

Table of Contents

Part I: Characters

Introduction	1
Influences on the Development of Point Names	1
Point Name Taxonomy	3
A Brief Discussion of Chinese Characters	9
Radicals	10
Character Categories	16

Part II: Point Names

The Lung Channel	23
The Large Intestine Channel	36
The Stomach Channel	56
The Spleen Channel	100
The Heart Channel	120
The Small Intestine Channel	128
The Bladder Channel	143
The Kidney Channel	196
The Pericardium Channel	223
The Triple Burner Channel	231
The Gallbladder Channel	252
The Liver Channel	291
The Conception Vessel	303
The Governing Vessel	327
Appendix A: Glossary of Single Characters	353
Appendix B: Special Point Groupings	414
Index One: (English) Main Point Names	419
Index Two: (Pinyin) Primary & Alternate Point Names	429
Bibliography	456
Alphanumeric Point Index	461

Triple Burner Channel

(Hand Shao Yang)

手少陽三焦經

關衝

Passage Hub

TB-1 (*guān chōng*)

關 *guān*: passage, gate, door

衝 *chōng*: hub, thoroughfare; 沖 *chōng* surge, flush

Classical Location: On outer side of the finger next to the little finger, the width of a Chinese leek leaf away from the corner of the nail. (Great Compendium)

Point Associations Well-jing (metal) point.

Explanation of Point Name

The word passage (關 *guān*) in the point name reflects the function of the triple burner as a conduit for the passage of qi from the upper to the lower body. Here, the character 衝 *chōng* may be considered as a reference to PC-1 as a point where the qi changes channels i.e., a hub.

This point is located on the tip of the ring finger. The names of the points on the tips of the middle and small

fingers include the character 衝 (沖). The ring finger lies in between the other hubs, PC-9 and HT-9, resembling a passageway between them. The character 沖 *chōng* also may refer to the surging flow of qi at this point.

The qi at the well-jing points is usually described as small and still, like the water of a well. It is perhaps the nature of the reaction that these points evoke when they are needed that results in them also being described as places of surging qi. PC-9 and HT-9 are other well-jing points that have the character 沖 *chōng*, to surge, in their point names.

液門

Humor Gate

TB-2 (yè mén)

液 *yè*: humor, water, fluid

門 *mén*: gate, door

Alternate Names

Armpit Gate	掖門	<i>yè mén</i>
Humor Gate	液門	<i>yè mén</i>

Classical Location: In the depression between the little finger and the one next to it. (*Systematized Canon*)

Point Associations: Spring-ying (water) point.

Explanation of Point Name

TB-2 is the spring-ying (water) point of the triple burner channel. Since the triple burner channel is responsible for water distribution in the three burners, its water point is especially important. The character 液 *yè* means humor, i.e.,

the thicker fluids in the body, and highlights the moistening function of this point. The ideograph 門 *mén* refers to the entry and exit of qi at this point; hence the appellation Humor Gate. The functions of this point of addressing vexation heat, increasing fluids and regulating the waterways are all reflected in its name.

In the earliest extant text devoted entirely to acupuncture, the *Systematized Canon of Acupuncture and Moxibustion*, this point is called Armpit Gate. Note the similarity of the characters 腋 *yè*, armpit, and 液 *yè*, humor. This earlier name may have referred to the effectiveness of this point in treating disorders of the upper arm. Formerly the word for armpit was sometimes written 掖 instead of 腋, i.e., with the hand (or arm) radical instead of the flesh radical, thus resulting in two alternate names of the same meaning.

中渚

Central Islet

TB-3 (*zhōng zhǔ*)

中 *zhōng*: central, middle

渚 *zhǔ*: an islet

Alternate Name

Lower Metropolis

下都

xid dū

Classical Location: In the depression behind the base joints of the little finger and the one next to it, one inch from Humor Gate (TB-2). (*Great Compendium*)

Point Associations: Stream-shu (wood) point.

Explanation of Point Name

This point is located between Humor Gate (TB-2) and Yang

Pool (TB-4). The name Central Islet can be seen to liken the point to a small island between two bodies of water.

The name of this point may be further considered as a reminder of triple burner functions. The character 中 *zhōng* (center) may be construed as a reference to source qi, which is sometimes called 中 and is moved by the triple burner, while 渚 *zhǔ* (islet) calls to mind the triple burner's governance of the waterways since an island can also dictate the flow of water.

This point is also the wood point of the triple burner channel. Wood can block the flow of water, causing water to flow around it just as if it were a small island.

陽池

Yang Pool

TB-4 (*yáng chí*)

陽 *yáng*: yang, the complement of yin

池 *chí*: pool, pond

Alternate Name

Divergent Yang 別陽 *bié yáng*

Classical Location: In a depression on the back of the wrist; feel straight along from the base joint of the fingers to the center of the wrist. (*Great Compendium*)

Point Associations: Source-yuan point of the triple burner.

Explanation of Point Name

In the landscape of the body the spot where TB-4 is located resembles a pond, i.e., a shallow depression where water