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# PICTORIAL ATLAS OF ACUPUNCTURE

An illustrated manual of acupuncture points

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with a preface by  
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*h.f.*fullmann

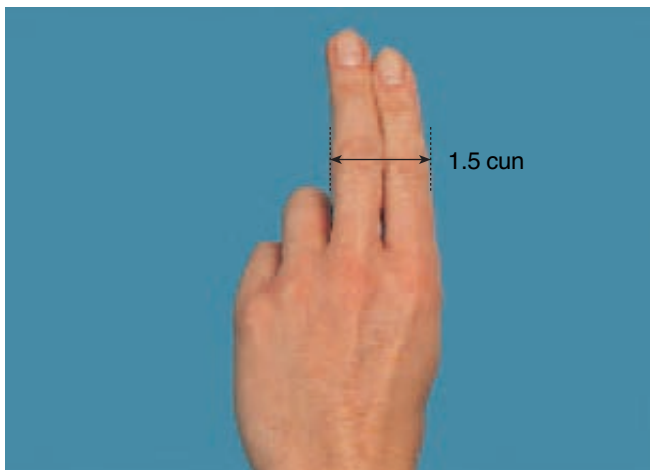
# 1 The Basic Principles

## 1.1 Acupuncture Measurements

In acupuncture the body is measured not in absolute units, but in the relative, proportional units of a given patient. The distances are determined by anatomical-topographical landmarks. The basic unit of measurement in Chinese acupuncture is the cun.

### Finger measurements

The finger measurements are obtained from the measurements of the thumb and fingers of a patient. The width of the index and middle fingers at the level of the interphalangeal joint is 1.5 cun.



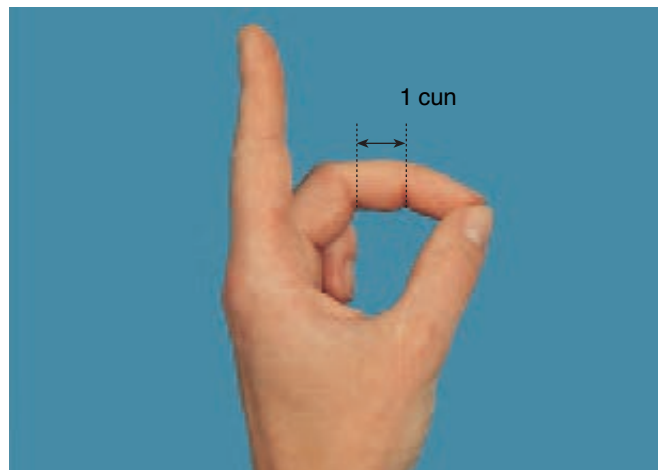
### Thumb measurement

The width of the thumb at the level of the interphalangeal joint is 1 cun.



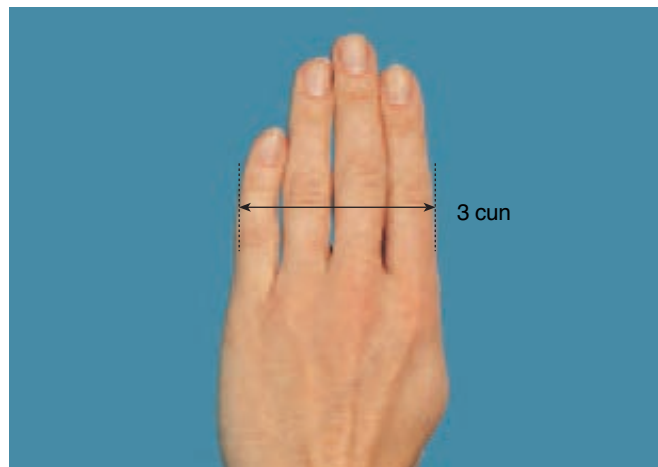
### Middle finger measurement

When the tip of the middle finger is placed on the tip of a (moderately stretched) thumb, the distance between the creases of the two interphalangeal joints of the middle finger is also 1 cun.



### Cross finger measurement

The width of the four fingers held together (at the level of the proximal interphalangeal joint of the longer fingers) is 3 cun.



