TE

Points of Triple Energizer Meridian

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手少陽（阳）三焦經（经，経）穴

TE 1 Guānchōng 關(关，関，闵) 衝（冲） 229

Guan : bend; chong : gushing.

The ring finger cannot be stretched out alone. Guan here refers to the ring finger. The point is at the tip of the ring finger and is the Jing-well point of the Sanjiao meridian, where the Qi of the meridian originates and gushes upwards along the meridian.

A : TB1	Kuan-Ch'ung (Pass flush)		F : 1TR	Koann-tchrong
B1 : T1	Kuan Ch'ung		J : X1	Kansyo
B2 : SC1	Kuan-ch'ung		K : T1	Kwanch'ung
			V : X1	Quan xung

TE 2 Yèmén 液門（门） 230

Ye : water; men : door.

This is a Ying-spring point of this meridian, pertaining to water. It has a function of regulating the passage of water like a door for entry and exit of water.

A : TB2	Yeh-Men (Secretion door)		F : 2TR	Ie-menn
B1 : T2	Yeh Men		J : X2	Ekimon
B2 : SC2	Yeh-men		K : T2	Aengmun
			V : X2	Dịch môn

TE 3 Zhōngzhǔ 中渚（渚） 231

Zhong : middle; zhu : water margin.

This point is in the middle of the Five-Shu points and the Qi of the meridian flows like water along the water margin.

A : TB3	Chung-Chü (Middle island)	F : 3TR	Tchong-tchou de main (Ilot central)
B1 : T3	Chung Chu	J : X3	Chusho
B2 : SC3	Chung-chu	K : T3	Chungjŏ
		V : X3	Trung chử

TE 4 Yángchí 陽（阳）池 232

Yang : Yang of Yin-Yang; chi : pool.

This point is in the depression on the back of the wrist and the Qi of the meridian flows like water into a pool.

A : TB4	Yang-Ch'ih (Yang pond)	F : 4TR	Iang-tchre (Etang externe)
B1 : T4	Yang Ch'ih	J : X4	Yochi
B2 : SC4	Yang-ch'ih	K : T4	Yangji
		V : X4	Dương trì

TE 5 Wàiguān 外關（关，関，闵） 233

Wai : lateral; guan : pass.

This point is at an important place on the lateral aspect of the forearm like a pass.

A : TB5	Wai-Kuan (Outer pass)	F : 5TR	Oae-koann (Barrière externe)
B1 : T5	Wai Kuan	J : X5	Gaikan
B2 : SC5	Wai-kuan	K : T5	Oegwan
		V : X5	Ngoại quan

TE 6 Zhīgōu 支溝（沟） 234

Zhi : limbs; gou : ditch.

Zhi here refers to the upper limbs. The point is located between the radius and the ulna.

A : TB6	Chih-Kou (Branching ditch)	F : 6TR	Tche-kéou
B1 : T6	Chih Kou	J : X6	Shiko
B2 : SC6	Chih-kou	K : T6	Chigu
		V : X6	Chi câu

TE 7 Huìzōng 會（会）宗 235

Hui : meeting; zong : gathering.

This is a Xi-cleft point of this meridian, where the Qi of the meridian gathers.

A	: TB7	Huei-Tsung (Meeting ancestors)	F	: 7TR	Roé-tsong
B1	: T7	Hui Tsung	J	: X7	Eso
B2	: SC7	Hui-tsung	K	: T7	Hoejong
			V	: X7	Hội tông

TE 8 Sānyángluò 三陽（阳）絡（络） 236

Sanyang : the three Yang meridians of the hand; Luo : connection.

This point connects with the three Yang meridians of the hand.

A	: TB8	San-Yang-Lo (Three Yang vessels)	F	: 8TR	Sann-iang-lo
B1	: T8	San Yang Lo	J	: X8	Sanyoraku
B2	: SC8	San-yang-lo	K	: T8	Samyangnak
			V	: X8	Tam dương lạc

TE 9 Sìdú 四瀆（渎） 237

Si : four; du : river.

The Yangtze, the Yellow River, the Huaihe River and Jishui River were called Sidu in ancient times. The Qi of the meridian is able to irrigate more regions when it reaches this point.

A	: TB9	Ssu-Tu (Four rivers)	F	: 9TR	Se-tou
B1	: T9	Szu Tu	J	: X9	Shitoku
B2	: SC9	Szu-tu	K	: T9	Sadok
			V	: X9	Tứ độc

TE 10 Tiānjǐng 天井 238

Tian : heaven; jing : well.

The upper indicates the heaven. The point is in the depression by the olecranon of the upper limb, which is likened to a well.

A	: TB10	Tien-Ching (Celestial well)	F	: 10TR	Tienn-tsing (Puits céleste)
B1	: T10	T'ien Ching	J	: X10	Tensei
B2	: SC10	T'ien-ching	K	: T10	Ch'ŏnjŏng (Chu-ch'ŏngjŏng)
			V	: X10	Thiên tỉnh

TE 11 Qīnglěngyuān 清（清）冷（令）淵(渊，渕) 239

Qing : cool; leng : cold; yuan : deep water.

The function of this point is to eliminate the heat of Sanjiao as if the patient were in cool deep water.

A	TB11	Ching-Leng-Yüan (Bitter cold abyss)	F	11TR	Tsring-leng-iuann
B1	T11	Ch'ing Leng Yuan	J	X11	Seireien
B2	SC11	Ch'ing-leng-yüan	K	T11	Ch'ŏngnaeng-yŏn
			V	X11	Thanh lãnh uyên

TE 12 Xiāoluò 消濼（泺） 240

Xiao : to eliminate; luo : marsh.

This point pertains to the triple energizer meridian and functions to regulate water passage (water metabolism).

