



EXTRA POINTS FOR CANADIAN EXAMS

Points on the Head:

TAI YANG <i>Supreme Yang</i>	L: In the depression about 1 cun posterior to the midpoint between the lateral end of the eyebrow and the outer canthus I: One-sided headache, dizziness, toothache, trigeminal, neuralgia ND: Perpendicular, 0.5-0.8 cun or transverse towards GB8, 1 to 1.5 cun or oblique anteriorly, 0.3-0.5 or prick to bleed
YIN TANG <i>Hall of Impression</i>	L: Midway between the medial ends of the two eyebrows I: Chronic and acute childhood fright Wind, fright spasm, frontal headache, dizziness, dizziness following childbirth, insomnia, agitation and restlessness, nasal congestion and discharge, rhinitis, nosebleed, disorders of the eyes, hypertension, pain of the face ND: Pinch up the skin over the point, transverse or lateral, 0.3-0.5 cun
ER JIAN <i>Ear Apex</i>	L: Fold the auricle, the point is at the apex of the auricle I: Redness, swelling and pain of the eyes, superficial visual obstruction, pain and swelling of the throat, mumps, one-sided headache, high fever ND: Perpendicular, 0.1 cun or prick to bleed or 3-5 moxa cones
YU YAO <i>Fish's Waist</i>	L: At the midpoint of the eyebrow I: Redness, swelling and pain of the eyes, superficial visual obstruction, twitching of the eyelids, drooping of the eyelid, frontal headache ND: transverse medially or laterally, 0.5-1 cun
SI SHEN CONG/ Shi Shen Gong <i>Four Alert Spirit</i>	L: A group of 4 points, at the vertex, 1 cun respectively posterior, anterior and lateral to GV20 I: Wind stroke, epilepsy, mania-depression, insomnia, poor memory, one sided and generalized headache, dizziness, deafness, disorders of the eyes ND: transverse, 0.5-1.5 cun
QIU HOU <i>Behind the Ball</i>	L: At the junction of the lateral 1/4 and the medial 3/4 of the infraorbital margin I: Eye diseases ND: Ask patient to close the eyes or look upwards, push eyeball upwards and insert needle first slightly inferiorly and then perpendicularly, between the eyeball and the inferior wall of the orbit, 0.5-1 cun
JIN CHENG JIANG <i>Adjacent to CV24</i>	L: 1 cun lateral to CV24 I: Deviation of the mouth and eye, pain of the face, toothache, swelling of the gums, jaundice ND: Perpendicular-oblique medially and inferiorly into the mental foramen, 0.3 to 0.5 cun; transverse insertion 0.5 - 1.5 cun
JIN JIN & YU YE <i>Golden Fluid Jade Humor</i>	L: On the veins on both sides of the frenulum of the tongue, Jin Jin is on the left, Yu Ye, on the right I: Lotus flower tongue, pain and swelling of the tongue, mouth ulcers, throat painful obstruction, loss of voice, loss of voice following Wind stroke, Wasting and Thirsting disorder, vomiting, nausea and vomiting of pregnancy, diarrhea ND: Prick to bleed
BI TONG <i>Nose Passage</i>	L: At the highest point of the nasolabial groove I: Rhinitis, allergic rhinitis, nasal congestion and discharge, nosebleed, nasal polyps ND: Transverse towards the bridge of the nose, 0.3-0.5 cun
QIAN ZHENG <i>Pull Aright</i>	L: 0.5-1.0 cun anterior to the auricular lobe I: Deviation of the eyes and mouth, ulceration on tongue and mouth ND: Oblique, 0.5-1 cun
YI MING <i>Shielding Brightness</i>	L: 1 cun posterior to TE17 I: Eye diseases, tinnitus, insomnia ND: Perpendicular, 1-1.5 cun



AN MIAN
Peaceful Sleep

L: Midpoint between TE17 and GB20
I: Insomnia, agitation and restlessness, palpitations, epilepsy, dizziness, headache, tinnitus, hypertension
ND: Perpendicular, 0.5-1 cun

HAI QUAN/S
Sea Spring

L: In the center of the frenulum of the tongue, between Jin Jin and Yu Ye
I: Heaviness, swelling and pain of the tongue, lotus flower tongue in children, facial paralysis, Wasting and Thirsting disorder, vomiting, abdominal pain, diarrhea, hiccup
ND: 0.1-0.2 cun or prick to bleed or 1.5 cun directly towards GV15 (Yamen)