### 1.2 Acupuncture Techniques

#### Positioning the patient

Successful acupuncture treatment requires the comfortable and relaxed positioning of the patient. Appropriate positioning can in most cases prevent collapsed needling and any resulting complications. The patient is usually treated lying on his back or stomach but also on his side when the needling of specific points (for example lumboischialgia) is required. When needling affects the stomach or back, the patient is repositioned once the appropriate needling has been performed.

#### Needling techniques

Any needling is preceded by the appropriate disinfection of the skin.

#### Basic grip

The grip of the needle is secured between the thumb and index finger of the needling hand. The tip of the middle finger supports the needle and assists in insertion. The second hand can either secure the needling area or help in insertion.

#### Needling in taut skin

The thumb and index finger or thumb and middle finger of the guiding hand tighten or stretch the main area surrounding the acupuncture point. This technique facilitates needling, in particular where a point is located in soft tissue – such as in the abdominal region.



#### Needling using nail pressure

Moderate pressure is exerted with the nail of the thumb or index finger into the intended needling point. Needling takes place against the nail, which helps to guide the needle and fix the acupuncture point. This technique may reduce needling pain and is useful in muscles where tissue is not particularly flexible.



#### Insertion with a guiding hand

The needling of deeper points requires the use of longer needles. In order to prevent deviation from the direction of insertion or needle bending, the second hand is used to guide the needle. Here, the needle shaft is secured between two sterile swabs. This technique is applied in points located deep inside the muscle (for example GB 30).



## Acupuncture Points of the Principal Channels – the Bladder Channel (Bl)

### Bl 16 Du Shu Governor Shu

---

- L:** at the level of the depression inferior to the spinous process Th6, 1.5 cun lateral to the dorsal midline
- T:** 0.5–0.8 cun oblique medially; moxibustion
- P:** unbinds the chest and alleviates pain, regulates Qi and eliminates tension
- A:** 1. pectoral angina  
2. stomach pains, abdominal pain
- Pec:** CAUTION, AVOID PNEUMOTHORAX!



### Bl 17 Ge Shu Diaphragm Shu

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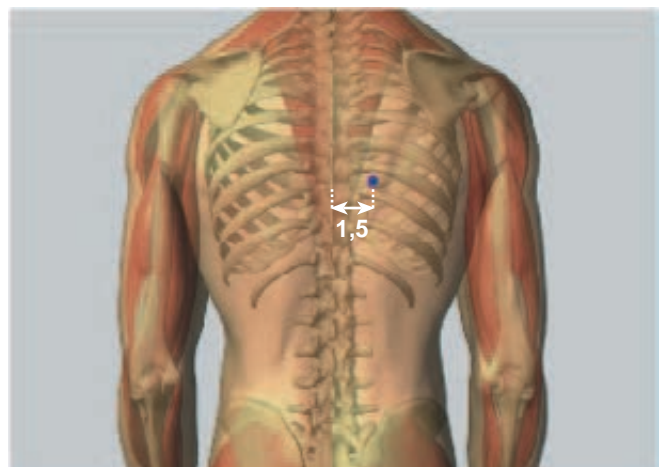
- L:** at the level of the depression inferior to the spinous process Th7, 1.5 cun lateral to the dorsal midline
- T:** 0.5–0.8 cun oblique medially; moxibustion
- P:** replenishes and soothes the blood, unbinds the chest and alleviates pain, descend inverted Qi
- A:** 1. anemia  
2. stopping the bleeding from superior orifices  
e.g. epistaxis, coughing or spitting blood  
3. bronchial asthma, spastic bronchitis  
4. hiccups
- Pec:** meeting (master) point (Hui) of the blood  
CAUTION, AVOID PNEUMOTHORAX!



### Bl 18 Gan Shu Liver Shu

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- L:** at the level of the depression inferior to the spinous process Th9, 1.5 cun lateral to the dorsal midline
- T:** 0.5–0.8 cun oblique medially; moxibustion
- P:** decongests the liver and benefits bile, promotes all-round calmness and releases cramp
- A:** 1. certain liver and gall bladder dysfunctions  
e.g. hepatitis, cholecystitis  
2. psychic and psychosomatic dysfunctions  
e.g. epilepsy  
3. diseases of the eye e.g. glaucoma, night blindness, diseases of the eye nerve
- Pec:** back-Shu-point of the liver  
CAUTION, AVOID PNEUMOTHORAX!



