LI 19 Kǒuhéliáo 口禾髎（髎） 030

Kou : mouth; he : grain; liao: foramen.

The grain enters the stomach through the mouth. The point is in the foramen beside the mouth.

A : LI19 Ho-Liao (Stalk bone)
B1 : Li19 Kou Ho Liao
B2 : IG19 Ho-chiao (Ho-liao)

F : 19GI Ro-tsiao (Ro-liao)
J : II19 Karyo
K : LI19 Hwaryo (Pi-hwaryo)
V : II19 Hoà liêu

LI 20 Yíngxiāng 迎（迎）香 031

Ying : to meet; xiang : fragrance.

This point is on either side of the nose and is used to treat disorders of the nose, to improve the sense of smell and enable the nose to sense fragrance.

A : LI20 Ying-Hsiang (Welcome fragrance)
B1 : Li20 Ying Hsiang
B2 : IG20 Ying-hsiang

F : 20GI Ing-siang
J : II20 Geiko
K : LI20 Yǒnghyang
V : 1120 Nghênh hương

ST

Points of Stomach Meridian

Zúyángmíng Wèijīng Xué

足陽（阳）明胃經（经，経）穴

ST 1 Chéngqì 承泣 032

Cheng : to receive; qi : tears.

The point is below the eye, a place for receiving tears.

A : St1	Cheng-Ch'i (Lacrimation receiver)		F : 4E	Tchreng-tsri
B1 : S1	Ch'eng Ch'i		J : III1	Shokyu
B2 : V4	Ch'eng-ch'i		K : S1	Sŭng-ŭp
			V : III1	Thừa khấp

ST 2 Sìbái 四白 033

Si : four directions; bai : brightness.

This point is below the eye and is indicated in treating diseases of the eyes. It is said to improve the vision and give one sharp eyes in all four directions.

A : St2	Ssu-Pai (Four white)		F : 5E	Se-pae
B1 : S2	Szu Pai		J : III2	Shihaku
B2 : V5	Szu-pai		K : S2	Sabaek
			V : III2	Tứ bạch

ST 3 Jùliáo 巨髎（髎） 034

Ju : huge; liao : foramen.

The point is in the big foramen at the junction of the superior maxillary bone and the zygomatic bone.

A	St3	Chü-Liao (Big bone)	F	6E	Tsiu-tsiao (Tsiu-liao)
B1	S3	Chü Liao	J	III3	Koryo
B2	V6	Chü-chiao (Chü-liao)	K	S3	Kŏryo (Myŏn-Kŏryo)
			V	III3	Cự liêu

ST 4 Dìcāng 地倉（仓） 035

Di : earth; cang : granary.

The five grains grow on the earth. The grain enters the stomach through the mouth, as if going into a granary. The point is at the corner of the mouth.

A	St4	Ti-Ts'ang (Terrestrial granary)	F	7E	Ti-tsrang
B1	S4	Ti Ts'ang	J	III4	Chiso
B2	V7	Ti-ts'ang	K	S4	Chich'ang
			V	III4	Địa thương

ST 5 Dàyíng 大迎（迎） 036

Da : large; ying : to receive.

The point lies beside the Daying artery (the extramaxillary artery).

A	St5	Ta-Ying (The great welcome)	F	8E	Ta-ing
B1	S5	Ta Ying	J	III5	Daigei
B2	V8	Ta-ying	K	S5	Taeyŏng
			V	III5	Đại nghênh

ST 6 Jiáchē 頰（颊）車（车） 037

Jia : cheek; che : vehicle.

Che refers to the mandible. The point is on the cheek, close to the angle of the mandible.

A	St6	Chia-Ch'e (Cheek chariot)	F	3E	Tsia-tchré
B1	S6	Chia Ch'e	J	III6	Kyosha
B2	V3	Chia-ch'e	K	S6	Hyŏpkŏ
			V	III6	Giáp xa

ST 7 Xiàguān 下關（关，関，闵） 038

Xia : lower; guan : pass.

Guan indicates the zygomatic arch; the point is below it.

A : St7	Hsia-Kuan (Lower pass)		F : 2E	Sia-koann
B1 : S7	Hsia Kuan		J : III7	Gekan
B2 : V2	Hsia-kuan		K : S7	Hagwan
			V : III7	Hạ quan

ST 8 Tóuwéi 頭（头）維（维） 039

Tou : head; wei : corner.

