


Ub 20 acupuncture point location

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stimulation only during pregnancy. This is primarily a concern for acupuncture, but strong stimulation should be avoided. UB 62, Shen Mai, Expansion of the ship's location: Depressed right under the side tip of the ankle. For an alternative view of UB, see Appendix 1, A12. Features: soothes the spirit, relaxes muscles, cleans the wind, reduces pain. Indications: Headache, dizziness, insomnia, back pain, heel pain, epilepsy. Especially helps: headaches, insomnia. Kidneys, Legs Shaoyin K 1, Yong Cuan, Bubbling Well Location: On the middle line of the sole of the foot. From where the feet join the leg, about one-third of the distance to the heel. Features: Recharges the kidneys, nourishes Yin, soothes the spirit, soothes the liver, cleans the wind. Indications: Headache, dizziness, sore throat, insomnia, loss of voice, painful or difficult urination. Especially helps: Shock (strong point of rebirth), K 3, Tai Xi, Great Stream Location: In the depression between the medial tip of the ankle and the Achilles tendon; the opposite side of the UB 60. For alternative views of K 3 see Appendix 1, A10, A11 drawing and A13. Features: Recharges the kidneys, nourishes Yin, cools the heat, strengthens the back and knee. Indications: Sore throat (from long Yin deficiency), deafness, tinnitus, toothache, lower back pain, male sexual dysfunction, irregular menstruation, insomnia, excessive urination or urinary incontinence. Especially helps: To ensure balance in all kidney disharmonies; building kidneys Yin, Yang, and qi. K 6, Zhao Hai, Light Sea Location: In depression directly below the medial tip of the ankle. For alternative views K 6 cm. Appendix 1, Figure A10 and Figure A13. Figure 13.9 (Kidney acupressure points) Features: Recharges the kidneys, nourishes Yin, cleans the heat, soothes the spirit, regulates menstruation. Indications: Irregular or painful menstruation, leukaemia (vaginal discharge), frequency or retention of urine, insomnia, sore throat. Especially helps: Build yin kidneys, sore throat. K 7, Fu Liu, Recovery Flow Location: 2 Cun directly over K 3, on the front boundary of the Achilles tendon. For alternative views of K 7 see Appendix 1, A10 drawing and A13 pattern. Features: Recharges the kidneys, tonics The kidneys Jan, consolidates the surface (Wahey) and regulates sweating. Indications: Inflammation of the kidneys or egg, urinary tract infections, swelling, insufficient or excessive sweating, spontaneous sweating, night sweats, back pain, abdominal gum. K 10, Yin Gu, Yin Valley Location: With knee bent, on the medial side parts of the knee crease, between the tendons found there. For alternative view views 6, see annex 1, A10 drawing and A11. Features: Benefits of kidneys, nourishes Yin, regulates menstruation. Indications: impotence, hernia, urogenital disorders, dysfunctional uterine bleeding, knee pain. K 13, Chi Xue, Chi Hole Location: 3 Kun below the navel, .5 Kang sideline to middle line (.5 Kun sideline Ren 4). For an alternative view, K 13 cm. Appendix 1, A8. Features: Supplements of the kidneys of qi, regulates Chong and Ren meridians. Indications: Gynecological disorders, painful urination, abdominal pain. WARNING: Soft to moderate stimulation only during pregnancy. This is primarily a concern for acupuncture, but strong stimulation should be avoided. K 16, Huang Shu, Vitaly Transport Point Location: .5 Kahn side navel. For an alternative view K 16 cm. Appendix 1, Figure A8. Function: Harmonizes the stomach, regulates the colon qi. Indications: hernia, constipation, abdominal pain. WARNING: Soft to moderate stimulation only during pregnancy. This is primarily a concern for acupuncture, but strong stimulation should be avoided. K 27, Shu Fu, Transportation Mansion Location: At the lower boundary of the collarbone, 2 kuna sideline to the middle line. For an alternative view K 27 cm. Appendix 1, drawing A8. Features: Supports Yang's kidneys, opens the lungs, descends rebellious qi. Indications: cough, asthma, chest pain, bronchitis. Pericardium, Hand Jueyin P 3, Cue, Marsh on bend Location: In the middle of the ulnar folds, only for the ulnar (little finger) side of the biceps tendon. For an alternative view, P 3 cm. Appendix 1, Figure A1. Features: Corrects