SI 19 Tīnggōng 聽（听，聴）宮（宫） 125

Ting : hearing; gong : palace.

Tinggong refers to the ear. The point is located in front of the ear and is indicated in treating otological diseases.

A : SI19 T'ing-Kung (Listening palace)
B1 : Si19 T'ing Kung
B2 : IT19 T'ing-kung
F : 19IG Ting-kong
J : VI19 Chokyu
K : SI19 Ch'ŏng-gung
V : VI19 Thính cung

BL

Points of Bladder Meridian

Zútàiyáng Pángguāngjīng Xué

足太陽（阳）膀胱經（经，経）穴

BL 1 Jīngmíng 睛（睛）明 126

Jing : eye; ming : brightness.

The point is located near the eye and its function is to clear the eye.

A : Bl1	Ching-Ming (Eye bright)		F : IV	Tsing-ming
B1 : B1	Ching Ming		J : VII1	Seimei
B2 : VU1	Ching-ming		K : B1	Ch'ŏngmyŏng
			V : VII1	Tình minh

BL 2 Cuánzhú (Zǎnzhú) 攢（攒，揝）竹 127

Cuan : to assemble; zhu : bamboo.

The point is at the end of the eyebrow, which looks like a luxuriant bamboo plant.

A : Bl2	Tsuan-Chu (Drilling bamboo)		F : 2V	Tsroann-tchou
B1 : B2	Tsuan Chu		J : VII2	Sanchiku
B2 : VU2	Tsuan-chu		K : B2	Ch'anjùk
			V : VII2	Toản trúc

BL 3 Méichōng 眉衝（冲） 128

Mei : eyebrow; chong : upward.

The point is at the anterior hairline, directly above the eyebrow.

A : Bl3	Mei-Ch'ung (Eyebrow flush)		F : 3V	Mei-tchrong	
B1 : B3	Mei Ch'ung		J : VII3	Bisho	
B2 : VU3	Mei-ch'ung		K : B3	Mich'ung	
			V : VII3	Mi xung	

BL 4 Qūchā (Qūchāi) 曲差（差） 129

Qu : crooked; cha : unevenness.

The meridian runs crooked laterally from Meichong (BL 3) and then runs posteriorly from this point. It is marked by unevenness.

A : Bl4	Ch'ü-Ch'a (Crooked and inferior)		F : 4V	Tsiou-tchrae	
B1 : B4	Ch'u Cha		J : VII4	Kyokusa	
B2 : VU4	Ch'ü-ch'a		K : B4	Kokch'a	
			V : VII4	Khúc sai	

BL 5 Wǔchù 五處（处，処） 130

Wu : fifth; chu : place.

This is the fifth point of the bladder meridian of Foot-Taiyang.

A : Bl5	Wu-Ch'u (Five locations)		F : 5V	Ou-tchrou	
B1 : B5	Wu Ch'u		J : VII5	Gosho	
B2 : VU5	Wu-ch'u		K : B5	Och'ŏ	
			V : VII5	Ngũ xũ	

BL 6 Chéngguāng 承光 131

Cheng : to receive; guang : brightness.

The point is at the vertex of the head, where brightness is easily perceived.

A : Bl6	Ch'eng-Kuang (Receiving light)		F : 6V	Tchreng-koang	
B1 : B6	Ch'eng Kuang		J : VII6	Shoko	
B2 : VU6	Ch'eng-kuang		K : B6	Sŭng-gwang	
			V : VII6	Thừa quang	

BL 7 Tōngtiān 通（通）天 132

Tong : reaching; tian : heaven.

The upper part of the head is likened as the heaven. The point is at the head and connects upwards with vertex.

A :	Bl7	T'ung-T'ien (Reaching heaven)	F :	7V	Trong-tienn
B1 :	B7	T'ung T'ien	J :	VII7	Tsuten
B2 :	VU7	T'ung-t'ien	K :	B7	T'ongch'ŏn
			V :	VII7	Thông thiên

BL 8 Luòquè 絡（络）卻（却） 133

Luo : linking; que : return

The collateral of the bladder meridian returns to the body surface from this point after linking with the brain.

A :	Bl8	Lo-Ch'üeh (Discard refute)	F :	8V	Lo-tsri (Lo-tsiue)
B1 :	B8	Lo Ch'ueh	J :	VII8	Rakkyaku
B2 :	VU8	Lo-ch'i (Luo-ch'ueh)	K :	B8	Naggak
			V :	VII8	Lạc khước

BL 9 Yùzhěn 玉枕 134

Yu : jade; zhen : pillow.

