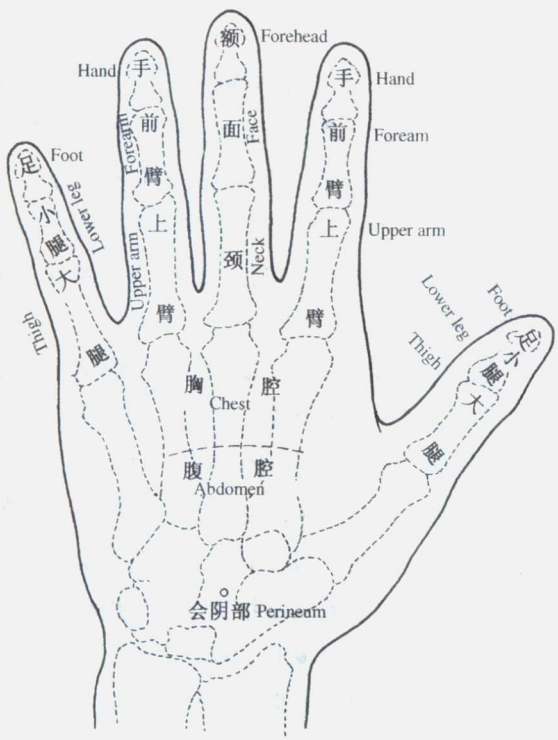


图 301 右手手伏脏
Fig. 301 Projection of the organs on the right hand

the eye. The palmar side of the middle phalanx represents the nose, the proximal interphalaneal joint, the mouth and tongue; whereas the proximal phalanx represents the neck and throat (Fig 300, Fig. 301).

2. Chest / Abdomen: on the palmar side of the third metacarpal, with the chest/ abdomen line in the middle. The organs are distributed equally to both sides of the Palm line Ⅲ. The metacarpo-phalangeal joint in the middle represents Tiantu (RN22). Heart, is located on the radial side of the fourth metacarpal, about 1 cm from the metacarpo-phalangeal joint. The pericardium surrounds the heart. The lung is on the both sides of the chest cavity. The right lung is located about 1 cm from the second and third metacarpals to the metacarpo-phalangeal joint. The left lung is located about 1 cm from the third and fourth metacarpals to the metacarpo-phalangeal joint. The esophagus stretches from the third metacarpal to the middle of the transverse furrows on the palmar aspect of the hand. The transverse furrows on the palmar aspect of the hand is the diaphragm. The spleen is located below the transverse furrows of the fourth metacarpal. The stomach is below the transverse furrows of the third metacarpal. The right kidney is located in the middle, proximal aspect of the thenar eminence. The left kidney is located in the middle, proximal aspect of the hypothenar eminence. At the proximal junction of the thenar and hypothenar eminence to the middle of the wrist crease, there are intestines, kidney, uterus and external genitalia respectively (Fig. 300, Fig. 301).

3. Upper and lower limbs: The distribution corresponds to those of the projection of the body (Fig. 300, Fig. 301).

Ⅳ. Inverted Projection on the Radial Side of the Hand

It is also a miniaturization of the human body. It is only distributed on the first, second phalanx, metacarpal and scaphoid on the dorsal aspect of the hand. The area above trapezoid bone and the styloid process of the radius is the reflection of the functional areas. Because the system reflected, such as the head, is opposite to the location on the projection of the body previously mentioned, therefore, it is called "Inverted Projection". This inverted projection is only distributed along Dorsal line Ⅴ and Ⅳ. On the left hand, the ulnar side of the Dorsal line Ⅴ and Ⅳ represents the left half of the body and the radial side of the Dorsal line Ⅴ and Ⅳ represents the right half of the body. On the right hand, the ulnar side of the Dorsal line Ⅴ and Ⅳ represents the right half of the body; where as the radial side represents the left half of the body.

1. Head: it is spread along the Dorsal line I and extends above the styloid process of the radius. The head is located at the junction of the Dorsal line I and yin/yang dividing line on the radial aspect. The length of the head region is one and half times of its width (Fig. 302, Fig. 303).

2. Neck: along the Dorsal line Ⅴ, distributed over the scaphoid and other carpal bones, proximal to distal, are cervical vertebrae Ⅰ ~ Ⅳ (Fig. 302, Fig. 303).

3. Trunk: divide it into back, lumbar and buttocks (Fig. 302, Fig. 303).

1) Back: on the first metacarpal, along the Dorsal line Ⅴ, it is distributed over the spinal section. Proximal to distal, they are thoracic vertebrae Ⅰ ~ Ⅻ. The back can be further divided into three sections of equal length - top, middle and the base sections.

四、桡倒象

桡倒象是人的整体缩形，在手背面侧第1、2指骨，第1、2掌骨，手舟状骨，大多角骨和桡骨茎突之上的反应功能区域。因为反应系统的头部，位于手的近侧面，与分布在远心侧的手伏象头部呈倒置，故称为"桡倒象"。桡倒象是沿着手背Ⅴ线、Ⅳ线分布的。左手背Ⅴ、Ⅳ线的尺侧为桡倒象躯体的左半侧部位；反之，桡侧为右半侧部位。右手背Ⅴ、Ⅳ线的尺侧为桡倒象躯体的右半侧部位；反之，桡侧为左半侧部位。

1. 头部：沿着背Ⅰ线的延长线分布于桡骨茎突之上。头部位于背Ⅳ线与桡侧阴阳分界线之区域。头部长是宽的一倍半（图302、图303）。

2. 颈部：沿着背Ⅴ线，分布于手舟状骨和大多角骨之上，由近心侧面向远心侧面依次为颈Ⅰ~Ⅳ椎（图302、图303）。

3. 躯干：分背部、腰部和臀部（图302、图303）。

1）背部：位于第1掌骨之上，以后背脊柱正中沿着手背Ⅴ线分布。由近心侧向远心侧依次为胸Ⅰ~Ⅻ椎。也可将背部划分为上、中、下3段，各区段占纵长1/3。

2）腰部和臀部：位于第2掌骨之上，以腰、臀正中沿背Ⅳ线分布，由近心侧向远心侧依次为腰Ⅰ~Ⅴ椎、骶椎、尾骨。腰部、臀部各占纵长1/2区段。

4. 上肢：分左上肢和右上肢（图302、图303）。

1）左上肢：在左手上，位于背Ⅴ线的尺侧面。在右手

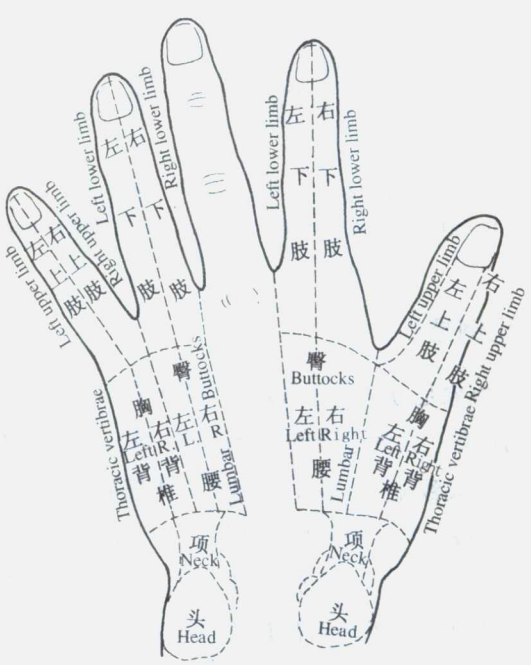


图302 左手"桡倒象"、"尺倒象"
Fig. 302 Inverted projection on the radial and ulnar sides of left hand

上，位于背Ⅴ线桡侧面。

2）右上肢：在左手上，位于背Ⅴ线的桡侧面。在右手上，位于背Ⅴ线的尺侧面。左右肩、肘、腕部，分别位于拇指的掌指关节、指关节和指甲根部的两侧部位。

5. 下肢：分左下肢和右下肢（图 302、图 303）。

1）左下肢：在左手上，位于背Ⅳ线尺侧面。在右手上，位于背Ⅳ线桡侧面。

2）右下肢：在左手上，位于背Ⅳ线桡侧面。在右手上，位于背Ⅳ线尺侧面。左右髋、膝、踝部，分别位于第 2 手指的掌指关节，Ⅰ与Ⅱ节间关节和Ⅱ与Ⅲ节间关节。

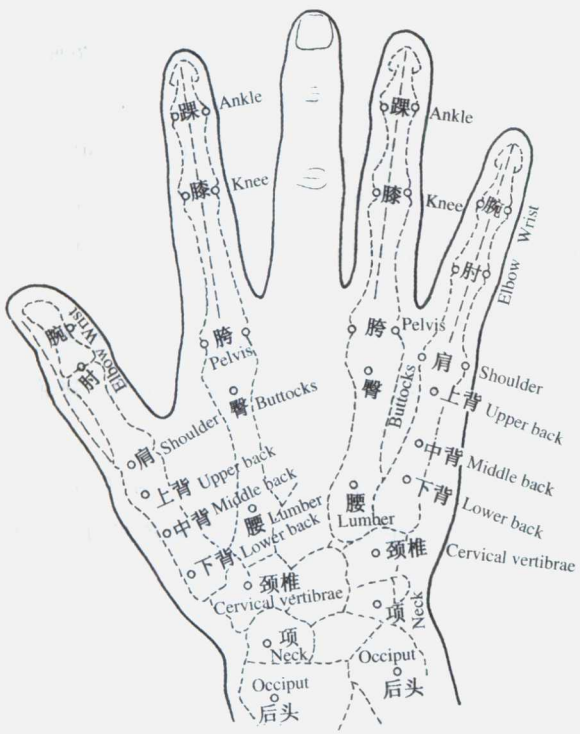


图 303 右手“桡倒象”、“尺倒象”
Fig. 303 Inverted projection on the radial and ulnar sides of righ hand

五、尺倒象

尺倒象是分布在手背尺侧（即无名指和小指），第4~5掌骨、钩骨和三角骨之上的功能区域。该穴区在手上恰好与桡倒象部位大致相似。左手尺倒象人体缩形之左半侧躯体，分布于背Ⅰ线、背Ⅱ线的尺侧区域。右手背Ⅰ线、背Ⅱ线尺侧区域，为尺倒象右半侧躯体。反之，桡侧区域为左半侧躯体。

1. 头部：位于两手背面尺骨茎突之上，其头部长是宽的一倍半（图 302、图 303）。

2. 颈部：位于钩骨与三角骨之上，由近心侧向远心侧依

2) Lumbar and buttocks: on the second metacarpal. The lumbar and buttocks region is distributed along the Dorsal line Ⅳ. Proximal to distal, they are lumbar vertebrae I~ Ⅴ, sacral vertebrae, and coccygeal vertebrae. The lumbar region and buttocks region each occupies 1/2 of the length.

4. Upper limb: separated into left upper limb and right upper limb (Fig. 302, Fig. 303).

1) Left upper limb-on the left hand, the ulnar side of the dorsal Ⅴ line; on the right hand, the radial side of the dorsal Ⅴ line.

2) Right upper limb - on the left hand, it is located on the radial side of the dorsal Ⅴ line; on the right hand, the ulnar side of the dorsal Ⅴ line. The left and right shoulder, elbow and ankle are located on the both sides of the metacarpo-phalangeal joint, interphalangeal joint and the base of the nail.

5. Lower limb: divided into left lower limb and right lower limb (Fig. 302, Fig. 303).

1) Left lower limb: on the left hand, it is located on the ulnar side of the Dorsal line Ⅳ; on the right hand, it is located on the radial side of the Dorsal line Ⅳ.

2) Right lower limb: on the left hand, it is on the radial side of the Dorsal line Ⅳ, on the right hand, it is located on the ulnar side of the Dorsal line Ⅳ. The left and right hip, knee and ankle are located on the second metacarpo-phalangeal joint, the second proximal interphalangeal joint, and the distal interphalangeal joint.

Ⅴ. Projection on the Ulnar Side of the Hand

It is located on the ulnar side of the dorsal aspect of the hand, or the fourth and fifth finger. It covers the functional zones of the fourth, fifth metacarpals, hamate, and triquetrum. This area on the hand is similar to the inverted projection on the radial side of the hand. On the left hand, the left half of the body in the miniaturization is spread over

the radial area of the Dorsal line I and Dorsal line Ⅱ. On the right hand, the ulnar side of the Dorsal line I and Dorsal line Ⅱ represents the right half of the body and the radial side represents the left half of the body.