## Acupuncture Points of the Principal Channels – the Kidney Channel (Ki)

### 2.2.8 The kidney channel (Ki)

#### Synonyms

- The kidney-meridian
- The Foot-Shaoyin Kidney Channel

#### Channel pathway

There are 27 acupuncture points on the surface pathway of the kidney channel.

The surface pathway of the channel originates at the underside of the little toe and ascends to point Ki 1 on the sole of the foot. From here, the channel traverses the arch of the foot to the navicular bone and the region inferior to the bone on the instep of the foot. The channel then performs a loop, which reaches under the inner bone and ascends again to the posterior part of the inner side of the lower leg in front of the Achilles tendon. However, point Ki 8 is located at the posterior border of the tibia, distal to point Sp 6, which is also traversed by the kidney channel. The channel then continues to ascend the leg to the medial side of the popliteal fossa and traverses the posterior aspect of the inner thigh to the region of the pubic symphysis.

The inner pathway of the channel begins at point Ki 11, ascending over the spine before branching off to connect with its organ, the kidney, and connecting with the bladder. Another branch runs from the kidney via the liver and

diaphragm to the lung, where it connects with the heart and where other branches in the centre of the chest lead to the pericardium channel. From the lung the channel ascends lateral to the larynx and pharynx to terminate at the root of the tongue.

The surface pathway ascends from the pubic symphysis to the lower and upper abdomen, where the channel runs strictly parallel to the midline. It then traverses the chest alongside the midline at a slightly greater distance from the midline to the angle at the chest and clavicle joint. From about point Ki 25 a branch runs to the heart and lungs.

**Ki**

## Acupuncture Points of the Principal Channels – the Gall Bladder Channel (GB)

### GB 37 Guang Ming Bright Light

- L:** 5 cun proximal to the maximum prominence of the lateral malleolus, on the anterior border of the fibula
- T:** 1–1.5 cun perpendicular;  
moxibustion
- P:** clears the liver and sharpens eyesight, eliminates sensation of tension and alleviates pain
- A:** 1. certain diseases of the eye, e.g. ceratitis, glaucoma, night blindness  
2. sense of tension and pain in the breast in the early stage of mastitis
- Pec:** connecting point (Luo)



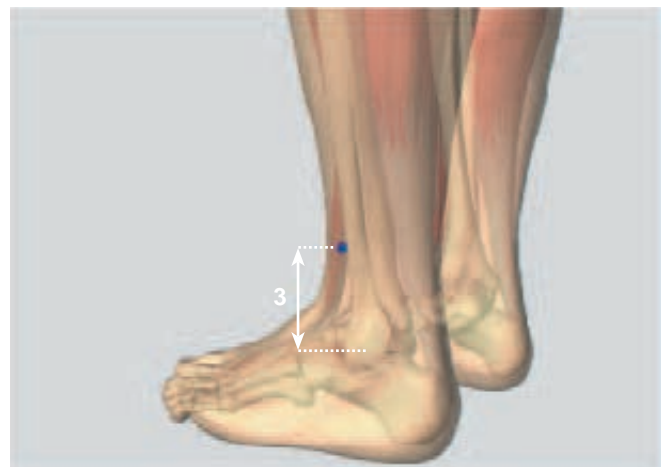
### GB 38 Yang Fu Yang Assistance

- L:** 4 cun proximal to the maximum prominence of the lateral malleolus, on the anterior border of the fibula
- T:** 1–1.5 cun perpendicular;  
moxibustion
- P:** expels wind and clears heat, decongests and activates the channel and its vessels
- A:** 1. one-sided headache  
2. pains in the lateral thorax, flank, and the lower extremity  
3. one-sided paralysis in cerebro-vascular disease
- Pec:** Jing (river) point (4th Shu-point)



### GB 39 Xuan Zhong Suspended Bell

- L:** 3 cun proximal to the maximum prominence of the lateral malleolus on the anterior border of the fibula
- T:** 1–1.5 cun perpendicular;  
moxibustion
- P:** decongests and activates the channel and its vessels
- A:** 1. one-sided paralysis in cerebro-vascular diseases  
2. disorders of the cervical-spinal column  
3. pains and loss of strength in the lower leg
- Pec:** meeting (master) point (Hui) of the marrow



