

MERIDIAN THERAPY

**A Hands-on Text on Traditional
Japanese Hari Based on
Pulse Diagnosis**

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Part 2: Reader's Reference

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and Location of Port
Point
Personal
of Books
Special

Section 1

Position and Location of Points

The position and method of location of important meridian points are described below. The list is not inclusive of all points on every meridian, and the explanations are not meant to be absolute definitions; these point descriptions should be used only as reference models. As discussed earlier, our Association bases point position and point location on the concept of "living and functioning meridian points." Points will always vary slightly depending on the constitution and condition of the patient, and it is, therefore, of critical importance that the therapist learn to identify "correct" meridian points with his or her own fingertips. The descriptions below, based on hands-on experience and employing the traditional measuring system (see Chapter IV, footnote 2), are meant to serve as guideposts.

When a point is used for Odd Meridian therapy, its position will often differ from its position along a Main Meridian. The rule of thumb for Odd Meridian points is to locate them in terms of sensitivity to pressure.

The standard positions and locations are determined in our Society after careful examination by the study group of the Meridian points. The members are Kosato Katsuyuki (the chairman); Takahashi Yuji (the vice chairman); and other nine leaders.

Note:

"Above" or "up" and "below" or "down" are defined as the state in which the palms are placed inward, hands down and stand straight. Thus, "above/up" corresponds to superior or cranialis, and "below/down" to inferior or caudalis.

In the case of arm, the distance 1 *shaku* is defined, for each patient, as the measurement between the transverse creases of inside wrist and of elbow. One tenth of 1 *shaku* is defined to 1 *sun* as a subunit. In the case of the opposite side of arm, the same distance 1 *shaku* should be measured for each patient between the YoKei point of the wrist and the KyokuChi point of the elbow.

Another way of measuring is to take the distance from the end of ulnar caput to the olecranon as 1 *shaku* and 2.5 *sun*.

The distance for the leg is defined for each patient between the center of knee (or the lateral condyle of tibia) and the center of outside ankle as 1 *shaku* and 6 *sun*. The medial face of the leg is measured from the under edge of the knee to the inside ankle and defined to be 1 *shaku* and 3 *sun*.

I TAI-IN LUNG MERIDIAN OF THE HAND

1 ShoSho (Well, Wood, Controlled point) 少商

Position: 0.1 *sun* away from the base of the thumb's nail at the radial side.

Location: Well point is described in most classics, "only away from the base of nail as a Leek." Some scholars claim this is why the thickness of Leek is about 0.1 *sun*. This is not true. When you press lightly near the Well point, a few creases appear whose tips meet together in a shape like the tip of Leek. The Well point is right on there.

According to the Book "*Shinkyu Jitsuyo Keiketsu Gaku* (Textbook of Practical Points for Daily Clinic)" written by Homma Shohaku, the Well point is written as follows: When you press the flesh from the exterior side of fingernail, the distal phalanx is felt. You should take here as the Well point. Whenever expressed "0.1 *sun* away from the base of fingernail," you should always take in this way.

2 GyoSai (Gushing, Fire, Inhibitor point) 魚際

Position: The hollow between the tuberculum ossi scaphoidei and the basis of first metacarpal bone, and 1 *sun* below the DaiEn point.

Location: The point is written in many classics to be at "the posterior to the Fushi of big joint of thumb and within the area that dispersed pulses are felt." However, this location is somehow equivocal depending on the interpretation of Fushi. The Classics called Fushi against the joint (s). There is two ways to interpret for Fushi; the joint itself or the bone between two joints.

By the way, each finger is separated in three parts except the thumb which has two bones. It is conceivable that ancient people have mistaken that the thumb has also three parts, touching on the surface and mixing up the first metacarpal bone as one of the finger bones.

Some scholars believe that Fushi means the first carpus-metacarpal joint, and others the first metacarpophalangeal joint. Some other people who believe Fushi to be the bone between two joints takes it as the first metacarpal bone. Thus, the point could be either of three different positions.

In this context, we prefer to take Honsetsu as the first carpus-metacarpal joint. Then, the position is about 1 *sun* below the DaiEn point, and in the depression between the first metacarpal bone and the tuberculum ossi scaphoidei.

3 DaiEn (Transporting, Earth, Source, Mother point) 太淵

Position: 0.6 *sun* below the KeiKyo point, and on a radial artery.

Location: Facing up the palm, the point is located on the radial end of the transverse crease of the wrist, just the lateral brim of the radial artery.

4 KeiKyo (Traversing, Metal, Self point) 経渠

Position: Inside of the radial styloid process, and on a radial artery.

Location: This point is taken inside the summit of the radial styloid process, just the lateral brim of the radial artery. The place is used as the *kanjo* position for pulse diagnosis.

5 Rekketsu (Connecting point) 列欠

Position: 0.6 *sun* above the KeiKyo point, and on a radial artery.

Location: The point is located 0.6 *sun* above the KeiKyo point, just the lateral brim of the radial artery. It is used as the *shakuchu* position for pulse diagnosis.

6 KoSai (Crevice point) 孔最

Position: 3 *sun* below the ShakuTaku point, and along the ulnar side of the cross position of brachioradialis, and pronator teres.

Location: The point is located about 7 *sun* above the wrist. Passing the finger upward along the Lung meridian from the joint of the wrist, one comes up with a lower edge of the brachioradialis which slants at the ulnaris of radius. The point forms a dip due to a fissure of the slanted cross between the brachioradialis and the pronator teres.

7 ShakuTaku (Uniting, Water, Child point) 尺沢

Position: Almost on the center of the transverse crease of elbow, and on a radial artery.

Location: The point is ulnar side of the tendon of the biceps branchial muscle on the transverse crease of the elbow in the area where a palpitation can be detected.

II YO-MEI LARGE INTESTINE MERIDIAN OF THE HAND**1 ShoYo** (Well, Metal, Self point) 商陽

Position: 0.1 *sun* away from the base of the index fingernail on the radial side.

Location: See the location of the ShoSho point (Lung Meridian).

2 JiKan (Gushing, Water, Child point) 二間

Position: Radial side of the index finger, lower edge of the second metacarpophalangeal joint, and on the line that separates the red and white flesh.

Location: This position is described in many classics as "the point in the depression of the medial side, front of the second metacarpophalangeal Fushi of big joint." In this context, we regard Fushi as the second phalanx proximalis and take the point at

the lower side of it. By pressing from the radial side of the second phalanx proximalis and up to the line that separates the red and white flesh, you will come up with a big joint where the point is.

3 SanKan (Transporting, Wood, Controlled point) 三間

Position: Radial side of the index finger, upper edge of the second metacarpophalangeal joint, and on the line that separates the red and white flesh.

Location: This position is also equivocal depending on the interpretation of the Fushi of big joint. Take, for instance, the crevice of joint or its lower edge are often cited. Here we regard Fushi as the second phalanx proximalis and adopt the point at the upper edge of it.

By pressing along the line that separate the red and white flesh from the wrist toward the tip of the index finger, you come up with the big joint where is the point.

4 GoKoku (Source point) 合谷

Position: Center of the radial side of metacarpal bone of the index finger, and along the underside of the adductor pollicis.

Location: The point is easily located by pressing along the second metacarpal bone from the tip of the index finger toward the wrist until the adductor pollicis is felt near the center of the bone. The point is on the underside of this muscle, where palpitation can be detected.

5 YoKei (Traversing, Fire, Inhibitor point) 陽谿

Position: Under the radial styloid process, and in the depression formed between the extensor pollicis longus and brevis.

Location: With the thumb extended, the point can be located in the depression formed between the extensor pollicis longus and brevis. It is below of the underedge of radius and the posterior of the scaphoid bone, on the dorsal aspect of the wrist.

6 HenReki (Connecting point) 偏歷

Position: 3 *sun* away from the YoKei point toward the KyokuChi point, and along the meridian.

Location: The point can be located by pressing the finger along the meridian toward the elbow, until two muscular protrusions are felt at 3 *sun* away from the wrist. The point is on the abductor pollicis longus closest to the elbow.

7 OnRu (Crevice point) 溫溜

Position: 5 *sun* away from the YoKei point toward the KyokuChi point, and along the meridian.

Location: The “snake head” is its alternative name. Upon clenching the fist hard with the palm under, the tendon of extensor carpi radialis will apparently protrude. This is the reason why the point is called the “snake head.” Passing the finger along the protrusion toward the wrist, the point will be found at a depression where the radius is felt directly in its deep position.

8 SanRi 三里

Position: 2 *sun* down from the KyokuChi point on the radial aspect of the forearm.

Location: On pressing 2 *sun* below the KyokuChi point, an apparent response is felt. Here is the point.

9 KyokuChi (Uniting, Earth, Mother point) 曲池

Position: Medial side of the lateral epicondyle of humerus on the elbow.

Location: With the arm flexed at the elbow, the point is located at the midpoint between the end of the transverse crease of the elbow and the lateral epicondyle of the humerus.

III YO-MEI STOMACH MERIDIAN OF THE FOOT

1 ReiDa (Well, Metal, Child point) 厲兌

Position: 0.1 *sun* away from the base of the nail of second toe, and along the lateral side.

Location: See the location of the ShoSho point (Lung Meridian).

2 NaiTei (Gushing, Water, Controlled point) 内庭

Position: A depression between second and third metatarsalphalangeal joints.

Location: It is on the line that separate the red and white flesh between the second and third metatarsalphalangeal joints.

3 KanKoku (Transporting, Wood, Inhibitor point) 陷谷

Position: 2 *sun* posterior to the NaiTei point, and the center of second metatarsal bone on the side that faces the fifth metatarsal bone.

Location: It is taken by pressing between the second and third metatarsal bones from the base of toe towards the ankle until one reaches a depression approximately 2 *sun* posterior to the NaiTei point, on the outside of the second metatarsal bone.

4 ShoYo (Source point) 衝陽

Position: On the line that connect the NaiTei and KaiKei points, and on the tarso-metatarsal joints.

Location: Palpitation is felt here and called "the pulse point on the dorsum of foot." (When the SanRi point is pressed hard, the palpitation stops a few seconds.) It is located by pressing along the meridian from the KanKoku point toward the KaiKei point; it reaches the protrusion of the tarsometatarsal joints where the palpitation is felt.

5 KaiKei (Traversing, Fire, Mother point) 解谿

Position: Center of the transverse crease of frontal ankle, and on the tendon of extensor hallucis longus.

Location: When the ankle is moved, three tendons are felt at the frontal ankle. They are called the tendons of tibialis anterior, extensor hallucis longus and extensor digitorum longus, respectively from inside to outside. When the ankle is bent, the tendon of extensor hallucis longus becomes depressed where the point is.

6 HoRyu (Connecting point) 豐隆

Position: 8 *sun* above the outside ankle, and 1 *sun* posterior to the meridian line that connects the SanRi, JoKoKyo, and JoKo points.

Location: It is located approximately halfway between the ankle and the knee on the outside front of the leg. The point is easily recognizable by touch.

7 SanRi (Uniting, Earth, Self point) 三里

Position: 3 *sun* directly below the lateral condyle of the tibia (the uppermost protrusion on the outside tibia).

Location: It is taken by having the knee of the patient bend to approximately a 60 degree angle, so that one may find the tibial tuberosity and the upper head of the fibula. The point is on the line connecting these two protrusions, about one third of the distance from the tibia, also on the tibialis anterior.

8 RyoKyu (Crevice point) 梁丘

Position: About 2 *sun* above the upper edge of knee cap, and outside of the quadriceps femoris.

Location: By pressing along the tendon of the quadriceps femoris about 2 *sun* above the upper medial corner of the knee cap, with the knee joint extended, a lump is felt where the point is.

9 RamBi (miscellaneous point) 蘭尾

Position: About 3 *sun* under the SanRi point, on the lateral edge of tibia, and along the front aspect of lower leg.