The point is at the corner between two hairlines at the forehead.

A : St8	T'ou-Wei (Head support)		F : 1E	Treou-oe
B1 : S8	T'ou Wei		J : III8	Zui
B2 : V1	T'ou-wei		K : S8	Tuyu
			V : III8	Đầu duy

ST 9 Rényíng 人迎（迎） 040

Ren : mankind; ying : to meet.

The point lies beside Rényíng artery (common carotid artery).

A : St9	Jen-Ying (Welcomed by man)		F : 9E	Jenn-ing
B1 : S9	Jen Ying		J : III9	Jingei
B2 : V9	Jen-ying		K : S9	Inyŏng
			V : III9	Nhân nghênh

ST 10 Shuǐtū 水突 041

Shui : water; tu : passing through.

The point is at the neck, close to the esophagus, where water and food pass.

A : St10	Shuei-Tu (Rushing water)		F : 10E	Choé-trou
B1 : S10	Shui T'u		J : III10	Suitotsu
B2 : V10	Shui-t'u		K : S10	Sudot
			V : III10	Thủy đột

ST 11 Qìshè 氣（气，気）舍（舍） 042

Qi : Qi (vital energy); she : residence.

Qi refers to the vital energy of the lung and stomach. The point is beside the trachea, like a residence for the Qi.

A : St11	Ch'i-Sheh (Energy house)	F : 11E	Tsri-che
B1 : S11	Ch'i Shen	J : III11	Kisha
B2 : V11	Ch'i-she	K : S11	Kisa
		V : III11	Khí xá

ST 12 Quēpén 缺盆 043

Que : depression; pen : basin.

Quepen refers to the supraclavicular fossa, where the point is located.

A : St12	Ch'üeh-P'en (Broken basin)	F : 12E	Tsiue-prenn
B1 : S12	Ch'üeh P'en	J : III12	Ketsubon
B2 : V12	Ch'üeh-p'en	K : S12	Kyŏlbun
		V : III12	Khuyết bồn

ST 13 Qìhù 氣（气，気）戶 044

Qi : Qi (vital energy); hu : door.

The point is on the upper part of the chest, like a door for the Qi, the vital energy of the lung and stomach.

A : St13	Ch'i-Hu (Energy window)	F : 13E	Tsri-rou
B1 : S13	Ch'i Hu	J : III13	Kiko
B2 : V13	Ch'ih-hu	K : S13	Kiho
		V : III13	Khí hộ

ST 14 Kùfáng 庫（库）房 045

Ku : storehouse; fang : side room.

Inhaled air is stored in the lungs as if in a storehouse, going downwards as if from a door into a side room.

A : St14	Ku-Fang (Storage house)	F : 14E	Krou-fang
B1 : S14	K'u Fang	J : III14	Kobo
B2 : V14	K'u-fang	K : S14	Kobang
		V : III14	Khố phòng

ST 15 Wūyì 屋翳 046

Wu : room; yi : concealment.

The point is in the middle of the chest; when the inhaled air reaches this point, it "conceals" itself in the underlying room.

A	: St15	Wu-I (Chamber sereen)	F	: 15E	Ou-i
B1	: S15	Wu Yi	J	: HI15	Okuei
B2	: V15	Wu-i	K	: S15	Ogye
			V	: HI15	ốc ẽ

ST 16 Yīngchuāng 膺窗 (窓) 047

Ying : chest; chuang : window.

The point is on the chest, like a window into it.

A	: St16	Yung-Ch'uang (Ying-Ch'uang) (Window ornaments)	F	: 16E	Ing-tchroang
			J	: HI16	Yoso
			K	: S16	Ŭngch'ang
B1	: S16	Ying Ch'uang	V	: HI16	ưng song
B2	: V16	Ying-ch'uang			

ST 17 Rŭzhōng 乳 (乳) 中 048

Ru : breast; zhong : centre.

The point is at the centre of the nipple.

A	: St17	Ju-Chung (Center of breast	F	: 17E	Jeu-tchong
			J	: HI17	Nyuchu
			K	: S17	Yujung
B1	: S17	Ju Chung	V	: HI17	Nhũ trung
B2	: V17	Ju-chung			

ST 18 Rŭgēn 乳 (乳) 根 049

Ru : breast; gen : root.

