

Acupuncture Points and their Locations

Point Name: **Location on The Body**

Yintang Midway between the medial ends of the two eyebrows.

Actions: Calms the Spirit.

Benefits: Good for headache, head heaviness, nose bleeds, rhinorrhea (excess mucus in nasal cavity), infantile convulsions, frontal headache, insomnia.

DU20 On the midline of the head, 7 tsun directly above the posterior hairline, approximately on the midpoint of the line connecting the apexes of the ears.

(Best way to find this point is to place the thumbs at the top of the ears, and where the middle fingers meet, that is DU20).

Actions: Clears the senses, calms the Spirit.

Benefits: Good for headache, vertigo, tinnitus, nasal obstruction, coma, mental disorders, prolapse of the rectum, and the uterus.

DU14 Below the spinous process of the 7th cervical vertebra.

Actions: Clears the brain, and calms the Spirit.

Benefits: Good for neck pain, malaria, high infant fevers, epilepsy, afternoon fevers, cough, asthma, common cold, back stiffness.

LI1 On the radial side of the index finger, about .01 tsun posterior to the corner of the nail.

Benefits: Good for toothache, sore throat, swelling of the submandibular region, numbness of the fingers, (neck rigidity, finger contractures, wrist pain, and loss of consciousness.

LI4 On the top of the hand, between the thumb and pointer finger.

(You will know that you are at the right place, because it is usually extremely tender when you press on this point. Press on this point for 10 seconds on each hand and release.)

Benefits: Good for headache, pain in the neck, redness, swelling and pain in the eye, nose bleeds, nasal obstruction, toothache, deafness, swelling of the face, sore throat, mumps, jaw spasms, facial paralysis, febrile disease with (neck rigidity, finger contracture and wrist pain), abdominal pain, dysentery, constipation, painful menses, delayed labor, weakness and motor impairment of the upper limbs.

**** (DO NOT PRESS THIS POINT, IF A WOMAN IS PREGNANT!!!) ****

LI11 When the elbow is flexed, the point is in the depression at the lateral end of the transverse cubital crease.

Actions: Cool heat in the body, helps to eliminate dampness, regulates blood circulation.

Benefits: Good for sore throat, toothache, eye pain, impairment of the upper limbs, diarrhea, abdominal pain, vomiting, fevers.

LI16 In the upper aspect of the shoulders, in the acromial extremity of the clavicle and spine.

Actions: Helps to eliminate blood stagnation.

Benefits: Good for pain, and motor impairment of the upper extremities; pain in the shoulder and back.

LU11 On the radial side of the thumb, about 0.1 tsun posterior to the corner of the nail.

Actions: Cools the lungs, benefits the pharynx, and revives from fainting.

Benefits: Good for sore throat, cough, asthma, nose bleeds, fever, loss of consciousness, mania, spasmodic pain of the thumb.

LV3 On the top of the foot, in the depression distal to the meeting point of the Big toe and 1st toe.

Actions: Regulates the Qi (Energy pathways like breath) and blood.

Benefits: Good for headaches, dizziness and vertigo, insomnia, congestion, swelling and pain in the eye, depression, infant convulsions, deviation of the mouth, pain in the hypochondrium (liver and gall bladder organ pain), uterine bleeding, hernia, urinary incontinence, retention of urine, epilepsy, and pain in the front inside part of the foot.

(NOTE: PRESS LI4 AND LV3 TOGETHER, TO ELIMINATE PAIN AND INFLAMMATION DUE TO GOUT, CELLULITIS, PHLEBITIS). DO NOT PRESS THESE POINTS IF YOU ARE PREGNANT!!!

ST36 3 tsun below ST35, one finger-breadth from the anterior crest of the tibia.

Actions: Regulates the Qi and Blood, strengthens weak and deficient conditions.

Benefits: Good for gastric pain, vomiting, hiccups, abdominal distention, diarrhea, constipation, mastitis, enteritis (inflammation of the Small Intestine), aching of the knee joint and leg, edema, cough, asthma, indigestion, hemiplegia, dizziness, insomnia, mania.