Location: By pressing along the lateral edge of tibia, about 3 *sun* under the SanRi point, the point is easily located as a dull pain for the patient.

IV TAI-IN SPLEEN MERIDIAN OF THE FOOT

1 ImPaku (Well, Wood, Inhibitor point) 隱白

Position: 0.1 *sun* away from the base of the nail of first toe, and on the medial side.

Location: See the location of the ShoSho point (Lung meridian).

2 TaiTo (Gushing, Fire, Mother point) 大都

Position: Medial aspect of the first toe, in a depression slightly anterior to the basis of the proximal phalanx, and along the line that separates the red and white flesh.

Location: Pressing along the line that separates the red and white flesh, at the medial aspect of the proximal phalanx of the first toe, a protrusion of the metatarsophalangeal joint is met. The point is in the depression anterior to the protrusion.

3 TaiHaku (Transporting, Earth, Source, Self point) 太白

Position: A depression posterior to the large protrusion formed at the frontal end of the first metatarsophalangeal joint, and along the line that separates the red and white flesh.

Location: It is taken by passing the finger along the first metatarsal bone toward this large protrusion until a depression is reached. The point lies between the red and white flesh.

4 KoSon (Connecting point) 公孫

Position: 1 *sun* behind the TaiHaku point, and on the line that separates the red and white flesh.

Location: It is taken 1 *sun* behind the TaiHaku point, on the venter of the abductor hallucis, along the line that separates the red and white flesh.

5 ShoKyu (Traversing, Metal, Child point) 商丘

Position: Slightly frontal side of a depression located underside of the inside ankle.

Location: The point is located underside of the depression which is slightly anterior to the medial face of the ankle.

6 SanInKo 三陰交

Position: 3 *sun* above the inside ankle, and on the inside edge of the tibia.

Location: Passing the finger up along the tibia, a depression is found approximately 3 *sun* above the ankle. The point is right in there.

7 ChiKi (Crevice point) 地機

Position: Posterior margin of the tibia, and 5 *sun* under the knee.

Location: Medial face of the crus is measured from the under edge of the knee to the inside ankle as 1 *shaku* 3 *sun*. Thus, the location of this point corresponds to about 8 *sun* above the inside ankle. A lump is recognized by touch at the posterior margin of the tibia. The point is right there.

8 InRyoSen (Uniting, Water, Controlled point) 陰陵泉

Position: Lower edge along the posterior margin of the medial condyle of tibia.

Location: By pressing along the posterior margin of tibia, a curvature of the bone is felt. The point gives a dull pain at pressure.

V SHO-IN HEART MERIDIAN OF THE HAND

1 ShoSho (Well, Wood, Mother point) 少衝

Position: 0.1 *sun* away from the base of the small finger's nail, and on the radial side.

Location: See the location of the ShoSho point (Lung Meridian).

2 ShoFu (Gushing, Fire, Self point) 少府

Position: In a depression near the caput which exists between fourth and fifth metacarpal bones, and on the palm.

Location: Passing with two fingers between fourth and fifth metacarpal bones from the wrist toward the finger tips, one reaches at a depression just before the joints composed of fourth and fifth metacarpal bones and proximal phalanges. Actually, there are two points at the depression; the ShoFu point on the palm and the ChuCho point on the back. The latter is on the crease that comes out apparent when fingers cup in a half fist.

3 ShimMon (Transporting, Earth, Source, Child point) 神門

Position: 0.5 *sun* under the InGeki point, and on the point between lower end of ulna and pisiform bone.

Location: It is taken on the ulnar side of palm at the brim of the transverse crease in

the wrist, and of the tendon from the flexor carpi ulnaris. Palpitation may be felt in a deep position.

4 InGeki (Crevice point) 陰郄

Position: Radial edge of the ulnar styloid process on the palm.

Location: The point is on the radial edge of ulnar styloid process along the ulnar side of tendon derived from the flexor carpi ulnaris.

5 TsuRi (Connecting point) 通里

Position: 0.5 *sun* above the InGeki point.

Location: It is 0.5 *sun* above the InGeki point which is on the ulnar styloid process along the radial side of the bone.

6 ReiDo (Traversing, Metal, Controlled point) 靈道

Position: 1 *sun* above the InGeki point.

Location: It is 0.5 *sun* above the TsuRi point which is 0.5 *sun* above the InGeki point. Since the tendon of flexor carpi ulnaris diminishes away to muscle here, it is taken along the margin of ulna.

7 ShoKai (Uniting, Water, Inhibitor point) 少海

Position: In a depression on the transverse crease of the elbow, and the front of the medial epicondyle of the humerus.

Location: When one pinches at the medial epicondyle of the humerus with two fingers, one can locate the ShoKai point (Small Intestine Meridian) on the back and the ShoKai point (Heart Meridian) on the palm. With the arm bent at the elbow, the transverse crease of the elbow becomes prominent. The point is taken 0.5 *sun* anterior to the medial epicondyle of humerus and at the edge of the transverse crease mentioned above.

VI TAI-YO SMALL INTESTINE MERIDIAN OF THE HAND

1 ShoTaku (Well, Metal, Controlled point) 少澤

Position: 0.1 *sun* away from the base of the little finger's nail at the ulnar side.

Location: See the location of the ShoSho point (Lung Meridian).

2 ZenKoku (Gushing, Water, Inhibitor point) 前谷

Position: On the ulnar aspect of the fifth proximal phalanx, just the lateral side of the proximal interphalangeal joint of little finger, and along the line that separates the

red and white flesh.

Location: It is written in many classics that the point is “in a depression in front of Fushi of big joint, and on the ulnar side of little finger.” Among the theories concerning to the interpretation of Fushi, we regard Fushi to the proximal phalanx. Then, the point is taken at the upper side of the paroximal interphalangeal joint of little finger. By pressing along the line that separates the red and white flesh on the ulnar aspect of the fifth proximal phalanx from the wrist toward the tip, one reaches the protrusion of the joint. The point is taken in the depression just before it.

3 GoKei (Transporting, Wood, Mother point) 後谿

Position: Ulnar aspect of the little finger just under the fifth metacarpophalangeal joint, and on the line that separates red and white flesh.

Location: Many classics say that its point is “in a depression behind Fushi of big joint.” Taking Fushi as just mentioned, we take it at its upper end. By pressing along the ulnar side of the fifth proximal phalanx toward the wrist, one reaches the protrusion of the fifth metacarpophalangeal joint. The point is in the depression before this protrusion which is on the line that separates the red and white flesh. However, the Odd Meridian point is located directly on the joint, in the fissure that forms when a fist is made between the bones of the joint.

4 WanKotsu (Source point) 腕骨

Position: In the depression between the hamate bone and the base of fifth metacarpal bone, and on the line that separate the red and white flesh.

Location: By pressing along the ulnar aspect of fifth metacarpal bone, one reaches a little bone called hamate bone. These two bones form a depression. The point is in this depression and on the line that separates the red and white flesh.

5 YoKoku (Traversing, Fire, Self point) 陽谷

Position: Immediately under the ulnar head, lateral side of the hamate bone, and on the line that separates the red and white flesh.

Location: When the point is taken between the ulnar head and the hamate bone, it is too close to the Triple Heater Meridian. It is rather located along the line that connects WanKotsu and YoRo points, directly below the ulnar head and lateral side of the hamate bone.

6 YoRo (Crevice point) 養老

Position: In the depression between the head and the styloid process of ulna.

Location: A fissure is found at the lower end of ulna on its radial side. The head of ulna is on the ulnar side, whereas the styloid process of ulna is on the radial side.

Facing the palm to the chest, the point is taken in a seam above the head of ulna on its radial side.

7 ShiSei (Connecting point) 支正

Position: 5 *sun* above the head of ulna toward the elbow and on the line that separates the ulna from the extensor carpi ulnaris.

Location: By passing the finger from the head of ulna toward the elbow, one can find a site where a tingling sensation is felt beneath the skin. It is at about two fifth from the head of ulna toward the elbow. The point is where it is.

8 ShoKai (Uniting, Earth, Child point) 小海

Position: In the depression between the olecranon and the medial epicondyle of the humerus.

Location: When one tries to seize the medial epicondyle of the humerus by two fingers, the ShoKai point (Heart Meridian) in front and this point at back will be caught. The point is located in the groove for ulnar nerves between the epicondyle of the humerus and the olecranon.

VII TAI-YO BLADDER MERIDIAN OF THE FOOT

1 ShiIn (Well, Metal, Mother point) 至陰

Position: 0.1 *sun* away from the base of the nail of fifth toe, and on the lateral side.

Location: See the location of the ShoSho point (Lung Meridian).

2 TsuKoku (Gushing, Water, Self point) 通谷

Position: In a depression anterior and lateral to the fifth metatarsophalangeal joint and on the line that separates the red and white flesh.

Location: By pressing the lateral side of fifth toe toward the outer ankle, one reaches a protrusion of the fifth metatarsophalangeal joint. The point is in a depression slightly before its protrusion and on the line that separates the red and white flesh.

3 Sokkotsu (Transporting, Wood, Child point) 束骨

Position: In the depression posterior and lateral to the fifth metatarsophalangeal joint, on the line that separates the red and white flesh.

Location: By pressing along the lateral side of fifth metatarsal bone from the outer ankle toward the tip of toe, one reaches the protrusion of fifth metatarsophalangeal joint. It is taken in the depression slightly before its protrusion, and on the line that separates the red and white flesh.

4 KeiKotsu (Source point) 京骨

Position: Posterior to the tuberosity of fifth metatarsal bone, and on the line that separates the red and white flesh.

Location: By passing the finger along the line that separates the red and white flesh from the outer ankle toward the tip of fifth toe, one reaches the protrusion of tuberosity nearly at the middle between them. The point is in a depression just before its protrusion.

5 KimMon (Crevice point) 金門

Position: In a depression of the calcaneocuboidal joint anterior to and under the outer ankle.

Location: At first, the ShimMyaku point is taken at 0.5 *sun* under the outer ankle. Then, the point is taken bisecting the line that connects ShimMyaku and KeiKotsu points. In its deep position, one can detect a depression formed by the cuboid bone and by the calcaneus.

6 ShimMyaku 申脈

Position: In a depression at 0.5 *sun* immediately under the outer ankle.

Location: It is located in the depression formed by the fissure. Its Odd Meridian point is taken slightly at the hind site.

7 KonRon (Traversing, Fire, Controlled point) 崑崙

Position: In a depression anterior to the front edge of Achilles' tendon and posterior to the outer ankle.

Location: It is taken in the depression between the protrusive outer ankle and the front edge of Achilles' tendon. It is above the calcaneus.

8 HiYo (Connecting point) 飛陽

Position: 7 *sun* above the outer ankle and along the lateral margin of gastrocnemius.

Location: By pressing along the lateral margin of the Achilles' tendon, one comes across the bulge of the lateral head of gastrocnemius, approximately 7 *sun* above the outer ankle. It is lateral to the ShoZan point (in the insertion position of the gastrocnemius).

9 IChu (Uniting, Earth, Inhibitor point) 委中

Position: Center of the popliteal fossa on the traverse crease at the back of knee and also on the artery.

Location: When the leg is bent at the knee, the traverse crease comes out prominent around the hollow of popliteal fossa. It is taken at the center of this traverse crease,

where a palpitation can be detected.

VIII SHO-IN KIDNEY MERIDIAN OF THE FOOT

1 YuSen (Well, Wood, Child point) 湧泉

Position: In a depression (which takes the shape of angled line) of the sole being formed when the fingers are flexed, and on the line that connects the base of second toe and the back of heel.

