GV

Points of Governor Vessel

Dūmài Xué

督脈（脉）穴

GV 1 Chángqiáng 長（长）強 310

Chang : long; qiang : strong.

The spinal column is long and strong. The point is at its lower end.

A : Go1	Chang-Ch'iang		F : 1VG	Tchrang-tsiang
	(Long strong)		J : XIII1	Chokyo
B1 : Gv1	Ch'ang Ch'iang		K : GV1	Chang-gang
B2 : TM1	Ch'ang-chiang		V : XIII1	Trường cường

GV 2 Yāoshū 腰 俞（俞） 311

Yao : lower back; shu : point.

The point is on the lower back, where the Qi of the meridian is infused.

A : Go2	Yao-Shu		F : 2VG	Iao-iu	
	(Lumbar locus)			(Iao-chou)	
B1 : Gv2	Yao Shu		J : XIII2	Yoyu	
B2 : TM2	Yao-yü		K : GV2	Yosu	
	(Yao-shu)		V : XIII2	Yêu du	

GV 3 Yāoyángguān 腰陽（阳）關（关，関，闵） 312

Yao : lower back; yang : Yang of Yin-Yang; guan : gear.

The governor vessel is Yang. The point pertains to it and is located in the turning zone of the lower back, like a gear for the lumbar joint.

A	Go3	Yao-Yang-Kuan (Lumbar sunny pass)	F	3VG	Iang-koann
B1	Gv3	Yao Yang Kuan	J	XIII3	Koshi no Yokan
B2	TM3	Yang-kuan	K	GV3	Yo-yang-gwan
			V	XIII3	Dương quan

GV 4 Mìngmén 命門（门） 313

Ming : life; men : door.

The kidney is the vital source. The point is between Shensu, like a door for the Qi of the kidney.

A	Go4	Ming Meng (Gate of life)	F	4VG	Ming-menn
B1	Gv4	Ming Men	J	XIII4	Meimon
B2	TM4	Ming-men	K	GV4	Myŏngmun
			V	XIII4	Mệnh môn

GV 5 Xuánshū 懸（悬）樞（枢） 314

Xuan : suspended; shu : pivot.

The point is on the lower back. When lying supine, the local region is suspended as a pivot for lumbar movement.

A	Go5	Hsüan-Shu (Hanging pivot)	F	5VG	Siuann-tchrou (Siuann-chou)
B1	Gv5	Hsüan Shu	J	XIII5	Kensu
B2	TM5	Hsüan-shu	K	GV5	Hyŏnch'u
			V	XIII5	Huyền khu

GV 6 Jǐzhōng 脊中 315

Ji : spine; zhong : middle.

The spine consists of 21 vertebrae. This point is below the 11th vertebra in exactly the middle of the spine.

A	Go6	Chi-Chung (Middle of spine)	F	6VG	Tsi-tchong
B1	Gv6	Chi Chung	J	XIII6	Sekichu
B2	TM6	Chi-chung	K	GV6	Ch'ŏkchung
			V	XIII6	Tích trung

GV 7 Zhōngshū 中樞（枢） 316

Zhong : middle; shu : pivot.

This point is below the 10th vertebra and is like a pivot in the middle of the spine.

A	: Go7	Chung-Shu (Middle pivot)	J	: XIII7	Chusu
B1	: Gv7	Chung Shu	K	: GV7	Chungch'u
F	: 6VG	Tchong-tchrou	V	: XIII7	Trung khu

GV 8 Jīnsuō 筋縮（缩） 317

Jin : muscle; suo : contracture.

This point is used in treating all kinds of muscle contracture.

A	: Go8	Chin-Shueh (Ligament contraction)	F	: 7VG	Tsinn-chou
B1	: Gv8	Chin So	J	: XIII8	Kinshuku
B2	: TM7	Chin-shu (Chin-suo)	K	: GV8	Kŭnch'uk
			V	: XIII8	Cân súc

GV 9 Zhìyáng 至陽（阳） 318

Zhi : reaching; yang : Yang of Yin-Yang.

This point is on a level with the diaphragm. The Qi of the meridian passes here and ascends, i.e. it reaches to "Yang within Yang" above the diaphragm from "Yin within Yang" below the diaphragm.

A	: Go9	Chih-Yang (Bright sunshine)	F	: 8VG	Tche-iang
B1	: Gv9	Chih Yang	J	: XIII9	Shiyo
B2	: TM8	Chih-yang	K	: GV9	Chiyang
			V	: XIII9	Chíduơng

GV 10 Língtái 靈（灵，霊）臺 319

Ling : spirit; tai : platform.