**** (NOTE: DO NOT PRESS THIS POINT IF YOU ARE PREGNANT!!!) ****

SP6 3 tsun directly above the tip of the medial malleolus, on the posterior border of the medial aspect of the tibia.

Actions: Strengthens the Spleen and transforms dampness, spreads the Liver Qi, and benefits the Kidneys.

Benefits: Good for abdominal pain, diarrhea, dysmenorrhea, irregular menstruation, uterine bleeding, morbid leukorrhea, prolapse of the uterus, sterility, delayed labor, nocturnal emission, impotence, enuresis, dysuria, edema, hernia, pain in the external genitalia, muscular atrophy, motor impairment, paralysis and pain in the lower extremities, headache, dizziness and vertigo, insomnia.

GB20 In the depression between the upper portion of the SCM muscle and trapezius.

Actions: Benefits hearing and vision.

Benefits: Good for headache, vertigo, insomnia, pain and stiffness of the neck, blurry vision, glaucoma, red and painful eyes, tinnitus, convulsion, epilepsy, infantile convulsions, febrile diseases, common cold, nasal obstruction, rhinorrhea.

PC6 2 tsun above the transverse crease of the wrist, between the tendons palmaris longus, and flexor radialis.

Actions: Calms the Heart, settles the Shen (mind), regulates the Qi, and relieves pain.

Benefits: Good for cardiac pain, palpitations, stuffy chest, pain in the hypochondriac region, stomach ache, nausea, vomiting, hiccup, mental disorders, epilepsy, insomnia, febrile diseases, irritability, malaria, contracture, and pain of the elbow and arm.

HT7 At the ulnar end of the transverse crease of the wrist, in the depression on the radial side of the flexor carpi ulnaris muscle.

Actions: Calms the Shen (mind), pacifies the Heart.

Benefits: Good for cardiac pain, irritability, palpation, hysteria, amnesia, insomnia, mania, epilepsy, dementia, pain in the hypochondriac region, feverish sensation in the palm, yellowish sclera.

BL40 Midpoint of the transverse crease of the popliteal fossa, between the tendons of the biceps femoris and semitendinous muscle.

Benefits: Good for low back pain, motor impairment of the hip joint, contracture of the tendons in the popliteal fossa, muscular atrophy, pain, numbness, and motor impairment of the lower extremities, hemiplegia, abdominal pain, vomiting, diarrhea, rashes.

BL23 1.5 tsun lateral to DU14, at the level of the lower border of the spinous process of the 2nd lumbar vertebra.

Actions: Regulates the Kidney Qi, strengthens the lumbar vertebra, benefits the ears and eyes.

Benefits: Good for nocturnal emission, impotence, enuresis, irregular menstruation, leukorrhea, low back pain, weakness of the knee, blurring of vision, dizziness, tinnitus, deafness, edema, asthma, diarrhea.

KI3 In the depression between the medial malleolus, and tendo calcaneus, level with the tip of the medial malleolus.

Actions: Benefits the Kidneys, cools heat, strengthens the lower back and knee.

Benefits: Good for sore throat, toothache, deafness, tinnitus, dizziness, spitting up of blood, asthma, thirst, irregular menstruation, insomnia, nocturnal emission, impotence, pain in the lower back.

KI4 Posterior and inferior to the medial malleolus, in the depression medial to the attachment of tendo calcaneus.

Benefits: Good for spitting up of blood, asthma, stiffness and pain of the lower back, dysuria, constipation, pain in the heel, dementia.

SJ4 On the transverse crease of the dorsum of the wrist, in the depression lateral to the extensor digitorum communis tendon.

Actions: Relaxes the sinews (joints), clears heat in the body.

Benefits: Good for pain in the arm, shoulder and wrist, malaria, deafness, thirst.

SJ5 2 tsun above SJ4, between the radius and ulna.

Actions: Relieves Exterior Wind and Hot conditions, facilitates circulation of stagnant Qi in the meridians.