Location: A line is drawn between the base of the second toe and the back of the heel. On this line, angular-shaped apex is found due to the thenar and hypothenar. Also there is a depression on the sole when all the fingers are bent. By passing the finger along the line, one reaches the crease that makes the angular shape.

2 NenKoku (Gushing, Fire, Controlled point) 然谷

Position: In a depression anterior to the scaphoid bone and under it, and on the line that separates the red and white flesh.

Location: The tuberosity of scaphoid bone can be felt anterior to and under the inner ankle. The point is taken in the depression in front of the tuberosity and under it. It is also on the line that separates the red and white flesh. It is about 1 *sun* posterior to the KoSon point.

3 TaiKei (Transporting, Earth, Source, Inhibitor point) 太谿

Position: In a depression between the inside ankle and the Achilles's tendon, and on the arterial palpitation.

Location: The point is located in the depression between the inside ankle and the Achilles' tendon. One can feel a slight arterial palpitation on this point.

4 TaiSho (Connecting point) 太鐘

Position: In a depression anterior margin to the insertion of the Achilles' tendon.

Location: It is taken at 0.5 *sun* back to the TaiKei point. By pressing downward to the calcaneal tuber along the anterior side of the Achilles' tendon, one may find a depression slightly above the tuber.

5 ShoKai 照海

Position: 1 *sun* under the inside ankle.

Location: It is taken at 1 *sun* under the inside ankle, slightly behind the tendon. The point is found as a lump and quite sensitive to the pressure as a pain.

6 SuiSen (Crevice point) 水泉

Position: On the line which crosses the top of inner ankle and the heel, and immediately below the TaiKei point.

Location: A bone can be found at the crosspoint composed of two lines. One is between the top of inside ankle and the heel, and the other is vertical from the TaiKei point. The point is located on this bone. The TaiKei, TaiSho and SuiSen points form an equilateral triangle of which sides are about 0.5 *sun*.

7 FukuRyu (Traversing, Metal, Mother point) 復溜

Position: 2 *sun* above the TaiKei point, on the arterial palpitation, and along the medial aspect of Achilles' tendon.

Location: It is 2 *sun* above the TaiKei point. Palpitation can be felt at the point in which there is a depression at the slightly medial side of the Achilles' tendon.

8 ChikuHin 築賓

Position: 5 *sun* above the inside ankle, and along the medial aspect of Achilles' tendon.

Location: It is 3 *sun* above the KoShin point (0.5 *sun* anterior to the FukuRyu point), along the medial aspect of the Achilles' tendon.

9 InKoku (Uniting, Water, Self point) 陰谷

Position: On the transverse crease at the back of knee, and on the place between big (front) and small (back) tendons.

Location: By touching from the back of knee with the slightly flexed leg, one can reach two tendons. The point is in between—namely the front big tendon and small one on the back. In other word, when one tries to seize the big tendon with two fingers, the InKoku (back) and KyokuSen (front) points are touched at a time, on the transverse crease and at the medial side to the IChu point.

IX KETSU-IN HEART CONSTRICTOR MERIDIAN OF THE HAND

1 ChuSho (Well, Wood, Mother point) 中衝

Position: 0.1 *sun* away from the base of middle fingernail, and on the radial side.

Location: See the location of the ShoSho point (Lung Meridian).

2 RoKyu (Gushing, Fire, Self point) 勞宮

Position: In a depression on the palm between second and third metacarpophalangeal joints and the basis of second and third metacarpal bones.

Location: By passing the finger on the palm from second and third metacarpophalangeal joints toward the wrist, one can find a depression where is the point. According to the “Textbook of Practical Points for Daily Clinic” written by Homma Shohaku, the point is taken in the depression formed between third and fourth metacarpal bones.

3 TaiRyo (Transporting, Earth, South, Child point) 太陵

Position: Ulnar side of the tendon of palmaris longus that is located at the center of inside wrist.

Location: It is on the ulnar side of the pulmaris longus and on the transverse crease of inside wrist closest to the palm.

4 NaiKan (Connecting point) 内関

Position: 2 *sunn* above the TaiRyo point, and on the ulnar side of the tendon of palmaris longus.

Location: By pressing ulnar margin of the tendon of palmaris longus from the elbow toward the wrist, one can easily locate a depression at the upper margin of the distal radio-ulnar joint.

5 KanShi (Traversing, Metal, Controlled point) 間使

Position: 3 *sunn* above the TaiRyo point.

Location: It is 1 *sunn* above the upper margin of the distal radio-ulnar joint, ulnar side of the palmaris longus.

6 GekiMon (Crevice point) 郛門

Position: 5 *sunn* above the TaiRyo point.

Location: In the almost center of the medium line on the forearm, the point is located 5 *sunn* above the TaiRyo point along the ulnar side of palmaris longus. The point is easily recognizable by feeling.

7 KyokuTaku (Uniting, Water, Inhibitor point) 曲沢

Position: Midpoint between the ShakuTaku and ShoKai (Heart Meridian) points.

Location: The ShakuTaku point is taken on the transverse crease of inside elbow and along the radial artery. Then the ShoKai point is taken in the depression of the ulnar medial epicondyle of humerus. The KyokuTaku point is in the middle of these two points.

X SHO-YO TRIPLE HEATER MERIDIAN OF THE HAND

1 KanSho (Well, Metal, Controlled point) 関衝

Position: 0.1 *sun* away from the base of the fourth fingernail, and on the ulnar side.

Location: See the location of the ShoSho point (Lung Meridian).

2 EkiMon (Gushing, Water, Inhibitor point) 液門

Position: In a depression slightly underside between fourth and fifth metacarpophalangeal joints and on the dosal hand.

Location: It is taken at the lower edge along the ulnar side of the fourth metacarpophalangeal joint, on the line that separates the red and white flesh.

3 ChuCho (Transporting, Wood, Mother point) 中渚

Position: In a depression on the dorsal hand between fourth and fifth metacarpophalangeal joints.

Location: It is taken in the depression at about 1 *sun* above the EkiMon point.

4 YoChi (Source point) 陽池

Position: In a depression on the back of wrist, caused by the tendons of extensor digitorum comm. and extensor digiti quinti proprius.

Location: When the fingers are stretched hard, the tendons of extensor digitorum comm. appear prominent. The point is in the depression at the joint of wrist formed by the tendons for fourth and fifth fingers.

5 GaiKan (Connecting point) 外関

Position: 2 *sun* above the YoChi point, and in a depression along the ulnar aspect of the tendon of extensor digitorum comm.

Location: It is just an opposite side of the NaiKan point (Heart Constrictor Meridian). It is taken in the depression on the upper margin of distal radio-ulnar joint, along the ulnar aspect of the tendon of extensor digitorum comm.

6 ShiKo (Traversing, Fire, Self point) 支溝

Position: 3 *sun* above the YoChi point and in a depression along the ulnar side of extensor digitorum comm.

Location: Triple Heater Meridian runs between the extensor digitorum comm. and the extensor digiti quinti proprius. It is taken in a depression at 3 *sun* above the YoChi point.

7 ESo (Crevice point) 会宗

Position: 3 *sun* above the YoChi point, and 0.5 *sun* away to the ulnar side of the ShiKo point.

Location: It is taken on the ulnar side of extensor digiti quinti proprius, and at the same distance to the ShiKo point measured from the outside wrist.

8 SanYoRaku 三陽絡

Position: 4 *sun* above the YoChi point.

Location: It is taken 4 *sun* above the YoChi point between two muscles.

9 TenSei (Uniting, Earth, Child point) 天井

Position: In a depression 1 *sun* above the olecranon of elbow between the tendons of triceps brachii and the humerus.

Location: With the arm bent at the elbow slightly, it is taken in the depression 1 *sun* above the olecranon of elbow between the radial aspect of the tendon of triceps brachii and the humerus. Upon pressing this point, a shock will flush through to the fingers.

XI SHO-YO GALL BLADDER MERIDIAN OF THE FOOT**1 KyoIn** (Well, Metal, Inhibitor point) 竅陰

Position: 0.1 *sun* away from the lateral corner of fourth toenail.

Location: See the location of the ShoSho point (Lung Meridian).

2 KyoKei (Gushing, Water, Mother point) 俠谿

Position: In a depression slightly foreside between fourth and fifth metatarsophalangeal joints.

Location: It is taken on the dorsal foot at the edge of the line that separates the red and white flesh under the fourth and fifth metatarsophalangeal joints and between them.

3 RinKyu (Transporting, Wood, Self point) 臨泣

Position: In a depression 2 *sun* posterior to the KyoKei point between the metatarsals of fourth and fifth toes.

Location: It is taken by passing the finger between the two bones for fourth and fifth toes until one reaches the depression just in front of where bones join.

4 KyuKyo (Source point) 丘墟

Position: In a depression 0.5 *sun*n anterior to the under edge of outside ankle and on the cuboid bone.

Location: It is taken by having the patient flex the foot upward with the toes bent so as to clarify the depressed point. The point is in the depression of the cuboid bone.

Note:

Three points, KenSho, KoMyo and YoKo, are located along the fibula. While two points, YoHo and GaiKyu, are 0.3 *sun*n anterior to the fibula, i.e. along the frontal aspect of the peroneus.

5 YoHo (Traversing, Fire, Child point) 陽輔

Position: In the depression at 4 *sun*n above the outer ankle along the lateral margin of fibula.

Location: The YoHo and KenSho points used to be called “Zekkotsu,” which means the end of the bone or the bone was diminishing during one epoch. The KenSho point is taken at 3 *sun*n above the outer ankle, along the lateral margin of the fibula. The YoHo point is then taken 1 *sun*n higher and 0.3 *sun*n anterior to the KenSho point, along the anterior margin of the peroneus longus.

6 KoMyo (Connecting point) 光明

Position: 5 *sun*n above the upper edge of outside ankle and on the lateral surface of the fibula.

Location: It is taken by passing the finger up along the fibula until one reaches the peroneus that crosses the bone, approximately 5 *sun*n above the ankle.

7 GaiKyu (Crevice point) 外丘

Position: In the depression at 7 *sun*n above the upper edge of outer ankle, and along the lateral margin of fibula.

Location: The YoKo point is at 7 *sun*n above the upper edge of outer ankle, along the lateral aspect of the fibula. The GaiKyu point is taken in a depression along the anterior margin of the peroneus and at 0.3 *sun*n anterior to the YoKo point. Some sensation may be felt at this point. The YoKo, GaiKyu, GeKoKyo, and ShoZan points are the same distance from the outer ankle.

8 YoRyoSen (Uniting, Earth, Controlled point) 陽陵泉

Position: In a depression in front of the head of fibula, and slightly under the lateral condyle of tibia.

Location: The tibia protrudes at the knee, and the head of fibula come under it. The

point is taken in the depression in front of the head of fibula, slightly under the lateral condyle of tibia. Since a long time ago, the point has been taken in many ways, i.e. front, below, anterior-below, up, posterior the head of fibula, etc. However, the distance "1 *sunn* under the knee" is common to all.

XII KESTU-IN LIVER MERIDIAN OF THE FOOT

1 TaiTon (Well, Wood, Self point) 太敦

Position: 0.1 *sunn* posterior to the base of first toe nail at the lateral corner.

Location: In many classics, the TaiTon point is described as being it is "away about a thickness of Leek from the basis of nail, and within a few hair." Other Well points are described only as being "away about a thickness of Leek from the base of the nail" without additional "within a few hairs." "A few hairs" are cited since it grows at a certain place in back of the base of nail. More than "a few hair" grows further back this place.

2 KoKan (Gushing, Fire, Child point) 行間

Position: In a depression between the first and second metatarsophalangeal joints, but slightly inside and anterior to it.

Location: It is taken in a depression between the first and second metatarsophalangeal joints, but slightly inside and anterior to it. It is on the dorsal side of the line that separates the red and white flesh.