SHANG MING
Upper Brightness

L: Directly below the midpoint of the arch of the eyebrow, just under the superior border of the orbit
I: Ametropia, atrophy of the optic Nerve
ND: Perpendicular insertion, along the superior border of the orbit 1-1.5 cun **Sensation:** distension around the eyeball



Points on the Trunk:

DING CHUAN

Calm Dyspnea

L: 0.5 cun lateral to GV14
I: Asthma, wheezing, cough, urticaria, pain of the upper back
ND: Perpendicular-oblique towards the spine, 0.5-1 cun

JIA JI & HUA TUO JIA JI

Huatuos' Paravertebral Points

L: A group of 34 points on both sides of the spinal column, 0.5 cun lateral to the lower border of each spinous process from the first thoracic vertebrae to the fifth lumbar vertebra
I: **C1-C7:** local disorders of the neck, **T1-T4:** disorders of the Lung and upper limbs, **T4-T7:** disorders of the Heart, **T7-T10:** disorders of the Liver and Gall Bladder, **T10-T12:** disorders of the Spleen and Stomach, **L1-L2:** of the Kidneys, **L3-L5:** of the Bladder, Large and Small Intestines, uterus and lower limbs, **all the Hua Tuo Jia Ji:** herpes zoster at the level of the affected segmental nerve and pain and stiffness of the local area
ND: Generally: perpendicular-oblique towards the spine, 0.5-1 cun, but it depends on the patient's body structure

BAI LAO

Hundred Taxations

L: 2 cun above GV14, 1 cun lateral to the midline
I: Scrofula, cough, dyspnea, Lung consumption, night sweating, spontaneous sweating, steaming bone disorder with tidal fever, stiffness and pain of the neck
ND: Perpendicular, 0.5-0.8 cun

WEI GUAN XIA SHU/ BASHU, CUI SHU

Pancreas Hollow

L: 1.5 cun lateral to the lower border of the spinous process of the eighth thoracic vertebra
I: Wasting and Thirsting disorder, dry throat, pain of the chest and lateral costal region, epigastric pain, vomiting
ND: Oblique, 0.5-1 cun or transverse-oblique, 1 - 1.5 cun. **Caution:** needling away from the spine can cause pneumothorax

SHI QI ZHUI/ SHI QI ZHUI XIA

Below the 17th Vertebra

L: Below the spinous process of the fifth lumbar vertebra
I: Pain of the lumbar region and legs, difficult urination, fetus pressing on the Urinary Bladder
ND: Perpendicular, 0.5-1 cun. **Caution:** spinal canal lies between 1.25-1.75 cun deep depending on the body build

PI GEN

Root of Glomus

L: 3.5 cun lateral to the lower border of the spinous process of the first lumbar vertebra
I: Hepatosplenomegaly, lumbar pain
ND: Perpendicular, 1-1.5 cun

YAO YAN

Lumbar Eye

L: About 3.5 cun lateral to the lower border of the spinous process of the fourth lumbar vertebra; the point is in the depression appearing in prone position
I: Kidney deficiency lumbar pain, lumbar pain, consumption
ND: Perpendicular, 1-1.5 cun

ZI GONG

Uterus

L: 3 cun lateral to CV3
I: Prolapse of the uterus, infertility, irregular menstruation, uterine bleeding
ND: Perpendicular, 0.8-1.2 cun; for prolapse of the uterus, direct from Zigong towards CV2 (Qugu) through the muscle layers, then rotate the needle until it wraps the muscle fibers, firmly pull it upwards and outwards and tape it to the skin in this raised position for 20-30 minutes

HUAN MEN

Gate of Suffering

L: 1.5 cun lateral to the prominence of the spinous process of the fifth thoracic vertebra (T5)
I: Five taxations and the seven injuries, steaming bone disorder, tidal fever, night sweating, agitation and Heat, poor appetite, heaviness of the limbs, fatigue, lack of strength, cough, dyspnea
ND: Oblique insertion towards the spine, 0.5-1 cun or transverse-oblique insertion 1-1.5 cun or use moxibustion

