

SP

Points of Spleen Meridian

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足太陰（阴）脾經（经，經）穴

SP 1 Yǐnbái

隱 (隱, 隱) 白

077

Yin : hidden; bai : white.

The point is in a hidden region, where the colour is white.

A : Sp1 Yin-Pai
 A : Sp3 Tai-Pai
 (Hidden white)
 B1 : Sp1 Yin Pai
 B2 : LP1 Yin-pai

F : 1RP Inn-po
 J : IV1 Impaku
 K : Sp1 Ūnbaek
 V : IV1 ǎn bāch

SP 2 Dàdū

大都 (都)

078

Da : big; du : assembling.

The point is at the big toe, where the Qi of the meridian gathers.

A : Sp2 Ta-Tu
 (Great metropolis)
 B1 : Sp2 Ta Tu
 B2 : LP2 Ta-tu

F : 2RP Ta-tou du pied
 (Grande capitale)
 J : IV2 Daito
 K : Sp2 Taedo
 V : IV2 Dai dó

SP 3 Tàibái

太白

079

Tai : great; bai : white.

The point is in the white skin of the big toe, where the white skin is the widest.

A : Sp3 T'ai Pai
(Too white)
B1 : Sp3 T'ai Pai
B2 : LP3 T'ai-pai

F : 3RP Traé-po
(Suprême blancheur)
J : IV3 Taihaku
K : Sp3 T'aeback
V : IV3 Thái bạch

SP 4 Gōngsūn

公孫 (孙)

080

Gong : connection; sun : reticular collateral.

Sun here means "collateral"; from this point the collateral of the spleen meridian connects with the stomach meridian.

A : Sp4 Kung-Sun
(Generation gap)
B1 : Sp4 Kung Sun
B2 : LP4 Kung-sun

F : 4RP Kong-soun
(Fils du prince)
J : IV4 Koson
K : Sp4 Kongson
V : IV4 Công tôn

SP 5 Shāngqiū

商丘

081

Shang : one of the Five Sounds, pertaining to metal; qiu : hills.

This is the Jing-River point of the spleen meridian and pertains to metal. The point is below the medial malleolus, which looks like a hill.

A : Sp5 Shang-Ch'iu
(Trades hill)
B1 : Sp5 Shang Ch'iu
B2 : LP5 Shang-ch'iu

F : 5RP Chang-tsiou
(Tertre des marchands)
J : IV5 Shokyu
K : Sp5 Sang-gu
V : IV5 Thương khâu

SP 6 Sānyīnjiāo

三陰 (阴) 交

082

Sanyin : three Yin meridians; jiao : crossing.

This is an intersecting point of the spleen meridian, the liver meridian and the kidney meridian.

A : Sp6 San-Yin-Chiao
(Crossroad of 3 Yin)
B1 : Sp6 San Yin Chiao
B2 : LP6 San-yin-chiao

F : 6RP Sann-inn-tsiao
(Croisement de 3 inn)
J : IV6 Saninko
K : Sp6 Samŭngyo
V : IV6 Tam âm giao

SP 7 Lòugǔ

漏谷

083

Lou : aperture; gu : valley.

The point is located in the depression posterior to the tibia, like in a valley.

A : Sp7 Lou-ku
(Leaking valley)
B1 : Sp7 Lou Ku
B2 : LP7 Lou-ku

F : 7RP Léou-kou
J : IV7 Rokoku
K : Sp7 Nugok
V : IV7 Lâu cồc

SP 8 Dìjī

地機 (机)

084

Di : earth; ji : importance.

Di refers to the lower limbs where the point is located. The local muscle is very thick and is an important region for leg movement.

A : Sp8 Ti-Chi
(Terrestrial machine)
B1 : Sp8 Ti Chi
B2 : LP8 Ti-chi

F : 8RP Ti-tsi
J : IV8 Chiki
K : Sp8 Chigi
V : IV8 Dja cồc

SP 9 Yīnlíngquán

陰 (阴) 陵 泉

085

Yin : Yin of Yin-Yang; ling : hill; quan : spring.

Yin here means "interior". The point lies in the depression at the interior border of the medial epicondyle of the tibia, like a spring at the foot of a hill.

A : Sp9 Yin-Ling-Ch'üan
(Spring in shady mound)
B1 : Sp9 Yin Ling Ch'üan
B2 : LP9 Yin-ling-ch'üan

F : 9RP Inn-ling-tsiuann
J : IV9 Inryosen
K : Sp9 Ŭmnŭngch'ŏn
V : IV9 âm lăng tuyền

SP 10 Xuèhǎi

血海 (海)

086

Xue : blood; hai : sea.

This point is indicated in blood diseases, in the sense of returning overflowed blood into the sea.

A : Sp10 Hsüeh-Hai
(Sea of blood)
B1 : Sp10 Hsüeh Hai
B2 : LP10 Hsüeh-hai

F : 10RP Siue-raé
J : IV10 Kekkai
K : Sp10 Hyŏlhae
V : IV10 Huyết hải

SP 11 Jimén

箕門 (門)

087

Ji : dustpan; men : door.

