

# Class 13 - Point Location

## Ren Meridian - Conception Channel

Sea of Yin

24 Points Total

Common Points - 3, 4, 6, 8, 12, 17, 22, 23, 24

### Important Points

Networking/Connecting-lou - Ren 15

### Point Location and Types

Ren 1

會陰

huì yīn

Meeting of Yin

Revive from drowning (use very thick needle)

Damp heat in genital area (jock itch)

Ren 2

曲骨

qū gǔ

Curved Bone

Ren 3

中極

zhōng jí

Central Pole

Alarm/Front-mu UB

Urinary track infection  
Damp heat

Ren 4

關元

guān yuǎn

Origin Pass

Alarm/Front-mu SI

blood yin and yang tonify

if moxa also Kidney yang and so help with yuan-qi and as such stronger jing

good to restart menstruation from blood def.  
(more for women)

Ren 5

石門

shí mén

Stone Gate

Alarm/Front-mu SJ

Moves fluid

Kidney related edema (lower areas)

Ren 6

氣海

qì hǎi

Sea of Qi

Tonify and move Qi  
(more for men)

Ren 7

陰交

yīn jiāo

Yin Intersection

Ren 8

shen 闕

shén què

Spirit Tower Gate

Collapse (extreme def.) of yang

Ren 9

水分

shuǐ fēn

Water Divide

Imperial point for edema

Ren 10

下皖

xià wǎn

Lower Venter

Food stagnation

Move stomach qi

Ren 11

犍里

jiàn lǐ

Interior Strengthening

tonify stomach and spleen

Food stagnation

Ren 12

中皖

zhōng wǎn

Central Venter

Alarm/Front-mu St

Influential point for Fu

Ren 13

上皖

shàng guǎn

Upper Venter

Ren 14

巨闕

jù què

Great Tower Gate

Alarm/Front-mu He

Ren 15

鳩尾

jiū wěi

Turtledove Tail

Networking/Connecting-lou

Calms the mind

Ren 16

中庭

zhōng tíng  
Central Palace

Ren 17

膻中

dān zhōng  
Chest Center

Alarm/Front-mu Pc  
Influential point for Qi

Insufficient lactation (St 18 + Si 1)

Ren 18

玉堂

yù táng  
Jade Hall

Ren 19

紫宮

zǐ gōng  
Purple Palace

Ren 20

華蓋

huá gài  
Florid Canopy

Ren 21

璇璣

xuán jī  
Jade Pivot

Ren 22

天突

tiān tú

Celestial Chimney

Plumb pit sensation

Phlegm stagnation

Ren 23

廉泉

lián quán

Ridge Spring

Promote's speach

Ren 24

承漿

chéng jiāng

Sauce Receptacle

Expels exterior wind