A	TB12	Hsiao-Lo (Melting river)	F	12TR	Siao-lo
B1	T12	Hsiao Lo	J	X12	Shoreki
B2	SC12	Hsiao-lo	K	T12	Sorak
			V	X12	Tiêu lạc

TE 13 Nàohuì 臑會（会） 241

Nao : muscle prominence of the upper arm; hui : confluence.

The point is at the muscle prominence of the upper arm and is a confluence of this meridian with the Yang Link Vessel (yangweimai).

A	TB13	Nao-Hui (Shoulder meet)	F	13TR	Nao-roé
B1	T13	Nao Hui	J	X13	Jue
B2	SC13	Nao-hui	K	T13	Nohoe
			V	X13	Nhu hội

TE 14 Jiānliáo 肩髎（髎） 242

Jian : shoulder; liao : foramen.

The point is in a foramen on the shoulder.

A	TB14	Chien-Liao (Shoulder bone)	F	14TR	Tsienn-tsiao (Tsienn-liao)
B1	T14	Chien Lao	J	X14	Kenryo
B2	SC14	Chien-chiao (Chien-liao)	K	T14	Kyŏllyo
			V	X14	Kiên liêu

TE 15 Tiānliáo 天髎（髎） 243

Tian : heaven; liao : foramen.

"Heaven" here means "upper". The point is in a foramen above the shoulder blade.

A	: TB15	T'ien-Liao (Celestial bone)	F	: 15TR	Tienn-tsiao (Tienn-liao)
B1	: T15	T'ien Liao	J	: X15	Tenryo
B2	: SC15	T'ien-chiao (T'ien-liao)	K	: T15	Ch'ŏllyo
			V	: X15	Thiên liêu

TE 16 Tiānyǒu 天牖 244

Tian : heaven; you : window.

"Heaven" here means "upper". Tianyou means heavenly windows. The point is on the upper part of the lateral aspect of

A	: TB16	T'ien-Yung (Celestial window)	F	: 16TR	Tienn-iou
B1	: T16	T'ien Yu	J	: X16	Tenyo
B2	: SC16	T'ien-yu	K	: T16	Ch'ŏnyu
			V	: X16	Thiên dũ

TE 17 Yìfēng 翳風（风） 245

Yi : shielding; feng : pathogenic wind.

The point is behind the earlobe and is the place for shielding off the pathogenic wind.

A	: TB17	Yi-Fung (Shielding wind)	F	: 17TR	I-fong
B1	: T17	Yi Feng	J	: X17	Eifu
B2	: SC17	I-feng	K	: T17	Yep'ung
			V	: X17	ế phong

TE 18 Chìmài (Qìmài) 瘈脈（脉） 246

Chi : convulsion; mai : collateral.

The point is behind the ear, where the collaterals are distributed, and is good for treating convulsions.

A	: TB18	Chih-Mai (Crazy vessel)	F	: 18TR	Tchre-mo (Tsri-maé)
B1	: T18	Ch'i Mai	J	: X18	Keimyaku
B2	: SC18	Chih-mo	K	: T18	Kyemaek
			V	: X18	Khế mạch

TE 19 Lúxī 顱（颅）息 247

Lu : skull; xi : tranquility.

This point is on the skull and is used to calm the mind.

A	: TB19	Lu-Hsi (Skull rest)	F	: 19TR	Lou-si
B1	: T19	Lu Hsi	J	: X19	Rosoku
B2	: SC19	Lu-hsi	K	: T19	Noshik
			V	: X19	Lư tức

TE 20 Jiǎosūn 角孫（孙） 248

Jiao : corner; sun : tertiary collateral.

This point is on the temporal region, corresponding to the apex of the ear, where the tertiary collaterals are distributed.

A	: TB20	Chiao-Sun (Angled grandson)	F	: 20TR	Tsiou-soun (Tsiao-soun)
B1	: T20	Chiao Sun	J	: X20	Kakuson
B2	: SC20	Chüeh-sun (Chiao-sun)	K	: T20	Kakson
			V	: X20	Giác tôn

TE 21 Ěrmén 耳門（门） 249

Er : ear; men : door.

This point is in front of the ear, like a door of the ear.

A	: TB21	Erh-Men (Ear gate)	F	: 23TR	El-menn
B1	: T21	Erh Men	J	: X21	Jimon
B2	: SC23	Erh-men	K	: T21	Imun
			V	: X21	Nhĩ môn

TE 22 Ěrhéliáo 耳和髎（髎） 250

Er : ear; he : harmony; liao : foramen.

This point is in the depression in front of the tragicus and is used to improve the hearing.

A	: TB22	Ho-Liao (Harmonious bone)	F	: 22TR	Ro-tsiao (Ro-liao)
B1	: T22	Erh Ho Liao	J	: X22	Waryo
B2	: SC22	Ho-chiao (Ho-liao)	K	: T22	Hwaryo (I-hwaryo)
			V	: X22	Hoà liêu

TE 23 Sīzhúkōng 絲（丝）竹空 **251**

Sizhu : slender bamboo; kong : space.

This point is at the lateral end of the eyebrow, which looks like a slender bamboo. The locus of the point is a shallow depression.

A	: TB23	Ssu-Chu-K'ung (Silky empty bamboo)	F	: 21TR	Se-tchou (Se-tchou-kong)
B1	: T23	Ssu Chu K'ung	J	: X23	Schichikuku
B2	: SC21	Ssû-chu (Ssu-chu-k'ung)	K	: T23	Sajukkong
			V	: X23	Ty trúc không

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Points of Gallbladder Meridian

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足少陽（阳）膽（胆）經（经，経）穴

<< Back to Table of Contents