

HT

Points of Heart Meridian

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手少陰（阴）心經（经，經）穴

HT 1 Jíquán

極 (极) 泉

098

Ji : summit; quan : spring.

The point is in the centre of the armpit; the local depression is like a spring.

A : He1	Chi-Chüan (Extreme spring)	F : 1C	Tsi-tsiuann
B1 : H1	Chi Ch'üan	J : V1	Kyokusen
B2 : C1	Chi-chüan	K : H1	Kükch'ŏn
		V : V1	Cực tuyến

HT 2 Qinglíng青 (青) 靈 (灵 , 靈) **099**

Qing : the colour signifying origination; ling : mind.

The heart is an official monarch with the functions of resuscitation, and housing the mind. This point is the source of the Qi of the meridian.

A : He2	Ch'ing-Ling (Green ghost)	F : 2C	Tsring-ling
B1 : H2	Ch'ing Ling	J : V2	Seirei
B2 : C2	Ch'ing-ling	K : H2	Ch'ŏngnyŏng
		V : V2	Thanh linh

HT 3 Shàohǎi

少海 (海)

100

Shao : young; hai : sea.

Shao refers to the Hand-Shaoyin meridian. This is the He-sea point of the heart meridian. The Qi of the meridian circulates to this point, like water flowing into the sea.

A : He3 Shao-Hai
(Young sea)
B1 : H3 Shao Hai
B2 : C3 Shao-hai

F : 3C Chao-raé
J : V3 Shokai
K : H3 Sohac
(Ũm-Sohac)
V : V3 Thiêu hải

HT 4 Língdào

靈 (灵, 靈) 道 (道)

101

Ling : mind; dao : pathway.

The heart dominates the mind. This point is in the depression on the radial side of the tendon of m. flexor carpi ulnaris; it is like a pathway leading toward the mind.

A : He4 Ling-Tao
(Ghost path)
B1 : H4 Ling Tao
B2 : C4 Ling-tao

F : 4C Ling-tao
J : V4 Reido
K : H4 Yǒngdào
V : V4 Linh đạo

HT 5 Tōnglǐ

通 (通) 里

102

Tong : leading to; li : interior.

From this point the collateral of this meridian branches to the small intestine meridian.

A : He5 Tung-Li
(Inner communication)
B1 : H5 Tung Li
B2 : C5 Tung-li

F : 5C Trong-li
(Village communicant)
J : V5 Tsurì
K : H5 T'ongni
V : V5 Thông lý

HT 6 Yīnxì

陰 (阴) 郄

103

Yin : Yin of Yin-Yang; xi : cleft.

This is the Xi-cleft point of the Hand-Shaoyin Meridian.

A : He6 Yin-Chieh
(Yin tortuosity)
B1 : H6 Yin Hsi
B2 : C6 Yin-ch'i
(Yin-hsi)

F : 6C Inn-tsri
J : V6 Ingeki
K : H6 Ũngük
V : V6 âm khích

HT 7 Shénmén 神 (神) 門 (門) **104**

Shen : mind; men : door.

The heart houses the mind. This point is a door for the mind.

A : He7	Shen-Men (God's door)	F : 7C	Chinn-menn (Porte du conscient)
B1 : H7	Shen Men	J : V7	Shinmon
B2 : C7	Shen-men	K : H7	Shinmun
		V : V7	Thần môn

HT 8 Shàofǔ 少府 **105**

Shao : young; fu : place.

The point belongs to the Hand-Shaoyin Meridian and is where the Qi of the meridian flows in.

A : He8	Shao-Fu (Young prefecture)	F : 8C	Chao-fou
B1 : H8	Shao Fu	J : V8	Shofu
B2 : C8	Shao-fu	K : H8	Sobu
		V : V8	Thiếu phủ

HT 9 Shàochōng 少衝 (冲) **106**

Shao : young; chong : gushing.

The point is on the little finger on the Hand-Shaoyin Meridian, where the Qi of the meridian originates and gushes upwards along the meridian.

A : He9	Shao-Ch'ung (Little flush)	F : 9C	Chao-tchrong (Moindre assault)
B1 : H9	Shao Ch'ung	J : V9	Shosho
B2 : C9	Shao-ch'ung	K : H9	Soch'ung
		V : V9	Thiếu xung

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