This point is below Shendao (GVll) and Xinshu (BL15)and is therefore likened to a platform for the heart spirit.

A	: Go10	Ling-T'ai (Spiritual terrace)	F	: 9VG	Ling-traé
B1	: Gv10	Ling T'ai	J	: XIII10	Reidai
B2	: TM9	Ling-t'ai	K	: GV10	Yŏngdae
			V	: XIII10	Linh dài

GV11 Shéndào 神（神）道（道） 320

Shen : mind; dao : pathway.

The heart houses the mind. This point is medial to Xinshu (BL15), like a pathway of the mind.

A : Go11 Shen-tao (God's path)
B1 : Gv11 Shen Tao
B2 : TM10 Shen-tao

F : 10VG Chenn-tao
J : XIII11 Shindo
K : GV11 Shindo
V : XIII11 Thần đạo

GV 12 Shēnzhù 身柱 321

Shen : body; zhu : pillar.

This point is below the third thoracic vertebra and connects upwards with the head and the neck when downwards with the back and the lumbar vertebrae, like a pillar of the body.

A : Go12 Shen-Chu (Pillar of body)
B1 : Gv12 Shen Chu
B2 : TM11 Shen-shu

F : 11VG Chenn-tchou (Colonne du corps)
J : XIII12 Shinchu
K : GV12 Shinju
V : XIII12 Thần trụ

GV 13 Táodào 陶道（道） 322

Tao : moulding; dao : pathway.

The Qi of the Zang-fu organs gathers on the Governor Vessel and ascends along this way.

A : Go13 Ta'o-Tao (Seeking path)
B1 : Gv13 T'ao Tao
B2 : TM12 T'ao-tao

F : 12VG Trao-tao
J : XIII13 Todo
K : GV13 Todo
V : XIII13 Đào đạo

GV 14 Dàzhuī 大椎 323

Da : large; zhui : vertebra.

This point is below the prominence of the 7th cervical vertebra, which is the largest of the cervical vertebrae.

A : Go14 Ta-Chuei (Big vertebra)
B1 : Gv14 Ta Chui
B2 : TM13 Pai-lao

F : 13VG Pae-lao
J : XIII14 Daitsui
K : GV14 Taech'u
V : XIII14 Đại chùy

GV 15 Yǎmén 瘂（哑）門（门） 324

Ya: mutism; men : door.

This point may either cause or treat mutism. It is likened to a two-way door to mutism.

A : Go15 Ya-Men (Dumb gate)	F : 14VG Ia-menn
B1 : Gv15 Ya Men	J : XIII15 Amon
B2 : TM14 Ya-men	K : GV15 Amun
	V : XIII15 á môn

GV 16 Fēngfǔ 風（风）府 325

Feng : pathogenic wind; fu : place.

This is a point for eliminating the pathogenic wind.

A : Go16 Fung-fu (Windy prefecture)	F : 15VG Fong-fou
B1 : Gv16 Feng Fu	J : XIII16 Fufu
B2 : Tm15 Feng-fu	K : GV16 P'ungbu
	V : XIII16 Phong phủ

GV 17 Nǎohù 腦（脑，脳）戶 326

Nao : brain; hu : door.

The Governor Vessel (Dumai) runs upwards along the spine and enters the brain. This point is like a door on the occipital region for the Qi of the meridian flowing into the brain.

A : Go17 Nao-Hu (Brain window)	F : 16VG Nao-rou
B1 : Gv17 Nao Hu	J : XIII17 Noko
B2 : TM16 Nao-hu	K : GV17 Noeho
	V : XIII17 Não hộ

GV 18 Qiángjiān 強間（间） 327

Qiang : stiffness; jian : middle.

This point is between the parietal bone and the occipital bone and is indicated in treating stiff neck and headache.

A : Go18 Chang-Chian (Strong connections)	F : 17VG Tsiang-tsienn
B1 : Gv18 Ch'iang Chien	J : XIII18 Kyokan
B2 : TM17 Chiang-chien	K : GV18 Kang-gan
	V : XIII18 Cường gian

GV 19 Hòudǐng 後（后）頂（顶） 328

Hou : posterior; ding : vertex.

This point is posterior to the vertex.