The ancient name of the occipital bone is "Yuzhengu" (jade pillow bone), and the point is on it.

A :	Bl9	Yü-Chen (Jade pillow)	F :	9V	Iu-tchenn
B1 :	B9	Yu Chen	J :	VII9	Gyokuchin
B2 :	VU9	Yü-chen	K :	B9	Okch'im
			V :	VII9	Ngọc chẩm

BL 10 Tiānzhù 天柱 135

Tian : heaven; zhu : pillar.

Heaven here means "upper". The cervical spine was called "Zhugu" (pillar bone) in ancient times and the point is lateral to it.

A :	Bl10	T'ien-Chu (Celestial pillar)	F :	10V	Tienn-tchou
B1 :	B10	T'ien Chu	J :	VII10	Tenchu
B2 :	VU10	T'ien-chu	K :	B10	Ch'ŏnju
			V :	VII10	Thiên trụ

BL 11 Dàzhù 大杼 136

Da : big; zhu : shuttle.

The first thoracic vertebra is bigger; the spinous process is like a shuttle, and the point is lateral to it.

A	: Bl11	Ta-Chu (Great slaughter)	F	: 11V	Ta-tchrou
B1	: B11	Ta Chu	J	: VII11	Daijo
B2	: VU11	Ta-chu	K	: B11	Taejŏ
			V	: VII11	Đại trữ

BL 12 Fēngmén 風（风）門（门） 137

Feng : pathogenic wind; men : door.

This point is located where it is easily invaded by the pathogenic wind and is good for treating the diseases caused by the wind. The point is therefore considered as the door of the pathogenic wind.

A	: Bl12	Fung-Men (Windy door)	F	: 12V	Fong-menn
B1	: B12	Feng Men	J	: VII12	Fumon
B2	: VU12	Feng-men	K	: B12	P'ungmun
			V	: VII12	Phong môn

BL 13 Fèishū 肺俞（俞） 138

Fei : lung; shu : point.

This point is the place where the Qi of the lung is infused into the back.

A	: Bl13	Fei-Shu (Lung locus)	F	: 13V	Fei-iu (Fei-chou) (Assentiment des poumons)
B1	: B13	Fei Shu	J	: VII13	Haiyu
B2	: VU13	Fei-yü (Fei-shu)	K	: B13	P'yesu
			V	: VII13	Phế du

BL 14 Juéyīnshū 厥陰（阴）俞（俞） 139

Jueyin : the end of Yin meridians, here referring to the Back-Shu point of pericardium.

This point is the place where the Qi of the pericardium is infused into the back.

A	: Bl14	Ch'üeh-Yin-Shu (Yin in equilibrium locus)	F	: 14V	Tsiue-inn-iu (Tsuie-inn-chou)
B1	: B14	Ch'üeh Yin Shu	J	: VII14	Ketsuinyu
B2	: VU14	Ch'üeh-yin-yü (Ch'üeh-yin-shu)	K	: B14	Kwŏrŭmsu
			V	: VII14	Quyết âm du

BL 15 Xīnshū 心俞(俞) 140

Xin : heart; shu : point.

This point is the place where the Qi of the heart is infused into the back.

A : BI15 Hsin-Shu (Heart locus)
B1 : B15 Hsin Shu
B2 : VU15 Hsin-yü (Hsin-shu)

F : 15V Sinn-iu (Sinn-chou)
J : VII15 Shinyu
K : B15 Shimsu
V : VII15 Tâm du

BL 16 Dūshū 督俞(俞) 141

Du : Governor Vessel; shu : point.

This point is the place where the Qi of the governor vessel is infused.

A : BI16 Tu-Shu (Governing locus)
B1 : B16 Tu Shu
B2 : VU16 Tu-yü (Tu shu)

F : 16V Tou-iu (Tou-chou)
J : VII16 Tokuyu
K : B16 Toksu
V : VII16 Đốc du

BL 17 Géshū 膈俞(俞) 142

Ge : diaphragm; shu : point.

This point is the place where the Qi of the diaphragm is infused into the back.

A : BI17 Ke-Shu (Diaphragm locus)
B1 : B17 Ke Shu
B2 : VU17 Ko-yü (Ko-shu)

F : 17V Ko-iu (Ko-chou) (Assentiment diaphragme)
J : VII17 Kakuyu
K : B17 Kyŏksu
V : VII17 Cách du

BL 18 Gānshū 肝俞(俞) 143

Gan : liver; shu : point.