TI TUO

Lift and Support

L: On the lower abdomen, 4cun lateral to the midline, level with CV4
I: Prolapse of the uterus, dysmenorrhea, abdominal distention and pain
ND: Perpendicular 0.8-1.2 cun; for prolapse of the uterus, direct the needle from Ti Tuo towards CV2 (Qugu) through the muscle layers then rotate the needle until it wraps the muscle fibers, firmly pull it upwards and outwards, and tape it to the skin in this raised position for 20-30 minutes

SAN JIAO JIU

*Triangle Moxibustion
(Umbilicus Neighbor)*

L: Three points of the triangle; construct an equilateral triangle of which the apex is the umbilicus (CV8) and the sides are equal to the length of the patient's smile
I: Chronic diarrhea, abdominal pain, pain around the umbilicus, shan disorder, running piglet Qi arising from the umbilicus
ND: Treat with moxibustion only, whether indirect, mediated with ginger, garlic, aconite cake, etc.



JIE HE XUE
Tuberculosis Orifice

L: 3.5 units lateral to GV14 (Dazhui) on the upper back
I: Pulmonary tuberculosis, tuberculosis generally
ND: Straight insertion, 0.5-0.8 cun

JING BI
Neck and Arm

L: One third the distance from the medial end of the clavicle to its lateral end, up 1 unit, at the posterior margin of the sternocleidomastoid muscle
I: Numbness in the arm, paralysis of the upper limb
ND: Perpendicular 0.5-0.8 cun. **Sensation:** numb, electric sensation extending down the length of the arm. **Caution:** Avoid pointing the needle downward which may puncture the top of the lung



Points on the Arm:

SHI XUAN <i>Ten Diffusions</i>	L: On the tips of the ten fingers, about 0.1 cun distal to the nails I: Loss of consciousness, Wind stroke, Summer Heat stroke, febrile disease, swelling and pain of the throat, throat moth, acute childhood fright Wind, clonic spasm, epilepsy, mania, vomiting, diarrhea, numbness or pain of the fingers ND: Prick to bleed, may be followed by moxibustion
SI FENG <i>Four Seams</i>	L: On the palmar surface, in the midpoint of the transverse crease of the proximal interphalangeal joints of the index, middle, ring and little fingers I: Childhood nutritional impairment, childhood accumulation disorder, childhood diarrhea, whooping cough ND: prick to bleed or prick and squeeze until a yellow-white liquid appears
BA XIE <i>Eight Pathogens</i>	L: On the dorsum of the hand, at the junction of the white and red skin of the hand webs, eight in all, making a loose fist to locate the points I: Numbness, stiffness, redness, swelling, spasm and pain of the fingers and hand, painful obstruction of the fingers; headache, toothache, pain and swelling of the throat, redness and swelling of the eyes, febrile disease ND: Perpendicular along the lines between the shafts of the metacarpal bones, 0.5-1 cun
LUO ZHEN <i>Stiff Neck</i>	L: On the dorsum of the hand, between the second and third metacarpal bones, about 0.5 cun posterior to metacarpophalangeal joint / on the dorsum and opposite to PC8 (Laogong) I: Stiffness and pain of the neck, inability to turn the head, headache, pain of the shoulder and arm; pain of the epigastrium, diarrhea, acute and chronic childhood fright Wind ND: Perpendicular, 0.5-1 cun or oblique and directed proximally, 1-1.5 cun
YAO TONG XUE <i>Lumbar Pain</i>	L: On the dorsum of the hand, midway between the transverse wrist crease and metacarpophalangeal joint, between the second and third metacarpal bones, and between the fourth and fifth metacarpal bones, four points in all on both hands I: Acute lumbar sprain ND: Perpendicular, 0.5-1 cun
ER BAI <i>Two Whites</i>	L: On the metacarpal aspect of the forearm, 4 cun above the transverse wrist crease, on the both sides of the tendon of m. flexor carpi radialis, two points on one hand I: Hemorrhoids, prolapse of the rectum (p) Hemorrhoids, prolapse of the rectum, itching of the anus, Blood in the stool, tenesmus ND: Perpendicular, 0.5-1 cun or oblique proximal 1 – 1.5 cun
BI ZHONG <i>Central Arm</i>	L: On the lateral aspect of the forearm, midway between the transverse wrist crease and elbow crease, between the radius and the ulna I: Paralysis, spasm and contracture of the upper extremities, pain of the forearm ND: Perpendicular, through the arm but not penetrating the skin on the opposite side (i.e. interosseous membrane)
JIAN QIAN / JIAN NEI LING <i>Shoulder Inner Mound</i>	L: Midway between the end of the anterior axillary fold and LI15 I: Stiffness and pain of the anterior aspect of the shoulder, numbness, paralysis and immobility of the shoulder joint ND: Perpendicular, 1-1.5 cun or Oblique or oblique transverse distally towards the elbow, 2-3 cun
ZHONG QUAN <i>Middle Spring</i>	L: In the depression on the dorsum of the wrist between LI5 and TE4 I: Bronchitis, asthma, opacity of cornea, stomach pain, diseases of the wrist and surrounding soft tissues ND: Perpendicular 0.3-0.5 cun
ZHOU JIAN <i>Tip of the Elbow</i>	L: On the tip of the ulnar olecranon when the elbow is flexed I: Scrofula (p) Scrofula, carbuncles and furuncles, deep-rooted ulcers, intestinal abscess ND: Moxibustion only
ZHONG KUI <i>On the Hand</i>	L: On the midpoint of the proximal interphalangeal joint of the middle finger at the dorsum aspect I: Nausea, vomiting, hiccup ND: 3 cones of moxa