3 TaiSho (Transporting, Earth, Source, Controlled point) 太衝

Position: Slightly anterior to the joint of first and second metatarsals and off-placed to the side of first toe. Arterial palpitation can be felt on it.

Location: Arterial palpitation is felt at the place described above. The point is slightly off-placed to the side of first toe, and on this palpitation.

4 ChuHo (Traversing, Metal, Inhibitor point) 中封

Position: 1 *sunn* anterior to the inside ankle, and along the inside of the tendon of tibialis anterior.

Location: It is taken by passing the finger along the tendon of tibialis anterior toward the toes until one reaches the area just before the tendon attaches to the bone, approximately 1 *sunn* away from the inside ankle.

5 ReiKo (Connecting point) 蠡溝

Position: 5 *sun* above the inside ankle and on the medial surface of the tibia.

Location: It is taken by passing the finger to the front, from the posterior margin of tibia, about 5 *sun* above the inside ankle. Some sensations are felt upon pressing where is the point.

6 ChuTo (Crevice point) 中都

Position: 7 *sun* above the inside ankle and on the medial surface of tibia.

Location: It is almost in the center of the medial aspect of lower leg and on the anterior aspect of the tibia. It is the same distance to the inside ankle as the ShoZan and GaiKyu points.

7 KyokuSen (Uniting, Water, Mother point) 曲泉

Position: Along the anterior margin of the big tendon and on the inside edge of the transverse crease of popliteal fossa.

Location: If the inside edge of transverse crease of popliteal fossa is grasped while pressing the InKoku point of Kidney Meridian with the index finger, the thumb will touch the fissure formed by the knee joint where the point is.

EIGHT TREATMENT POINTS OF THE ODD MERIDIANS (with four more points)

The points of Odd Meridian are located almost same as those of the Main Meridian. However, the difference in concept for treatments makes for a different method for locating the points—namely, diagnosis by pressure.

1 NaiKan *In-1* Meridian (Heart Constrictor Meridian) 内関

Position: 2 *sun* above the TaiRyo point.

Location: Like the NaiKan point of the Main Meridian, it is taken by pushing the upper margin of the distal radio-ulnar joint along the center line of medial aspect of forearm. The point is quite sensitive to the pressure as a pain. However, caution should be paid so as not to get an erroneous point because of a wrong position of the hand.

2 KoSon *Sho* Meridian (Spleen Meridian) 公孫

Position: 1 *sun* posterior to the TaiHaku point and on the line that separates the red and white flesh.

Location: It is taken by pushing about 1 *sun* behind the TaiHaku point on the venter

of abductor hallucis. Sensitivity to the pressure as a pain is an indicator of this point.

3 GaiKan *Yo-I* Meridian (Triple Heater Meridian) 外関

Position: 2 *sun* above the YoChi point.

Location: The opposite side of the arm is the NaiKan point. The point is taken by pushing the upper margin of distal radio-ulnar joint on the dorsal aspect of the forearm. A tingling tendon is felt at the point on which a pressure may arouse a pain. One should be very cautious about the hand position in particular, similar to the NaiKan point.

4 RinKyu *Tai* Meridian (Gall Bladder Meridian) 臨泣

Position: In a depression 2 *sun* back to the KyoKei point and between the metatarsals of fourth and fifth toes.

Location: The point is taken by pushing the dorsal foot between the fourth and fifth metatarsals from the tip of toe toward the ankle. It is adjacent to the protrusion that is formed by the two bones and is sensitive to the pressure as a pain.

5 GoKei *Toku* Meridian (Small Intestine Meridian) 後谿

Position: On the ulnar aspect of little finger above the fifth metacarpophalangeal joint, and on the line that separates the red and white flesh.

Location: When a loose fist is made with the hand on the chest and with the fifth finger up and stretched, the point will be located in the fissure formed between two bones that compose the fifth metacarpophalangeal joint.

6 ShimMyaku *Yo-I* Meridian (Bladder Meridian) 申脈

Position: 0.5 *sun* under the outer ankle slightly back to it.

Location: It is taken by pushing the tendon of peroneus longus that is below and slightly posterior to the outer ankle. One can find a prominent sensitivity below it similar to that just described.

7 Rekketsu *Nin* Meridian (Lung Meridian) 列欠

Position: 0.6 *sun* above the KeiKyo point and on the radial artery.

Location: It is taken by passing the finger on the ulnar side of radius, along the Lung Meridian from the inside elbow toward the wrist. The point is slightly above the radial styloid process, and it shows notable sensitivity against pressure.

8 ShoKai *In-Kyo* Meridian (Kidney Meridian) 照海

Position: 1 *sun* directly below the inside ankle.

Location: It is 1 *sun* under and slightly behind the inside ankle on which one

can feel a lump of tendon. On pressing forward, a prominent pain will be felt at this point.

9 TaiSho (Liver Meridian) 太衝

Position, Location: Slightly anterior to the joint of first and second metatarsals, and off-placed to the side of first toe. The point is taken by looking for the arterial palpitation.

10 TsuRi (Heart Meridian) 通里

Position: 1 *sun* above the ShimMon point.

Location: The point is taken by looking for a sensitive point of pain against the pressure by pushing the radial side of the upper margin of styloid process of ulna.

11 KanKoku (Stomach Meridian) 陷谷

Position: 2 *sun* posterior to the NaiTei point and nearly the center of the second metatarsal bone on the side that faces the fifth metatarsal bone.

Location: The point is taken by pushing between second and third metatarsal bones from the base of toes toward the ankle. It is in a depression approximately 2 *sun* away from the NaiTei point, and on the outside of the second metatarsal bone. It has notable sensitivity to the pain of pressure.

12 GoKoku (Large Intestine Meridian) 合谷

Position: Radial side of the second metacarpal bone and on the underside of the adductor pollicis.

Location: It is taken by pressing downward along the second metacarpal bone from the tip of index finger toward the wrist until the adductor pollicis is reached. The point is on the underside of this muscle, and a palpitation can be felt under it.

Section 2
List of Points

In the table shown below, meridian names are expressed in two character mnemonics as follows:

Bl ----- Bladder Meridian	M ----- Miscellaneous Point
GB ----- Gall Bladder Meridian	Nn ----- Nin Meridian
Ht ----- Heart Meridian	SI ----- Small Intestine Meridian
HC ----- Heart Constrictor Meridian	Sp ----- Spleen Meridian
Kd ----- Kidney Meridian	St ----- Stomach Meridian
LI ----- Large Intestine Meridian	Tk ----- Toku Meridian
Ln ----- Lung Meridian	TH ----- Triple Heater Meridian
Lv ----- Liver Meridian	

Point expression	Pronunciation	Chinese character	Meridian	Reader's notes
AMon	[amon]	瘧門	Tk	
BoKoYu	[bó:ko:jù]	膀胱俞	Bl	
BokuShin	[bókũʃin]	僕參	Bl	
ChiGoE	[tʃigoè]	地五会	GB	
ChiKi	[tʃiki]	地機	Sp	
ChikuHin	[tʃikuçin]	築賓	Kd	
Chippen	[tʃippen]	秩辺	Bl	
ChiSo	[tʃiso:]	地倉	St	
ChiZen	[tʃizen]	治喘	M	
ChoE	[tʃó:è]	聽会	GB	
ChoKyo	[tʃó:kjo:]	長強	Tk	
ChoKyu	[tʃó:kju:]	聽宮	SI	
ChuCho	[tʃú:tʃo]	中渚	TH	
ChuChu	[tʃú:tʃu:]	中注	Kd	
ChuFu	[tʃú:ɸu]	中府	Ln	
ChuHo	[tʃú:ho:]	中封	Lv	

Point expression	Pronunciation	Chinese character	Meridian	Reader's notes
ChuKan	[tʃú:kəN]	中腕	Nn	
ChuKyoku	[tʃú:kjokʉ]	中極	Nn	
ChuRyo	[tʃú:rjo:]	中膠	Bl	
ChuRyo	[tʃú:rjo:]	肘膠	LI	
ChuRyoNaiYu	[tʃú:rjonáijw]	中筋內俞	Bl	
ChuSho	[tʃú:ʃo:]	中衝	HC	
ChuTei	[tʃú:tei]	中庭	Nn	
ChuTo	[tʃú:tò]	中都	Lv	
ChuToku	[tʃú:toku]	中瀆	GB	
DaiChoYu	[dáitʃo:jû]	大腸俞	Bl	
DaiEn	[dáien]	太淵	Ln	
DaiGei	[dáigèi]	大迎	St	
DaiJo	[dáidʒo]	大杼	Bl	
DaiO	[dáio:]	大橫	Sp	
DaiTsui	[dáitsui]	大椎	Tk	
DanChu	[dántʃú:]	臈中	Nn	
DaTan	[dátan]	兌端	Tk	
DenAtsu	[dénatu]	臀压	M	
DoShiRyo	[dó:ʃirjò:]	瞳子膠	GB	
EiFu	[éiʃu:]	翳風	TH	
EIn	[ʒéin]	会陰	Nn	
EkiMon	[ʒekimɔN]	液門	TH	
EnEki	[ʒénèki]	淵液	GB	
ESo	[ʒèso:]	会宗	TH	
EYo	[ʒèjo:]	会陽	Bl	
FuBun	[ʃuɸuɸuN]	附分	Bl	
FuChi	[ʃú:tʃi]	風池	GB	
FuFu	[ʃú:ʃu]	風府	Tk	
FuGeki	[ʃuʒekì]	浮郛	Bl	

Point expression	Pronunciation	Chinese character	Meridian	Reader's notes
FuHaku	[fʷhákʷ]	浮白	GB	
Fukketsu	[fʷkketsʷ]	腹結	Sp	
FukuAi	[fʷkʷai]	腹哀	Sp	
FukuRyu	[fʷkʷfʷ:]	復溜	Kd	
FukuTo	[fʷkʷtò]	伏兔	St	
FuMon	[fʷ:mon]	風門	Bl	
FuSha	[fʷʃá]	府舍	Sp	
FuTotsu	[fʷtotsʷ]	扶突	LI	
FuYo	[fʷjó:]	不容	St	
FuYo	[fʷjó:]	跗陽	Bl	
GaiKan	[gáikan]	外關	TH	
GaiKyu	[gáikjʷ:]	外丘	GB	
GaiShitsuGan	[gáíʃitʃʷgan]	外膝眼	M	
GanEn	[gáɲen]	頷厭	GB	
GeiKo	[géiko:]	迎香	LI	
GeKan	[gekán]	下腕	Nn	
GeKan	[gekán]	下關	St	
GekiMon	[gékimon]	鄰門	HC	
GeRen	[géɾen]	下廉	LI	
GeRyo	[geɾjó:]	外陵	St	
GeRyo	[geɾjó:]	下髎	Bl	
GinKo	[gínko:]	鬮交	Tk	
GoCho	[gótʃo:]	後頂	Tk	
GoKei	[gokéi]	後谿	SI	
GoKoku	[gó:kokʷ]	合谷	LI	
GoRi (foot)	[góɾi]	五里(足)	Lv	
GoRi (hand)	[góɾi]	五里(手)	LI	
GoSho	[góʃo]	五處	Bl	
GoSu	[gósʷ:]	五樞	GB	