1. Head: on the dorsal side of the hand, over the styloid process of the ulna. The length is one and half times of the width (Fig. 302, Fig. 303).

2. Neck: proximal to distal, the cervical vertebrae I~VII are located over the hamate and triquetrum (Fig. 302, Fig. 303).

3. Trunk: the back is located at the fifth metacarpal, divided into three equal sections of top, middle and the base. The lumbar and buttocks regions are located at the fourth metacarpal. Each region occupies 1/2 of the section (Fig. 302, Fig. 303).

4. Upper limb: left and right upper limbs are located on two fifth fingers. With Dorsal line I as the division, the shoulder is located on the metacarpo-phalangeal joint, the elbow is at the proximal interphalangeal joint and the ankle is located at the distal interphalangeal joint (Fig. 302, Fig. 303).

5. Lower limb: left and right lower limbs are spread over both sides of the fourth finger, with Dorsal line Ⅱ as the division. The hip is located at the metacarpo-phalangeal joint, the knee is at the proximal interphalangeal joint, the ankle is at the distal interphalangeal joint (Fig. 302, Fig. 303).

Ⅵ. Inverted Projection of Organs on the Radial Side of the Hand

Inverted projection of the organs and the inverted projection of the body on the hand combine to form a complete system. The inverted projection of organs on the radial side of the hand is the further miniaturization of the system,

次为颈Ⅰ~Ⅶ椎的部位（图 302、图 303）。

3. 躯干：背部，位于第5掌骨之上，分上、中、下3部，各占1/3。腰、臀部，位于第4掌骨之上，腰部、臀部各占纵长1/2区段（图 302、图 303）。

4. 上肢：左右两上肢，分布于两小指。以手背Ⅰ线为界。肩部，位于掌指关节；肘部，位于Ⅰ与Ⅱ节间关节；腕部，位于Ⅱ与Ⅲ节间关节（图 302、图 303）。

5. 下肢：左右下肢，分布于无名指的两侧，以背Ⅱ线为界。髋部，位于掌指关节；膝部，位于Ⅰ与Ⅱ节间关节；踝部，位于Ⅱ与Ⅲ节间关节（图 302、图 303）。

六、桡倒脏

桡倒脏和桡倒象结合为一个整体系统。桡倒脏为桡倒象整体缩形之屈收面，功能区域在手掌侧面。两者以阴阳分线为界，沿着掌Ⅰ、Ⅱ线分布。位置基本上与手背面桡倒象部位相对应（图 304、图 305）。

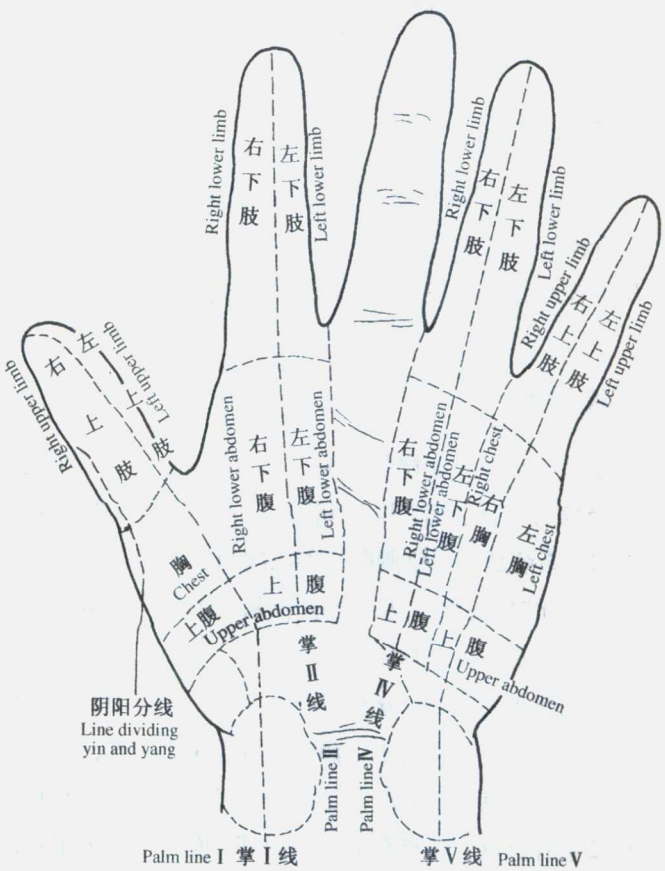


图 304 左手“桡倒脏”、“尺倒脏”
Fig. 304 Inverted projection of organs on the radial and ulnar sides of the left hand

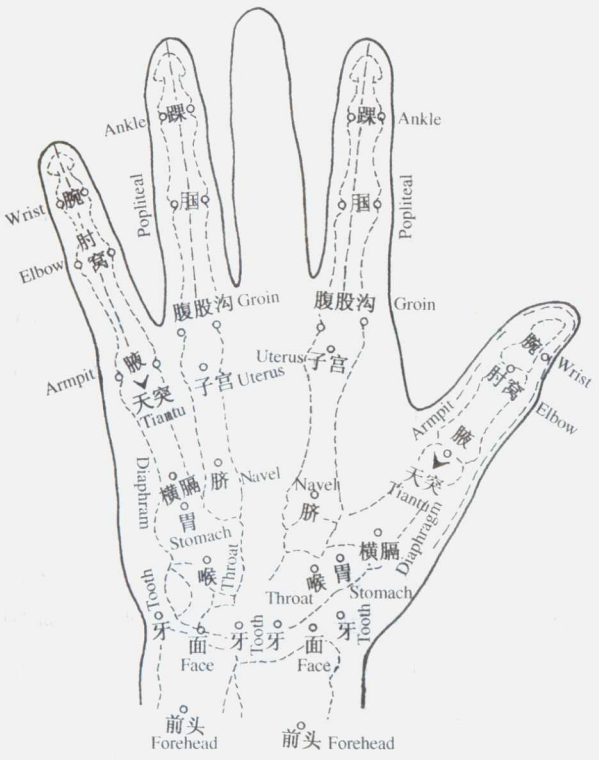


图 305 右手“桡倒脏”、“尺倒脏”
Fig. 305 Inverted projection of organs on the radial and ulnar sides of the right hand

七、尺倒脏

尺倒脏为尺倒象整体缩形之屈收面，功能区域在掌侧面。两者以阴阳分线为界，沿着掌Ⅳ、Ⅴ线分布。部位基本上与手背侧面尺倒象部位相对（图 304、图 305）。

八、横伏象

横伏象是分布在桡骨茎突、大多角骨、手舟状骨之上、第 1～5 掌骨之间、第 2 和第 5 指骨之上的反应功能区域。因人体缩形系统是从手桡侧向尺侧依次为头至躯干横伏在手背上，故称为“横伏象”。左手为同侧横伏的左半身躯体。右手为同侧横伏的右半身躯体。

1. 头颈部：头部，分布于桡骨茎突之上；颈部，分布于手舟状骨与大多角骨之上；额部，位于第 1 掌骨、第 2 掌骨和大多角骨交点上；鼻点，位于第 1、2 指指蹼赤白肉际处；第 1、2 掌骨之间，鼻点至额点为面部；面部中点为眼点；耳点，位于第 2 掌骨小头后方桡侧缘（图 306）。

2. 背部：位于第 2、3 掌指关节前缘，食指与中指指蹼缘稍后赤白肉际处（图 306）。

concentrating the functional areas on the side of the hands. The two parts are divided into yin and yang, along the Palm line Ⅰ and Ⅱ. The positions basically correspond to that of the inverted projection of the body on the radial side of the hand (Fig. 304, Fig. 305).

Ⅶ. Inverted Projection of Organs on the Ulnar side of the Hand

The inverted projection of organs on the ulnar side of the hand is the further miniaturization of the system, concentrating the functional areas on the side of the hands. The two parts are divided into yin and yang, along the Palm line Ⅳ and Ⅴ. The positions basically correspond to that of the inverted projection of the body on the ulnar side of the hand (Fig. 304, Fig. 305).

Ⅷ. Transverse Projection of the Body on the Hand

It is located on the functional area of styloid process of the radius, trapezoid, scaphoid, between the first to fifth metacarpals, and the second and fifth finger. Because the system of miniaturization, from head to trunk, is spread transversely from the radial side to the ulnar side, it is named the transverse projection of the body. The left hand represents the left half of the body. The right hand represents the right half of the body.

1. Head/Neck: the head is at the styloid process of the radius; the neck is at the scaphoid and the trapezoid; the forehead is located at the junction of the first, second metacarpal and the trapezoid. The nose is located at the web of first and second finger, at the junction of the red and white skin. The face is located between the first and second metacarpals, from the

nose point to forehead point. In the middle of the face region is the eye. The ear point is located distal to the second metacarpal-interphalangeal joint (Fig. 306).

2. Back: between the second and third metacarpo-phalangeal joint, at the web, junction of the red and white skin (Fig. 306).

3. Lumbar; between the third and fourth metacarpo-phalangeal joint, at the web, junction of the red and white skin (Fig. 306).

4. Hip: between the fourth and fifth metacarpo-phalangeal joint, at the web, junction of the red and white skin (Fig. 306).

5. Upper limb: on the dorsal aspect of the second finger. The proximal phalanx represents the upper arm, the middle phalanx is the forearm and the distal phalanx is the hand. The three yang meridians of the hand on the second finger from radial to ulnar are: the large intestine of the hand yangming, the sanjiao meridian of the hand shaoyang, and the small intestine of the hand taiyang (Fig. 306).

6. Lower limb: on the dorsal aspect of the fifth finger. The proximal phalange represents the thigh, the middle phalange represents the lower leg and the distal phalange represents the foot. The three yang meridians of on the fifth finger are arranged from radial to ulnar aspect: the stomach meridian of the foot yangming, the gall bladder meridian of the foot shaoyang, the bladder meridian of the foot taiyang (Fig. 306).

7. Other: the top, middle and bottom parts are located respectively between the second, third, fourth and fifth metacarpals, the junction of the red and white skin between the webs of the fingers. These three points and the eye point in the middle of the face form a group of four points that is quite effective for awakening the mind, and lifting the spirits (Fig. 306).

Ⅸ. The Transverse Projection of the Organs on the Hand

3. 腰部：位于第3、4掌指关节前缘，中指与无名指指蹼缘稍后赤白肉际处（图306）。

4. 骶髂部：位于第4、5掌指关节前缘，无名指与小指指蹼缘稍后赤白肉际处（图306）。

5. 上肢：食指背侧面，第1指节为上臂，第2指节为前臂，第3指节为手。食指的屈伸面与同侧的上肢屈伸面相融合。不难看出，手三阳经在食指伸侧面的分布。从手食指桡侧向尺侧依次排列为：手阳明大肠经、手少阳三焦经、手太阳小肠经（图306）。

6. 下肢：小指背侧面，第1指节为大腿，第2指节为小腿，第3指节为足。小指的屈伸面与同侧面的下肢相重合。所以，足三阳经在手小指伸侧面的分布，从桡侧向尺侧依次排列为足阳明胃经、足少阳胆经、足太阳膀胱经（图306）。

7. 其他：上、中、下部，分别位于第2、3、4、5掌骨之间，指蹼赤白肉际至腕掌关节之“中点”。与面部“眼点”共4穴为一组。此组穴有很好的醒脑开窍和明目清神作用（图306）。