the heart of qi, cleans the heat from the blood, harmonizes the stomach, soothes the spirit. Indications: heart pain, palpitations, abdominal pain, fever and related diseases (e.g. fever causing seizure), vomiting, pain in the arm and elbow. P 6, Nei Guan, Inner Gate Location: 2 Kun above the wrist crease, between the tendons. For an alternative view, P 6 cm. Appendix 1, Drawing A1. Functions: Regulates the heart of qi, soothes the heart and spirit, clears the mind, strengthens the spleen, regulates the liver, benefits the abdominal organs, suppresses pain. Indications: Heart pain, palpitations, pain below the ribs, stuffy breasts, abdominal pain, nausea, vomiting, mental disorders, epilepsy, insomnia, irritability. Especially helps: nausea (movement sickness, morning sickness). P 7, Da Ling, Big Mound Location: In the middle of the wrist fold, between the tendons. For an alternative view, P 7 cm. Appendix 1, Figure A1. Figure 13.10 (Pericardia acupressure points) Features: cleanses the heart, soothes the spirit, harmonizes the stomach, cleans the heat, relaxes the joint. Indications: Heart pain, palpitations, abdominal pain, chest and wrist pain, insomnia. Especially helps: carpal tunnel syndrome. Sangjiao, Hand Shaoyang SJ 3, Jun Shu, Medium Medium Location: On the back of the hand, in a proximal depression for the joints of small and nameless fingers. For alternative views, SJ 3 see Appendix 1, A2 drawing and A3. Features: cleans the heat, activates the channels, benefits the vision and hearing, opens the throat. Indications: tinnitus, deafness, headache, sore throat, fever, pain in the elbow and arm. Especially helps: Ears. SJ 5, Wai Guan, Outer Gate Location: 2 Cun proximal to the back of the wrist fold, between two bones. Features: cleans the heat, releases the surface, benefits vision and hearing, facilitates the circulation of qi. For alternative views of SJ 5 cm. Appendix 1, drawing A2 and drawing A3. Indications: cold, fever, pneumonia, headache, deafness, tinnitus, stiff neck muscles, pain in the arm and elbow. Especially helps: Immune system. SJ 6, Ji Gao, Branch Kanawa Location: 3 Cun proximal in the back of the wrist fold, between two bones. For alternative views of SJ 6 see Appendix 1, A2 and A3. Function: Smooths the liver, spreads qi, opens the intestines, sharpens the hearing. Indications: Deafness, tinnitus, constipation, chest and rib pain. Especially helps: Constipation. Figure 13.11 (Sanjiao Acupressure Points) SJ 17, Yi Feng, Wind Screen Location: Directly behind the earlobe, depressed behind the middle jaw (between the lower jaw and the mastoid process). For an alternative view, SJ 17 cm. Appendix 1, A6. Features: Benefits of hearing and vision, frees the qi flow in the canals, opens and relaxes the throat. Indications: tinnitus, deafness, facial paralysis, toothache, inflammation of the parotid glands (pig), painful or locked jaws. Especially helps: Ears. SJ 21, Er Men, Ear Gate Location: In bony depression right in front of the top of the deck (a triangular flap of skin in front of the ear canal.) For an alternative presentation of SJ 21 cm. Appendix 1, drawing A6. Features: cleans the heat, opens the ear, sharpens the hearing. Indications: tinnitus, deafness, toothache. SJ 23, Xi Ju Kong, Silk Bamboo Hole Location: Depression on the side of the eyebrow. For an alternative view of SJ 23 cm. Appendix 1, drawing A6. Features: cleans the wind and heat, opens channels, sharpens vision. Indications: Headache, red and painful eyes (conjunctivitis), twitching of the eyelids, blurred vision. Gallbladder, leg Shaoyang GB 1, Tong Chi Liao, Apprentice Bone Hole Location: In the depression .5 Cun side angle of the eye. For alternative views of GB 1 see Appendix 1, A5 drawing and A6 pattern. Features: cleans the wind and heat, opens channels, improves vision. Indications: Headache, lack of vision, excessive rupture, night blindness. Especially helps: Eyes. GB 2, Ting Hui, Hearing Convergence Location: Depression Just Below corner tragus (triangular flap of skin in front of ear ear For an alternative view, GB 2 cm. Appendix 1, A6. Features: cleans the wind, smooths the liver and gallbladder ci, releases and activates the ci channel, sharpens the hearing, benefits the eyes. Indications: Deafness, tinnitus, toothache, mumps, a locked jaw. Especially