Point expression	Pronunciation	Chinese character	Meridian	Reader's notes
GoYo	[gó:jo:]	合陽	Bl	
GyokuChin	[gjókwutʃin]	玉枕	Bl	
GyukuDo	[gjókwudo:]	玉堂	Nn	
GyoSai	[gjóσαι]	魚際	Ln	
HaiYu	[háiju]	肺俞	Bl	
HakkanYu	[hákkanjju]	白環俞	Bl	
Hakko	[hákkò]	魄戶	Bl	
HeiFu	[héifú:]	秉風	Sl	
HenReki	[hénfeki]	偏歷	LI	
HiJu	[çídʒju]	臂臑	LI	
HiKan	[çíkan]	髀關	St	
HiYo	[çijó:]	飛陽	Bl	
HiYu	[çijju]	脾俞	Bl	
HoKo	[ho:kó:]	胞背	Bl	
HonJin	[hóndʒin]	本神	GB	
HoRo	[horó:]	步廊	Kd	
HoRyu	[ho:ʃjú:]	豐隆	St	
HyakuE	[hjákwè]	百會	Tk	
IChu	[çitʃú:]	委中	Bl	
IKi	[çíki]	諶諶	Bl	
ImMon	[çimmon]	殷門	Bl	
ImPaku	[çimpakw]	隱白	Sp	
ImPo	[çimpo:]	陰包	Lv	
InDo	[çindo:]	印堂	M	
InGeki	[çingeki]	陰郄	Ht	
InKo	[çínko:]	陰交	Nn	
InKoku	[çínkokù]	陰谷	Kd	
InRen	[çínren]	陰廉	Lv	
InRyoSen	[çinʃjo:sen]	陰陵泉	Sp	

Point expression	Pronunciation	Chinese character	Meridian	Reader's notes
InShi	[ʔínʃi]	陰市	St	
InTo	[ʔínto]	陰都	Kd	
ISha	[ʔiʃa]	意舍	Bl	
ISo	[ʔisó:]	胃倉	Bl	
IYo	[ʔijó:]	委陽	Bl	
IYu	[ʔíju]	胃俞	Bl	
JiKan	[dʒíkan]	二間	LI	
JiMon	[dʒímon]	耳門	TH	
JinChu	[dʒintʃu:]	人中	Tk	
JinGei	[dʒíŋgei]	人迎	St	
JinYu	[dʒínju]	腎俞	Bl	
JiRyo	[dʒíʃjo:]	次膠	Bl	
JitsuGetsu	[dʒítsugetsu]	日月	GB	
JoKan	[dʒó:kan]	上腕	Nn	
JoKo	[dʒó:ko:]	條口	St	
JoKoKyo	[dʒo:kókjo]	上巨虛	St	
JoRen	[dʒó:ʃen]	上廉	LI	
JoRyo	[dʒó:ʃjo:]	上膠	Bl	
JoSei	[dʒó:sei]	上星	Tk	
JoSen	[dʒó:sen]	上仙	M	
JuE	[dʒúe]	臑会	TH	
JuYu	[dʒúju]	臑俞	SI	
KaGai	[kágài]	華蓋	Nn	
KaiKei	[káikei]	解谿	St	
KaKoKyo	[kakókjo]	下巨虛	St	
KakuKan	[kákukan]	膈關	Bl	
KakuSon	[kákuison]	角孫	TH	
KakuYu	[kákuju]	膈俞	Bl	
KamMon	[kámmon]	關門	St	

Point expression	Pronunciation	Chinese character	Meridian	Reader's notes
KanCho	[kántʃo:]	環跳	GB	
KanGen	[kánʒen]	関元	Nn	
KanKoku	[kánkoku]	陷谷	St	
KanKotsu	[kánkòtʃu]	完骨	GB	
KanRyo	[kánrjo:]	颧髎	SI	
KanShi	[kánʃi]	間使	HC	
KanSho	[kánʃo:]	関衝	TH	
KanYu	[kánjũ]	肝俞	Bl	
KaRyo	[karjó:]	禾髎	LI	
KatsuNikuMon	[kátsumikumon]	滑肉門	St	
KeiKotsu	[kéikots(u)]	京骨	Bl	
KeiKyo	[kéikjo]	經渠	Ln	
KeiMon	[kéimon]	京門	GB	
KeiMyaku	[kéimjak(u)]	瘰脈	TH	
Kekkai	[kékkài]	血海	Sp	
KenChuYu	[kénʃu:ju]	肩中俞	SI	
KenGaiYu	[kèngáiju]	肩外俞	SI	
KenGu	[kèngu:]	肩髃	LI	
KenRi	[kénri]	懸釐	GB	
KenRi	[kénri]	建里	Nn	
KenRo	[kénro]	懸顛	GB	
KenRyo	[kénrjo:]	肩髎	TH	
KenSei	[kénsei]	肩井	GB	
KenSho	[kénʃo:]	懸鐘	GB	
KenSu	[kénsu:]	懸枢	Tk	
KenTei	[kentei]	肩貞	SI	
KetchinYu	[kétʃinju]	厥陰俞	Bl	
KetsuBon	[kétsubon]	欠盆	St	
KiKai	[k(h)ikai]	氣海	Nn	

Point expression	Pronunciation	Chinese character	Meridian	Reader's notes
KiKetsu	[k(h)íketsu]	氣穴	Kd	
KiKo	[k(h)iko]	氣戶	St	
KimMon	[k(h)immon]	金門	Bl	
KiMon	[k(h)ímon]	期門	Lv	
KiMon	[k(h)ímon]	箕門	Sp	
KinShuku	[k(h)ínʃukʷ]	筋縮	Tk	
KiRai	[k(h)írai]	婦來	St	
KiSha	[k(h)íʃa]	氣舍	St	
KiSho	[k(h)íʃó:]	氣衝	St	
KoBo	[kobó:]	庫房	St	
KoKan	[kó:kan]	行間	Lv	
KoKetsu	[k(h)ókéts(ʰ)]	巨闕	Nn	
KoKo	[k(h)ó:ko:]	膏肓	Bl	
KoKotsu	[kókotsu]	巨骨	LI	
KomMon	[kómmon]	魂門	Bl	
KoMon	[kó:mon]	肓門	Bl	
KoMyo	[kó:mjo:]	光明	GB	
KonRon	[kónron]	崑崙	Bl	
KoRyo	[koíjó:]	巨膠	St	
KoSai	[kó:sai]	孔最	Ln	
KoShin	[kó:ʃin]	交信	Kd	
KoSon	[kó:son]	公孫	Sp	
KoYu	[kó:jü]	肓俞	Kd	
KyakuShuJin	[kjákuʃüdzin]	客主人	GB	
KyoHaku	[kjó:haku]	俠白	Ln	
KyoIn (foot)	[kjó:jin]	竅陰(足)	GB	
KyoIn (head)	[kjó:jin]	竅陰(頭)	GB	
KyoKan	[kjó:kan]	強間	Tk	
KyoKei	[kjó:kei]	俠谿	GB	

Point expression	Pronunciation	Chinese character	Meridian	Reader's notes
Kyokkotsu	[kjókkots(⊕)]	曲骨	Nn	
KyokuBin	[kjókuɓin]	曲鬢	GB	
KyokuChi	[kjókuɕi]	曲池	LI	
KyokuEn	[kjókuɛn]	曲垣	SI	
KyokuSa	[kjókuɕa]	曲差	Bl	
KyokuSen	[kjókuɕɛn]	極泉	Ht	
KyokuSen	[kjókuɕɛn]	曲泉	Lv	
KyokuTaku	[kjókuɕtâk⊕]	曲沢	HC	
KyoKyo	[kjó:kjo:]	胸鄉	Sp	
KyoRyo	[kjo:jó:]	居膠	GB	
KyoSha	[kjó:ʃa]	頰車	St	
KyuBi	[kjú:ɓi]	鳩尾	Nn	
KyuKyo	[kjú:kjo]	丘墟	GB	
MeiMon	[méimon]	命門	Tk	
MokuSo	[mók(⊕)so:]	目窓	GB	
NaiKan	[náikan]	內關	HC	
NaiShitsuGan	[náifitʃugan]	內膝眼	M	
NaiTei	[náitei]	內庭	St	
NenKoku	[nénkoku]	然谷	Kd	
NoKo	[nó:ko]	腦戶	Tk	
NoKu	[nó:ku:]	腦空	GB	
NyuChu	[nú:tʃu:]	乳中	St	
NyuKon	[nú:kon]	乳根	St	
OKotsu	[ó:kots(⊕)]	橫骨	Kd	
OkuEi	[okuei]	屋翳	St	
OnRu	[ónru]	溫溜	LI	
Rakkyaku	[rákkjaku]	絡却	Bl	
RamBi	[rambi]	蘭尾	M	
ReiDa	[feida]	厲兌	St	

Point expression	Pronunciation	Chinese character	Meridian	Reader's notes
ReiDai	[feidai]	靈台	Tk	
ReiDo	[feido:]	靈道	Ht	
ReiKo	[feiko:]	蠡溝	Lv	
ReiKyo	[féikjo]	靈墟	Kd	
Rekketsu	[fékkets(u)]	列欠	Ln	
RenSen	[fénsen]	廉泉	Nn	
RinKyu (foot)	[finkju:]	臨泣(足)	GB	
Rinkyu (head)	[finkju:]	臨泣(頭)	GB	
Rokoku	[fó:kòku]	漏谷	Sp	
RoKyu	[fó:kju:]	勞宮	HC	
RoSoku	[fosóku]	顛息	TH	
RyoKyu	[fjó:kju:]	梁丘	St	
RyoMon	[fjó:mon]	梁門	St	
SanChiku	[sántfik(u)]	攢竹	Bl	
SanInKo	[sanínko:]	三陰交	Sp	
SanKan	[sánkan]	三間	LI	
SanRi (foot)	[sánri]	三里(足)	St	
SanRi (hand)	[sánri]	三里(手)	LI	
SanShoYu	[sanjó:ju]	三焦俞	Bl	
SanYoRaku	[sanjó:řaku]	三陽絡	TH	
SeiMei	[séimeí]	睛明	Bl	
SeiRei	[séiřei]	青靈	Ht	
SeiReiEn	[séiřeièn]	清冷淵	TH	
SekiChu	[sékitřu:]	脊中	Tk	
SekiKan	[sékikan]	石關	Kd	
SekiMon	[sékimòn]	石門	Nn	
SenKi	[sénki]	璇璣	Nn	
ShakuTaku	[řák(u)taku]	尺沢	Ln	
ShiChikuKu	[řitřikuku:]	絲竹空	TH	

Point expression	Pronunciation	Chinese character	Meridian	Reader's notes
ShiHaku	[ʃihaku]	四白	St	
ShiIn	[ʃiin]	至陰	Bl	
ShiKo	[ʃikó:]	支溝	TH	
ShiKyu	[ʃikjū:]	紫宮	Nn	
ShiMan	[ʃimán]	四滿	Kd	
ShimMon	[ʃimmon]	神門	Ht	
ShimMyaku	[ʃimmjaku]	申脈	Bl	
ShimPo	[ʃimpo:]	神封	Kd	
ShinChu	[ʃintʃu:]	身柱	Tk	
ShinDo	[ʃindo:]	神堂	Bl	
ShinDo	[ʃindo:]	神道	Tk	
ShinE	[ʃine]	顙會	Tk	
ShinKetsu	[ʃinkets(ʰ)]	神闕	Nn	
ShinTei	[ʃintei]	神庭	Tk	
ShinYu	[ʃinjù]	心兪	Bl	
ShinZo	[ʃinzo:]	神藏	Kd	
ShiSei	[ʃisei]	支正	SI	
ShiShitsu	[ʃʃitsʃu]	志室	Bl	
ShiToku	[ʃitoku]	四讀	TH	
ShitsuKan	[ʃitsukan]	膝關	Lv	
ShiYo	[ʃijó:]	至陽	Tk	
ShoChoYu	[ʃó:tʃó:ju]	小腸兪	Bl	
ShoEi	[ʃó:èi]	正營	GB	
ShoFu	[ʃó:ʃu]	承扶	Bl	
ShoFu	[ʃó:ʃu]	少府	Ht	
ShoKai	[ʃó:kai]	照海	Kd	
ShoKai	[ʃó:kai]	少海	Ht	
ShoKai	[ʃó:kai]	小海	SI	
ShoKin	[ʃó:kin]	承筋	Bl	