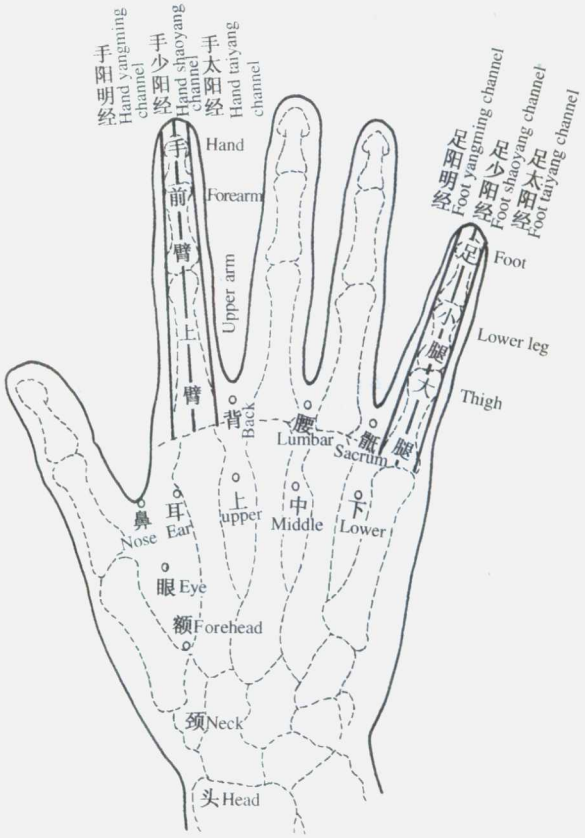


图306 右手横伏象
Fig. 306 Transverse projection of the body on the right hand

九、横伏脏

横伏脏和横伏象结合为一个整体系统。横伏脏为横伏象缩形的屈收面反应区域的定位。其部位，基本与手背面横伏象穴区相互对照。

1. 头颈部：位于第1、2掌骨掌侧面，指蹼赤白肉际处为鼻点，向掌侧面近心侧，依次为下颌、舌、咽、颈、头，止于桡骨（图307）。

2. 胸腔区：第2、3掌骨之间，两掌指关节间为肺，掌横纹上为肝，下为心（图307）。

3. 胃区：第3、4掌骨之间，掌横纹上为脾，下为胃，掌横纹下1.5厘米处为肾（图307）。

4. 肠区：第4、5掌骨之间，掌横纹至横纹下1.5厘米处为肠区（图307）。

5. 泌尿生殖区：第5掌骨尺侧，手掌横纹至横纹下1.5厘米处为泌尿生殖区（图307）。

6. 上肢：手三阴经在手食指的屈收面，从桡侧向尺侧排列，依次为手太阴肺经、手厥阴心包经、手少阴心经（图307）。

7. 下肢：足三阴经在手小指的屈收面，从桡侧向尺侧排列，依次为足太阴脾经、足厥阴肝经、足少阴肾经（图307）。

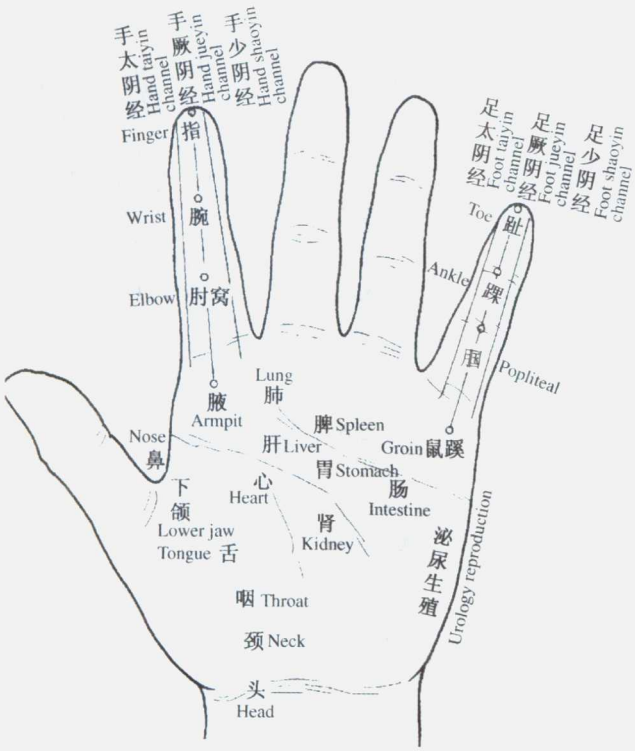


图307 左手横伏脏
Fig. 307 Transverse projection of the organs on the left hand

The transverse projection of the organs on the hand and the previous transverse projection of the body form a complete system. The positions of the organ correspond with the locations aforementioned.

1. Head/Neck: located on the palmar aspect of the hand, at the first and second metacarpals. The junction of the red and white skin on the web between the two fingers is the nose point. From distal to proximal, ending at the radius, the organs are: lower jaw, tongue, throat, neck and head (Fig. 307).

2. Chest: located between the second and third metacarpals. The area between the two metacarpo-interphalangeal joints is the lung. The liver is located above and the heart is below the transverse furrows (Fig. 307).

3. Stomach: located between the third and fourth metacarpals. The area above the transverse furrows is the spleen, the stomach is located below the transverse furrows; whereas the kidney is located 1. 5 cm below the transverse furrows (Fig. 307).

4. Intestine: located between the fourth and fifth metacarpals. The area from the transverse furrows to 1. 5 cm below represents the intestines (Fig. 307).

5. Genitourinary organ: on the ulnar aspect of the fifth metacarpal. The urology and reproduction area is located at the transverse furrows to 1. 5 cm below the furrows (Fig. 307).

6. Upper limb: the three yin meridians of the hand are located on the palmar side of the second finger. Respectively from radial to ulnar aspect, they are: the lung meridian of the hand taiyin, the pericardium meridian of the hand jueyin, the heart meridian of the hand shaoyin (Fig. 307).

7. Lower limb: the three yin meridians of the foot are located on the palmar side of the fifth finger. Respectively from radial to ulnar aspect, they are: the spleen meridian of the foot taiyin, the liver meridian of the foot jueyin, the kidney meridian of the foot shaoyin (Fig. 307).

第十节 足 象 针

一、与手象针的关系

手象针是在足象针的基础上发展起来的，两者在穴位分布规律和定位上大同小异。如“足伏象”穴区与“手伏象”穴区相似；“胫倒象”与“桡倒象”相似；“腓倒象”又与“尺倒象”相似。但手足的“脏”、“象”穴区之头部定位稍有区别：足象针“胫倒象”头部位置是在足舟状骨与第1楔状骨近侧1/2面之上；而手象针“桡倒象”的头部，则是位于腕背面桡骨茎突之上。足象针“腓倒象”穴区的头部，位于骰骨之上；手象针“尺倒象”穴区之头部，则是在腕背面尺骨茎突之上。

二、足伏象

就是人的整体缩形，分别在足背侧各趾、跖骨之上的反应区域。

在左足上：足背第4趾、跖骨外侧，为左足伏象区系统的左半侧躯体。反之，内侧为右半侧躯体。

在右足上：足背第4趾、跖骨外侧，为右足伏象区系统

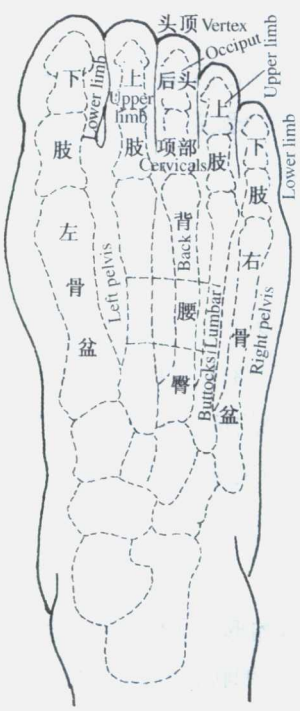


图308 足伏象
Fig. 308 Projection of the body acupuncture on the foot

Section X. Projection of the Body Acupuncture on the Foot

Ⅰ. The Relationship with the Projection of the Body Acupuncture on the Hand

The projection of the body acupuncture on the hand was developed based on the foundation established by the projection of the body acupuncture on the foot. The system of functions and point distribution are quite similar to each other. For example, the projection of the body acupuncture on the foot and hand are similar; the projection on the radial side of the hand is similar to the projection on the tibia. Therefore, the projection on the ulna is similar to the projection on the fibula. However, the projection of the inner organs are different in such that the position of the head on the inverted tibial projection is over the navicular and the proximal 1/2 of the medial cuneform; whereas the position of the head on the inverted radial projection, it is located on the dorsal part of the wrist, over the radial styloid process. The head of the inverted fibular projection is located at the cuboid; where as the inverted ulnar projection, the head is located on the dorsal side of the wrist, over the ulnar styloid process.

Ⅱ. Projection of the Body Acupuncture on the Foot

It is the miniaturization of the body divided into functional areas projected on to the dorsal aspect of the metatarsals and phalanges.

On the left foot: the lateral and dorsal aspect of the fourth phalange, and metatarsal represents the left part of the body for this system. Conversely, the medial part represents the right half of the body.

On the right foot: the lateral and dorsal aspect of the fourth phalange and metatarsal represents the right half of the body. Conversely, the medial

的右半侧躯体。反之，内侧为左半侧躯体。

1. 头颈：位于第3趾各节背侧面。由趾端至第3跖趾关节依次为头顶、后头和项部（图308）。

2. 躯干：在第3跖骨的背侧面，跖趾关节相当于颈胸椎之交界（大椎穴）处，踝关节相当于尾骶骨（长强穴）处。躯干划分为三段，即背、腰、臀三部分，背部占3/7，腰部占2/7，臀部占2/7（图308）。

3. 上肢：左右上肢在两足上的位置基本相同。但两足上各自代表着足伏象的左右上肢，恰巧相反而又重合（图308）。

左上肢：在左足上，是第4足趾的部位；在右足上，是第2足趾的部位。

右上肢：在左足上，是第2足趾的部位；在右足上，是第4足趾的部位。

第2、4跖趾关节处，相当于肩部；近节趾骨与中节趾骨关节处，相当于肘部；中节趾骨与远节趾骨关节处，相当于腕部。

足部第2、4趾末端，相当于手指。

4. 下肢：两足部位上所代表足伏象的左右下肢，刚好交叉相反，而又相互叠合（图308）。

左下肢：左足上是第5趾，右足上是第1趾。

右下肢：左足上是第1趾. 右足上是第5趾。

5. 髋部：分别位于第1、5跖趾关节处。足趾近节趾骨与中节趾骨关节处，相当于膝部；中节趾骨与远节趾骨关节处，相当于踝部，但跗趾是两个趾节，故跗趾踝部定在趾甲根部两侧（图308）。

三、足伏脏

足伏脏与足伏象，一个在足底侧，一个在足背部，两者结合则构成一个人的整体，即足伏脏为足伏象整体缩形之屈收面，内脏在足底侧的反应区或部位，其各部位基本与足背面的足伏象部位相互对应（图309）。

四、胫倒象

就是人的整体缩形，在足背内侧第1、2趾骨，第1、2跖骨，舟状骨与第1楔状骨的反应区或部位。因为反应系统的头部位于足的近侧端，与分布在足远侧端的足伏象头部呈倒置，故称为“胫倒象”。胫倒象是沿着足背第1趾、第2趾、跖骨分布的。

part represents the left half of the body.

1. Head/Neck: on the dorsal side of the third toe, from the tip of the toe to the third metatarso-phalangeal joint respectively are the top of the head, occiput and cervicals (Fig. 308).

2. Trunk: on the dorsal side of the third metatarsal, the metatarso-phalangeal joint is comparable to the junction between the cervical and thoracic vertebra, or Dazhui (DU14). The trunk is divided into three sections: back, lumbar, and buttocks. The back section occupies 3/7 of the area, the lumbar 2/7, and the buttocks 2/7 (Fig. 308).

3. Upper limb: the left and right upper limbs basically have the same positions on the foot, only mirror images of one another (Fig. 308).

Left upper limb: on the left foot, it is at the fourth metatarsal; on the right foot, it is on the second metatarsal.

Right upper limb: on the left foot, it is at the second metatarsal; on the right foot, it is on the fourth metatarsal.

The second and fourth metatarso-phalangeal joints correspond to shoulders; the proximal interphalangeal joint represents the elbow, the distal interphalangeal joint represents the wrist and the tip of the second and fourth toe represents the fingers.

4. Lower limb: the lower limbs are represented on both feet, only mirror images of each other (Fig. 308).

Left lower limb: on the left foot, it is on the fifth toe, but on the right foot is the first toe.

Right lower limb: on the left foot, it is on the first toe, but on the right foot, it is on the fifth toe.

5. Hip: located respectively on the first and fifth metatarso-phalangeal joint. The proximal interphalangeal joint represents the knee and the distal interphalangeal joint represents the ankle. However, because the toe only has two phalanges, the ankle section is located at the two base corners of the toe nail (Fig. 308).

Ⅲ. Projection of Organs on the Foot

The projection of body acupuncture and projection of organs on the foot, located on the dorsal and plantar aspect of the foot, form its own completely system of the miniaturization of the body. The organs of the body reflected on the dorsal aspect of the foot is also projected on to the plantar aspect as well (Fig. 309).

