

Major Group	Pinyin	English	Location	Needling (& Cautions)	Indications	REF
Head and Neck	Sishencong	4 clever points	1 cun post, ant & lat to Du-20	tranverse 0.5 > 1.0 either twds Du-20 (big stim), away from Du-20 (less stim), clockwise (tonify), or anticlockwise (reduce)	concentration, poor memory, headache, insomnia	D p.565
	Yintang	Hall of Seals	midway btwn eyebrows and glabella	sup or inf using pinch method ~0.5 cun	headache, emotional imbalance, stress, depression. facelifting. nasal symptoms	D p.565
	Yuyao	Fish waist	midway in eyebrow, sup to eyeball	pinch method twds manifestations 0.3. > 0.5 cun	eyelid twitching and ptosis	D p.566
	Quihou	behind the ball	inf border of eye 1/2 btwn ST-1 and outer canthus	0.2 > 0.5 (see cautions for ST-1 & BL-1)	eye diseases	D p.566/7
	Taiyang	Supreme brightness	tender depr 1 cun post to midpoint btwn lat eyebrow and outer canthus	perp 0.3 > 0.5, bleed point for excess headache	eye problems and headache esp one-sided	D p.567
	Bitong	Open the nose	highest pt on naso-labial groove	tranverse twds bridge of nose 0.3 > 0.5 cun	allergies, congestion, epistaxis, nasal discharge etc	D p.568
	Jianchengjiang	Adjacent to the container of fluids	1 cun lat to Ren-24	perp 0.3 > 0.5, or transverse 0.5 > 1.0	deviation of mouth (stroke, Bell's palsy etc)	D p.570
	Jinjin and Yuye	Golden Liquid & Jade Fluid	pair of points on veins on either side of sublingual frenulum L = JJ, R = YY	prick to bleed	clear heat, reduce swelling, benefits tongue, generates fluids, treats diabetes = wasting and thirsting disease	D p.570
	Qianzheng	Pull straight	0.5 to 1.0 cun ant to earlobe lwr border	perp 0.5 > 1.0	deviation of mouth (stroke, Bell's palsy etc)	CAMS p.255
	Anmian	Peaceful sleep	behind ear 1/2 dist btwn GB-20 & SJ-17, norm post & sup to GB-12 (sometimes coincident)	perp 0.5 > 1.0	insomnia, vertigo, headache	D p.569
	Bailao	100 taxations	on back of neck, 2 cun sup to Du-14 @ C-7, 1 cun lat to mid line, 1 cun inf to hairline	perp 0.5 > 1.0	reduce symptoms of TB in LU, coughing blood, dyspnea, deep heat in bones, big yin xu	D p.569
	Erjian	Tip of ear	apex of ear	prick to bleed	acute excess esp heat in eyes, ears, throat, but good for whole body	D p. 568