helps: Ears, jaw. Figure 13.12 (Gallbladder acupressure points) GB 14, Yang Bai, lan White Location: Directly above the pupil, 1 kun over the eyebrow. For alternative views GB 14 see Appendix 1, A5 drawing and A6 pattern. Features: cleans the wind and heat, reduces pain, improves vision. Indications: Headache, eye pain, twitching of the eyes, lowered eyelids, excessive rupture, night blindness. glaucoma. GB 20, Feng Chi, Wind Pool Location: Just below the base of the skull, 1 kuna in the back of the hairline, depressed between trapezoidal and sternocleidoid muscles. About 2 Kahn sideline to the middle line. For an alternative view, GB 20 cm. Appendix 1, A7. Features: cleans the wind and heat, releases the surface, soothes the liver, benefits hearing and vision, reduces pain. Indications: cold, headache, dizziness, stiff neck muscles, insomnia, blurred vision, glaucoma, tinnitus, deafness, obstruction of the nose. Especially helps: headache, hypertension. GB 21, Jian Jing, Shoulder Well Location: At the highest point of the trapezoidal muscle, halfway between the center of the base of the neck (C 7) and bony prominence at the top of the shoulder (the process of the acromionium). For an alternative view, GB 21 see Appendix 1, A8. Features: cleans the wind and heat, cleans and invigorates the channels, descends rebellious qi, smooths the liver of qi, benefits the shoulders, reduces pain. Indications: Painful and severe pain in the neck, shoulder and back, mastitis, lack of lactation, difficult work. Especially helps: Descent of qi, neck and shoulder pain. WARNING: Soft stimulation only during pregnancy. Strong stimulation can cause labor. This is primarily a concern for acupuncture treatment, but strong stimulation should be avoided. GB 34, Yang Lin Cuan, Yang Mound Spring Location: In the depression below and the front to bony fame find about 2 kunas below the lateral knee (head of the fibula). For an alternative view, GB 34 cm. Appendix 1, A12. Features: Smooths the liver and gallbladder ci, cleans heat and dampness, releases channels, benefits tendons and ligaments. Indications: unilateral paralysis, weakness, numbness or pain in the lower leg, swollen or painful knees, hepatitis, jaundice, gallbladder diseases (cholecystitis and cholelitis), lower back pain, acid regurgitation, vomiting. Especially helps: Tendons and ligaments (all over the body). GB 37, Guang Ming, Bright Light Location: 5 Kun above the tip of the side ankle, on the front edge of the bone (fibula). For an alternative view 37 cm. Appendix 1, drawing A12. A12. liver, sharpens vision. Indications: knee pain, eye pain, blurred vision, night blindness, cataract, glaucoma, mastitis at an early stage. Especially helps: eyes and calf. GB 39, Xuan Jun, Suspended Bell Location: 3 Cun above the tip of the side ankle, on the front boundary of the bone (fibula). For an alternative view, GB 39 cm. Appendix 1, A12. Features: cleans the wind and dampness, cools the gallbladder heat, activates the channels. Indications: Unilateral paralysis, stiff and painful neck, knee, lower leg and ankle pain or weakness. Especially helps: neck pain, immune system. GB 40, Cui Xi, Hill Ruins Location: Anterior and gives way to lateral ankle, depressed on the side of the tendon (extensor digitorum longus). For an alternative view, GB 40 cm. Appendix 1, A12. Features: cleans the heat, smooths the liver of qi, benefits the gallbladder, sharpens vision. Indications: eye inflammation, neck pain, acid regurgitation, inflammation of the gallbladder, external pain in the ankle and swelling. GB 41, Tsu Lin Chi, Foot Falling Tears Locations) Place your fingertip on GB 40. Slowly slide it towards the space between your little leg and your foot next to it. Just past halfway point, your finger tip will fall into the depression between the bones of your foot, where the point is located (distal to the junction of the fourth and fifth metatarsal). See Picture 14.19. For alternative views GB 41 see Appendix 1, A12 and A14. Features: cleans the wind and heat, corrects the liver and gallbladder, reduces pain. Indications: Headache, dizziness, tinnitus, deafness, conjunctivitis, external eye pain, chest pain, pain below the ribs, irregular menstruation, swelling of the legs and pain. Especially helps: Painful menstruation. Liver, Legs