Ⅳ. Inverted Projection of the Body Acupuncture on the Tibial Aspect of the Foot

Because of the miniaturization is projected over the medial, dorsal aspect of the first and second phalanges, metatarsals, navicular and medial cuneform, and the head in this system is inverted, located on the proximal side of the foot, it is called "the inverted projection of the body acupuncture on the tibial aspect of the foot." This system is located along the first and second phalanges and metatarsals.

On the left foot, the medial and dorsal aspect of the first and second phalanges represents the right half of the body. The lateral side represents the left half of the body.

1. Head: it is located along the line from the first and second phalanges and metatarsals, extending toward the navicular and the proximal 1/2 of the medial cuneform (Fig. 310).

2. Neck: located at the distal 1/2 of the medial cuneform. From proximal to distal, there are cervical vertebrae I~ Ⅶ (Fig. 310).

3. Trunk: divided into back, lumbar and buttocks. The back section is located on the first metatarsal, and the lumbar and buttocks are located on the second metatarsal. The lumbar and buttocks each occupies 1/2 of the section (Fig. 310).

4. Upper limb: the left upper limb is located on the left foot, on the dorsal, lateral side of

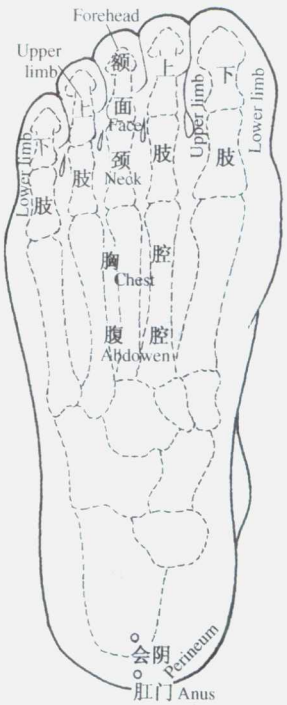


图 309 足伏脏
Fig. 309 Projection of organs on the foot

在左足上：足背第 1 趾、第 2 趾跖骨的内侧为胫倒象躯体的右半侧部位。反之，外侧为左半侧部位。

1. 头部：沿着第 1 趾、第 2 趾、跖骨的延长线分布在舟状骨与第 1 楔状骨近侧 1/2 面之上（图 310）。

2. 颈部：分布于第 1 楔状骨远侧 1/2 面之上，由近侧面向远侧面依次为颈 Ⅰ ~ Ⅶ椎（图 310）。

3. 躯干：分背、腰和臀部。背部位于第 1 跖骨之上。腰部和臀部位于第 2 跖骨之上，腰部、臀部各占纵长 1/2 区段（图 310）。

4. 上肢：左上肢在左足上，位于足背第 1 趾、跖骨外侧；在右足上，位于足背第 1 趾、跖骨内侧（图 310）。

左右肩、肘、腕部，分别位于第 1 跖趾关节、近节趾骨与中节趾骨关节和趾甲根部的两侧部位（图 310）。

5. 下肢：左侧下肢在左足上，位于足背第 2 趾、跖骨中线的外侧面：在右足上，位于足背第 2 趾、跖骨中线的内侧面（图 310）。

右下肢在左足上，位于足背第 2 趾、跖骨中线内侧面；在右足上，位于足背第 2 趾、跖骨外例面。左右髋、膝、踝部，分别位于第 2 跖趾关节、近节趾骨与中节趾骨关节及中节趾骨与远节趾骨关节（图 310）。

五、腓倒象

就是分布在足背外侧，即第4、5趾骨，第4、5跖骨，骰骨之上的穴区反应系统。该穴区在足上恰好与胫倒象部位大致相似。

在左足上，腓倒象人体缩形之左半侧躯体，分布于足背第4趾、第5趾、跖骨中线的外侧；而右半侧躯体，则分布在足背第4趾、第5趾、跖骨中线的内侧区域。

在右足上，足背第4趾、第5趾、跖骨中线的外侧区域为腓倒象右半侧躯体。反之，内侧区域为左半侧躯体。

1. 头部：位于两足背骰骨之上，其头部长是宽的一倍半（图310）。

2. 颈部：位于骰骨前部与第5跖骨粗隆之间（图310）。

3. 躯干：背部位于第5跖骨之上，腰臀部位于第4跖骨之上，各占纵长1/2区段（图310）。

4. 上肢：左右两上肢，分布于第5趾的两侧，以趾骨中线为界。肩部位于跖趾关节，肘部位于近节趾骨与中节趾骨关节，腕部位于中节趾骨与远节趾骨关节（图310）。

5. 下肢：左右下肢分布于第4趾的两侧，以第4趾骨中线为界。髋部位于跖趾关节，膝部位于近节趾骨与中节趾骨关节，踝部位于中节趾骨与远节趾骨关节（图310）。

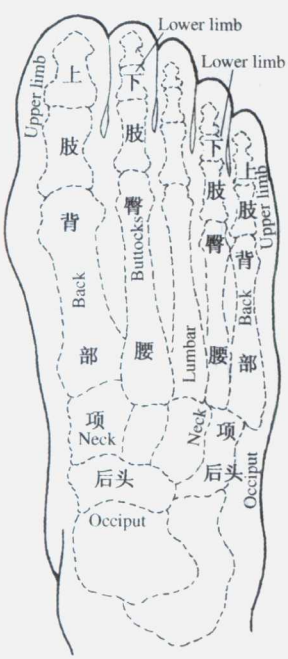


图310 “胫倒象”、“腓倒象”
Fig. 310 Inverted projection of the body acupuncture on the tibial and fibular sides of the foot

the first phalange and metatarsal. On the right foot, it is located on the medial side of the dorsum of the first phalange and metatarsal (Fig. 310).

The left and right shoulders, elbows and wrists are located at the first metatarso-phalangeal joint, the proximal interphalangeal joint, distal interphalangeal joint and both base corners of the nail (Fig. 310).

5. Lower limb: the left lower limb is located on the left foot, at the lateral, dorsal side of the second phalange and metatarsal; on the right foot, the it is located on the medial, dorsal side of the second phalange and metatarsal (Fig. 310).

The right lower limb on the left foot is located on the medial, dorsal side to the second phalange and metatarsal; on the right foot, it is located on the lateral side of the phalange and metatarsal. The left and right hip, knee and ankle are located respectively on the second metatarso-phalangeal joint, proximal interphalangeal joint and the distal interphalangeal joint (Fig. 310).

V. Inverted Projection of the Body Acupuncture on the Fibular Aspect of the Foot

It is the functional distribution of the system over the lateral dorsal part of the foot, or specifically fourth and fifth metatarsal, phalanges and the cuboid. The projected area on the foot is similar to the inverted projection of the body acupuncture on the tibial aspect of the foot.

For this system, the left foot representing the left half of the body, located on the lateral side of the midline of the fourth and fifth metatarsals and phalanges. As for the right half of the body, it is spread over the medial side of the midline of the fourth and fifth metatarsals and phalanges.

On the right foot, the lateral side of the midline of the fourth and fifth metatarsals and

phalanges represents the right half of the body and the medial side represents the left half of the body.

1. Head: it is located on the cuboid bone of both feet. The length is one and half time of the width (Fig. 310).

2. Neck: located at the junction of the distal part of the cuboid and the tuberosity of the fifth metatarsal (Fig. 310).

3. Trunk: on the dorsal part of the foot, on the fifth metatarsal. The lumbar and buttocks area is on the fourth metatarsal, each occupies 1/2 of the section (Fig. 310).

4. Upper limb: the left and right upper limb are spread on both sides of the fifth phalanges along the midline of the toe. The shoulder is located on the metatarso-phalangeal joint, the elbow is located on the proximal interphalangeal joint and the wrist is located on the distal interphalanteal joint (Fig. 310).

5. Lower limb: the left and right lower limbs are located on both sides of the fourth phalanges, along the midline of the toe. The hip is located on the metatarso-phalangeal joint, the knee is located on the proximal interphalangeal joint and the ankle is located on the distal interphalangeal joint (Fig. 310).

Ⅵ. Inverted Projection of the Organs on the Tibial Side of the Foot

The inverted projection of the organs and that of the body on tibial side of the foot form a complete system in and of itself. The organs on the planar side of the foot are distributed corresponding to the dorsal side of the foot (Fig. 311).

Ⅶ. Inverted Projection of the Organs on the Fibular Side of the Foot

The inverted projection of the organs and that of the body on fibular side of the foot form a complete system in and of itself. The organs on the planar side of the foot are distributed corresponding to the dorsal side of the foot (Fig. 311).

六、胫倒脏

胫倒脏和胫倒象，组合为一个整体系统，即胫倒脏为胫倒象整体缩形之屈收面，内脏在足底侧面的反应区域，胫倒脏各部位置与足背例的胫倒象部位相对（图 311）。

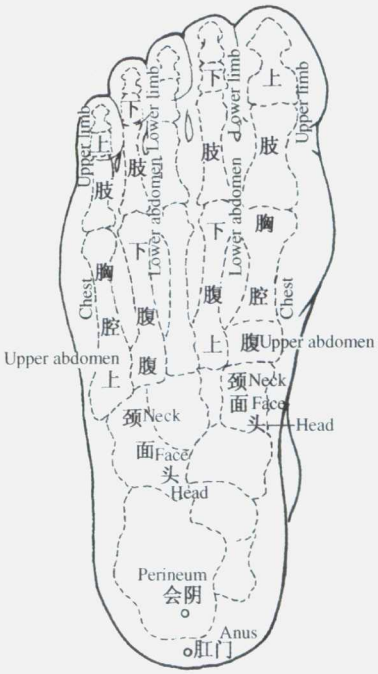


图 311 “胫倒脏”、“腓倒脏”
Fig. 311 Inverted projection of the organs on the tibial and fibular sides of the foot

七、腓倒脏

腓倒脏为腓倒象的整体缩形之屈收面，内脏在足底外侧的反应区域，其各部位基本与足背例腓倒象部位相对（图 311）。

Appendix　Major Groups of Local Points

The curative effects of the acupuncture points include local, distal and special functions. Many acupuncture points that are located closely together may have similar functions in treating local disorders. However, because of the varying meridians, organs to which these points belong, they also possess different distal and special curative functions. Therefore, in clinical application, depending on the symptoms, it is necessary to accurately select the appropriate acupuncture points.

Ⅰ. Major Points of the Head and Neck Region

1. Six points 0. 5 cun superior to the anterior hairline: Shenting (DU24), Meichong (BL3), Qucha (BL4), Toulinqi (GB15), Benshen (GB13) & Touwei (ST8) (Fig. 312).