Points on the Leg:

HUAN ZHONG
Central Round

L: Midway between GB30 and GV2
I: Lumbar pain, thigh pain
ND: Perpendicular 2-3 cun

BAI CHONG WO
*Shelter of
Hundred Insects*

L: 1 cun above SP10
I: Sores of the lower region, Wind rash, itching of the skin
ND: Perpendicular or oblique, 1-1.5 cun

XI YAN
Knee Eye

L: A pair of points in the two depressions, medial and lateral to the patellar ligament, locating the point with the knee flexed; these two points are also termed medial and lateral Xiyan respectively, with lateral Xiyan overlapping with ST35
I: Swelling and pain of the knee joint, difficulty in flexing and extending the knee, weakness of the knee joint, numbness of the knee, numbness of the lower limb, atrophy disorder of the lower limb, leg Qi
ND: With the knee flexed and supported by a rolled pillow, perpendicular directed towards BL40 (Weizhong), 1-2 cun or oblique in a medial and superior direction, behind the patella, 1-2 cun or through-needling between lateral and medial Xiyan behind the patellar ligament or perpendicular 0.5-1 cun, moxibustion

LAN WEI XUE
Appendix Point

L: The tender spot about 2 cun below ST36
I: Acute and chronic appendicitis, paralysis of the lower limb, drop foot, indigestion
ND: Perpendicular, 1-1.5 cun

HE DING
Crane's Summit

L: In the depression of the midpoint of the superior patellar border
I: Crane's knee Wind, swelling and pain of the knee, leg Qi, weakness of the knee and leg
ND: Perpendicular, 0.5-1 cun

DAN NANG XUE
Gall Bladder Point

L: The tender spot 1-2 cun below GB34
I: Acute and chronic cholecystitis, acute and chronic Cholelithiasis, disease of the bile duct, biliary ascariasis, distention and pain of the lateral costal region, paralysis and numbness of the lower limb
ND: Perpendicular, 1-1.5 cun

BA FENG
Eight Pathogens

L: On the dorsum of foot, in the depressions on the webs between toes, proximal to the margins of the webs, eight points in all
I: Leg Qi, redness, swelling and pain of the dorsum of the foot, malaria, headache, irregular menstruation
ND: Oblique and proximally, 0.5-1 cun

LI NEITING
Within Inner Court

L: In the depression anterior to the metatarsophalangeal joints of the 2nd and 3rd toes, plantar aspect
I: Pain in the toes, infantile convulsions, seizures
ND: Perpendicular 0.3-0.5 cun

DU YIN
Lonely Yin

L: With the patient lying in prone position, the point is on the plantar side of the 2nd toe, at the midpoint of the stria of the distal toe knuckle
I: dystocia, irregular menstruation, abdominal pain, vomiting, pain in the chest and hypochondriac region
ND: Insert the needle perpendicular to 0.1-0.2 cun deep, use 3-5 cones of moxa or mild moxa for 5-10 minutes