A man sitting with both legs outstretched is reminiscent of a dustpan in shape. The point is on the medial aspect of both thighs, just like the opening of the dustpan.

A : Sp11 Ch'i-Men
(Windowing gate)
B1 : Sp11 Ch'i Men
B2 : LP11 Chi-men

F : 11RP Tsi-enn
J : IV11 Kimon
K : Sp11 Kimun
(Kak-Kimun)
V : IV11 Co' môn

SP 12 Chōngmén

衝 (冲) 門 (門)

088

Chong : pass; men : door.

The point is in Qi "Street" and is an important door for the passage of the Qi of the meridian.

A : Sp12 Ch'ung-Men
(Flushing gate)
B1 : Sp12 Ch'ung Men
B2 : LP12 Ch'ung-men

F : 12RP Tchrong-menn
J : IV12 Shomon
K : Sp12 Ch'ungmun
V : IV12 Xung môn

SP 13 Fǔshè

府舍 (舍)

089

Fu : Zang-fu organs; she : dwelling.

The deep region of this point is the abdominal cavity, which is the dwelling place of the Zang-fu organs.

A : Sp13 Fu-Sheh
(Prefecture house)
B1 : Sp13 Fu She
B2 : LP13 Fu-she

F : 13RP Fou-che
J : IV13 Fusha
K : Sp13 Pusa
V : IV13 Phù xù

SP 14 Fùjié

腹結 (結)

090

Fu : abdomen; jie : stagnation.

This point is indicated in treating abdominal stagnation.

A : Sp14 Fu-Chieh
(Knot of belly)
B1 : Sp14 Fu Chieh
B2 : LP14 Fu-chieh

F : 14RP Fou-tsié
J : IV14 Fukketsu
K : Sp14 Pokkyōi
V : IV14 Phúc kết

SP 15 Dàhéng 大橫 091

Da : large; heng : horizontal.

This point is on the large part of the abdomen horizontal to the navel.

A : Sp15 Ta-Heng (Great cross)	F : 15RP Ta-rong
B1 : Sp15 Ta Heng	J : IV15 Daio
B2 : LP15 Ta-heng	K : Sp15 Tachong
	V : IV15 Đại hoành

SP 16 Fù'ái 腹哀 092

Fu : abdomen; ai : pain.

This point is good for treating abdominal pain.

A : Sp16 Fu-Ai (Sorrow belly)	F : 16RP Fou-ngac
B1 : Sp16 Fu Ai	J : IV16 Fukuai
B2 : LP16 Fu-ai	K : Sp16 Pogac
	V : IV16 Phúc ai

SP 17 Shí dòu 食竈 (窠) 093

Shi : food; dou : sinus

The point is infero-lateral to the nipple and in its deep region there is a sinus in which milk is stored. This point is used to promote absorption of food and for tonification.

A : Sp17 Shih-Tou (Food cave)	F : 17RP Che-teou
B1 : Sp17 Shih Tou	J : IV17 Shokutoku
B2 : LP17 Shih-tou	K : Sp17 Shiktu
	V : IV17 Thực dậu

SP 18 Tiān xī 天谿 (溪) 094

Tian : heaven; xi : valley.

Tian here means "upper". The point is in the stream-like intercoastal space.

A : Sp18 Tien-Hsi (Celestial stream)	F : 18RP Tienn-tsri
B1 : Sp18 T'ien Hsi	J : IV18 Tenkei
B2 : LP18 T'ien-ch'i	K : Sp18 Ch'ŏn-gye
	V : IV18 Thiên Khê

SP 19 Xiōngxiāng 胸鄉 (乡, 鄉) **095**

Xiong : chest; xiang : vast place.

This point is located on the vast part of the upper chest.

A : Sp19	Hsiung-Hsiang (Chest country)	F : 19RP	Siong-siang
B1 : Sp19	Hsiung-Hsiang	J : IV19	Kyokyo
B2 : LP19	Hsiung-hsiang	K : Sp19	Hyunghyang
		V : IV19	Hung hương

SP 20 Zhōuróng 周榮 (荣, 榮) **096**

Zhou : general; rong : nourishment.

The point functions to harmonize the nutrient Qi and to nourish the whole body.

A : Sp20	Chou-Jung (Full glory)	F : 20RP	Tcheou-iong
B1 : Sp20	Chou Jung (Chou Yung)	J : IV20	Shuei
B2 : LP20	Chou-jung	K : Sp20	Chuyōng
		V : IV20	Chu Vinh

SP 21 Dàbāo 大包 (包) **097**

Da : large; bao : containing.

This point pertains to the major collateral of the spleen meridian. The spleen (earth) lies in the center and is related to all the Zang-Fu organs.

A : Sp21	Ta-Pao (Great bundle)	F : 21RP	Ta-pao
B1 : Sp21	Ta Pao	J : IV21	Daiho
B2 : LP21	Ta-pao	K : Sp21	Taep'o
		V : IV21	Dại bao

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