LU

Points of Lung Meridian

Shǒutàiyīn Fèijīng Xué

手太陰（阴）肺經（经，経）穴

LU 1 Zhōngfǔ 中府 001

Zhong : middle; fu : place.

Zhong refers to the Middle Jiao. The lung meridian originates from the Middle Jiao. The point is in the place where the Qi of the spleen and stomach in the Middle Jiao is gathered into the lung meridian.

A : Lu1	Ch'ung Fu (Central prefecture)		F : 1P	Tchong-fou
B1 : L1	Ch'ung-Fu		J : I1	Chufu
B2 : P1	Chung-fu		K : L1	Chungbu
			V : I1	Trung phủ

LU 2 Yúnmén 雲（云）門（门） 002

Yun : cloud; men : door.

Yun refers to the Qi of the lung. The point is on the upper part of the chest and serves as a door for the Qi of the lung.

A : Lu2	Yun-Men (Cloud gate)		F : 2P	Iunn-menn
B1 : L2	Yün Men		J : I2	Unmon
B2 : P2	Yün-men		K : L2	Unmun
			V : I2	Vân môn

LU 3 Tiānfǔ 天府 003

Tian : heaven; fu : place.

Tian here means "upper". The point is on the upper arm, which is a confluence of the Qi of the lung.

A : Lu3	T'ien-Fu		F : 3P	Tienn-fou
	(Heaven prefecture)		J : I3	Tenpu
B1 : L3	T'ien Fu		K : L3	Ch'ŏnbu
B2 : P3	T'ien-fu		V : I3	Thiên phủ

LU 4 Xiábái 俠（侠）白 004

Xia : to press from both sides; bai : white.

White colour refers to the lung. When both arms are hanging freely, this point is precisely on both sides of the lung.

A : Lu4	Hsia-Pai		F : 4P	Sié-po
	(Chivalry white)			(Sia-pae)
B1 : L4	Hsia Pai		J : I4	Kyohaku
B2 : P4	Hsieh-pai		K : L4	Hyŏppaek
			V : I4	Hiệp bạch

LU 5 Chǐzé 尺澤（泽，沢） 005

Chi : ruler, or ulnar; ze : marsh.

Chi refers to the ulnar aspect of the arm (from the wrist to the elbow). The point is in the depression of the elbow fossa at the ulnar aspect. The Qi of the meridian is infused here, like water flowing into a marsh.

A : Lu5	Ch'ih-Tze		F : 5P	Tchre-tsie
	(Short narrow marsh)			(Marais du pied)
B1 : L5	Ch'ih Tse		J : I5	Shakutaku
B2 : P5	Ch'ih-che		K : L5	Ch'ŏkt'aek
	(Ch'ih-tse)		V : I5	Xích trạch

LU 6 Kǒngzuì 孔最 006

Kong : hole; zui : the most.

The hole of this point is the deepest of all.

A : Lu6	K'ung Tzuei		F : 6P	Krong-tsoe
	(Supreme cave)		J : I6	Kosai
B1 : L6	K'ung Tsui		K : L6	Kongch'oe
B2 : P6	K'ung-tsui		V : I6	Khổng tối

LU 7 Lièquē 列缺 007

Lie : arrangement; que : depression.

Lightning and the rift in the sky were called Lieque in ancient times. The Hand-Taiyin meridian branches from this point to connect the Hand-Yangming meridian. The point is in the depression superior to the styloid process of the radius.

A : Lu7	Lieh-Ch'üeh (Extreme shortcoming)		F : 7P	Lié-tsiue (Plusieurs creux)
B1 : L7	Lieh Ch'üeh		J : I7	Rekketsu
B2 : P7	Lieh-ch'üeh		K : L7	Yŏlgyŏl
			V : I7	Liêt khuyêt

LU 8 Jīngqú 經（经，経）渠 008

Jing : to pass; qu : ditch.

A ditch where the meridian passes.

A : Lu8	Ching-Ch'ü (Meridian gutter)		F : 8P	Tsing-tsiu
B1 : L8	Ching Ch'ü		J : I8	Keikyo
B2 : P8	Ching-ch'ü		K : L8	Kyŏng-gŏ
			V : I8	Kinh cừ

LU 9 Tàiyuān 太淵（渊，泉）009

Tai : great; yuan : deep pool.

Tai means abundance. The Qi of the meridian in the local part of the point is abundant as water in a deep pool.

A : Lu9	T'ai-Yuan (Great gulf)		F : 9P	Traé-iuann (Suprême gouffre)
B1 : L9	T'ai Yüan		J : I9	Taien
B2 : P9	T'ai-yüan		K : L9	T'aey ŏn
			V : I9	Thái uyên

LU 10 Yújì 魚（鱼）際（际）010

Yu : fish; ji : border.

The musculi flexor pollicis in the palm are prominent like a fish; the point is located just on its border. Yuji is now used as an anatomical word .

A : Lu10	Yü-Chi (Fish seam)		F : 10P	Iu-tsi
B1 : L10	Yü Chi		J : I10	Gyosai
B2 : P10	Yü-chi		K : L10	ŏje
			V : I10	Ngư tế

LU 11 Shàoshāng 少商 **011**

Shào : immaturity; shang : one of the five sounds, pertaining to metal.

Shao here means less. The lung pertains to metal in the Five Elements and to the shang sound in the Five Sounds. This is the last point of the lung meridian, where the Qi is less.

A	: Lu11	Shao-Shang (Young tradesman)	F	: 11P	Chao-chang (Moindre marchand)
B1	: L11	Shao Shang	J	: I11	Shosho
B2	: P11	Shao-shang	K	: L11	Sosang
			V	: I11	Thiếu duong

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Points of Large Intestine Meridian

Shǒuyángmíng Dàchángjīng Xué

手陽（阳）明大腸（肠）經（经，経）穴