BL 67 Zhìyīn 至陰（阴） **192**

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

Yin refers to the Foot-Shaoyin Meridian. This is the end point of the bladder meridian of Foot-Taiyang. From here it reaches to the Foot-Shaoyin meridian.

A : BI67 Chih-Yin (Extreme Yin)
B1 : B67 Chih Yin
B2 : VU67 Chih-yin

F : 67V Tche-inn
J : VII67 Shiin
K : B67 Chiŭm
V : VII67 Chí âm

KI

Points of Kidney Meridian

Zúshàoyīn Shènjīng Xué

足少陰（阴）腎（肾）經（经，経）穴

KI 1 Yŏngquán 湧（涌）泉 193

Yong : to gush; quan : spring.

Water welling up is called a gushing spring. The point is on the depression of the sole and the Qi of the meridian flows upwards like a gushing spring.

A	Ki1	Yung-Ch'üan (Pouring spring)	F	1R	Iong-tsiuann (Source bouillonnante)
B1	K1	Ying Ch'üan	J	VIII1	Yusen
B2	R1	Yung-ch'üan	K	K1	Yongch'ŏn
			V	VIII1	Dũng tuyền

KI 2 Rángǔ 然谷 194

Ran : tuberosity of the navicular bone; gu : valley.

The point is in the depression below the tuberosity of the navicular bone, as in a valley.

A	Ki2	Jen-Ku (Blazing valley)	F	2R	Jenn-kou
B1	K2	Jan Ku	J	VIII2	Nenkoku
B2	R2	Jen-ku	K	K2	Yŏn-gok
			V	VIII2	Nhiên cốc

KI 3 Tàixī 太谿（溪） 195

Tai : great; xi : canyon.

The point is in the depression between the medial malleolus and the Achilles tendon, as in a vast canyon.

A	: Ki3	T'ai-Hsi (Great brook)	F	: 3R	Traé-tsri (Vallon suprême)
B1	: K6	T'ai Hsi	J	: VIII3	Taikei
B2	: R3	T'ai-ch'i	K	: K3	T'aegye
			V	: VIII3	Thái khê

KI 4 Dàzhōng 大鍾（钟） 196

Da : big; zhong : heel.

This point is at the heel and the calcaneous bone is big, hence the name.

A	: Ki4	Ta-Chung (Big Ben)	F	: 4R	Ta-tchong (Grande cloche)
B1	: K5	Ta Chung	J	: VIII4	Daisho
B2	: R4	Ta-chung	K	: K4	Taejong
			V	: VIII4	Đại chung

KI 5 Shuǐquán 水泉 197

Shui : water; quan : spring.

Shuiquan means water source. The kidney dominates water clearance. This point is a Xi-cleft point of the kidney meridian and indicated in treating dribbling of urine.

A	: Ki5	Shuei-Ch'üan (Water spring)	F	: 5R	Choé-tsuiann
B1	: K4	Shui Ch'üan	J	: VIII5	Suisen
B2	: R5	Shui-ch'üan	K	: K5	Suchŏŏn
			V	: VIII5	Thủy tuyền

KI 6 Zhàohǎi 照海（海） 198

Zhao : to shine; hai : sea.

This point pertains to the kidney meridian and the Qi here is as abundant as a sea. It means that the real Yang of the kidney may illuminate the whole body.

A	: Ki6	Chao-Hai (Shine to sea)	F	: 6R	Tchao-raé
B1	: K3	Chao Hai	J	: VIII6	Shokai
B2	: R6	Chao-hai	K	: K6	Chohae
			V	: VIII6	Chiếu hải

KI 7 Fùliū 復（复）溜 199

Fu : continuing; liu : flowing.

The point is above Zhaohai (K16) and refers to the Qi of the meridian flowing into the "sea", re-emerging and continuing to flow.

A	Ki7	Fu-Liu (Repeating stagnant)	F	7R	Fou-léou (Sourdre de nouveau)
B1	K7	Fu Liu	J	VIII7	Fukuryu
B2	R7	Fou-liu	K	K7	Puryu
			V	VIII7	Phục lưu

KI 8 Jīāoxìn 交信 200

Jiao : crossing; xin : belief.

Xin is one of the Five-Moralities (benevolence, loyalty, courtesy, intelligence and belief), pertaining to earth and thus referring to the spleen. The Qi of the meridian is crossed by the spleen meridian at this point.