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Hand	Shixuan (also tips of toes)	10 diffusions	tip of each digit, overlaps with Jing Well point PC-9	prick to bleed	revive LoC, drain heat, calm wind	D p.578
	Sifeng	4 seams	palmar surface of hand @ midpoint of tranverse crease of prox interphalangeal joints	prick to bleed or squeeze for serous fluid	childhood nutritional impariment (nothing to say won't work on adults) increase digest enzym activity, balances electrolytes and minerals	D p.578
	Zhong Kui	Middle eminence	dorsum of middle finger @ mid point of prox interphalangeal joint	moxa only	ST Qi reb = nausea, vomit, hiccup, SP Qi Xu = low appetite	CAMS p.259
	Baxie	8 evils	web of fingers where skin changes texture or color = hand equiv of Bafeng, overlaps with Ying Spring point SJ-2	perp 0.3 > 0.5 or squeeze blood for bites	ashi points for pain, circulation, arthritis, snake bites	D p.579
	Luozhen	Fall off pillow (stiff neck)	btwn 2nd and 3rd digits, btwn metacarpal-phalangeal joint on dorsum of hand. Opposite P-8 on palmar surface	perp 0.5 > 0.8 with strong stimulation	neck pain, esp acute, leave needle in and do ROM. Combine w BL-60	D p.580
	Yaotongxue	Lumbar pain point	btwn 2nd & 3rd and 4th & 5th digits on both sides of ext digit, where bones separate distal to wrist crease on dorsum of hand	perp 0.5 > 1.0	acute lumbar pain = lumbago point	D p.580
	Erbai	2 whites	4 cun prox to PC-7 @ wrist crease, on either side of flex carp rad tendon	perp 0.5 > 1.0	hemorrhoids, rectal prolapse	D p.581
	Zhou Jian	Elbow Tip	tip of the olecranon	moxubustion ONLY	transform phlegm & swelling, scrofula, carbuncles, faruncles, deep-rooted ulcers and intestinal abscess	D p.581
	Jianqian aka Jianneiling	Front of shoulder	either a) 1 cun sup to axilla fold, or b) mid pt btwn LI-15 and axilla fold	perp 0.5 > 1.0, electrostim possible, moxa also poss	ashi point for pain	D p.582
Foot	Baichongwo	100 insect burrow	3 cun sup to sup border patella in bulge of vastus medialis, with knee flexed, 1 cun sup to SP-10	perp 1.0 > 2.0	skin itches and rashes, digestive parasites (but herbs prob better in this case)	D p.583
	Heding	Crane's summit	depression at mid point of sup border patella	oblq 0.5 > 1.0 twds manifestation	knee issues	D p.583
	Xiyan	Knee eyes	med & lat to patellar ligament, immed inf to patella. Lateral point overlaps with ST-35	perp 0.5 > 1.0	acute or chronic knee pain	D p.584
	Lanweixue	Appendix point	tender spot ~2 cun distal to ST-36 (both legs)	perp 1.5 > 2.0, strong stim, 30 secs to 3 mins, can increase peristalsis of appendix	acute or chronic appendix issues, LV heat, LV toxic heat, activates Qi and Xue	D p.584
	Zhong Ping	Shoulder Point	1 cun inf to ST-36	use 3 cun needle perp 2.5, strong stim to feel Qi	frozen shoulder	Acupuncture Today, 2002, vol. 3
	Dannangxue	Gall Bladder point	tender spot 1-2 cun distal to GB-34 (both legs)	perp 1.0 > 2.0	acute and chronic cholecystitis, disease of bile duct, GB stones, inflamm GB	D p.585
	Bafeng	8 Winds	web of toes = foot equiv of Baxie, overlaps with Ying Spring points LV-2, ST-44, GB-43	oblq 0.5 > 1.0	clears heat, reduce swelling, bites, arthritis	D p.586

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Front	Sanjiaoju	3 angle moxibustion	using width of mouth, make an equilat triangle with Ren-8 as the apex	a) can needle b) moxa cones	abdominal pain & hernia, expel cold	D p.576
	Tituo	Lift and support	4 cun lat to Ren-4, which is 3 cun inf to Ren-8	perp 0.8 > 1.2 cun	abd organ prolapse esp UT/ST/Hernia	D p.577
	Zigong	Uterus	3 cun lat to Ren-3, which is 4 cun inf to Ren-8 & 1 cun sup to pub symph	perp 0.8 > 1.2 cun	functional and physical UT issue in women, hernia in men	D p.576
Back	Dingchuan	stop wheezing / calm dyspnea	0.5 > 1.0 cun lat to Du-14 @ C-7, palpate for tenderness	perp 0.5 > 1.0 cun	treat acute asthma, wheezing, SoB, while Pt has symptoms. Do not use in remission	D p.572
	Hua Tuo Jaiji	Hua Tuo's paravertebral points	0.5 > 1.0 cun lat to T-1 through L-5	oblq med 0.5 > 1.0	combines functions of 1st BL line and Du, therefore often used as substitute for both. Also treats nerve syptoms emanating at each level	D p.574
	Weiguanxiashu	Pancreas/insulin/diabetes point	1.5 cun lat to T-8 on 1st BL line	oblq med 0.5 > 1.0 (see cautions for 1st BL-line)	diabetes, wasting/thirsty syndrome	D p.573
	Jing Gong	Essence Palace	0.5 cun lat to BL-52	same as 2nd BL line	strengthens willpower and Jing	Some sources = DU 4 or BL52
	Shiqizhuixia	Below 17th vertebra	level w BL-26, @ L-5 below Du-3	perp 0.5 > 1.0 cun (see cautions for Du)	lower back pain, paralysis in lwr limbs	D p.574
	Yaoyan	Lumbar Eyes	in depression 3.5 cun lat to L-4 (Du-3)	perp 1.0 > 1.5 cun	lower back pain, KI Xu	D p.573
	Yaoqi	Lumbar Extra	2 cun sup to tip of coccyx	subcutaneous, upward 1.0 > 1.5 cun, downward to clear heat b4 seizure	epilepsy	CAMS p.257
	Huanzhong	Circle middle	midway btwn GB-30 & Du-2, which is 2/3 distance from grt troch to Du-2	perp 2.0 > 3.0 cun (same as GB-30)	hip pain and sciatica	CAMS p.261