The point is at the root of the breast.

A	: St18	Ju-Ken (Breast base)	F	: 18E	Jeu-kenn
			J	: HI18	Nyukon
			K	: S18	Yugŭn
B1	: S18	Ju Ken	V	: HI18	Nhũ căn
B2	: V18	Ju-ken			

ST 19 Bùróng 不容 050

Bu : not; rong : to contain.

The point is on the upper abdomen, it indicates that the level of the point is the limit of where the stomach receives water and food.

A : St19	Ju-Jung (Pu-Jung) (No containment)		B2 : V19	Pu-jung
B1 : S19	Pu Jung		F : 19E	Pou-jong
			J : III19	Fuyo
			K : S19	Puryong
			V : III19	Bất dung

ST 20 Chéngmǎn 承滿（满，滿） 051

Cheng : to receive; man : fullness.

The point is on the upper abdomen. The stomach is full when the water and food it takes in have reached this level.

A : St20	Ch'eng-Man (Full receiving)		F : 20E	Tchreng-mann
B1 : S20	Ch'eng Man		J : III20	Shoman
B2 : V20	Ch'eng-man		K : S20	Sŭngman
			V : III20	Thừa mãn

ST 21 Liángmén 梁門（门） 052

Liang : grain or food; men : door.

The point is on the upper epigastric region and is the door for passage of food to stomach.

A : St21	Liang-Men (Beam gate)		F : 21E	Leang-menn
B1 : S21	Liang Men		J : III21	Ryomon
B2 : V21	Liang-men		K : S21	Yangmun
			V : III21	Lương môn

ST 22 Guānmén 關（关，関，闵）門（门） 053

Guan : pass; men : door.

The point is close to the lower stomach and correspond to the junction between the stomach and the intestines, closings and opening like a door.

A : St22	Kuan-Men (Pass gate)		F : 22E	Koann-menn
B1 : S22	Kuan Men		J : III22	Kanmon
B2 : V22	Kuan-men		K : S22	Kwanmun
			V : III22	Quan môn

ST 23 Tàiyǐ 太乙 054

Tai : great; yi : one of the Ten Heavenly Stems.

The centre was considered Taiyi in ancient times. Taiyi is the Central Palace of Hetu (the Eight Diagrams). The spleen is at the centre, of the abdomen and is likened to Tayi. The point is on the stomach, corresponding to the centre of the abdomen.

A	St23	T'ai-Yi (Great Yi)	F	23E	Traé-i
B1	S23	T'ai Yi	J	III23	Taiitsu
B2	V23	T'ai-i	K	S23	T'aeŭl
			V	III23	Thái ất

ST 24 Huáròumén 滑(滑)肉門(门) 055

Hua : good; rou : muscle; men : door.

Huarou refers to preliminarily digested fine food. The point is on the level 1 cun above the navel; the stomach contents are clear above and turbid below it. This is like a door through which the fine food passes.

A	St24	Hua-Jou-Men (Slippery flesh gate)	F	24E	Roa-jeou (Roa-jeou-menn)
B1	S24	Hua Jou Men	J	III24	Katsunikumon
B2	V24	Hua-jou(ju) (Hua-jou-men)	K	S24	Hwaryungmun
			V	III24	Hoat nhuc môn

ST 25 Tiānshū 天樞(枢) 056

Tian : heaven; shu : pivot.

The region above the navel is considered as the heaven, pertaining to Yang, and the region below it as the earth, pertaining to Yin. The point is on the level with the navel, like a pivot between heaven and earth.

A	St25	Tien-Shu (Celestial pivot)	F	25E	Tienn-tchrou (Tienn-chou)
B1	S25	T'ien Shu	J	III25	Tensu
B2	V25	T'ien-ch'u (T'ien-shu)	K	S25	Ch'ŏnch'u
			V	III25	Thiên khu

ST 26 Wàilíng 外陵 057

Wai : exterior; ling : hill.

The local prominence of the point is like a hill.