A	Ki8	Chiao-Hsin (Delivering message)	F	8R	Tsiao-sinn
B1	K8	Chiao Hsin	J	VIII8	Koshin
B2	R8	Chiao-hsin	K	K8	Kyoshin
			V	VIII8	Giao tín

KI 9 Zhùbīn 築（筑）賓（宾） 201

Zhu : strong; bin : knee and leg.

The point is on the medial aspect of the leg. It has the function of strengthening the knee and leg.

A	Ki9	Chu-Pin (Building for guest)	F	9R	Tso-pinn
B1	K9	Chu Pin	J	VIII9	Chikuhin
B2	R9	Chu-pin	K	K9	Ch'ukpin
			V	VIII9	Trúc tân

KI 10 Yīngǔ 陰（阴）谷 202

Yin : Yin of Yin-Yang; gu : valley.

Yin means "interior". The point is at the medial aspect of the knee joint and the local depression is like a valley.

A	Ki10	Yin-Ku (Yin valley)	F	10R	Inn-kou
B1	K10	Yin Ku	J	VIII10	Inkoku
B2	R10	Yin-ku	K	K10	Ŭmgok
			V	VIII10	âm cốc

KI 11 Hénggǔ 橫骨（骨） 203

Henggu is the ancient name of the pubis.

The point is on the superior border of the pubis.

A : Ki11 Heng-Ku (Horizontal bone)	F : 11R Rong-kou
B1 : K11 Heng Ku	J : VIII11 Okotsu
B2 : R11 Heng-ku	K : K11 Hwoeng-gol
	V : VIII11 Hoành cốt

KI 12 Dàhè 大赫 204

Da : great; he : plentiful.

This point is the confluence of the kidney meridian and Thoroughfare Vessel (Chongmai), where the primary Qi of the Lower Jiao is plentiful.

A : Ki12 Ta-Ho (Great threat)	F : 12R Ta-ro
B1 : K12 Ta Ho	J : VIII12 Daikaku
B2 : R12 Ta-heh	K : K12 Taehyŏk
	V : VIII12 Đại hách

KI 13 Qìxué 氣（气，気）穴 205

Qi : vital energy; xue : cave.

Qi refers to the Qi of the kidney. The point is beside Guanyuan (CV4), like a cave where the kidney Qi is stored.

A : Ki13 Ch'i-Hsüeh (Energy cave)	F : 13R Tsri-tsiue (à gauche) (Tsri-siue)
B1 : K13 Ch'i Hsüeh	J : VIII13 Kiketsu
B2 : R13 Ch'i-chüeh	K : K13 Kihyŏl
	V : VIII13 Khí huyệt

KI 14 Sìmǎn 四滿（满，滿） 206

Si : fourth; man : fullness.

This is the fourth point of the kidney meridian on the abdomen, and is indicated in abdominal distention.

A : Ki14 Ssu-Man (Four-full)	F : 14R Se-mann
B1 : K14 Szu Man	J : VIII14 Shiman
B2 : R14 Szu-man	K : K14 Saman
	V : VIII14 Tứ mãn

KI 15 Zhōngzhù 中注 207

Zhong : middle; zhu : to pour.

The Qi of the kidney meridian pours from this point into the Middle Jiao.

A : Ki15 Chung-Chu (Middle injection)
B1 : K15 Chung Chu
B2 : R15 Chung-chu

F : 15R Tchong-tchou
J : VIII15 Chuchu
K : K15 Chungju
V : VIII15 Trung chú

KI 16 Huāngshū 肓俞（俞） 208

Huang : Huang-membrane; shu : to transport.

The Qi of the kidney infuses from this point into the Huang-membrane.

A : Ki16 Mang-Shu (Huang-Shu) (Mang locus)
B1 : K16 Huang Shu
B2 : R16 Huang-yü (Huang-shu)

F : 16R Roang-iu (Roang-chou)
J : VIII16 Koyu
K : K16 Hwangsu
V : VIII16 Hoang du

KI 17 Shāngqū 商曲 209

Shang : one of the five sounds, pertaining to metal; qu : bend.

The large intestine also pertains to metal. This point corresponds to the flexure of the intestines.

A : Ki17 Shang-Ch'ü (Tradesman's music)
B1 : K17 Shang Ch'u
B2 : R17 Shang-ch'u

F : 17R Chang-tsiou
J : VIII17 Shokyoku
K : K17 Sang-gok
V : VIII17 Thương khúc

KI18 Shíguān 石關（关，関，闵） 210

Shi : stone; guan : importance.

Stone here means "hard" in consistency. This is an important point in the treatment of abdominal diseases.

