

Acupoints And Meridians

The theory of meridians and acupoints is the basic theory of Tai Chi and Qi Gong therapy. The science of meridians expounds the routes that connect different parts of the body based on the clinical application acupoints; while the science of acupoints elucidates the relation between the viscera and the meridians in light of the theory of meridians.

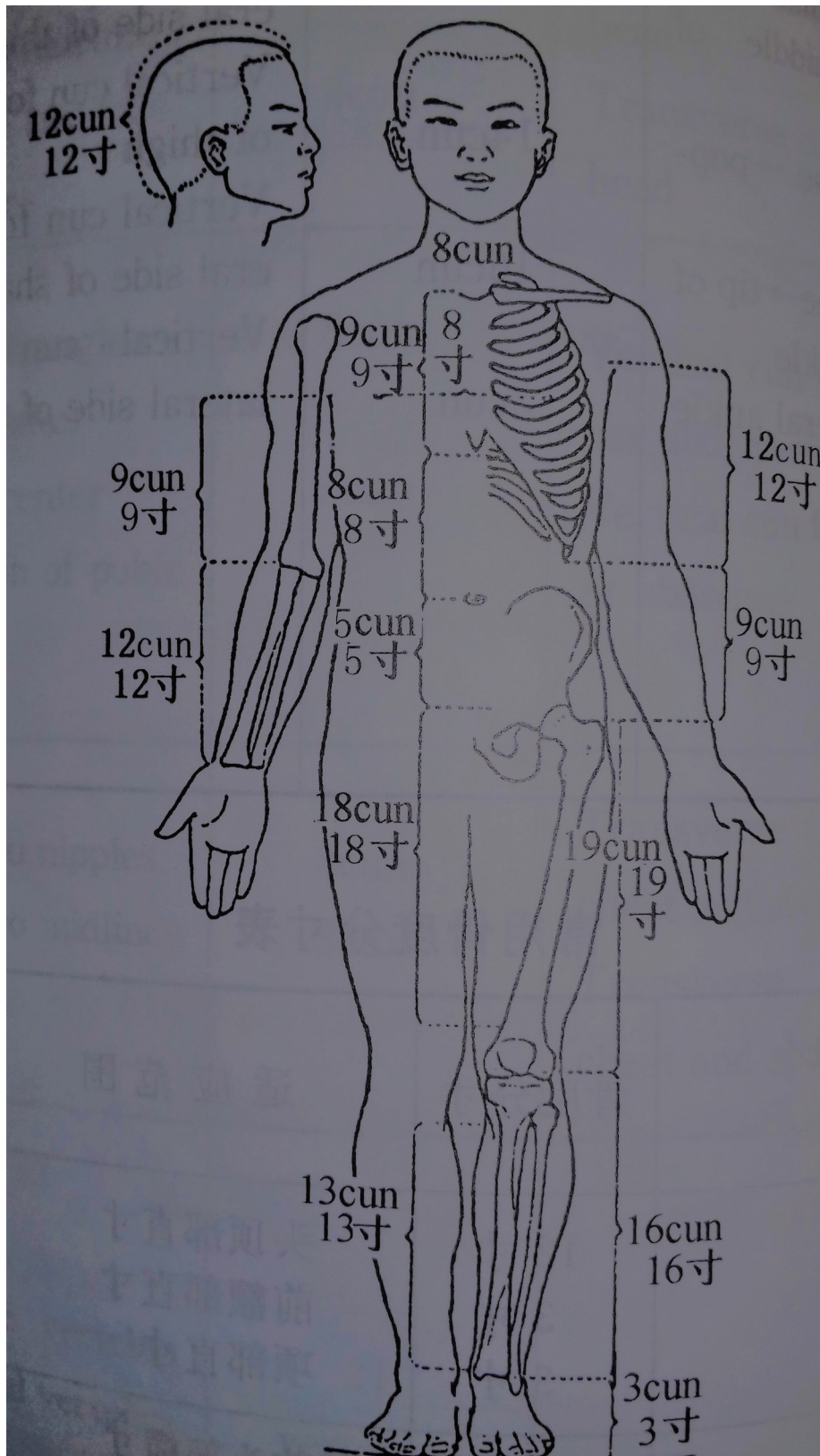
Meridians refer to the routes that transport Qi (oxygen and energy) and blood, regulate Yin and Yang (body temperature), connect the organs associate the external with the internal as well as the upper with the lower.

