



道医科针刺一百常用穴道

Daoist Medicine Course

100 Commonly-Used Acupuncture Points

“Every acupuncture point carries a specific meaning.
More concretely, all acupuncture points serve as entrances and exits.
Points that are called a door-“Men” denote a place
where things can go in and come out.
The ones that are named “Quan”- spring,
suggest an outlet for things to leave the body.
If the point includes a “Mai”- vessel, or a “Gou”- ditch,
it indicates a spot for things to enter the body.
Qi gathers at acupuncture points whose names end in “Fu”-Mansion.
Points containing “Dao”-Way in their names refer to a place
where things are moving along likened to a road or path.
Point names also give hints about the points’ functions.
For instance there is a point called “Jiao Sun”.
“Sun” translates as grandson, and this knowledge can help one to remember
that the point is used for children.

-Li Shifu-

手太阴肺经

Shou Tai Yin Jing Luo

The Lung Channel of Hand Tai Yin

Lu-2 云门 Yun Men

Lu-5 尺泽 Chi Ze

Lu-6 孔最 Kong Zui

Lu-7 列缺 Lie Que

Lu-10 鱼际 Yu Ji

Lu-11 少商 Shao Shang

手阳明大肠经

Shou Yang Da Chang Jing

The Large Intestine Channel of Hand Yang Ming

LI-1 商阳 Shang Yang

LI-3 三间 San Jian

LI-4 合谷 He Gu

LI-10 手三里 Shou San Li

LI-11 曲池 Qu Chi

LI-12 肘髎 Zhou Liao

LI-20 迎香 Ying Xiang

足阳明胃经

Zu Yang Ming Wei Jing

Stomach Channel of Foot Yang Ming

ST-2 四白 Si Bai

ST-6 颊车 Jia Che

ST-8 头维 Tou Wei

ST-9 人迎 Ren Ying

ST-25 天枢 Tian Shu

ST-35 犊鼻 Du Bi

ST-36 足三里 Zu San Li

ST-40 丰隆 Feng Long

ST-41 解溪 Jie Xi

ST-42 冲阳 Chong Yang

ST-43 陷谷 Xian Gu

足太阴脾经

Shou Tai Yin Pi Jing

Spleen Channel of Foot Tai Yin

SP-1 隐白 Yin Bai

SP-4 公孙 Gong Sun

SP-6 三阴交 San Yin Jiao

SP-9 阴陵泉 Yin Ling Quan

SP-10 血海 Xue Hai

SP-20 周荣 Zhou Rong

SP-21 大包 Da Bao

手少阴心经

Shou Shao Yin Xin Jing

Heart Channel of Hand Shao Yin

HT-4 灵道 Ling Dao

HT-5 通里 Tong Li

HT-7 神门 Shen Men

HT-8 少府 Shao Fu

手太阳小肠经

Shou Tai Yang Xiao Chang Jing

Small Intestine Channel of Hand Tai Yang

SI-3 后溪 Hou Xi

SI-11 天宗 Tian Zong

SI-12 乘风 Bing Feng

SI-19 听宫 Ting Gong

足太阳膀胱经

Zu TaiYang Pang Guang Jing

Bladder Channel of Foot Tai Yang

BL-2 攒竹 Zan Zhu

BL-10 天柱 Tian Zhu

BL-11 大杼 Da Zhu

BL-12 风门 Feng Men

BL-13 肺输 Fei Shu

BL-14 厥阴输 Jue Yin Shu

BL-15 心输 Xin Shu

BL-18 肝输 Gan Shu

BL-19 胆输 Dan Shu

BL-20 脾输 Pi Shu

BL-21 胃输 Wei Shu

BL-23 肾输 Shen Shu

BL-25 大肠输 Da Chang Shu

BL-27 小肠输 Xiao Chang Shu

BL-28 膀胱输 Pang Guang Shu

BL-40 委中 Wei Zhong

BL-43 高肓输 Gao Huang Shu

BL-54 秩边 Zhi Bian

BL-57 承山 Cheng Shan

BL-62 神脉 Shen Mai

足少阴肾经

Zu Shao Yin Shen Jing

Kidney Channel of Foot Shao Yin

KD-1 涌泉 Yong Quan

KD-6 照海 Zhao Hai

手厥阴心包经

Shou Jue Yin Xin Bao Jing

Pericardium Channel of Hand Jue Yin

PC-3 曲泽 Qu Ze

PC-6 内关 Nei Guan

PC-8 劳宫 Lao Gong

手少阳三焦经

Shou Shao Yang San Jiao Jing

San Jiao Channel of Hand Shao Yang

SJ-3 中渚 Zhong Zhu

SJ-5 外关 Wai Guan

SJ-14 肩髃 Jian Liao

SJ-21 耳门 Er Men

足少阳胆经

Zu Shao Yang Dan Jing

Gallbladder Channel of the Foot Shao Yang

GB-2 听会 Ting Hui

GB-15 头临泣 Tou Lin Qi

GB-21 肩井 Jian Jing

GB-24 日月 Ri Yue

GB-30 环跳 Huan Tiao

GB-31 风市 Feng Shi

GB-33 膝阳关 Xi Yang Guan

GB-34 阳陵泉 Yang Ling Quan

GB-37 光明 Guang Ming

GB-41 足临泣 Zu Lin Qi

足厥阴肝经

Zu Jue Yin Gan Jing

Liver Channel of Foot Jue Yin

Liv-3 太冲 Tai Chong

Liv-14 期门 Qi Men

任脉阴脉之海

Ren Mai Yin Mai Zhi Hai

The Conception Vessel- Sea of all Yin Vessels

Ren-2 曲骨 Qu Gu

Ren-4 关元 Guan Yuan

Ren-6 气海 Qi Hai

Ren-8 神阙 Shen Que

Ren- 下脘 10 Xia Wan

Ren-15 鸠尾 Jiu Wei

Ren-20 华盖 Hua Gai

Ren-21 璇玑 Xuan Ji

Ren-22 天突 Tian Tu

督脉阳脉之海

Du Mai Yang Mai Zhi Hai

The Governing Vessel- Sea of all Yang Vessels

Du-10 灵台 Ling Tai

Du-14 大椎 Da Zhui

Du-20 白会 Bai Hui

Du-26 人中 Ren Zhong

奇穴

Qi Xue

Extraordinary Points

Si Shen Cong 四神聪 M-HN-1

Yin Tang 印堂 M-HN-3

Yu Yao 鱼腰 M-HN-6

Tai Yang 太阳 M-HN-9

Er Jian 耳尖 M-HN-10

Yao Tong Xue 腰痛穴 N-UE-19

Shi Xuan 十宣 M-UE-1

Si Feng 四缝 M-UE-9

Ba Xie 八邪 M-UE-22