Jueyin Liv 3, Tai Chong, Great Splash Location: On top of the leg, depressed between tendons, 1.5 kun proximal on the edge of the cobwebs between the first and second legs. For an alternative view of Liv 3, see Appendix 1, Figure A14. Features: Soothes the liver, cleans the wind, smooths and regulates the liver of qi, harmonizes the liver and spleen, converts humidity. Indications: Headache, dizziness, insomnia, eye pain, depression, high blood pressure, hernia, irregular or painful menstruation, urinary incontinence or retention. Especially helps: headaches, soothes the nervous system. Liv 7, Xi Guan, Knee Gate Location: On the medial side of the knee, depressed just below the large bone at the bottom of the knee joint, 1 Kun rear Sp 9 (rear to depression below the lower boundary of the medial shin horse.) For an alternative view of Liv 7, see Appendix 1, Figure A10. Figure 13.13 (Liver Acupressure Points) Features: cleans the wind and dampness, benefits the knee, reduces pain. Testimony: pain, pain in the knee. Liv 8, Tsu Chuan, Spring in Bend Location: Sitting with with The knee is bent, the dot is depressed at the medial end of the crease at the back of the knee, above the tendon. For an alternative view of Liv 8, see Appendix 1, A10. Features: cleans moist heat, regulates the liver, benefits the kidneys and bladder, relaxes muscles and knee joint. Indications: vaginitis, prostatitis, kidney pain, hernia, genital pain, impotence, night outliars, knee and hip pain. Liv 13, Chang Men, Order Gate Location: Just below the tip of the eleventh rib. If you slide your finger down the chest from the sternum (breast), the eleventh rib is the first separate tip of the rib you will find in the lower chest. For an alternative view of Liv 13, see Appendix 1, Figure A8. Features: cleans the cold and dampness, tones the spleen, harmonizes the stomach, smooths the liver of qi, benefits the gallbladder. Indications: abdominal disorder (enlarged liver and spleen), hepatitis, pain below the ribs, indigestion, vomiting, diarrhea. Liv 14, Chi Men, Cycle Gate Location: Directly under the nipple, in the sixth inter-regern space (the space between the ribs). For an alternative view of Liv 14, see Appendix 1, Figure A8. Features: regulates and corrects the liver and gallbladder, tones the spleen, harmonizes the stomach, dissipates blood stagnation, promotes lactation. Indications: hepatitis, enlarged liver, pain below the ribs, inflammation of the gallbladder, mastitis, depression. Du, The Managing Vessel Of Du 1, Chang Jiang, Long Strong Location: Midway between the tip of the coccyx (tailbone) and the anus. Features: Opens Ren and Du meridians, regulates the intestines. Indications: Constipation, diarrhea, hemorrhoids, lower back pain, impotence, scrotum eczema, urinary incontinence. Figure 13.14 (Du Acupressure Points) Du 20, Bai Hui, Hundred Convergences Location: At the middle of the head line, 5 kunas above the natural front hair line (or 7 kunas above the back hairline), crossing a line that can be drawn over the head between the tips of each ear. Features: smooths the liver, cleans the wind, opens the senses, soothes the spirit. Indications: Headache, dizziness, tinnitus, nasal obstruction, high blood pressure, insomnia, mental disorders, prolapse (fall) of the anus, rectum and uterus. Especially helps: headache, dizziness, high blood pressure. Du 23, Shan Xing, Upper Star Location: On the middle of the head line, 1 Kun in the middle of the natural front hairline. For an alternative view, Du 23 cm. Appendix 1, A5. Features: cleans the heat of the wind, opens the nose, sharpens vision, strengthens the mind, calms the spirit. Indications: Headache, nosebleeds, sinusitis, runny nose, eye pain, mental anxiety. Especially helps: sinusus. Yintang, Seal Hall Note: This is not a Du point, but a very useful moment, which lies directly to Du meridian. Location: Midway Midway media ends of the eyebrows. For an alternative view of Yintang, see Appendix 1, Drawing A5. Features: cleans the wind, sharpens vision, soothes the spirit, opens the nose. Indications: Headache, dizziness, eye disease, sinusitis, insomnia, arousal. Du 26, Ren Jun, Human Location Center: On the middle line, just below the base of the nose, two-thirds of the way up from the upper lip. For an alternative view