2. Two points 4 cun superior to the anterior hairline: Tongtian (BL7) and Chengling (GB18) (Fig. 313).

附篇　分部取穴

腧穴的主治作用主要包括三个方面，即近治、远治和特殊作用。有些邻近的腧穴虽然具有相同的近治作用，即均能治疗腧穴所在部位病变，但因腧穴所属经脉的不同，所联系脏腑器官的差异，也具有不同的远治和特殊作用。因此临床运用时，根据不同的疾病表现，准确地选取相应的腧穴尤为重要。

一、头颈部

1. 前发际上0. 5寸处6穴：包括督脉的神庭；足太阳膀胱经的眉冲、曲差；足少阳胆经的头临泣、本神；足阳明胃经的头维（图312）。

2. 前发际上4寸处2穴：包括足太阳膀胱经的通天和足少阳胆经的承灵（图313）。

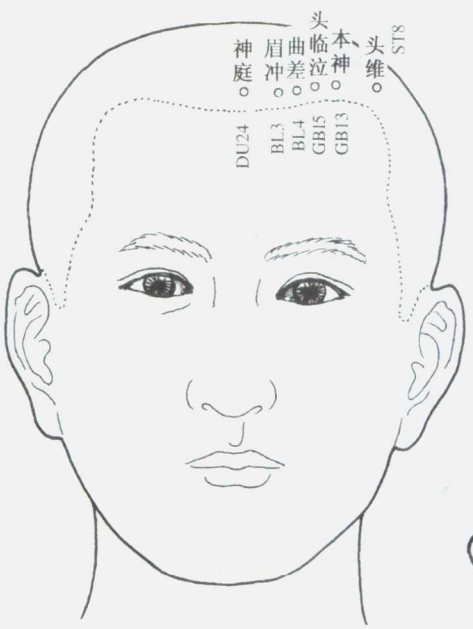


图312　前发际上0.5寸处6穴
Fig. 312　Six points 0.5 cun superior to the anterior hairline

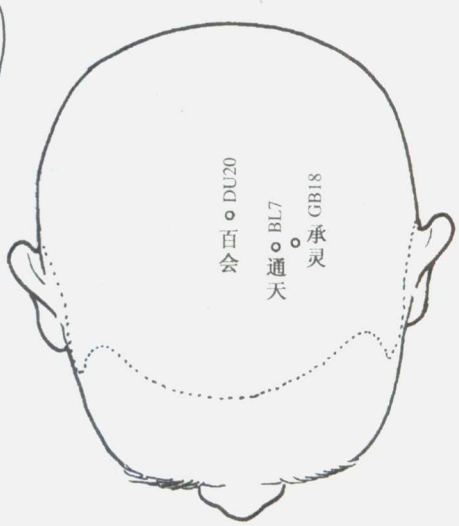


图313　前发际上4寸处2穴
Fig. 313　Two points 4 cun superior to the anterior hairline

3. 后头区7穴：包括后发际上2.5寸水平线上，督脉的脑户、足太阳膀胱经的玉枕、足少阳胆经的脑空；后发际上1寸水平线上，督脉的风府、足少阳胆经的风池；后发际上0.5寸水平线上，督脉的哑门；后发际上足太阳膀胱经的天柱（图314）。

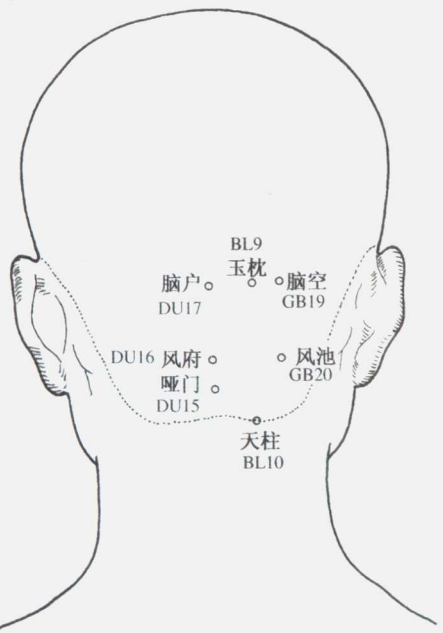


图314 后头区7穴
Fig. 314 Seven points on the occipital region

3. Seven points on the occipital region: on the line 2. 5 cun superior to the posterior hairline:Naohu (DU17), Yuzhen (BL9), Naokong (GB19); 1 cun superior to the posterior hairline: Fengfu (DU16), Fengchi (GB20); 0. 5 cun superior to the posterior hairline: Yamen (DU15); on the posterior hairline:Tianzhu (BL10) (Fig. 314).

4. 侧头部耳尖处3穴：包括手少阳三焦经的角孙和足少阳胆经的曲鬓、率谷（图315）。

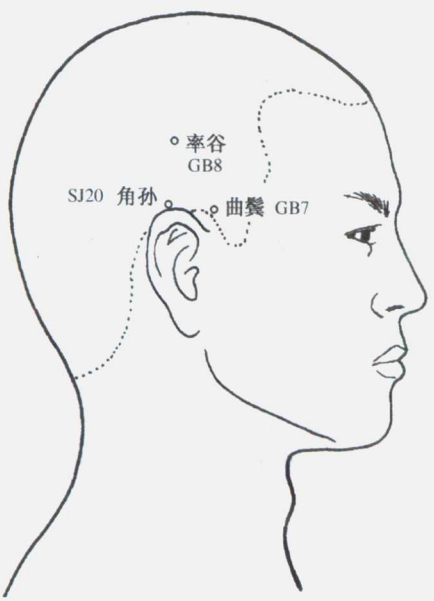


图315 侧头耳尖部3穴
Fig. 315 Three points near the ear apex

4. Three points on the temporal side of the head, near the ear apex: Jiaosun (SJ20), Qubin (GB7), Shuaigu (GB8) (Fig. 315).

5. Eleven points around the eye: eight points are located on the superior, inferior, medial sides: Jingming (BL1), Zanzhu (BL2), Yangbai (GB14), Chengqi (ST1), Sibai (ST2), Yuyao (Extra point), Shangming (Extra point), Qiuhou (Extra poin) (Fig. 316). It also includes three points on the lateral side of the eye, they are Sizhukong (SJ23), Tongziliao (GB1), and Taiyang (Extra point) (Fig. 317).

5. 眼区11穴：包括位于眼内侧、上方、下方的8穴，即足太阳膀胱经的睛明、攒竹；足少阳胆经的阳白；足阳明胃经的承泣、四白；经外奇穴的鱼腰、上明、球后（图316）。还包括位于眼外侧的3穴，即手少阳三焦经的丝竹空；足少阳胆经的瞳子髎；经外奇穴的太阳（图317）。

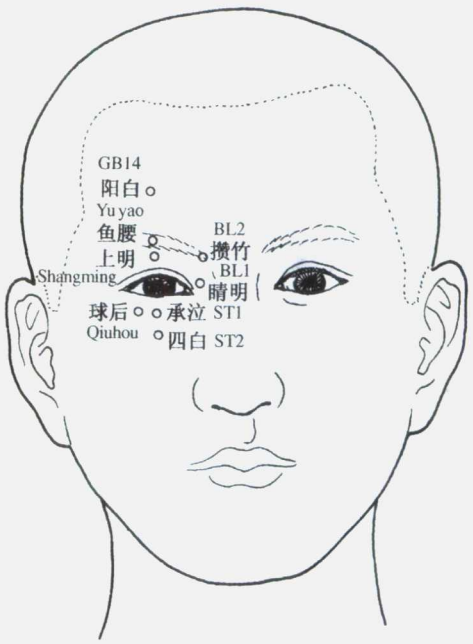


图316 眼区正面8穴
Fig. 316 Eight points around the eye(Front aspect)

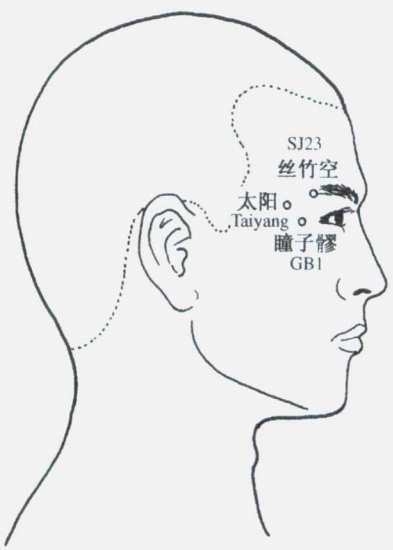


图317 眼区侧面3穴
Fig. 317 Three points around the eye(Lateral aspect)

6. 鼻区5穴：包括督脉的素髎、水沟；手阳明大肠经的迎香、禾髎；经外奇穴的上迎香（图318）。

7. 耳前3穴：包括手少阳三焦经的耳门；手太阳小肠经的听宫；足少阳胆经的听会（图319）。

6. Five points around the nose: Suliao (DU25), Shuigou (DU26), Yingxiang (LI20), Heliao (LI19) and Shangyingxiang (Extra point) (Fig. 318).

7. Three points anterior to the ear: Ermen (SJ21), Tinggong (SI19), Tinghui (GB2) (Fig. 319).

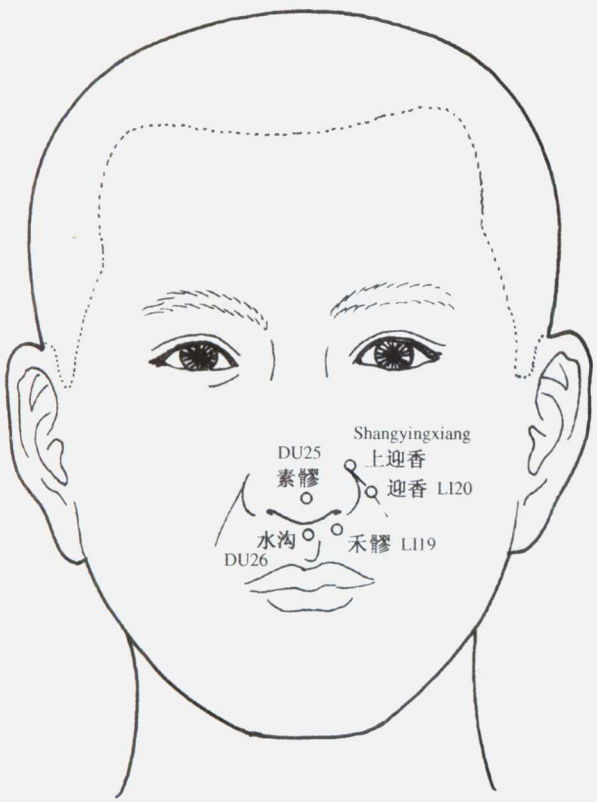


图318 鼻区5穴
Fig. 318 Five points around the nose

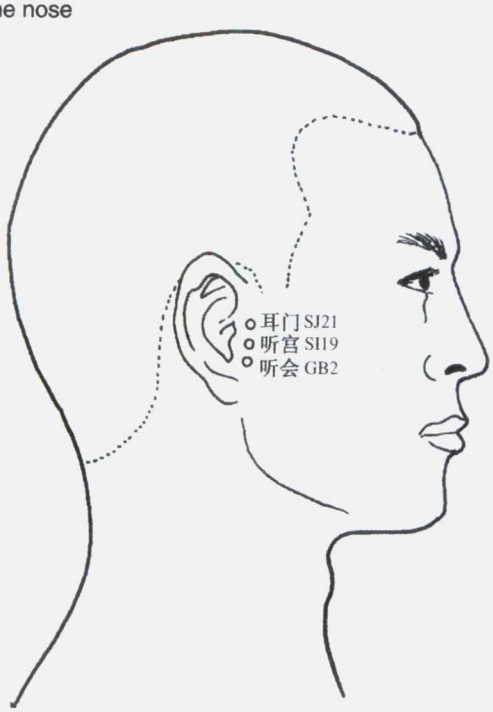


图319 耳前3穴
Fig. 319 Three points anterior to the ear

8. Five points on the cheek: Quanliao (SI18), Dicang (ST4), Jiache (ST6), Xiaguan (ST7) and Qianzheng (Extra point) (Fig. 320).

8. 面颊部5穴：包括手太阳小肠经的颧髎；足阳明胃经的地仓、颊车、下关；经外奇穴的牵正（图320）。

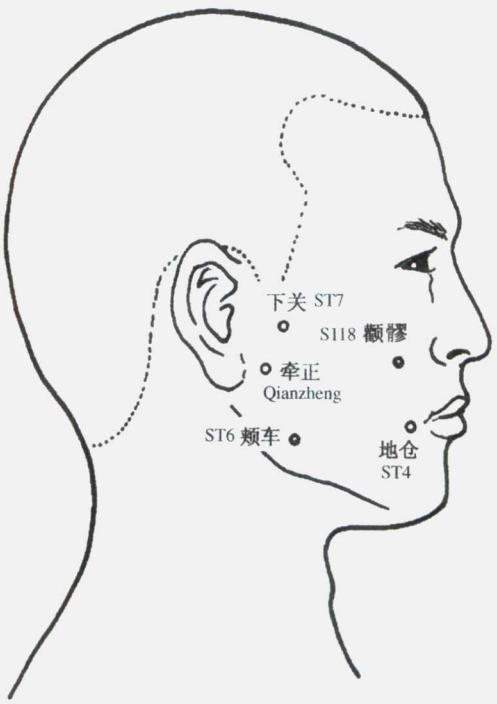


图320 面颊部5穴
Fig. 320 Five points on the cheek

9. Three points level with the laryngeal prominence: from medial to lateral: Renying (ST9), Futu (LI18), Tianchuang (SI16) (Fig. 321).