Point expression	Pronunciation	Chinese character	Meridian	Reader's notes
ShoKo	[fó:ko:]	承光	Bl	
ShokuToku	[fók(ɯ)tòktɯ]	食竇	Sp	
ShoKyoku	[fó:kjokɯ]	商曲	Kd	
ShoKyu	[fó:kju:]	承泣	St	
ShoKyu	[fó:kju:]	商丘	Sp	
ShoMan	[fó:man]	承滿	St	
ShoMon	[fó:mon]	章門	Lv	
ShoMon	[fó:mon]	衝門	Sp	
ShoRei	[fó:rei]	承靈	GB	
ShoReki	[fó:reki]	消溼	TH	
ShoSho	[fó:fo:]	少商	Ln	
ShoSho	[fó:fo:]	承漿	Nn	
ShoSho	[fó:fo:]	少衝	Ht	
ShoTaku	[fó:takɯ]	少沢	Sl	
ShoYo	[fó:jo:]	商陽	LI	
ShoYo	[fo:jó:]	衝陽	St	
ShoZan	[fó:zan]	承山	Bl	
ShuEi	[fú:ei]	周榮	Sp	
ShuKin	[fú:kin]	輒筋	GB	
Sokkoku	[sokkokɯ]	率谷	GB	
Sokkotsu	[sokkots(ɯ)]	束骨	Bl	
SoRyo	[sofjó:]	素膠	Tk	
SuiBun	[súibun]	水分	Nn	
SuiDo	[súido:]	水道	St	
SuiKo	[súik(h)o:]	水溝	Tk	
SuiSen	[súisen]	水泉	Kd	
SuiTotsu	[súitots(ɯ)]	水突	St	
TaiHaku	[táihakɯ]	太白	Sp	
TaiHo	[táiho:]	大包	Sp	

Point expression	Pronunciation	Chinese character	Meridian	Reader's notes
TaiItsu	[taiíts(ɯ)]	太乙	St	
TaiKaku	[táikaku]	大赫	Kd	
TaiKei	[táikei]	太谿	Kd	
TaiKo	[táiko]	大巨	St	
TaiMyaku	[táimjak(ɯ)]	帶脈	GB	
TaiRyo	[táirjo:]	太陵	HC	
TaiSho	[táijo:]	大鐘	Kd	
TaiSho	[táijo:]	太衝	Lv	
TaiTo	[táito]	太都	Sp	
TaiTon	[táiton]	太敦	Lv	
TanYu	[tánju]	胆俞	Bl	
TemPu	[témpu]	天府	Ln	
TenChi	[téntʃi]	天池	HC	
TenChu	[téntʃu:]	天柱	Bl	
TenKei	[ténkei]	天谿	Sp	
TenRyo	[ténrjo:]	天膠	TH	
TenSei	[ténsei]	天井	TH	
TenSen	[ténseɳ]	天泉	HC	
TenSho	[ténʃo:]	天衝	GB	
TenSo	[ténso:]	天宗	SI	
TenSo	[ténso:]	天窓	SI	
TenSu	[ténsu:]	天樞	St	
TenTei	[tentei]	天鼎	LI	
TenTotsu	[tentots(ɯ)]	天突	Nn	
TenYo	[tenjo:]	天容	SI	
TenYo	[tenjo:]	天牖	TH	
ToDo	[tó:do:]	陶道	Tk	
TokuBi	[tókuubi]	犢鼻	St	
TsuKoku (abdomen)	[tsú:kok(ɯ)]	通谷(腹)	Kd	

Point expression	Pronunciation	Chinese character	Meridian	Reader's notes
TsuKoku (foot)	[tsú:kok(w)]	通谷(足)	Bl	
TsuRi	[tsú:fi]	通里	Ht	
TsuTen	[tsú:ten]	通天	Bl	
UmMon	[ʔúmmon]	雲門	Ln	
UraNaiTei	[ʔufanáitèi]	裏內庭	M	
WakuChu	[wákutʃu:]	或中	Kd	
WanKotsu	[wánkots(w)]	腕骨	SI	
WaRyo	[wafjó:]	和膠	TH	
YoChi	[jó:tʃi]	陽池	TH	
YoHaku	[jó:haku]	陽白	GB	
YoHo	[jó:ho]	陽輔	GB	
YoKan (foot)	[jó:kan]	陽閔(足)	GB	
YoKan (lower back)	[jó:kan]	陽閔(腰)	Tk	
YoKei	[jó:kei]	陽谿	LI	
YoKo	[jó:ko:]	陽綱	Bl	
YoKo	[jó:ko:]	陽交	GB	
YoKoku	[jó:koku]	陽谷	SI	
YoRo	[jó:ro:]	養老	SI	
YoRyoSen	[jó:ɾjó:sen]	陽陵泉	GB	
YoSo	[jó:so:]	膺窓	St	
YoYu	[jó:jù]	腰俞	Tk	
YuFu	[júfʉ]	俞府	Kd	
YuiDo	[júido:]	維道	GB	
YuMon	[jú:mon]	幽門	Kd	
YuSen	[jú:sen]	湧泉	Kd	
ZenCho	[zéntʃo:]	前頂	Tk	
ZenKoku	[zénkoku]	前谷	SI	
Zul	[zui]	頭維	St	

Year	1980	1981	1982	1983	1984
1980	100	100	100	100	100
1981	100	100	100	100	100
1982	100	100	100	100	100
1983	100	100	100	100	100
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2027	100	100	100	100	100
2028	100	100	100	100	100
2029	100	100	100	100	100
2030	100	100	100	100	100

Section 3
Index of Personal Names

J: Japanese	C: Chinese
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Akabane Kobei (1895–1983) J 赤羽幸兵衛

A Japanese who devised a number of original methods such as the so-called Akabane-style subcutaneous needling and the seesaw phenomena.

Chingen [mushaku] C 陳玄(無択)

Sogempo is his alternative name. A scholar as well as a practitioner during the Song Dynasty, he wrote a famous book, *Sanimpo*, in 1174. He stated that “neither internal nor external” factors give rise to disease.

Chochukei C 張仲景

The author of *Shokanron* and a great authority on Herbal Therapy during the second or third century A. D. He lived in Chansha by the lake Dongting.

Chokaihin [Chokeigaku] C 張介賓

A great authority of the Ming Dynasty who wrote the well-known *Ruikyo*.

Choseken C 張世賢

A clinician in the Ming Dynasty who wrote *Kosei-zuchu-myakuketsu* (Revised illustrated Tsubo determination). His term “Six-Position pulse Diagnosis” was used by Takeyama Shinichiro etc. and became commonly used afterwards by meridian therapists.

Fugi C 伏羲

It is believed that Chinese culture was established under three emperors in ancient China: Fugi, Shinno and Kotei. Fugi was an emperor who invented a well-conditioned dwelling with a healthy environment and siting.

Gihaku C 岐伯

Six great scholars served under Emperor Kotei of ancient China: Gihaku, Raiko, Hakukou, Kishuku, Shoshi, and Shoyu. Gihaku was the first among them. He was a great authority on healing the sick or diseased, and lived at the foot of Mount Gi.

Goto Konzan (1659–1733) J 後藤良山

A great practitioner and inspector of the Koho School in the early Edo period.

Henjaku C 扁鵲

Henjaku is thought to have represented several great clinicians who walked around China and healed the general public from about the second or third century B.C. to about the fifth century A.D. Shinetsujin, the author of the *Nanjing*, may have been a member.

Homma Shohaku (1904–1962) J 本間祥白

A master who wrote *Lectures on Meridian Therapy*; in which Meridian therapy (which revived in the 1930's) was arranged as a system and established its basic theory, diagnosis and therapy. Study on the *Nanjing* and Textbook of Practical Points for Daily Clinic are his other writings.

Inoue Keiri (1903–1967) J 井上恵理

A Hari master who played a leading role in reviving Meridian therapy. He collaborated with Takeyama Shinichiro and Okabe Sodo. He has a great authority on Meridian therapy. (see Takeyama Shinichiro)

Kanko C 恒公

A king of the Qi Kingdom in the period of Spring and Autumn Warring States. A legend tells that his life was saved by the treatment of the author of the *Nanjing*: Shinetsujin.

Kappakujin C 滑伯仁

A well-known Chinese in the Yuan Dynasty who wrote the *Jushikeihakki* (1341?) (Enforcement of the 14 meridians) and the *Shinkasuyo* (Essence for therapists).

Kotei [the Emperor Huang Di] C 黄帝

An emperor who established Chinese culture with Fuxi and Shinno in ancient times. His name means "Yellow Emperor," derived from the color of the soil in China. The yellow color thus conveys the image of Chinese people in general. A legend tells us that he founded the Oriental Medical Therapy to preserve the health of his people.

Kozato Katsuyuki (1910–1984) J 小里勝之

A Japanese who studied and practiced meridian therapy together with Fukushima Kodo from 1945. Though visually handicapped, he was adept at Ho Sha needling. He was a vice-president of the Toyo Hari Medical Association and developed the "Kozato-style small group training" method for pulse diagnosis and Ho Sha needling. He is famous for the phrase; "Ho Needling is built on Left-Right Pressure. Sha Needling is performed through Downward Pressure."

Manaka Yoshio (1911–1989) J 間中喜雄

A medical doctor of surgery who also had a profound knowledge of East Asian Medicine in the early Showa period. He was the first Japanese who made an effort to introduce the East Asian Medicine to the world outside of Japan.

Okabe Sodo (1907–1984) J 岡部素道

A Hari master who played a leading role in reviving Meridian therapy with Takeyama Shinichiro and Inoue Keiri. He was a great authority on diagnosis and examination. (see Takeyama Shinichiro)

Oubyo C 王冰

A scholar of Chinese Medicine in the middle Tang Dynasty who completed the second annotated edition of the *Suwen* of Kotei's Inner Classic in 762 A.D. His edition was further revised by Zengenki, Rinoku and others as the well-known "Edition of the *Suwen* in the Song Dynasty."

Ousikka C 王叔和

A Chinese medical officer in the Eastern Jin Dynasty. He wrote *Classic on Pulses* and other basic books on East Asian Medicine.

Sawada Ken (1877–1938) J 沢田健

An authority on Chinese classics and Okyu (Moxibustion) through precise technical distinction between "living and functioning" meridian points and "dead and functionless" ones through Pressing diagnosis.

Shinno C 神農

An emperor who established Chinese culture with Fugi and Kotei in ancient times. His name means God of Agriculture. A legend tells us that he taught agriculture to wandering tribes and created settlements which facilitated Chinese culture. He focussed on agricultural techniques to ensure sufficient food supplies. He also discovered lots of medical herbs by "tasting for himself."

Takeyama Shinichiro (1900–1969) J 竹山晋一郎

A hari inspector and practitioner who played a leading role in reviving meridian therapy based on *Akashi*, collaborating with Okabe Sodo and Inoue Keiri. *Akashi* (the policy for treatment) was not appreciated before the 1930s when Herbal treatment was generally preferred. He is one of the practioners who established its fundamental importance in treatment. He was a authority on the basic theory of meridian therapy and the author of "The Theory of Restoration of Meridian Therapy".

Teitokuyo C 丁徳用

A scholar as well as a practitioner of the Song Dynasty who originated the Six-Position Pulse Diagnosis for clinical application, which is in the section 18 of the *Nanjing*.

Yama Ennen J 山延年

A Hari practitioner lived in Echigo, Niigata Prefecture, in the Edo period. *Myakuhotebikiso* (Work book for pulse diagnosis) is his writing in 1770 which proves his great authority on pulse diagnosis.

Yanagiya Sorei (1906–1959) J 柳谷素霊

A Hari inspector and practitioner during the Taisho and Showa periods who made a great contribution to *Akashi*-based therapy based on China's Classics. His famous saying is "Return to the Classics!"