Acupoints are the spots where Qi and blood from the viscera and meridians effuse and infuse in the body surface. The name of acupoints indicates that the basic characteristics; the spots where Qi and blood from the viscera and meridians effuse and infuse; acupoints usually located in the interstices in the thick muscles or between tendons and bones.

Bone-length measurement means to use the major bones in the human body as signifiers to measure the length and size of each region and change into proportional units as the criteria for locating acupoints.

Finger measurement means to take the length and width of the people's finger as a standard for locating acupoints because the fingers and the other parts of the body are in proportion.

The width of the interphalangeal joint of the people's thumb is taken as one cun. The width of the four fingers (index, middle, ring and little fingers) close together at the level of the dorsal skin crease of the proximal interphalangeal joint of the middle finger is taken as three cun.



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Useful acupoints for Tai Chi and Qi Gong:

1. **Yintang** - Location: This acupoint is located midway between the medial ends of the two eyebrows.
2. **Taiyang** - Location: This acupoint is located between the lateral end of the eyebrow and the outer canthus and in the depression about one finger-breadth posterior.
3. **Yingxiang** - Location: This acupoint is located in the nasolabial groove and at the level of the midpoint of the lateral border of the nose.
4. **Chengjiang** - Location: This acupoint is located in the depression in the center of the mentolabial groove.
5. **Baihui** - Location: This acupoint is located 7 cun directly above the posterior hairline.
6. **Fengfu** - Location: This acupoint is located one cun directly above the midpoint of the posterior hairline, directly below the external occipital protuberance, in the depression between trapezius of both sides.
7. **Mingmen** - Location: This acupoint is located on the posterior midline and in the depression below the spinous process of the second lumbar vertebra in prone position.
8. **Changqiang** - Location: This acupoint is at the midpoint between the tip of the coccyx and the anus in prone position.
9. **Huiyin** - Location: At the midpoint of line joining the root of the scrotum and anus in male, or at the midpoint of the line joining the posterior juncture of the major labia and the anus in female.

10. **Tanzhong** - Location: This acupoint is located on the anterior midline in women, at the level with the fourth intercostal space and midway between the nipples in men.
11. **Zhongwan** - Location: This acupoint is located on the upper abdomen and anterior midline, 4 cun directly above the umbilicus in supine position and at the midpoint between the xiphoid process and the umbilicus.
12. **Shenque** - Location: This acupoint is located on the center of the abdomen and the umbilicus in supine position.
13. **Qihai** - Location: This acupoint is located on the lower abdomen, anterior midline and 1.5 cun directly below the umbilicus in supine position.
14. **Laogong** - Location: When the palm is turned up, the acupoint is located on the transverse crease of the palm, between the second and third metacarpal bones. When the fist is clenched, the point is just below the tip of the middle finger.
15. **Yongquan** - Location: This acupoint is located on the sole and in the depression when the foot is in plantar flexion, in the anterior depression when the foot is flexed, approximately at the junction of the anterior one third and posterior two thirds of the sole.
16. **Zusanli** - Location: This acupoint is located on the lateral side of shank, 3 cun below the depression lateral to the patellar ligament when the knee is flexed, one finger-breadth (middle finger) from the anterior crest of the tibia.
17. **Xuehai** - Location: When the knee is flexed, the acupoint is located 2 cun above the mediosuperior border of the patella, on the bulge of the medial portion of quadriceps femoris.

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18. Shenshu - Location: This acupoint is located below and 1.5 cun lateral to the spinous process of the second lumbar vertebra.