This point is the place where the Qi of the liver is infused into the back.

A : BI18 Kan-Shu (Liver locus)
B1 : B18 Kan Shu
B2 : VU18 Kan-yü (Kan-shu)

F : 18V Kann-iu (Kann-chou)
J : VII18 Kanyu
K : B18 Kansu
V : VII18 Can du

BL 19 Dǎnshū 膽（胆）俞（俞） 144

Dan : gallbladder; shu : point.

This point is the place where the Qi of the gallbladder is infused into the back.

A : Bl19 Tan-Shu (Gallbladder locus)	F : 19V Tann-iu (Tann-chou)
B1 : B19 Tan Shu	J : VII19 Tanyu
B2 : VU19 Tan-yü (Tan-shu)	K : B19 Tamsu
	V : VII19 Đởm du

BL 20 Píshū 脾俞（俞） 145

Pi : spleen; shu : point.

This is the place where the Qi of the spleen is infused into the back.

A : Bl20 P'i-Shu (Spleen locus)	F : 20V Pi-iu (Pi-chou)
B1 : B20 P'i Shu	J : VII20 Hiyu
B2 : VU20 P'i-yü (Pi-shu)	K : B20 Pisu
	V : VII20 Tỳ du

BL 21 Wèishū 胃俞（俞） 146

Wei : stomach; shu : point.

This is the place where the Qi of the stomach is infused into the back.

A : Bl21 Wei-Shu (Stomach locus)	F : 21V Oé-iu (Oé-chou) (Assentiment estomac)
B1 : B21 Wei Shu	J : VII21 Iyu
B2 : VU21 Wei-yü (Wei-shu)	K : B21 Wisu
	V : VII21 Vị du

BL 22 Sānjiāoshū 三焦俞（俞） 147

Sanjiao : three regions of the body cavity; shu : point.

This is the place where the Qi of the Sanjiao is infused into the back.

A : Bl22 San-Chiao-Shu (Triple burner locus)	F : 22V Sann-tsiao-iu (Sann-tsiao-chou)
B1 : B22 San Chiao Shu	J : VII22 Sanshoyu
B2 : VU22 San-chiao-yü	K : B22 Samch'osu
	V : VII22 Tam tiêu du

BL 23 Shènshū 腎（肾）俞（俞） 148

Shen : kidney; shu : point.

This is the place where the Qi of the kidney is infused into the back.

A : Bl23 Shen-Shu (Kidney locus)
B1 : B23 Shen Shu
B2 : VU23 Shen-yü (Shen-shu)

F : 23V Chenn-iu (Chenn-chou) (Assentiment reins)
J : VII23 Jinyu
K : B23 Shinsu
V : VII23 Thận du

BL 24 Qìhǎishū 氣(气，氖)海（海）俞（俞） 149

Qihai : sea of the primary Qi; shu : point.

This point is opposite to Qihai (CV6), where the primary Qi is infused into the back.

A : Bl24 Ch'i-Hai-Shu (Energy sex locus)
B1 : B24 Ch'i Hai Shu
B2 : VU24 Ch'i-hai-yü (Ch'i-hai-shu)

F : 24V Tsri-raé-iu (Tsri-raé-chou)
J : VII24 Kikaiyu
K : B24 Kihaesu
V : VII24 Khí hải du

BL 25 Dàchángshū 大腸（肠）俞（俞） 150

Dachang : large intestine; shu : point.

This point is the place where the Qi of the large intestine is infused into the back.

A : Bl25 Ta-Ch'ang-Shu (Large intestine locus)
B1 : B25 Ta Ch'ang Shu
B2 : VU25 Ta-chang-yü (Ta-chang-shu)

F : 25V Ta-tchrang-iu
J ; VII25 Daichoyu
K : B25 Taejangsu
V : VII25 Đại trường du

BL 26 Guānyuánshū 關(关，関，闵)元 俞(俞) 151

Guan : storage; yuan : primary Qi; shu : point.

This point is opposite to Guanyuan (CV4), where the stored Qi of primary Yin and primary Yang is infused into the back.