of Du 26 cm. Appendix 1, drawing A5. Features: cleanses the brain, opens the senses, cools the heat, soothes the spirit. Indications: Shock, motion sickness, seizures, epilepsy, mental disorders, loss of consciousness, mouth deviation, lower back pain. Especially helps: Shock (rebirth point). Figure 13.15 (Ren Acupressure Points) Ren, Conception Of Vessel Ren 1, Hui Yin, Meet Yin Location: On the middle line, halfway between the anus and the outer genitals (scrotum and labia). Features: cleans moist heat, regulates menstruation, benefits the bladder, cleans the mind, opens feelings. Indications: urinary retention or urinary incontinence, vaginitis, hemorrhoids, urethritis, prostatitis, irregular menstruation, night outs, mental disorders. Ren 3, Jun Ji, Central Pole Location: On the middle belly line, 4 Kun below the navel, 1 kun above the pubic bone. For an alternative view of Ren 3, see Appendix 1, Figure A8. Features: cleans heat and dampness, regulates menstruation, benefits the bladder, relieves urination. Indications: urinary retention or urinary incontinence, night outliars, impotence, premature ejaculation, hernia, irregular or painful menstruation, lower back pain, urethritis, urinary tract infections. WARNING: Soft stimulation only during pregnancy. This is primarily a concern for acupuncture, but strong stimulation should be avoided. Ren 4, Guan Yuan, Origin Pass Location: On the middle belly line, 3 kunas below the navel, 2 kuna above the pubic bone. For an alternative view, Ren 4 cm. Appendix 1, A8. Functions: nourishes the kidneys, replenishes the source (yuan) of qi, regulates menstruation, promotes urination. Indications: urinary incontinence or retention, night outliars, impotence, infertility, irregular menstruation, hernia, abdominal pain, diarrhea, all conditions of general weakness. (This moment strengthens the body and improves overall health.) Especially helps: Fatigue (tonics Jan). WARNING: Soft stimulation only during pregnancy. This is primarily a concern for acupuncture, but strong stimulation should be avoided. Ren 6, Chi Hai, Sea Chi Location: On the middle belly line, 1.5 kunas below the navel. For an alternative view, Ren 6 cm. Appendix 1, A8. Functions: toning and regulating qi, toning the kidneys, complementing the essence, regulating menstruation. Indications: Abdominal pain, urinary incontinence, frequent nighttime Night at Night impotence, hernia, irregular, painful or absent menstruation, constipation, asthma, all conditions of general weakness. (This moment strengthens the body and improves overall health.) Especially helps: Tonic qi. WARNING: Soft stimulation only during pregnancy. This is primarily a concern for acupuncture, but strong stimulation should be avoided. Ren 12, Chung Wang, Central Venter Location: On the middle belly line, 4 Kun above the navel. For an alternative view, Ren 12 cm. Appendix 1, Figure A8. Features: Tonics the spleen, harmonizes the stomach, converts humidity, descends rebellious stomach qi. Indications: abdominal pain, abdominal fever, nausea, vomiting, indigestion, hiccups, diarrhea, constipation, jaundice, insomnia. Especially helps: stomach, digestive disorders. Ren 17, Deng Jun, Chest Location Center: On the front middle line in the fourth inter-regern space (the space between the ribs) is usually halfway between the nipples. Note: The position of the nipples changes as a person ages or gains weight, so try your best for the fourth inter-beream space, which always stays the same. For an alternative view, Ren 17 cm. Appendix 1, Figure A8. Features: Regulates and corrects the entire body, relaxes and expands the chest, benefits the diaphragm, soothes difficult breathing. Indications: asthma, bronchitis, chest pain, cough, hiccups, mastitis, palpitations, insufficient lactation. Ren 22, Tian Tu, Heavenly Tube Location: In the depression just above the notch at the base of the throat (above-ground fossa). For an alternative view, Ren 22 cm. Appendix 1, Figure A8. Features: Regulates and corrects the lungs of qi, conquers the rebellious qi, opens and cools the throat, clears the voice. Indications: asthma, bronchitis, cough, sore throat, dry throat, hiccups, nervous vomiting, esophageal spasm (difficulty swallowing), sudden loss of voice.

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