

Class 12 - Point Location

Du Meridian - Governing Channel

Sea of Yang Meridian

28 Points Total

Common Points - 1, 3, 4, 9, 14, 15, 16, 20, 25, 26

Important Points

Networking/Connecting-lou - Du 1

No Points in T2, T4, T8, T12

Point Location and Types

Du 1

長強

cháng qiáng

Long Strong

Networking/Connecting-lou

Midway between the coccyx and anus

Hemorrhoids, prolapse of rectum

Du 2

腰俞

yāo shū

Lumbar Shu

1 cun above coccyx

Du 3

腰陽關

(yāo) yáng guān

(Lumbar) Yang Pass

Mid line below L4, Same level as UB 25

Warm local yang

Du 4

命門

mìng mén

Life Gate

Mid line below L2, Same level as UB 23

Ming Men Fire def.

Premature ejaculation

Increase energy

Du 5

懸樞

xuán shū

Suspended Pivot

Min line below L1, Same Level as UB 22

Not used often, Local problems

Du 6

脊中

jí zhōng

Spinal Center

T11, UB 20, Spleen

Local problems

Du 7

中樞

zhōng shū

Central Pivot

T10, UB 19, Gall Bladder

Not often used, Local problems
(Jaundice)

Du 8

筋縮

jīn suō

Sinew Contraction

T9, UB 18, Liver

Good for tendons
Relax an epileptic episode

Du 9

至陽

zhì yáng

Extremity Yang

T7, UB 17, (Diaphragm)

Clear heat with out damp
Jaundice

Du 10

靈臺

líng tái

Spirit Tower

T6, UB 16, (Governor)

Du 11

shen 道

shén dào

Spirit Path

T5, UB 15, Heart

Clear mind, calm shen

Du 12

身柱

shēn zhù

Body Pillar

T3

Du 13

陶道

táo dào

Kiln Path

T1, UB 11, (Bones)

Du 14

大椎

dà zhuī

Great Hammer

C7

Meeting point of Yang Meridians

Clear heat

Expels exterior wind

Bleed point followed by cupping to remove fever (bring blood until clear bright red blood)

Du 15

啞門

yǎ mén

Mute's Gate

1/2 cun above posterior hairline

Loss of voice

Rigid tongue

Eliminate wind

Only puncture directly in, never upward

Du 16

風府

fēng fǔ

Wind Mansion

Eliminate wind

Open the brain, clear the mind and speech

1 cun above anterior hair line

In depression below occipital

Only puncture directly in, never upward

Du 17

nǎo hù

Brain's Door

Tip of occipital

Local problems

Subcutaneous puncture

Du 18

qiáng jiān

Unyielding Space

1.5 cun above Du 17

Local problems

Du 19

hòu dǐng

Behind the Vertex

1.5 cun above Du 18

Local problems

Du 20

bǎi huì

Hundred Convergences

1.5 cun above Du 19

top of head between ear apexes

5 cun above interior hair line

Lift Qi

Strengthen memory

Uterine prolapse or vaginal prolapse, or any organ prolapse

Calm shen

Du 21
qián dǐng
Before the Vertex

1.5 cun above Du 20

Du 22
xìn huì
Fontanel Meeting

3 cun from Du 20

Du 23
shàng xīng
Upper Star

1 cun from hair line
4 cun from Du 20

Open nose orifice (also UB 7 good for this)
Stop nose bleeds

Du 24
shén tíng
Spirit Court

.5 cun above hair line

Du 25
sù liáo
White Bone-Hole

Tip of nose

Open nose orifice (also UB 7 good for this)
Stop nose bleeds

Revive from blood loss

Du 26
shuǐ gōu or rén zhōng
Water Trough or Human Center

1/3 down from nose lip junction to tip of mouth

Restore from tense wind stroke (excess)
Open nose orifice (also UB 7 good for this)
Facial paralysis
Acute lumbar sprain

Du 27
duì duān
Extremity of the Mouth

Tip of skin and upper lip

Du 28
yín jiāo
Gum Intersection

In the upper gum and upper lip junction

Swollen gums