A : Ki18 Shih-Kuan (Stone pass)
B1 : K18 Shih Kuan
B2 : R18 Shih-kuan

F : 18R Che-koann
J : VIII18 Sekikan
K : K18 Sŏkkwan
V : VIII18 Thạch quan

KI 19 Yīndū 陰（阴）都（都） 211

Yin : Yin of Yin-Yang; du : to gather.

Yin refers to the abdomen and the Yin meridian. The point is in the abdomen where water and food are stored.

A : Ki19	Yin-Tu (Yin capital)	F : 19R	Inn-tou
B1 : K19	Yin Tu	J : VIII19	Into
B2 : R19	Yin-tu	K : K19	Ŭmdo
		V : VIII19	âm dô

KI 20 Fùtōnggŭ 腹通（通）谷 212

Fu : abdomen; tong : passing; gu : water and food.

The point is in the abdomen, where water and food pass.

A : Ki20	T'ung-Ku (Reaching valley)	F : 20R	Trong-kou (Epig)
B1 : K20	Fu T'ung Ku (Tung Ku)	J : VIII20	Hara no Tsukoku
B2 : R20	T'ung-ku	K : K20	Pok-t'ong-gok
		V : VIII20	Thông cốc

KI 21 Yōumén 幽門（门） 213

You : hiding; men : door.

The point pertains to the kidney meridian and is located where the lower orifice of the stomach is situated interiorly. It is hidden in the deep part of the abdomen.

A : Ki21	Yu-Men (Pylorus gate)	F : 21R	Iou-menn
B1 : K21	Yu Men	J : VIII21	Yumon
B2 : R21	Yu-men	K : K21	Yumun
		V : VIII21	U môn

KI 22 Bùláng 步（步）廊 214

Bu : step; lang : corridor.

The point lies along the Zhongting (middle courtyard). When the Qi of the meridian flows here, it is stepping into a corridor on either side of a courtyard.

A : Ki22	Pu-Lang (Walking pavilion)	F : 22R	Pou-lang
B1 : K22	Pu Lang	J : VIII22	Horo
B2 : R22	Pu-lang	K : K22	Porang
		V : VIII22	Bộ lang

KI 23 Shénfēng 神（神）封 215

Shen : mind, implying the heart; feng : manor.

The point is located in the region which is subjected to the heart.

A :	Ki23	Shen-Fung (God's seal)	F :	23R	Chenn-fong
B1 :	K23	Sheng Feng	J :	VIII23	Shimpo
B2 :	R23	Shen-feng	K :	K23	Shinbong
			V :	VIII23	Thần phong

KI 24 Língxū 靈（灵，霊）墟（墟） 216

Ling : spirit, imply the heart; xu : mound.

The point internally corresponds to the heart and externally it is on the muscle prominence, which looks like a mound.

A :	Ki24	Ling-Hsü (Ghost night fair)	F :	24R	Ling-siu
B1 :	K24	Ling Hsü	J :	VIII24	Reikyo
B2 :	R24	Ling-hsü	K :	K24	Yŏnghŏ
			V :	VIII24	Linh khu

KI 25 Shéncáng 神（神）藏（蔵） 217

Shen : mind, implying the heart; cang : concealment.

This point is at the place where the mind is concealed.

A :	Ki25	Shen-Ts'ang (God's storage)	F :	25R	Chenn-tsrang
B1 :	K25	Shen Ts'ang	J :	VIII25	Shinzo
B2 :	R25	Shen-ts'ang	K :	K25	Shinjang
			V :	VIII25	Thần tàng

KI 26 Yùzhōng 彧中 218

Yu : luxuriance; zhong : middle.

The point is at the place where the Qi of the kidney is luxuriant when flowing into the chest.

A :	Ki26	Huo-Chung (Yu-Chung) (Perhaps)	F :	26R	Rouo-tchong (Iu-tchong)
B1 :	K26	Yü Chung	J :	VIII26	Wakuchu
B2 :	R26	Huo-chung (Yü-chung)	K :	K26	Ukchung
			V :	VIII26	Quắc trung

KI 27 Shūfǔ 俞（俞）府 **219**

Shu : point; fu : organ.

The Qi of the kidney infuses from this point into the Fu organs.

A	: Ki27	Shu-Fu (Shu prefecture)	F	: 27R	Iu-fou (Chou-fou)
B1	: K27	Shu Fu	J	: VIII27	Yufu
B2	: R27	Yü-fu (Shu-fu)	K	: K27	Subu
			V	: VIII27	Du phủ

PC

Points of Pericardium Meridian

Shǒujuéyīn Xīnbāojīng Xué

手厥陰（阴）心包（包）經（经，経）穴

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