A : Go19 Hou-Ting (Posterior vertex)
B1 : Gv19 Hou Ting
B2 : TM18 Hou-ting

F : 18VG Reou-ting
J : XIII19 Gocho
K : GV19 Hujŏng
V : XIII19 Hậu dinh

GV 20 Bǎihuì 百會（会） 329

Bai : hundred; hui : meeting.

The point is at the vertex, and a meeting place of the three Foot-yang meridians, the liver meridian and the Governor Vessel (Dumai).

A : Go20 Pai-Hui (Hundred meetings)
B1 : Gv20 Pai Hui
B2 : TM19 Pai-hui

F : 19VG Paé-roe (Cent réunions)
J : XIII20 Hyakue
K : GV20 Paek'oe
V : XIII20 Bách hội

GV 21 Qiándǐng 前頂（顶） 330

Qian : front; ding : vertex.

This point is in front of the vertex.

A : Go21 Chien-Ting (Anterior vertex)
B1 : Gv21 Ch'ien Ting
B2 : TM20 Ch'ien-t'ing

F : 20VG Tsienn-ting
J : XIII21 Zencho
K : GV21 Chŏnjŏng
V : XIII21 Tiền dinh

GV 22 Xìnhuì 顖（囟）會（会） 331

Xin : fontanel; hui : closing.

The point is located where the anterior fontanel closes.

A : Go22 Hsin-Hui (Fontanelle meet)
B1 : Gv22 Hsin Hui
B2 : TM21 Hsing-hui

F : 21VG Tchroang-roe
J : XIII22 Shine
K : GV22 Shinhoe
V : XIII22 Tín hội

GV 23 Shàngxīng 上星 332

Shang : upper; xing : star.

The head is considered as the sky. This point is at the head like a star in the sky.

A : Go23 Shang Hsing (Super star)
B1 : Gv23 Shang Hsing
B2 : TM22 Shang-hsing

F : 22VG Chang-sing
J : XIII23 Josei
K : GV23 Sangsŏng
V : XIII23 Thượng tinh

GV 24 Shéntíng 神（神）庭 333

Shen : mind; ting. vestibule.

The brain is the mansion of the mind. Shen here means brain. This point is on the forehead, like the vestibule of the brain.

A : Go24 Shen-T'ing (God's courtyard)
B1 : Gv24 Shen T'ing
B2 : TM23 Shen-t'ing

F : 23VG Chenn-ting
J : XIII24 Shintei
K : GV24 Shinjŏng
V : XIII24 Thần đình

GV 25 Sùliáo 素髎（髎） 334

Su : nasal cartilage; liao : foramen.

This point is in a foramen at the lower end of the nasal cartilage.

A : Go25 Su-Liao (Simple bone)
B1 : Gv25 Su Liao (Shui Kou)
B2 : TM24 Su-chiao (Su-liao)

F : 24VG Sou-tsiao (Sou-liao)
J : XIII25 Soryo
K : GV25 Soryo
V : XIII25 Tố liêu

GV 26 Shuǐgōu 水溝（沟） 335

Shui : water; gou : groove.

Other name : Rénzhong

This point is in the philtrum, which looks like a water groove.

A : Go26 Shuei-Ko (Water ditch) Jen-Chung (Middle of man)
B1 : (Shui Kou) Gv26 Jen Chung
B2 : TM25 Shui-kou
F : 25VG Choe-keou
J : XIII26 Suiko
K : GV26 Sugu
V : XIII26 Nhân trung

GV 27 Duìduān 兌（兑）端 **336**

Dui : mouth; duan : tip.

This point is at the tip of the upper lip.

A : Go27 Ke-Tuan
(Exhange extreme)
B1 : Gv27 Tui Tuan
B2 : TM26 Tui-tuan

F : 26VG Toe-toann
J : XIII27 Datan
K : GV27 T'aedan
V : XIII27 Doài doan

GV 28 Yínjiāo 齦（龈）交 **337**

Yin : gum; jiao : meet.

This point is on the incisive suture of the upper gum, where the Governor Vessel and the Conception Vessel meet.

A : Go28 Ken-Chiao
(Jen-Chiao)
(Gum crossing)
B1 : Gv28 Yin Chiao
B2 : TM27 Yin-chiao

F : 27VG Inn-tsiao de gencive
J : XIII28 Ginko
K : GV28 Ŭn-gyo
V : XIII28 Ngân giao

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CV

Points of Conception Vessel

Rénmài Xué

任脈（脉）穴