Yogenso C 楊玄操

A scholar of East Asian Medicine in the second to third century B. C. (in the early Tang Dynasty) who restored *Suwen* in the original form referring to Taisokyo.

Yoshimasu Todo (1702–1773) J 吉益東洞

A great authority of the Koho School (Herbal Medicine based on *Shokanron* in the middle Edo period). He fought against the Yin Yang-Five Phases Theory and Zo-Fu Meridian Therapy. He claimed that diseases are all caused by unhealthy factors in the abdomen.

Section 4
Index of Books

- | |
|---|
| <ol style="list-style-type: none">1. Country2. Year3. Author4. Contents or literal meaning of the title. |
|---|

Book of Changes 易經

1. China
2. ca. 400–300 B.C.
The end of Zhou Dynasty and early Warring States
3. anonymous
4. First book of natural sciences to make a systematic explanation of Natural phenomena.
Divination has been based largely on this book.

Classic on Pulses 脉經

1. China
2. ca. 330 A.D.
3. Ousikka
4. The original works on pulse diagnosis.

Easy-to-Understand Meridian Therapy わかりやすい経絡治療

1. Japan
2. 1979
3. Fukushima Kodo
4. Introduction to the Traditional Japanese Hari based on the Pulse Diagnosis.

Ihotaiseiron 医方大成論

1. Japan
2. ca. 1800 A.D. (late Edo period)
3. anonymous
4. A standard textbook for physicians of that time which was compiled from various Chinese medical books.

Ishimpo 医心方

1. Japan
2. 972 A.D.
3. Tamba Yasuyori (912–995)
4. Possibly first medical book written in Japan.

Jushikeihakki 十四経發揮

1. China
2. 1341 A.D. (the Yuan Dynasty)
3. Kappakujin
4. Concise explanation of the fourteen meridians.

Keitekishu 啓迪集

1. Japan
2. 1573 A.D.
3. Manase Dozan (1507–1594)
4. Clinical textbook of *Gosei* School.

Kinkiyoryaku 金匱要略

1. China
2. unknown
3. Chochukei (140–220?)
4. Explanation of Herbal Therapy for various diseases without fever.

Koitsukyo 甲乙経

1. China
2. 282 A.D.
3. Kohohitsu (215–282)
4. The compiled edition of Emperor Huang Di's Inner Classic concerning meridians, meridian points, and therapy.

Kokonito 古今医統

1. Korea
2. unknown. Came to Japan in ca. 1550 A.D.
3. Joshumpo
4. Re-edited classic based on Swen and Nanjing.

Kosei-zuchu-myakuketsu 校正図註脉訣

1. China
2. Some time in Ming Dynasty (1368–1644)
3. Choseken
4. Illustrated clinical workbook of Meridians using Six-position Pulse Diagnosis.

Lectures on Meridian Therapy 經絡治療講話

1. Japan
2. 1949
3. Homma Shohaku
4. The basic theory, diagnosis and practice of meridian therapy as a therapeutic system.

Lingshu 靈樞

1. China
2. compiled in ca. 100 B.C.
3. anonymous
4. Explanation of needling techniques. A part of the Emperor Huang Di's Inner Classic together with the Suwen.

Chapter 1 九鍼十二原篇

Rules of clinical and needling techniques used against various symptoms.

Chapter 12 經水篇

Metabolism of water.

(Referred to the Zen Genki 全元起 Edition)

Meridian Therapy 經絡治療要綱

1. Japan
2. 1960
3. Fukushima Kodo
4. A hands-on text for traditional Japanese Hari based on Pulse Diagnosis.

Myakuhoshinan 脉法指南

1. Japan
2. Edo period (1603–1868)
3. Okamoto Ippo (?–1754)
4. Guide of pulse diagnosis.

Myakuhotebikiso 脉法手引草

1. Japan
2. 1770 A.D. (late Edo period)
3. Yama Ennen
4. Guide of pulse diagnosis.

Nanjing 難經

1. China
2. ca. 500–600 A.D.
3. Shinetsujin
4. Original works for the clinical application of Needling and *Okyu*.

Ruikyo 類經

1. China
2. 1624 A.D.
3. Chokaihin
4. Re-write of the Suwen and the Lingshu.

Sanimpo 三因方

1. China
2. Song Dynasty (960–1279)
3. Chingenmushaku (Sogempo)
4. Theory of illness, based on internal, external, and neither internal nor external causes.

Senkinyoho 千金要方

1. China
2. 652 A.D.
3. Sonshibaku (581–682)
4. Clinical book for Needling, *Okyu* and Herbal medicine.

Shindohappi 鍼道発秘

1. Japan
2. 1831 A.D. (the Edo period)
3. Ashihara Kengyo
4. Clinical guide for Needling.

Shinkasuyo 診家枢要

1. China
2. Yuan Dynasty (1279–1368)
3. Kappakujin
4. Textbook on pulse diagnosis, etc.

Shinkyu-chohoki 鍼灸重宝記

1. Japan
2. 1718 A.D.
3. Hongo Masatoyo
4. Clinical guide for Needling and *Okyu*.

Shinkyu-jueihakki 鍼灸聚英發揮

1. China
2. 1529 A.D. (Ming Dynasty)
3. Emperor Kobu
4. Textbook of meridian-based therapies stressing the Five Phases Points.

Shokanron 傷寒論

1. China
2. ca. 200 A.D.
3. Chochukei
4. The original works on Herbal medicine and Herbal therapies.

Sugiyama-sambusho 杉山三部書

1. Japan
2. sometime in mid-*Edo* period
3. Shugiyama Waichi (1610–1694)
4. Trilogy on *Hari* therapy, regimen, and needling techniques.

Suwen 素問

1. China
2. compiled in ca. 100 B.C.
3. anonymous
4. A part of the Emperor Huang Di's Inner Classic together with Lingshu.

Chapter 2 四氣調神大論

How to adjust to the climate changes of the four seasons.

Chapter 4 金匱真言論

Essential points of Needling and Okyu.

Chapter 5 陰陽應象大論

Doctrine of Yin Yang in relation to the various phenomena.

Chapter 28 通評虛實論

Kyo Jitsu and Ho Sha.

(Referred to the Zen Genki 全元記 Edition)

Taisokyo 太素經

1. China
2. ca. 300–200 B.C.
3. Yojozen
4. An original book on which the Suwen (a part of the Emperor Huang Di's Inner Classic) was based.

Yin Yan Eleven Meridian Classic of Okyu 陰陽十一脉灸經

1. China
2. unknown
3. anonymous
4. The clinical textbook of Okyu using eleven meridians (but lacking the Heart Constrictor Meridian).

Section 5

Index of Special Terms

aikido 合気道

One of the traditional martial arts for self-defence, which is the origin of Judo.

akashi 証

The literal meaning is "apparent indications," or "evidences." Various symptoms were classified into several *akashi* based on the view of East Asian medicine as the true entity of illness. (see Chapter VIII, Section 1)

byoshi 繆刺

One of the *hari* techniques. Reacting Meridian points on the counter part of the meridians are needled, when illness affects a part of the body, *byo* means twining round, and *shi* means needling.

chikujo 竹杖

One of the scaling methods for locating the *okyu* points: the therapeutic point on the spine of (the standing) patient is taken as the length between the navel and the ground with a bamboo cane. *Chiku* means bamboo, and *jo* means cane.

ChiZen point 治喘穴

One of the primary points that is not affiliated with specific meridians. Two points beside and somewhat below the DaiTsui point, they are useful for coughing, asthma, and so forth.

Doctrine of *Unki* 運氣論

By accommodating ourselves to the movement of *ki* of the natural world, healthy and efficient lives can be held. Doctrine of *Unki* is to percept the movement of *ki*. (see Chapter VI, footnote 4 and Chapter XVIII, footnote 2)

e 衛

E means "protection." *Ei* are the nutrients first absorbed from the Middle Heater. Those which fail to be absorbed are then absorbed from the Lower Heater, and called *e*. (see *eie* and Chapter V)

Edo period 江戸時代

1603–1868 A.D.

The period when Shoguns lived in *Edo* (Tokyo) and governed Japan. It formed the later feudal age.

ei 營、榮

Ei means “the preserve of one’s health.” The nutrients absorbed from the Middle Heater are called *ei*. (see *ei* and Chapter V)

ei 營衛

Ei are the nutrients absorbed from the Triple Heater (i.e. Upper Heater, Middle Heater and Lower Heater), which circulate throughout the body together with *ki* and *ketsu*. (see Chapter V)

Five Un 五運

See “Doctrine of *Un-Ki*” and Chapter VI, footnote 4.

fu 腑

Fu means the “passages of contents.” *Fu* refers to fistulous Inner Organs such as the Gall Bladder, Small Intestine, Stomach, Large Intestine, Bladder, and Triple Heater (the Six *Fu* Organs). (see *ZoFu*)

fummon 噴門

The inlet of the stomach (ventriculus).

go 碁碁

One of indoor games popular in East Asia. Two players put black or white pebbles on the board in turn and fight to win territory.

Gosei School 後世派

A *hari* faction emerged in the *Edo* period mainly based on the therapy of the Song, Jin, and later Dynasties.

hari 鍼

A Japanese Needle most commonly used for Meridian Therapy in Japan, an improved Chinese Needle free from pain. It is a sharpened and pointed Fine Needle.

Heian period 平安時代

794–1192 A.D.

The period when the government was situated in Kyoto and governed by aristocrats.

ho 補、補法

One of the needling techniques to replenish the life-supporting *ki* when it is not enough amount.

hosha (ho and sha) 補瀉

Ho and *sha* are often cited in one word, implying a method for therapy. (see *ho* and *sha*)

InDo point 印堂穴

One of the primary points which aren't affiliated with specific meridians. The point, just between the eyebrows, is useful for nasal disorders.

In-i Meridian 陰維脈

In and *i* mean “Yin” and “perpendicular stripes,” respectively. One of the Odd Meridians.

In-kyo Meridian 陰蹻脈

In and *kyo* mean “Yin” and “heels,” respectively. One of the Odd Meridians.

Jingei-kiko Pulse Diagnosis 人迎氣口脉診

A pulse diagnosis method used for Herbal medicine during the Han Dynasty; the Yin pulse is taken at the JinGei position (between *Kanjo* and *Sunnko* on the left side) while the Yang pulse at the Kiko position (between *Kanjo* and *Sunnko* on the right side).

Jingei-myakuko Pulse Diagnosis 人迎脉口診

A pulse diagnosis method used from 300–400 A.D. to 1000 A.D. Comparing the palpitation near the wrist *sunnko* with that near the JinGei points of the frontal neck, *kyo* or *jitsu* is discerned in the twelve meridians.

jinkan-no-doki (Kidney ki Palpitation) 腎間の動気

Palpitations are felt at the KanGen point three *sunn* below the navel (i.e., the TanDen area below the navel). It is said that the state of Prenatal *ki* and the prognosis of illness can be discerned here.

jitsu 実

A state of body with Vital Energy (i.e., the strength of Life we depend on) interrupted by disease-related *ki* and *ketsu*. (see Chapter VIII)

ju 聚

Ju means the “assembly of the cause of disease.” *Ju* is Yang and is easily cured because of its swiftness. *Ju* is found quite often by means of abdominal diagnosis in the case of inflammation and muscular cramps, etc. (see *shakuju*)

Kakke-eight points 脚氣八穴

Eight meridian points of *okyu* for the treatment of Beriberi: namely, FuShi, FukuTo, GaiShi-tsuGan, TokuBi, Stomach-SanRi, JoKoKyo, and KenSho. The points are cited in the Textbook of Practical Points for Daily Clinic.

Kamakura period 鎌倉時代

1192–1333 A.D.