Benefits: Good for febrile diseases, headache, pain in the cheek, strained neck, deafness, tinnitus, pain in the hypochondriac region, motor impairment of the elbow and arm, pain of the fingers, hand tremor.

SI3 When a loose fist is made, the point is on the ulnar side, proximal to the 5th metacarpophalangeal joint, at the end of the transverse crease, and the junction of the red and white skin.

Actions: Relaxes the muscle meridians, clears the mind.

Benefits: Good for pain and rigidity of the neck, tinnitus, deafness, sore throat, mania, malaria, acute lumbar sprain, night sweating, febrile diseases, contracture and numbness of the fingers, pain in the shoulder and elbow.

CV4 On the midline of the abdomen, 3 tsun below the umbilicus.

Actions: Nourishes and stabilizes the Kidneys, regulates the Qi.

Benefits: Good for enuresis, nocturnal emission, frequency of urination, retention of urine, hernia, irregular menstruation, morbid leukorrhea, dysmenorrhea, uterine bleeding, postpartum hemorrhage, lower abdominal pain, indigestion, diarrhea, prolapse of the rectum.

CV6 On the midline of the abdomen, 1.5 tsun below of the umbilicus.

Actions: Regulates the Qi functions, strengthens the deficient Kidneys.

Benefits: Good for abdominal pain, enuresis, nocturnal emission, impotence, hernia, edema, diarrhea, dysentery, uterine bleeding, irregular menstruation, dysmenorrhea, amenorrhea, morbid leukorrhea, post-partum hemorrhage, constipation, asthma.

BL67 On the lateral side of the small toe, about 0.1 tsun posterior to the corner of the nail.

Actions: Clears the brain, and regulates pregnancy and childbirth.

Benefits: Good for headache, nasal obstruction, nose bleeds, pain in the eyeball, malposition of the fetus, difficult labor, retention of afterbirth, feverish sensation in the foot.

GB21 Midway between DU14, and the acromion, at the highest point of the shoulder.

Benefits: Good for pain and rigidity of the neck, pain in the shoulder and back, motor impairment of the arm, insufficient lactation, mastitis, scrofula, difficult labor.

GV26 A little bit above the midpoint of the philtrum, near the nostrils.

Actions: Clears the senses, cools the heat, calms the mind, benefits the lumbar vertebra.

Benefits: Good for mental disorders, epilepsy, hysteria, infantile convulsion, coma, unconsciousness or incapacity resulting from a cerebral hemorrhage or stroke, spasms of the jaw muscles, causing the mouth to remain tightly closed, deviation of the mouth and eyes, puffiness of the face, pain and stiffness of the lower back.

ST3 At the level of the lower border of the zygomatic bone.

Benefits: Good for facial paralysis (Bell's Palsy), twitching of the eyelids, nose bleeds, toothache, swelling of the lips and cheeks.

ST4 Lateral to the corner of the mouth, directly below ST3.

Benefits: Good for deviation of the mouth, salivation, twitching of the eyelids.

GB30 At the junction of the lateral 1/3, and the medial 2/3 of the distance, between the greater trochanter, and the hiatus of the sacrum.

Actions: Benefits the lower back and leg.

Benefits: Good for pain in the lumbar region, and the thigh, muscle atrophy of the lower limbs, hemiplegia (paralysis of one side).

GB34 In the depression, anterior and inferior, to the head of the fibula.

Actions: Benefits the Liver and Gallbladder, clears and cools dampness and heat, strengthens joints and bones.

Benefits: Good for hemiplegia (paralysis of one side), weakness, numbness and pain of the lower extremities, swelling and pain of the knee, beriberi (deficiency of vitamin B1), hypochondriac pain, bitter taste in the mouth, vomiting, jaundice, infantile convulsions.

LV12 Inferior and lateral to the pubic. Spine, 2.5 tsun lateral to the CV (Ren), at the inguinal groove, lateral and inferior to ST30.

Benefits: Good for lower abdominal pain, hernia, pain in the external genitalia.