9. 平喉结3穴：自内向外依次为足阳明胃经的人迎；手阳明大肠经的扶突；手太阳小肠经的天窗（图321）。

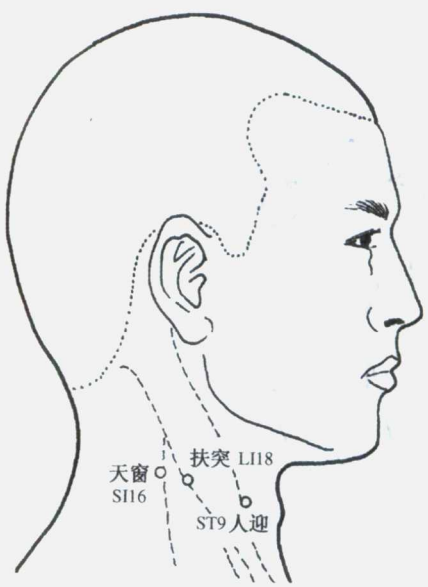


图321 平喉结3穴
Fig. 321 Three points level with the laryngeal prominence

10. 平下颌角2穴：包括手太阳小肠经的天容；手少阳三焦经的天牖（图322）。

10. Two points level with the lower mandible: Tianrong (SI17), Tianyou (SJ16) (Fig. 322).

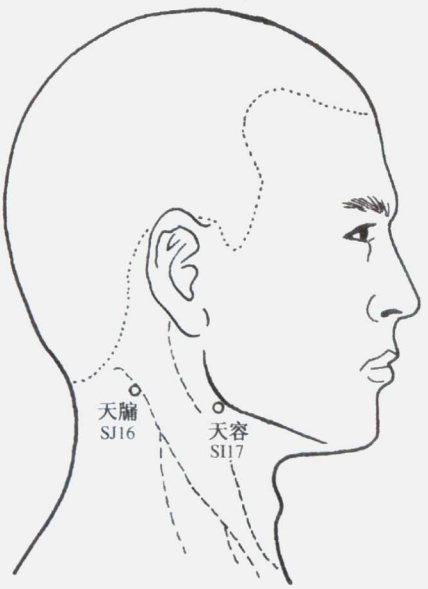


图322 平下颌角2穴
Fig. 322 Two points level with the lower mandible

二、躯干部

1. 肩部5穴：包括手阳明大肠经的肩髃；经外奇穴的肩内陵；手少阳三焦经的肩髎；手太阳小肠经的臑俞、肩贞（图323、图324）。

Ⅱ. The Trunk Region

1. Five points on the shoulder: Jianyu (LI15), Jianneiling (Extra point), Jianliao (SJ14), Naoshu (SI10), Jianzhen (SI9) (Fig. 323, Fig. 324).

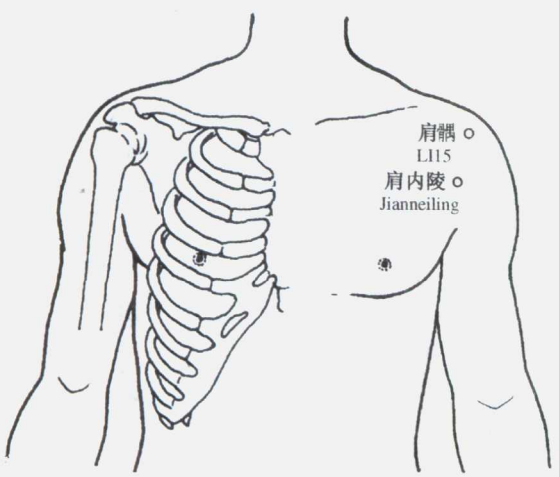


图323 肩部前面2穴
Fig. 323 Two points on the shoulder (Anterior aspect)

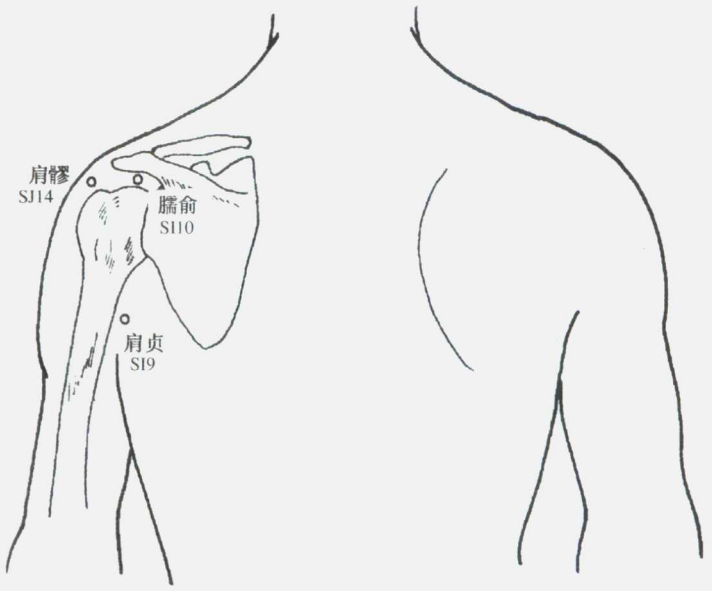


图 324　肩部后面 3 穴
Fig. 324　Three points on the shoulder(Posterior aspect)

2. Seven points level with the fourth intercostal space: from the anterior midline toward the lateral side: Tanzhong (RN17), Shenfeng (KI23), Ruzhong (ST17), Tianchi (PC1), Tianxi (SP18), Zhejin (GB23), Yuanye (GB22) (Fig. 325, Fig. 326).

2. 平第 4 肋间隙 7 穴：自前正中线向外依次为任脉的膻中；足少阴肾经的神封；足阳明胃经的乳中；手厥阴心包经的天池；足太阴脾经的天溪；足少阳胆经的辄筋、渊腋（图 325、图 326）。

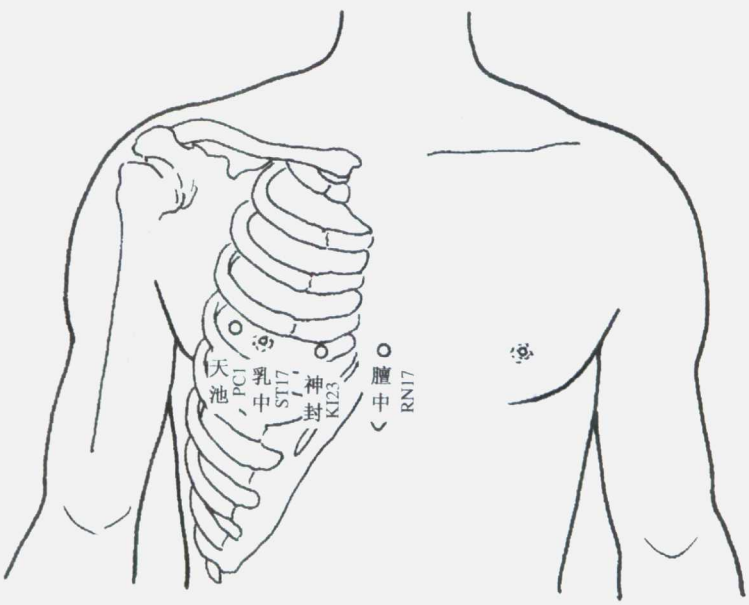


图 325　第 4 肋间隙前面 4 穴
Fig. 325　Four points level with the fourth intercostal space (Anterior aspect)

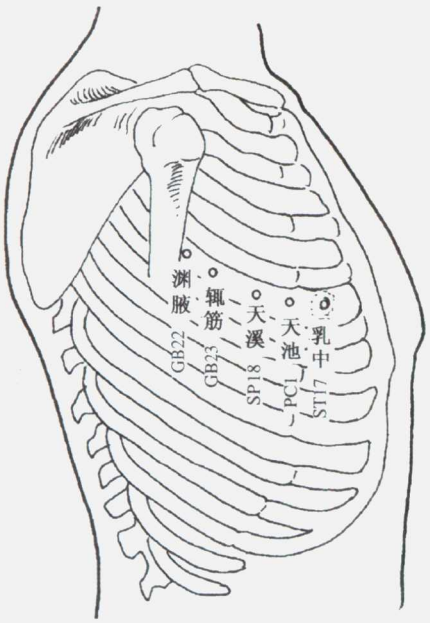


图 326 第 4 肋间隙侧面 5 穴
Fig. 326 Five points level with the fourth intercostal space (Lateral aspect)

3. 锁骨中线上 3 穴：胸部锁骨中线上分布有较多的腧穴，而常用的为足阳明胃经的乳根，足厥阴肝经的期门以及足少阳胆经的日月（图 327）。

3. Three points on the midclavicular line: there are many acupuncture points distributed on the line perpendicular to the midpoint of the clavicle on the chest. The most commonly used are: Rugen (ST18), Qimen (LR14), Riyue (GB24) (Fig. 327).

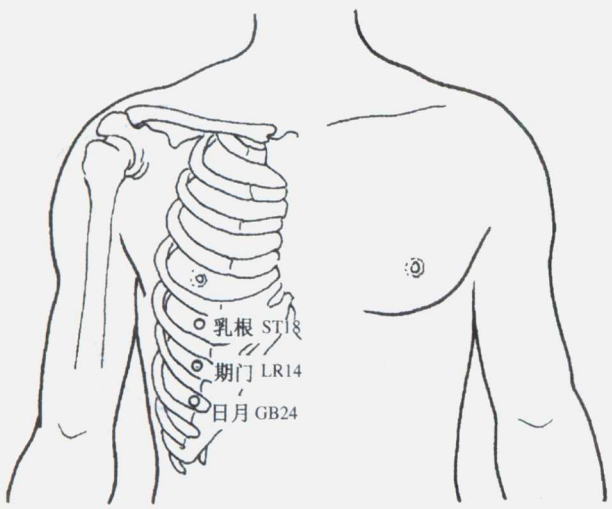


图 327 锁骨中线上 3 穴
Fig. 327 Three points on the midclavicular line

4. Three points 4 cun superior to the umbilicus: from medial to lateral: Zhongwan (RN12), Yindu (KI19), Liangmen (ST21) (Fig. 328).

4. 脐上4寸水平线上3穴：自内向外分别为任脉的中脘；足少阴肾经的阴都；足阳明胃经的梁门（图328）。

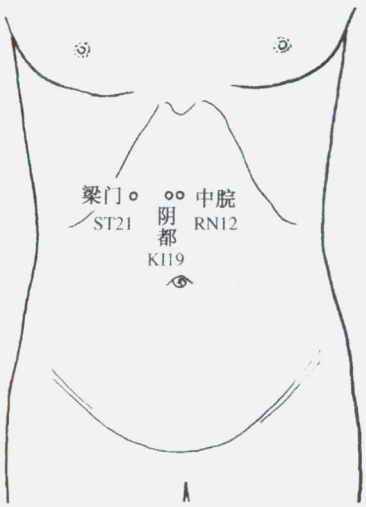


图328 脐上4寸3穴
Fig. 328 Three points 4 cun superior to the umbilicus

5. Five points level with the umbilicus: from medial to lateral: Shenque (RN8), Huangshu (KI16), Tianshu (ST25), Daheng (SP15), Daimai (GB26) (Fig. 329).

5. 平脐5穴：在与脐相平的水平线上，自内向外分布有任脉的神阙；足少阴肾经的肓俞；足阳明胃经的天枢；足太阳脾经的大横；足少阳胆经的带脉（图329）。

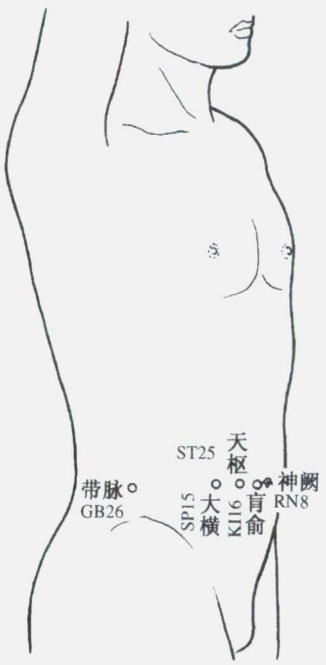


图329 平脐5穴
Fig. 329 Five points level with the umbilicus

6. 平脐下3寸4穴：在脐下3寸的水平线上，自内向外依次为任脉的关元；足少阴肾经的气穴；足阳明胃经的水道；经外奇穴的提托（图330）。

6. Four points 3 cun below the umbilicus: from medial to lateral: Guanyuan (RN4), Qixue (KI13), Shuidao (ST28), Tituo (Extra point) (Fig. 330).