The period when the government was based in Kamakura. The aristocrats were taken over by the Samurai in this period.

kan 疳

Children’s neurosis caused by internal sources or mental stresses.

kanjo (abbrev. *kan*) 関上(関)

One of the positions for Six-Position Pulse Diagnosis where the middle finger comes over the patient’s radial styloid process. (see Chapter X, Section 3)

kan-no-ke (☷) 坎の卦

Samboku (a set of 64 long fine sticks) are used for the traditional East Asian divination to express numbers. Half of them indicates Yin (--), and the rest Yang (—); i.e., they constitute binary expression. When three sticks are picked up and arranged, Yin-Yang-Yin (☷) is traditionally called *kan-no-ke*.

ketsu 血

Ketsu means “blood” and belongs to Yin. It has a certain form like body fluids and blood, and thus it flows or circulates.

ketsu-in (or *ketchin*) 厥陰

Ketsu means “short and drooping” and belongs to Yin. See *tai-yo*.

ki 氣

One of the most difficult concepts in East Asian Medicine. Its action is perceptible but never takes a shape. The character *ki* forms a part of various words such as: energy, vitality, feelings, air, and electricity.

ki and ketsu (or kiketsu) 気血

Ki and *ketsu* provide the source of Vital Energy that circulates inside and outside of the meridians to deliver nutrition to the whole body.

kichikuba 騎竹馬

A method for locating the moxibustion points along the back bone. A bamboo stick (*chiku*) is put between the base of legs just like riding (*ki*) on a horseback (*ba*).

kidney ki palpitation 腎間の動気

See *jinkan-no-doki*.

Koho School 古方派

This faction of Herbal Medicine emerged in the *Edo* period following the medical practices based on the *Shokanron* (written in ca. 200 A.D.).

kokosankan 虎口三間

One of the medical examination methods for infants one- or two-years old. It inspects the pattern and colors of proximal, middle and distal phalanges on the outside of the second finger. *Koko* means the “mouth of tiger.”

Kosato-style small group training 小里方式の修練法

A hands-on group training method consisting of three members in a group; it is used for training in pulse diagnosis and *ho sha* needling of Meridian Therapy. Kosato Katsuyuki devised and developed this efficient method. (see Chapter XV, Section 3)

koshi 巨刺

A special *hari* technique for patients who are sensitive to the meridian treatment. When the illness affects a part of the body, the reacting points along the counterpart meridians are chosen for the clinical treatment.

Kun-Fire 君火

The Fire Phase in Five Phases theory, which composes *Kun-Fire* and *So-Fire*. *Kun* means “King.” *Kun-Fire* controls the life phenomena, whereas *So-Fire* controls the function of organs in the body. (see *So-Fire*)

kyo 虚

A body state with weak or lost Vital Energy (i.e., the strength of Life we depend on). (see Chapter VIII)

kyofu 驚風

Kyofu is the Children's disease which is brought about by external causes such as Wind, Hotness, Dampness, Dryness, Cold and Fatigue.

kyo jitsu 虚実

Healthiness is maintained only when both *ki* and *ketsu* circulate inside and outside the twelve meridians without trouble. Illness is brought about *ki* or *ketsu* are disturbed. This is caused by internal and/or external reasons.

Jitsu means "excess" *ki* and/or *ketsu*, while *kyo* means "insufficient" healthy *ki* and/or *ketsu*. (see Chapter VIII)

kyori-no-do 虚里の動

Refers to the apex beat heart palpitation. Slightly discernible palpitation is a positive sign of good health. Pounding palpitation is a sign of an extremely critical condition hardly survivable overnight.

miso 味噌

A kind of seasoning made of fermented soybeans and salt. It is also known as soybean paste.

Nara period 奈良時代

710–794 A.D.

The period when the government was based in Nara prefecture. The authority of the emperor was established during this period.

Naso Therapy ナソ治療

One of the special *hari* therapeutic methods for the peculiar symptoms which develop around the center of Fossa Supraclavicularis. The word "*naso*" is derived from the braille reading for "cervico-branchialgia." It was devised and developed by Toyo Hari Medical Association. (see Chapter XVIII, Section 3)

Nin Meridian 任脈

One of the Odd Meridians which controls Yin. Conception Meridian is an alternative name.

okyu (moxibustion) お灸

A therapeutic method to give thermal stimulation to meridian points using moxa punk. Various techniques are used, including Burned-out *okyu*, Warming *okyu*, and Substance-positioned *okyu*. (see *hari*)

RamMon 蘭門

The part one *sunn* above the navel where the small intestine is connected to the large intestine.

saiki 催気

One of *hari* techniques, which guides and collects *ki* at the needling point.

Sambukyuko Pulse Diagnosis 三部九候脉診

A pulse diagnosis method. Head, arm and leg constitute the three parts of pulse diagnosis. Three points for each part make nine points in total. The *kyo* or *jitsu* of meridians are used to measure these nine points. *Sambu* means 3 parts and *kyuko* means 9 points.

Sekihai-five points 脊背五穴

Sekihai means "back." The Five points are ToDo, ChoKyo, the center between ToDo and ChoKyo, and two points beside this point. These points are effective (using *okyu*) for epilepsy, etc.

sha 瀉、瀉法

One of the needling techniques to remove bad *ki* (which blocks the flow and action of healthy *ki*) from the body.

shaku 尺

A measurement unit of length used in traditional Japan. One *shaku* equals ca. 0.3 meter, and also 10 *sunn*. In locating meridian points, however, *shaku* does not follow the length explained above, but depends on the size of patients. In this case, the lengths between certain joints (e.g., the wrist and the elbow) are taken as a measure of 1 *shaku*. (see Chapter IV, footnote 2)

shaku 積

Shaku means "accumulation." *Shaku* is Yin and easily found by an abdominal diagnosis as a deep-rooted solid lump. Carcinoma belongs to *shaku*. (see *Shakuju*)

shakuchu (abbrev. shaku) 尺中(尺)

The position where the ring finger feels using the standard pulse diagnosis method. It is at 0.7 *sunn* from the *kanjo* position to the forearm. (see Chapter X, Section 3)

shakuju 積聚

Quite often a certain hardness is felt by an abdominal diagnosis. This hardness is either *shaku* or *ju*: *shaku* is solid and deep-rooted, while *ju* is rather soft and movable one. Both are formed as a result of long-term accumulation.

shikakammon 四花患門

Five *okyu* points (Kakuyu and 4 other points surrounding it) for patients who lack healthy *ki* and *ketsu* or who have disorders in the respiratory system. *Shika* means “four flowers,” and *kammon* means “sensitive points.”

shofuku relationship 勝復關係

Refers to regaining the upper hand relationship in Five Phases. (see Chapter III, Section 2)

shogi 将棋

One of the indoor games popular in East Asia. It resembles a chess game but is more flexible and complex. Its rules vary from country to country. Japanese rules are rather simple for moving game process but allow the captured chessmen to put on any place, i.e. acquired chessmen function exactly same to his own chessmen.

sho-in 少陰

Sho-in means “less” and “Yin.” See *tai-yo*.

Sho Meridian 衝脈

One of the Odd Meridians. *Sho* means “penetrating” or “dashing.”

sho-yo 少陽

Sho means “less” and *yo* means Yang. See *tai-yo*.

Shukuho Pulse Diagnosis 菽法脉診

One *shuku* equals the weight of one bean at the time of the *Suwen-Lingshu*. And the unit of *shuku* indicates the pressing intensity into the pulse in *Shukuho* Pulse Diagnosis.

Six ki 六氣

See “Doctrine of *Un-ki*” and Chapter XVIII, footnote 2.

So-Fire 相火

So-Fire is one of the Fire Phases. *So* means a “First Minister” who takes charge of administrative affairs on behalf of a King. Thus, *So-Fire* means to control the function of organs in the body, whereas *Kun-Fire* controls primarily the life phenomena. (see *Kun-Fire*)

sokoku akashi 相剋証

Where both meridians in *sokoku* relationship become *kyo*. In this case, they should be treated together.

sokoku control 相剋調整

Sokoku relationship displays a seesaw phenomena. Both Phases which display a *sokoku* relationship must be treated and controlled. This therapy has been discovered and developed by our Association.

sokoku harmonization 相剋調和

See Chapter XV, Section 2.

sokoku-kyo akashi 相剋虛証

The same as *sokoku akashi*.

sokoku relationship 相剋關係

Successive inhibition relationship in the Five Phases. See Chapter III, Section 2 and Chapter XV, Section 2.

sosho relationship 相生關係

Successive production relationship in the Five Phases. See Chapter III, Section 2.

sun 寸

A measurement unit of length used in the old Japan. One *sun* equals one-tenth of 1 *shaku*. (see *shaku*)

sunko (abbrev. *sun*) 寸口(寸)

The position on the index finger where the Six position Pulse diagnosis is applied, it is 0.6 *sun* from the *kanjo* position toward the wrist. (see Chapter X, Section 3)

tai-in 太陰

Tai means “big” and/or “thick”; and *in* means Yin. See *tai-yo*.

Tai Meridian 帶脈

One of the Odd Meridians. *Tai* means a “band” or “belt.” The *Tai* Meridian is linked to other meridians at the height of the navel like a “belt.”

***tai-yo* 太陽**

Tai means “big” and “thick,” and *yo* means Yang. The combined literal meaning of *tai-yo* is the “sun”, which has a close relationship with our lives. *Tai-yo* also refers to the part of the body that is most exposed to sunlight. The *yo-mei* part is less exposed than the *tai-yo* part. *Ketsu-in* part is named to the part of the body which is shaded the most. The *tai-in* part is less shaded than the *ketsu-in* part, and the *sho-in* part less than the *tai-in* part. These words are used to indicate the stages of disease in Herbal medicine based on the *Shokanron*. The disease first spoils the *tai-yo* part, then the *yo-mei* part, and then the *sho-yo* part. Next come the *sho-in* part, the *tai-yo* part, and finally the *ketsu-in* part. (see Chapter XI, footnote 1)

TanDen area 丹田

The TanDen area is located 3 *sun* below the navel (centered around the KanGen point). Practitioners often cite the TanDen area as the most important place where the body’s *ki* is focussed.

***Toku* Meridian 督脈**

One of the Odd Meridians. *Toku* means “governing.”

***toyo* 東洋**

Toyo means “East of Pacific Ocean” or Asia. East Asian medicine refers mainly to Japanese, Chinese and Indian medicine.

***Unki* Doctrine 運氣論**

See Doctrine of *Unki*.

***wa* (*wa* technique) 和(和法)**

One of the *ho sha* needling techniques. The technique is a palliative method of releasing the obstructed meridian flow without removing the meridian disturbances of *ki* and *ketsu*.

***Yakuho* Pulse Diagnosis 藥法脉診**

A pulse diagnosis method used for Herbal therapy. *Yaku* means “herb” and “drug,” and *ho* means “method.”

***Yo-i* Meridian 陽維脈**

One of the Odd Meridians. *Yo* and *i* means “Yang” and “perpendicular stripes,” respectively.

***Yo-kyo* Meridian 陽蹻脈**

One of the Odd Meridians. *Yo* and *kyo* means “Yang” and “heels,” respectively.

yo-mei 陽明

Yo means Yang, and *mei* means “bright.” See *tai-yo*.

YuMon 幽門

The Pylorus, which extends from the stomach (ventriculus) to the duodenum.

zo 臟

Zo means “storing.” It includes Inner Organs such as Liver, Heart, Spleen, Lungs, and Kidneys, and Heart Constrictor. The first five organs are collectively called the Five *Zo*. When the Heart Constrictor is included, they are called the Six *Zo*.

zofu (zo and fu) 臟腑

Zofu are *zo* and *fu*, meaning Inner Organs. Differing from western medicine, they are classified based of their function rather than the shape and substance.