

Acupuncture: A Comprehensive Text (Shanghai College of Traditional Medicine)

Earth				Heaven				Human				Extra	
LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV	RN	DU
L	LI	S	Sp	H	SI	B	K	P	TB	GB	Li	Co	Gv

LOCAL AND DISTANT POINT COMBINATIONS

	SITE OF DISEASE		LOCAL POINTS	DISTANT POINTS
1	Head	Frontal	Yintang, GB-14	LI-4, S-44
2		Temporal	Taiyang, GB-8	TB-3, GB-41
3		Occipital	GB-20, B-10	SI-3, B-65
4		Vertex	Gv-20	Li-3
5	Eyes		B-1, S-1, GB-20	LI-4
6	Nose		Yintang, LI-20	LI-4
7	Mouth and gums		S-6, S-7, S-4	LI-4
8	Ears		TB-17, SI-19, GB-2	TB-3, TB-5
9	Tongue		Co-23	LI-4
10	Throat		SI-17	LI-4
11	Trachea		Co-22	L-7
12	Lungs		B-13, Co-17, Co-22	L-7, L-5
13	Heart		B-15, B-14, Co-17	P-6, H-7, P-5, P-4
14	Stomach		B-21, Co-12	P-6, S-36
15	Liver		B-18	Li-3
16	Gallbladder		B-19	Dannangxue, GB-34
17	Intestines		B-25, B-27, S-25, Co-4	S-37, S-36
18	Kidneys		B-23, B-52 (Shanghai: B-47)	K-3
19	Bladder		B-32, Co-3	Sp-6
20	Reproductive organs		Co-3, Co-4, Zigong	Sp-6
21	Anus		Gv-1, B-54 (Shanghai: B-49)	B-57
22	Upper limb		LI-15, LI-11, LI-4	Jiaji from the C5 to T1
23	Lower limb		GB-30, B-40 (Shanghai: B-54), GB-34, GB-39	Jiaji from the L3 to S1

SELECTED POINTS FOR COMMON SYMPTOMS

	SYMPTOM	COMMON POINTS
1	Fever	Gv-14, LI-11, LI-4
2	Fainting	Gv-26, Shixuan
3	Shock	Moxa Gv-20, Co-8, Co-4 / Needle S-36
4	Spontaneous sweating	LI-4, K-7
5	Night sweats	SI-3
6	Insomnia	H-7, Sp-6, K-3
7	Excessive dreaming	B-15, H-7, LI-3
8	Hoarse voice	LI-18, LI-4, P-5
9	Spasm of the masseter muscle ('lockjaw')	S-7, S-6, LI-4
10	Paralysis of hypoglossus muscle	Gv-15, Co-23, LI-4
11	Congested throat	Co-22, LI-18, LI-4
12	Salivation	Gv-26, S-6, LI-4
13	Palpitations	P-6, P-4
14	Chest pain	Co-17, P-6
15	Cough	Co-22, L-7
16	Dysphagia	Co-22, P-6
17	Fullness in chest/epigastrium	Co-12, P-6
18	Nausea, vomiting	P-6, S-36
19	Hiccough	B-17, P-6, P-8
20	Abdominal distension	S-25, Co-6, P-6, S-36
21	Rib pain	TB-6
22	Indigestion	S-36, Sp-4
23	Retention of urine	Sp-6, Sp-9
24	Spermatorrhea, impotence, premature ejaculation	Co-4, Sp-6
25	Enuresis	Co-2, Sp-6
26	Constipation	S-25, TB-6
27	Prolapsed anus	Gv-1, B-57
28	Spasm of gastrocnemius muscle	B-57
29	Pruritus	LI-11, Sp-10, Sp-6
30	General weakness	Co-4, S-36