A	St26	Wai-Ling (Outer mound)	F	26E	Oaé-ling
B1	S26	Wai Ling	J	III26	Gairyo
B2	V26	Wai-ling	K	S26	Oenŭng
			V	III26	Ngoại lăng

ST 27 Dàjù 大巨 058

Da : large; ju : huge.

The point is on the greatest prominence of the abdominal wall.

A	St27	Ta-Chü (Super great)	F	27E	Ta-tsiu
B1	S27	Ta Chü	J	III27	Daiko
B2	V27	Ta-chü	K	S27	Taegŏ
			V	III27	Đại cự

ST 28 Shuǐdào 水道（道） 059

Shui : water; dao : passage.

The deep region of the point corresponds to the small intestines and is close to the bladder, pertaining to the lower Jiao, where waterway passes.

A	St28	Shuei-Tao (Water pathway)	F	28E	Choé-tao
B1	S28	Shui Tao	J	III28	Suido
B2	V28	Shui-tao	K	S28	Sudo
			V	III28	Thủy đạo

ST 29 Guīlái 歸（归，帰）來（来） 060

Gui : return; lai : arrival.

This point is indicated in prolapse of the uterus and hernia for returning them to their original places.

A	St29	Kuei-Lai (Return)	F	29E	Koé-laé
B1	S29	Kuei Lai	J	III29	Kirai
B2	V29	Kuei-lai	K	S29	Kwirae
			V	III29	Quy lai

ST 30 Qìchōng 氣（气，気）衝（冲） 061

Qi : Qi of the meridian; chong : gushing.

The point is located in a Qi "street" and is a passageway for the Qi of the meridian to circulate.

A	St30	Ch'i-Ch'ung (Rushing energy)	F	30E	Tsri-tchrong
B1	S30	Ch'i Ch'ung	J	III30	Kisho
B2	V30	Ch'i-ch'ung	K	S30	Kich'ung
			V	III30	Khí xung

ST 31 Bìguān 髀（髀）關(关，関，闵） 062

Bi : thigh; guan : joint.

The point is at the femoral joint.

A	St31	Pi-Kuan (Thigh pass)	F	31E	Pi-koann
B1	S31	Pi Kuan	J	III31	Hikan
B2	V31	Pi-kuan	K	S31	Pigwan
			V	III31	Bê quan

ST 32 Fútù 伏兎（兔） 063

Fu : lying prostrate; tu : rabbit.

The prominence of the local muscle of the point looks like a prostrate rabbit.

A	St32	Fu-T'u (Conquered rabbit)	F	32E	Fou-trou
B1	S32	Fu T'u	J	III32	Fukuto
B2	V32	Fu-t'u	K	S32	Pokt'o
			V	III32	Phục thỏ

ST 33 Yīnshì 陰（阴） 市 064

Yin : Yin of Yin-Yang; shi : market.

Yin refers to pathogenic cold, and shi means dispersion. The point is used to disperse pathogenic cold from the knee.

A	St33	Yin-Shih (Fair in shade)	F	33E	Inn-che
B1	S33	Yin Shih	J	III33	Inshi
B2	V33	Yin-shin	K	S33	Ŭmshi
			V	III33	âm thị

ST 34 Liángqiū 梁丘 065

Liang : ridge; qiu : hills.

The prominent muscle above the knee where this point is located, looks like a ridge and hill.

A	St34	Liang-Ch'iü (Beam mound)	F	34E	Leang-tsiou
B1	S34	Liang Ch'iu	J	III34	Ryokyu
B2	V34	Liang-ch'iu	K	S34	Yang-gu
			V	III34	Lương khâu

ST 35 Dúbí 犢（犊）鼻 066

Du : calf; bi : nose.

The depressions on both sides below the kneecap look like the nostrils of a calf and the point is at the external foramen.

A	St35	Tu-Pi (Nose of calf)	F	35E	Tou-pi
B1	S35	Tu Pi	J	III35	Tokubi
B2	V35	Tu-pi	K	S35	Tokpi
			V	III35	Độc ty

ST 36 Zúsānlǐ 足三里 067

Zu : lower limbs; san : three; li : taken as cun in ancient times.

The point is on the legs, 3 cun below the knee.