A : Bl26 Kuan-Yüan-Shu (Kuan-Yüan locus)
B1 : B26 Kuan Yüan Shu
B2 : VU26 Kuan-yüan-yü (Kuan-yüan-shu)

F : 26V Koann-iuann-iu (Koann-iuann-chou)
J : VII26 Kangenyu
K : B26 Kwanwonsu
V : VII26 Quan nguyên du

BL 27 Xiǎochángshū 小腸（肠）俞（俞） 152

Xiaochang : small intestine; shu : point.

This is the place where the Qi of the small intestine is infused into the back.

A	: BI27	Hsiao-Chang-Shu (Small intestine locus)	F	: 27V	Siao-tchrang-iu (Siao-tchrang-chou)
B1	: B27	Hsiao Chang Shu	J	: VII27	Shochoyu
B2	: VU27	Hsiao-ch'ang-yü (Hsiao-ch'ang-shu)	K	: B27	Sojangsu
			V	: VII27	Tiểu trường du

BL 28 Pángguāngshū 膀胱俞（俞） 153

Pangguan : bladder; shu : point.

This point is the place where the Qi of the bladder is infused into the back.

A	: BI28	P'ang-Kuang-Shu (Bladder locus)	F	: V28	Prang-koang-iu (Prang-koang-chou)
B1	: B28	P'ang Kuang Shu	J	: VII28	Bokoyu
B2	: VU28	P'ang-jzang-yü (Pang-kuang-shu)	K	: B28	Pang-gwangsu
			V	: VII28	Bàng quang du

BL 29 Zhōnglǚshū 中膂俞（俞） 154

Zhong : centre; lü : muscles on both sides of the spine; shu : point.

This point is in the centre of the body, where the Qi of the muscles on both sides of the spine is infused into the back.

A	: BI29	Chung-Lü-Shu (Middle of spine locus)	F	: 29V	Tchong-liu-iu (Tchong-liu-chou)
B1	: B29	Chong Lü Shu	J	: VII29	Churoyu
B2	: VU29	Chong-lu-yü (Chong-lü-shu)	K	: B29	Chungnyŏsu
			V	: VII29	Trung lữ du

BL 30 Báihuánshū 白環（环）俞（俞） 155

Bai : white; huan : ring; shu : point.

This point is indicated in leukorrhoea.

A	: BI30	Pai-Huan-Shu (White circle locus)	F	: 30V	Paé-roann-iu (Paé-roann-chou)
B1	: B30	Pai Huan Shu	J	: VII30	Hakkanyu
B2	: VU30	Pai-huan-yü (Pai-huan-shu)	K	: B30	Paek'wansu
			V	: VII30	Bạch hoàn du

BL 31 Shàngliáo 上髎 (髎) 156

Shang : upper; liao : foramen.

This point is at the first dorsal sacral foramen.

A	: Bl31	Shang-Liao (Superior bone)	F	: 31V	Chang-tsiao (liao) (Trou supérieur)
B1	: B31	Shang Liao	J	: VII31	Joryo
B2	: VU31	Shang-chiao (Shang-liao)	K	: B31	Sangnyo
			V	: VII31	Thượng liêu

BL 32 Cìliáo 次髎 (髎) 157

Ci : second; liao : foramen.

This point is at the second posterior sacral foramen.

A	: Bl32	T'ze-Liao (Secondary bone)	F	: 32V	Tsre-tsiao (Tsre-liao)
B1	: B32	Tzu Liao	J	: VII32	Jiryo
B2	: VU32	T'zu-chiao (T'si-liao)	K	: B32	Ch'aryo
			V	: VII32	Thứ liêu

BL 33 Zhōngliáo 中髎 (髎) 158

Zhong : middle; liao : foramen.

This point is at the third posterior sacral foramen, approximately at the middle part.

A	: Bl33	Chung-Liao (Middle bone)	F	: 33V	Tchong-tsiao (Tchong-liao)
B1	: B33	Chung Liao	J	: VII33	Churyo
B2	: VU33	Chung-chiao (Chung-liao)	K	: B33	Chungnyo
			V	: VII33	Trung liêu

BL 34 Xiàliáo 下髎 (髎) 159

Xia : lower; liao : foramen.

This point is at the fourth posterior sacral foramen.

A	: Bl34	Hsia-Liao (Inferior bone)	F	: 34V	Sia-tsiao (Siao-liao)
B1	: B34	Hsia Liao	J	: VII34	Geryo
B2	: VU34	Hsia-chiao (Hsia-liao)	K	: B34	Haryo
			V	: VII34	Hạ liêu

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