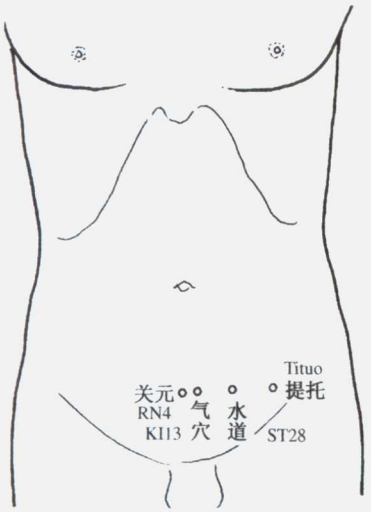


图330 平脐下3寸4穴
Fig. 330 Four points 3 cun below the umbilicus

7. 平脐下4寸4穴：在脐下4寸的水平线上，自内向外分布有任脉的中极；足少阴肾经的大赫；足阳明胃经的归来，经外奇穴的子宫（图331）。

7. Four points 4 cun below the umbilicus: from medial to lateral: Zhongji (RN3), Dahe (KI12), Guilai (ST29), Zigong (Extra point) (Fig. 331).

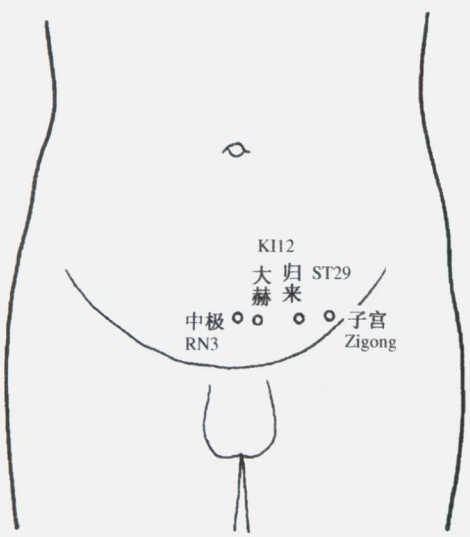


图331 平脐下4寸4穴
Fig. 331 Four points 4 cun below the umbilicus

8. Four points 5 cun below the umbilicus: from medial to lateral: Qugu (RN2), Henggu (KI11), Qichong (ST30), Chongmen (SP12) (Fig. 332).

8. 平脐下5寸4穴：在脐下5寸的水平线上，自内向外依次分布有任脉的曲骨；足少阴肾经的横骨；足阳明胃经的气冲；足太阴脾经的冲门（图332）。

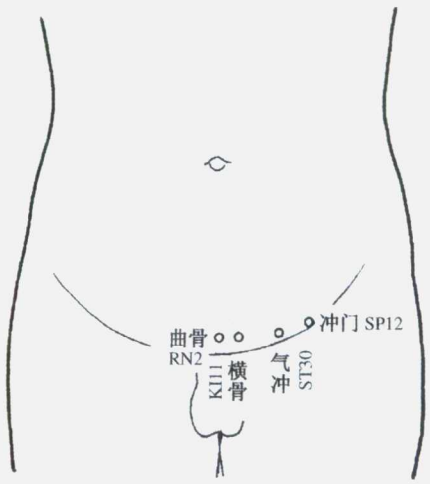


图332 平脐下5寸4穴
Fig. 332 Four points 5cun below the umbilicus

9. Four points level with the seventh cervical vertebra: Dazhui (DU14), Dingchuan (Extra point), Jianzhongshu (SI15), Jianjing (GB21) (Fig. 333).

9. 平第7颈椎棘突下4穴：督脉的大椎；经外奇穴的定喘；手太阳小肠经的肩中俞；足少阳胆经的肩井四穴，均位于第7颈椎棘突下的水平线上（图333）。

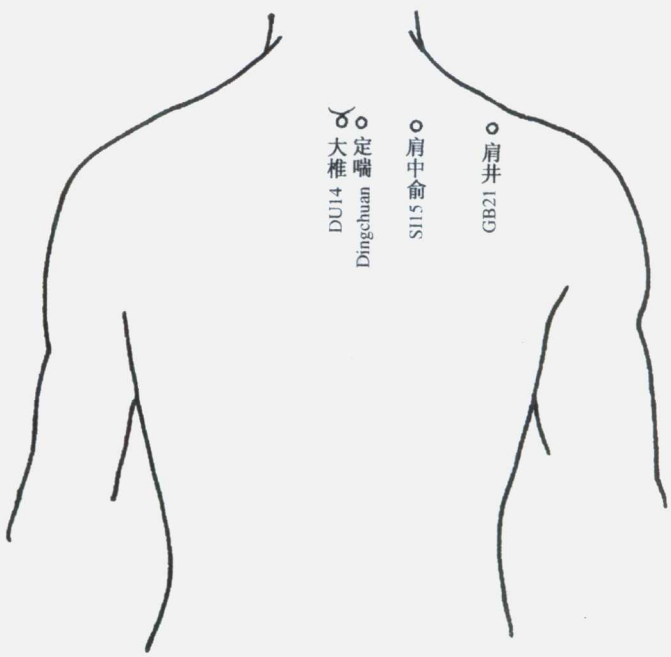


图333 平第7颈椎棘突下4穴
Fig. 333 Four points level with the seventh cervical vertebra

10. 平第 7 胸椎棘突下 3 穴：督脉的至阳；足太阳膀胱经的膈俞、膈关均位于第 7 胸椎棘突下的水平线上（图 334）。

10. Three points level with the spinous process of the seventh thoracic vertebra: Zhiyang (DU9), Geshu (BL17), Geguan (BL46) (Fig. 334).

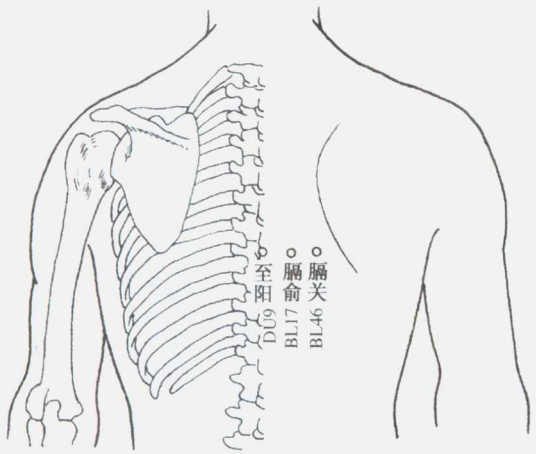


图 334　平第 7 胸椎棘突下 3 穴
Fig. 334　Three points level with the spinous process of the seventh thoracic vertebra

11. 平第 2 腰椎棘突下 3 穴：督脉的命门；足太阳膀胱经的肾俞、志室位于第 2 腰椎棘突下的水平线上（图 335）。

11. Three points level with the spinous process of the second lumbar vertebra: Mingmen (DU4), Shenshu (BL23), Zhishi (BL52) (Fig. 335).



图 335　平第 2 腰椎棘突下 3 穴
Fig. 335　Three points level with the spinous process of the second lumbar vertebra

12. Three points level with the spinous process of the fourth lumbar vertebra: Yaoyangguan (DU3), Dachangshu (BL25), Yaoyan (Extra point) (Fig. 336).

12. 平第4腰椎棘突下3穴：督脉的腰阳关；足太阳膀胱经的大肠俞；经外奇穴的腰眼3穴，均位于第4腰椎棘突下的水平线上（图336）。



图336 平第4腰椎棘突下3穴
Fig. 336 Three points level with the spinous process of the fourth lumbar vertebra

Ⅲ. Upper Limbs

三、上肢部

1. Three points on the cubital crease: the three points at the cubital crease are the "He" sea point of the three yin meridians of the hand. From radial to ulnar side: Chize (LU5), Quze (PC3), Shaohai (HT3) (Fig. 337).

1. 肘关节屈侧3穴：位于肘关节屈侧横纹的3穴，均为手三阴经五输穴中的"合"穴，自前向后（桡侧至尺侧）依次为手太阴肺经的尺泽；手厥阴心包经的曲泽；手少阴心经的少海（图337）。

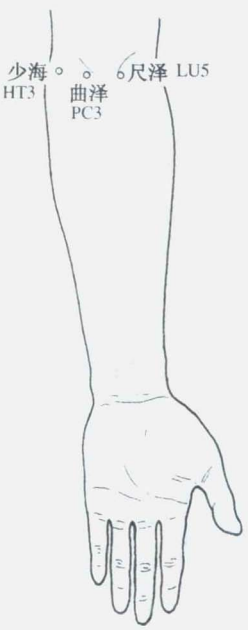


图337 肘关节屈侧3穴
Fig. 337 Three points on the cubital crease

2. 肘关节伸侧3穴：位于肘关节伸侧的3个腧穴，也为手三阳经五输穴中的“合”穴，自前向后依次为手阳明大肠经的曲池；手少阳三焦经的天井；手太阳小肠经的小海（图338、图339）。

2. Three points on the posterior side of the elbow: the three points on the posterior side of the elbow, which are the “He” sea point of the three yang meridians of the hand. From anterior to posterior: Quchi (LI11), Tianjing (SJ10), Xiaohai (SI8) (Fig. 338, Fig. 339).

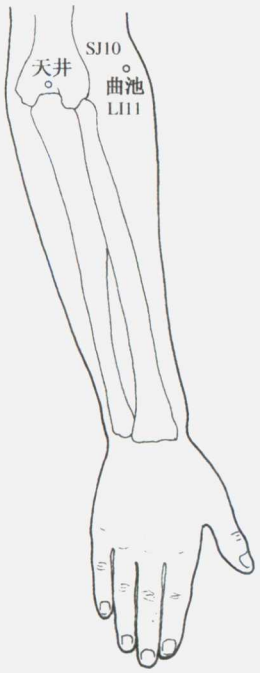


图338 肘关节伸侧曲池、天井定位
Fig. 338 Location of Quchi and Tianjing points



图339 肘关节伸侧小海定位
Fig. 339 Location of Xiaohai point

3. 腕横纹上3原穴：位于腕横纹上的3个腧穴，既是手三阴经五输穴中的“输”穴，又是手三阴经所属各脏的原穴。自桡侧向尺侧依次为手太阴肺经的太渊；手厥阴心包经的大陵；手少阴心经的神门（图340）。

3. Three “Yuan” points on the transverse wrist crease: the three points on the transverse wrist crease, which are the “Shu” stream point of the three yin meridians of the hand. These are also the “Yuan” source point of the meridians as well. From radial to ulnar side: Taiyuan (LU9), Daling (PC7), Shenmen (HT7) (Fig. 340).

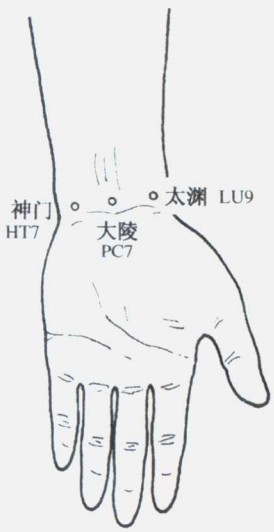


图340 腕横纹上3原穴
Fig. 340 Three “Yuan” points on the transverse wrist crease

4. Three yang points of the posterior transverse wrist crease: the "three yang points" are: Yangxi (LI5), Yangchi (SJ4) and Yanggu (SI5) (Fig. 341, Fig. 342).

4. 腕背横纹"三阳穴"："三阳穴"是指手阳明大肠经的阳溪；手少阳三焦经的阳池；手太阳小肠经的阳谷（图341、图342）。



图341 腕背横纹上阳溪定位
Fig. 341 Location of Yangxi point

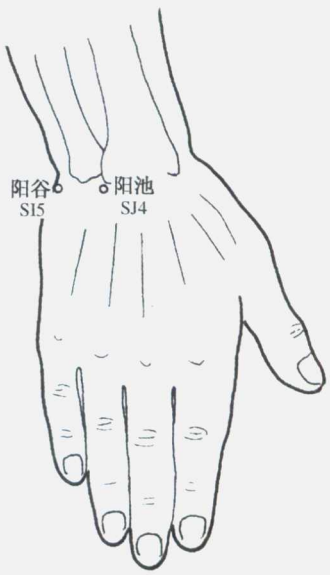


图342 腕背横纹上阳池、阳谷定位
Fig. 342 Location of Ynagchi and Yanggu points

5. Three "Jing" well points on the palmar side of the hand: from radial to ulnar side: Shaoshang (LU11), Zhongchong (PC9), Shaochong (HT9) (Fig. 343).