A	St36	Tsu-San-Li (Walking three miles)	F	36E	Sann-li de jambe (Troisième village)
B1	S36	Tsu San Li	J	III36	Ashi no Sanri
B2	V36	San-li	K	S36	Chok-samni
			V	III36	Túc tam lý

ST 37 Shàngjùxū 上巨虛（虚） 068

Shang : upper; ju : great; xu : void.

A large void lies between the tibia and fibula. The point is in the upper part of the void.

A	St37	Shang-Chü-Hsü (Super great void)	F	37E	Chang-lienn
B1	S37	Shang Chü Hsü	J	III37	Jokokyo
B2	V37	Shang-lien	K	S37	Sang-gŏhŏ
			V	III37	Thượng cự hư

ST 38 Tiáokǒu 條（条）口 069

Tiao : strip; kou : space.

The point is in the strip space between the fibula and tibia.

A	St38	T'iao-Kou (Strip mouth)	F	38E	Tiao-kreou
B1	S38	T'iao K'ou	J	III38	Joko
B2	V38	T'iao-k'ou	K	S38	Cho-gu
			V	III38	Điêu khẩu

ST 39 Xiàjùxū 下巨虛（虛） 070

Xia : lower; ju : great; xu : void.

A large void is formed between the tibia and the fibula. The point lies in the lower part of the void.

A	: St39	Ksio-Chü-Hsü (Inferior great void)	F	: 39E	Sia-liann
			J	: III39	Gekokyo
B1	: S39	Hsia Chü Hsü	K	: S39	Hagŏhŏ
B2	: V39	Hsia-lien	V	: III39	Hạ cự hư

ST 40 Fēnglóng 豐（丰，豐）隆（隆） 071

Feng : plentiful; long : abundance.

The plentiful grain Qi of the stomach meridian is abundant; at this point it overflows into its major collateral.

A	: St40	Fung-Lung (Rich and prosperous)	F	: 40E	Fong-long (Abondance et prospérité)
			J	: III40	Horyu
B1	: S40	Feng Lung	K	: S40	P'ungnyung
B2	: V40	Feng-lung	V	: III40	Phong long

ST 41 Jiěxī 解谿（溪） 072

Jie : separation; xi : stream.

Xi refers to a minor depression on the body surface. The point is in the anterior articular depression of the ankle joint.

A	: St41	Chieh-Hsi (Dissolving brook)	F	: 41E	Tsié-tsri (Tsié-si)
B1	: S41	Chieh Hsi	J	: III41	Kaikei
B2	: V41	Chieh-ch'i (Chieh-hsi)	K	: S41	Haegye
			V	: III41	Giải khê

ST 42 Chōngyáng 衝（冲）陽（阳） 073

Chong : important place; yang : Yang of Yin-Yang.

The point is where the Chongyang pulse is located (arteria dorsalis pedis).

A	: St42	Ch'ung-Yang (Flushing Yang)	F	: 42E	Tchrong-iang (Solaire assaillant)
B1	: S42	Ch'ung Yang	J	: III42	Shoyo
B2	: V42	Ch'ung-yang	K	: S42	Ch'ungnyang
			V	: III42	Xung dương

ST 43 Xiàngǔ 陷（陷）谷 074

Xian : depression; gu : valley.

Gu refers to a depression on the body surface. The point is in the depression between the second and third metatarsals.

A	St43	Hsien-Ku (Sinking valley)	F	43E	Sienn-kou
B1	S43	Hsien Ku	J	III43	Kankoku
B2	V43	Hsien-ku	K	S43	Hamgok
			V	III43	Hãm cốc

ST 44 Nèitíng 內庭 075

Nei : interior; ting : courtyard.

This point lies next to Lidui (ST45), as if it were a courtyard to it.

A	St44	Nei-T'ing (Inner court)	F	44E	Nei-ting
B1	S44	Nei T'ing	J	III44	Naitei
B2	V44	Nei-t'ing	K	S44	Naejŏng
			V	III44	Nội đình

ST 45 Lìduì 厲(厉)兌(兑) 076

Li : stomach; dui : door.

This point is at the end of the second toe, like a door of the stomach meridian.

A	St45	Li-Tuei (Strict exchange)	F	45E	Li-toé (Paiement cruel)
B1	S45	Li Tui	J	III45	Reida
B2	V45	Li-tui	K	S45	Yŏt'ae
			V	III45	Lệ đoài

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