**GB**



## Acupuncture Points of the Principal Channels – the Liver Channel (Lv)

### Lv 1 Da Dun Big Mound

---

- L:** 0.1 cun proximal to and lateral to the base and corner of the nail of the big toe
- T:** 0.1–0.2 cun oblique; prick to bleed; moxibustion
- P:** decongests the liver and regulates Qi, regulates menstruation and promotes urination
- A:** 1. external abdominal hernias  
2. anovulatory dysfunctional uterine bleeding  
3. diseases of the bladder, e.g. urinary retention, urinary incontinence, infections of the urinary tract (restores balance)
- Pec:** Jing (well) point (1st Shu-point)



### Lv 2 Xing Jian Moving Between

---

- L:** between the first and second metatarso-phalangeal joints, at the border of the interdigital skin between the first and second toe, at the dividing line between red and white flesh
- T:** 0.5–0.8 cun oblique; moxibustion
- P:** soothes the liver and expels wind, regulates menstruation and promotes urination
- A:** 1. hypertension  
2. certain gynecological disorders, e.g. anovulatory dysfunctional uterine bleeding, dysmenorrhoea, amenorrhoea  
3. diseases of the bladder, urinary incontinence  
4. cerebro-vascular diseases, apoplexy
- Pec:** Xing (spring) point (2nd Shu-point)



### Lv 3 Tai Chong Great Rushing

---

- L:** on the dorsum of the foot, in the depression distal to the proximal corner between the first and second metatarsal bones
- T:** 0.5–0.8 cun perpendicular; moxibustion
- P:** soothes the liver and expels wind, decongests the liver and regulates Qi, strengthens the spleen, and transforms dampness
- A:** 1. hypertension  
2. irregular menstruation  
3. urinary incontinence, urinary retention  
4. psychic and psychosomatic disorders, epileptic fits  
5. pain and restricted movement in the lower extremity and the foot
- Pec:** Shu (stream) point (3rd Shu-point), Qi-source-point (Yuan)



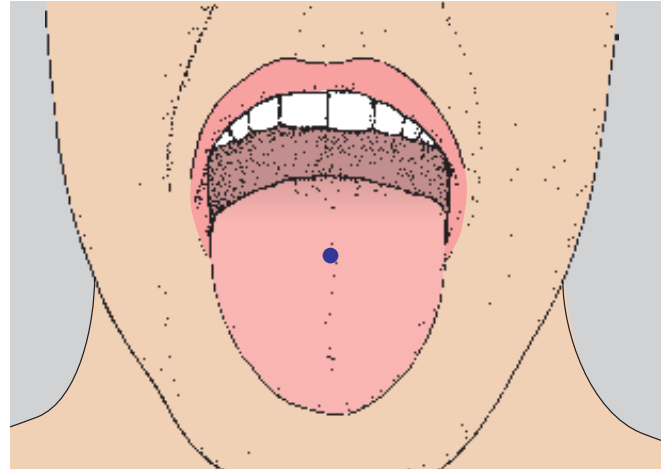
Lv

## Channels and Points – Extraordinary Points on the Head and Neck (Ex-HN)

### Ex-Hn

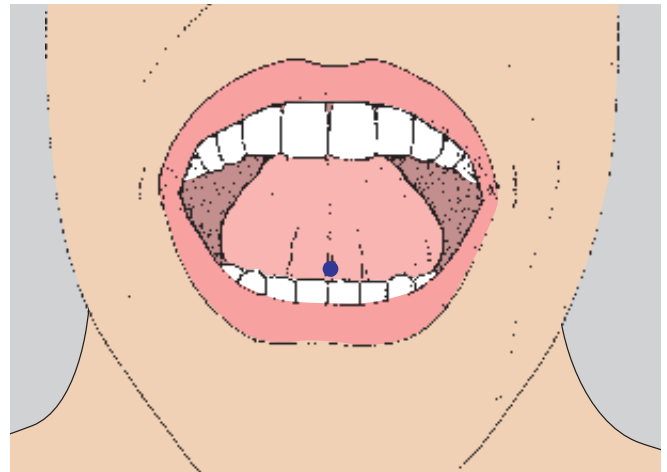
#### Ex-HN 10 Ju Quan Gathering Source

- L:** at the midpoint on the dorsal midline of the tongue  
**T:** 0.1–0.2 cun perpendicular  
**P:** clears heat and promotes body fluids, alleviates coughing and breathing difficulty  
**A:** 1. diabetes mellitus  
2. paralysis of the tongue  
3. bronchial asthma, bronchitis



