

# SYMPTOMATIC ACUPUNCTURE POINTS



**Shiatsu:** Four points, each at one thumb from the top of the head; relieves headache, insomnia, improves memory, gives energy, improves head carriage.

**Tai yang:** Between the eyebrows; relieves headache, especially frontal, and congestion associated with the common cold, and sinus problems; relieves insomnia.

**Tai yang:** One thumb from the outer corner of the eye; relieves headache, eye diseases, eye or mouth spasms.

**Yan zi:** Just above the middle of the eyebrows; helps relieve eye and eyelid problems, facial paralysis.

**Bao zhu:** Halfway along the side of the nose; helps relieve sinus problems associated with the common cold.

**Quan zhong:** Helps relieve facial pain, spasms and mouth ulcerations.

**Jiao zhong jiang:** Helps relieve facial pain or spasms and distorted eye or mouth problems.



## DU: MO Governing Vessel

- DU 4:** Directly behind the navel on the spine; stimulates the primary energy; increases body heat, helps to alleviate impotency; strengthens the kidneys and lumbar regions.
- DU 14:** Just below the protrusion of the 7th cervical vertebra; increases physical energy.
- DU 20:** On the anterior fontanelle; increases memory, instigates over-sensitivity to climatic conditions such as humidity, cold, heat, wind; stimulates body energy, improves head carriage; helps relieve hemorrhoidal pain.
- DU 24:** Middle of forehead along the hairline; helps relieve frontal headache; gives clarity of mind.
- DU 26:** Under the nose, one third of distance between nose and the upper lip; gives strength and lucidity; in case of loss of consciousness.

## REN: MO Conception Vessel

- REN 2:** Point directly above the bladder—press toward the pubis; relaxes the muscles of the bladder and reduces the need for frequent urination.
- REN 6:** Below the navel, one third the distance between the navel and the pubis; improves nutrient absorption and assimilation; gives energy; helps relieve menstrual cramps, increases potency in men.
- REN 12:** Midway between the navel and the sternum; general relief for all stomach problems; increases the circulation of blood and energy.
- REN 17:** Between the two nipples (when lying down); harmonizes emotions and heart energy; relieves hyperventilation and anxiety.
- REN 22:** In the depression above the sternum; relieves loss of voice and difficulties swallowing, throat pain and symptoms associated with common cold and asthma.

## BL: Bladder Meridian

- BL 10:** At one and a half thumb on each side of the center of the skull; helps to free energy blocked in the neck.
- BL 11:** On the back, one and a half thumb on each side of the protrusion of the first dorsal vertebra; speeds recovery of sprains and fractures.
- BL 23 and 25:** Two and four thumbs left and right directly behind the navel (two on each side); increases energy levels, relieves symptoms of the common cold; gives color and willpower.

## IV Kidney Meridian

### VI Triple Heater Meridian

## VII Gallbladder Meridian

- VII 14:** Just above the eyebrows; helps relieve headache and migraines.
- VII 12/20:** Two and four thumbs left and right from the middle of the skull, just below the protrusion (two on each side); helps relieve headache and migraines; helps to free blocked energy in the neck.

## VIII Liver Meridian

- VIII 9:** Four thumbs above the crease of the knee, on the inside of thigh; relieves impotency in men; increases sexual receptivity in women; relieves menstrual cramps.

## IX Lung Meridian

- IX 1:** Between the second and third ribs, under the deltoid; increases lung capacity.

## XI Stomach Meridian

- XI 29 et 30:** Two thumbs from the middle, one just above and one a thumb above the pubis (two on each side); relieves pain in the genital area; harmonizes the energy of male and female sexual organs.

- XI 36:** Three thumbs under the patella; on the external side of the fibula; gives physical energy; increases appetite and the assimilation of food; helps weight gain; strengthens immune system and general physical condition.

- Lawson:** Two thumbs under 3; helps to diagnose and relieve appendicitis.

- XI 27:** Three thumbs under 36; helps relieve diarrhea.

## V Circulation-Sex Meridian

### XII Spleen Meridian

## X Large Intestine Meridian

- X 10:** Two thumbs from the crease of the elbow; strengthens the digestive system.

- X 11:** At the outer end of the elbow crease; strengthens the digestive system; helps relieve pain in the neck, shoulder, arm, elbow and hand; helps acute skin problems, like itching or rash.

- X 13:** Three thumbs above 11; frees blocked body energy, to start physical activity.

# Symptomatic Acupuncture Points

**SA Dillow**



## **Symptomatic Acupuncture Points:**

**Biomedical Acupuncture for Pain Management - E-Book** Yun-tao Ma,Zang Hee Cho,2004-09-13 Synthesizing biomedicine and traditional acupuncture this unique clinical manual allows medical professionals to learn acupuncture and implement it immediately into practice with ease Biomedical Acupuncture for Pain Management explains the biomedical mechanism of acupuncture as well as the non specific nature of acupuncture and its neuro psycho immunological modulation This straightford system of acupuncture termed INMAS by the authors provides a quantitative method to predict the effectiveness of treatment for each patient and an individually adjustable protocol for pain patients Introduction to the Integrative Neuromuscular Acupoint System INMAS as well as the Homeostatic Acupoint System HAS help western trained acupuncturists understand classical techniques A 16 point evaluation method provides a reliable quantitative method to accurately arrive at prognosis Clinically relevant integrative treatment approach in user friendly language Numerous detailed tables photos and line drawings to help readers understand the anatomy symptomatic signs and clinical procedures Clear chapters organized by regional condition for easy readability and flow Case studies to assist with application of concepts in clinical practice Unique clinical procedures for pain management with sections on examination and needling methods Two appendices for quick reference of acronyms abbreviations and the 24 homeostatic acupoints Up to date information on the latest techniques including a chapter on electroacupuncture

**Acupuncture Treatment for Musculoskeletal Pain** Harris Gellman,2002-04-25 Acupuncture Treatment for Musculoskeletal Pain covers the basics of acupuncture theory and explains the precepts of Eastern medicine The text is written for orthopaedic surgeons anesthesiologists and rehabilitation medicine specialists and will aid them in their diagnosis and treatment of musculoskeletal pain both acute and chronic as well as arthritis Readers of the text will progress on a journey through healing that will serve as a useful adjunct to the procedures and medications currently in use The author breaks the subject down into three sections Basics of Acupuncture Acupuncture Treatment of the Musculoskeletal Acupuncture Points and Indications and Special Techniques *American Journal of Acupuncture* ,1996

**The Overactive Bladder** Karl Kreder,Roger Dmochowski,2007-07-10 Overactive bladder OAB affects millions of men and women daily Given the symptoms of sleep loss depression and a lower quality of life than even those with diabetes mellitus effective and beneficial treatment is a must for these people Drs Kreder and Dmochowski both recognized experts on voiding dysfunction and urodynamics have a

*The Effect of Using Finger Acuppressure on Specific Acupuncture Points in Relief of Symptomatology* John Paul Weber,1976

*Reviews in Frontiers in Nephrology* Eleni Frangou,Motonobu Nakamura, Sayna Norouzi,2025-03-10 Frontiers in Nephrology is delighted to present the Reviews in series of article collections Reviews in Frontiers in Nephrology will publish high quality scholarly review papers on key topics in nephrology It aims to highlight recent advances in the field whilst emphasizing important directions and new possibilities for future inquiries We anticipate the research presented will

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