6. Three "Jing" well points on the dorsum of the hand: from the radial to the ulnar side respectively: Shangyang (LI1), Guanchong (SJ1), Shaoze (SI1) (Fig. 344).

5. 手掌侧3"井"穴：自桡侧向尺侧依次为手太阴肺经的少商；手厥阴心包经的中冲；手少阴心经的少冲（图343）。

6. 手背侧3"井"穴：自桡侧向尺侧依次为手阳明大肠经的商阳；手少阳三焦经的关冲；手太阳小肠经的少泽（图344）。

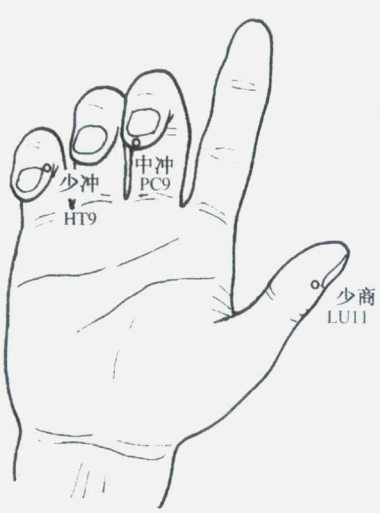


图343 手掌侧3"井"穴
Fig. 343 Three "Jing" well points on the palmar side of the hand

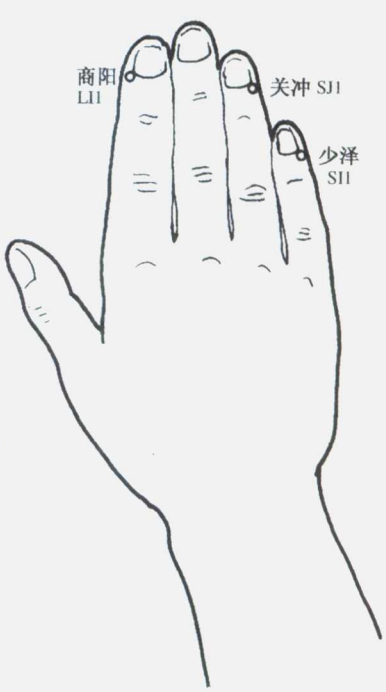


图344 手背侧3"井"穴
Fig. 344 Three "Jing" well points on the dorsum of the hand

四、下肢部

1. 膝关节内侧面3穴：足太阴脾经的阴陵泉；足厥阴肝经的曲泉；经外奇穴中的内膝眼均位于膝关节的内侧面上（图345）。

2. 膝关节外侧面上3穴：足阳明胃经的足三里；足少阳胆经的阳陵泉；经外奇穴中的外膝眼均位于膝关节的外侧面上（图346）。

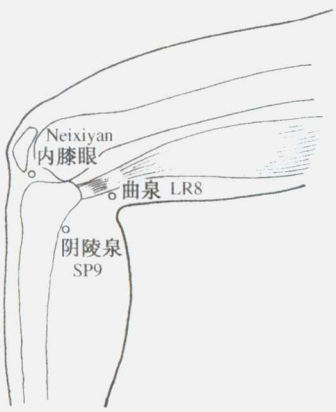


图345 膝关节内侧面3穴
Fig. 345 Three points on the medial side of the knee joint



图346 膝关节外侧面3穴
Fig. 346 Three points on the lateral side of the knee joint

3. 膝关节后侧（横纹上）3穴：足少阴肾经的阴谷；足太阳膀胱经的委中、委阳均位于膝关节的后侧面（图347）。

4. 外踝高点上7寸处4穴：自前向后，足阳明胃经的下巨虚；足少阳胆经的外丘、阳交；足太阳膀胱经的飞扬，均位于外踝高点上7寸的水平线上（图348）。



图347 膝关节后侧3穴
Fig. 347 Three points on the popliteal fossa region

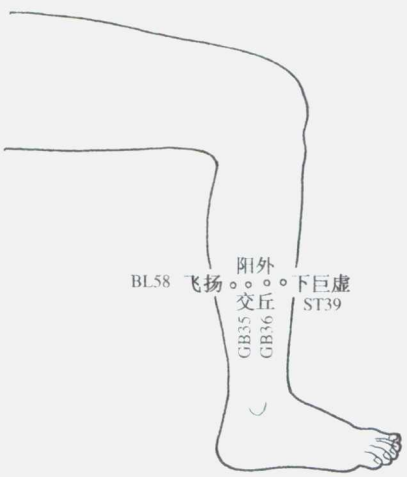


图348 外踝高点上7寸处4穴
Fig. 348 Four points 7 cun superior to the prominence of the lateral malleolus

Ⅳ. Points on the Lower Limbs

1. Three points on the medial side of the knee joint: Yinlingquan (SP9), Ququan (LR8), Neixiyan (Extra point) (Fig. 345).

2. Three points on the lateral side of the knee joint: Zusanli (ST36), Yanglingquan (GB34), Waixiyan (Extra point) (Fig. 346).

3. Three points on the popliteal fossa region: Yingu (KI10), Weizhong (BL40), Weiyang (BL39) (Fig. 347).

4. Four points 7 cun superior to the prominence of the lateral malleolus: from anterior to posterior: Xiajuxu (ST39), Waiqiu (GB36), Yangjiao (GB35), Feiyang (BL58) (Fig. 348).

5. Three "Tai" points of the foot: Taichong (LR3), Taibai (SP3), and Taixi (KI3), these three "Tai" points are the "Shu" stream points of the five shu points, and are also the "Yuan" source points for the respective organs, located at the foot (Fig. 349, Fig. 350).

5. 足部"三太"穴：足厥阴肝经的太冲；足太阴脾经的太白；足少阴肾经的太溪，这"三太"穴，既是各经五输穴中的"输"穴，又是各经所属各脏的原穴，均位于足部（图349、图350）。

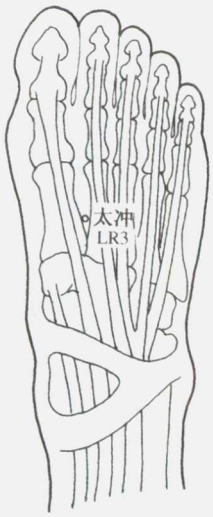


图349 太冲定位
Fig. 349 Location of Taichong point

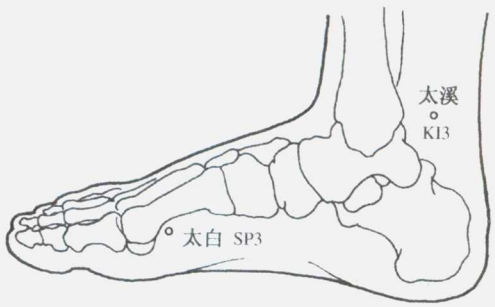


图350 太白、太溪定位
Fig. 350 Location of Taibai and Taixi points

6. Six points on the dorsum of the foot around the ankle: from medial to lateral: Zhaohai (KI6), Shangqiu (SP5),Zhongfeng (LR4), Jiexi (ST4), Qiuxu (GB40), and Shenmai (BL62). These points are all located on a line passing over the dorsum of the foot, connecting the inferior borders of medial malleolus to lateral malleolus (Fig. 351, Fig. 352, Fig. 353).

6. 足背踝关节横纹上6穴：自内向外，足少阴肾经的照海；足太阴脾经的商丘；足厥阴肝经的中封；足阳明胃经的解溪；足少阳胆经的丘墟；足太阳膀胱经的申脉均位于内、外踝下缘过足背的连线，即足背踝关节横纹上（图351、图352、图353）。

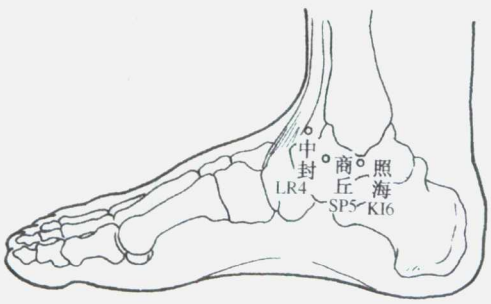


图351 踝关节横纹内侧3穴
Fig. 351 Three points on the dorsum of the foot around the ankle （Medial aspect)

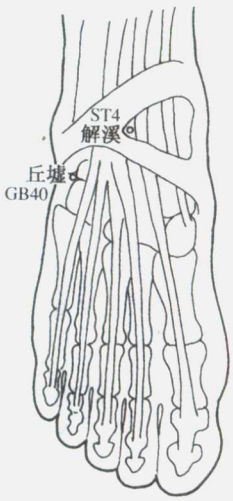


图352 踝关节横纹外侧2穴
Fig. 352 Two points on the dorsum of the foot around the ankle (Lateral aspect)

7. 跖骨结合部前缘3穴：足厥阴肝经的太冲；足阳明胃经的陷谷；足少阳胆经的足临泣均位于跖骨结合部前缘（图354）。

8. 趾间纹头处3穴：足厥阴肝经的行间；足阳明胃经的内庭；足少阳胆经的侠溪均位于趾间纹头处，且都属于八风穴（图355）。

9. 足背5“井”穴：足六经中除足少阴肾经外，足太阴脾经的隐白；足厥阴肝经的大敦；足阳明胃经的厉兑；足少阳胆经的足窍阴；足太阳膀胱经的至阴五“井”穴，均位于足趾的末端（图356）。

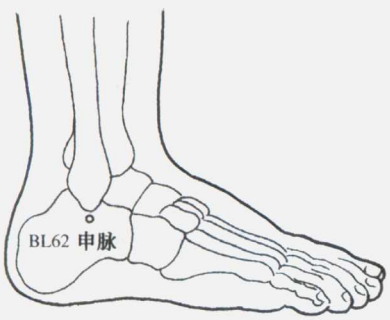


图353 申脉定位
Fig. 353 Location of Shenmai

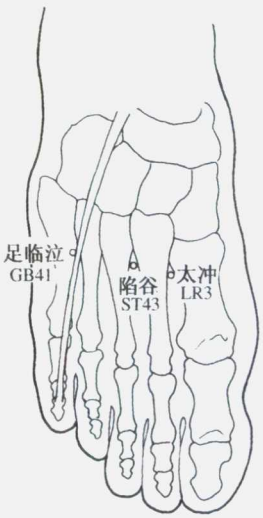


图354 跖趾关节结合部前3穴
Fig. 354 Three points distal to the base of the metatarsal bones

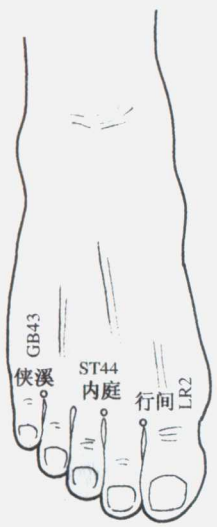


图355 趾间缝纹端3穴
Fig. 355 Three points on the transverse crease of the toe

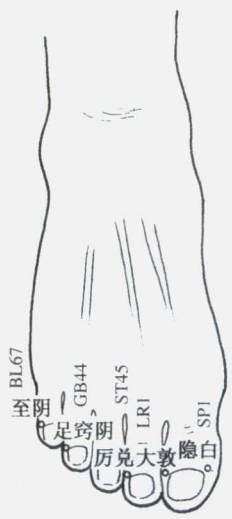


图356 足背5“井”穴
Fig. 356 Five “Jing” well points on the dorsum of the foot

7. Three points distal to the base of the metatarsal bones: Taichong (LR3), Xiangu (ST43), Zulinqi (GB41) (Fig. 354).

8. Three points on the transverse crease of the toe: Xingjian (LR2), Neiting (ST44), Xiaxi (GB43): all belong to Bafeng (Extra point) (Fig. 355).

9. Five “Jing” well points on the dorsum of the foot: other than the kidney meridian of the foot Shaoyin, the rest of the meridians: Yinbai (SP1) of the spleen meridian of the foot Taiyin, Dadun (LR1) of the liver meridian of the foot Jueyin, Zuqiaoyin (GB44) of the gallbladder meridian of the foot Shaoyang, Lidui (ST45) of the stomach meridian of the foot Yangming and Zhiyin (BL67) of the bladder meridian of the foot Taiyang are all five “Jing” well points, located at the tip of the toe (Fig. 356).

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