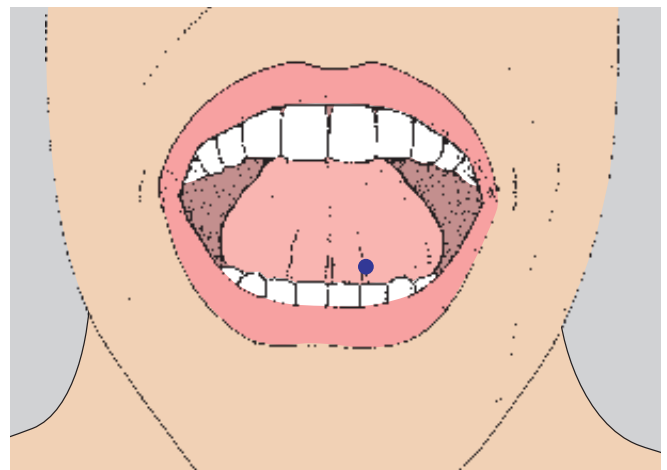
#### Ex-HN 11 Hai Quan Sea Source

- L:** at the midpoint of the frenulum of the tongue  
**T:** prick to bleed only  
**P:** promotes body fluids, alleviates thirst, clears heat, and reduces edema  
**A:** 1. diabetes mellitus  
2. acute inflammation of the mouth



#### EX-HN 12 Jin Jin Golden Fluid

- L:** on the vein of the inferior side of the tongue, to the left of the frenulum  
**T:** prick to bleed only  
**P:** clears heat and reduces edema, opens the senses and eliminates muteness  
**A:** 1. acute inflammations of the mouth cavity, e.g. stomatitis aphthosa  
2. motor aphasia  
3. acute tonsillitis





## Nomenclature

Term used in this atlas	Chinese name	Alternative synonymous terms
<b>Back-Shu-Point</b>	Bei Shu Xue	<ul style="list-style-type: none"> <li>• Applause Point</li> <li>• Back (Shu) Transport Point</li> <li>• Concordance Point</li> <li>• Dorsal Segment Point</li> <li>• Influence Point in the Back</li> <li>• Yu-Point</li> </ul>
<b>Channel</b>	Jing	<ul style="list-style-type: none"> <li>• Meridian</li> </ul>
<b>Cleft Point</b>	Xi Xue	<ul style="list-style-type: none"> <li>• Acute Point</li> <li>• Border Point</li> </ul>
<b>Confluent Point</b>	Ba Mai Jiao Hui Xue	<ul style="list-style-type: none"> <li>• Cardinal Point</li> <li>• Connecting Point</li> <li>• Opening Point</li> <li>• Reunion Point</li> <li>• Tuning Point</li> </ul>
<b>Connecting Point (Luo)</b>	Luo Xue	<ul style="list-style-type: none"> <li>• Crossing Point</li> <li>• Passage Point</li> </ul>
<b>Dampness</b>	Shi	<ul style="list-style-type: none"> <li>• Cold-Dampness</li> </ul>
<b>Du Mai</b>	Du Mai	<ul style="list-style-type: none"> <li>• The Channel</li> <li>• The Governing Vessel</li> <li>• The Vessel</li> </ul>
<b>Emptiness</b>	Xu	<ul style="list-style-type: none"> <li>• Energy Deficiency</li> <li>• Underfunctioning</li> <li>• Weakness</li> </ul>
<b>Extraordinary Vessels</b>	Qi Jing Ba Mai	<ul style="list-style-type: none"> <li>• Extraordinary Meridians</li> <li>• Unpaired Channels</li> <li>• Unusual Meridians</li> <li>• Wonder Meridians</li> </ul>
<b>Extraordinary Points</b>	Jing Wai Qi Xue	<ul style="list-style-type: none"> <li>• Extra Points</li> <li>• New Points (NP)</li> <li>• Points outside the Meridians</li> </ul>

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