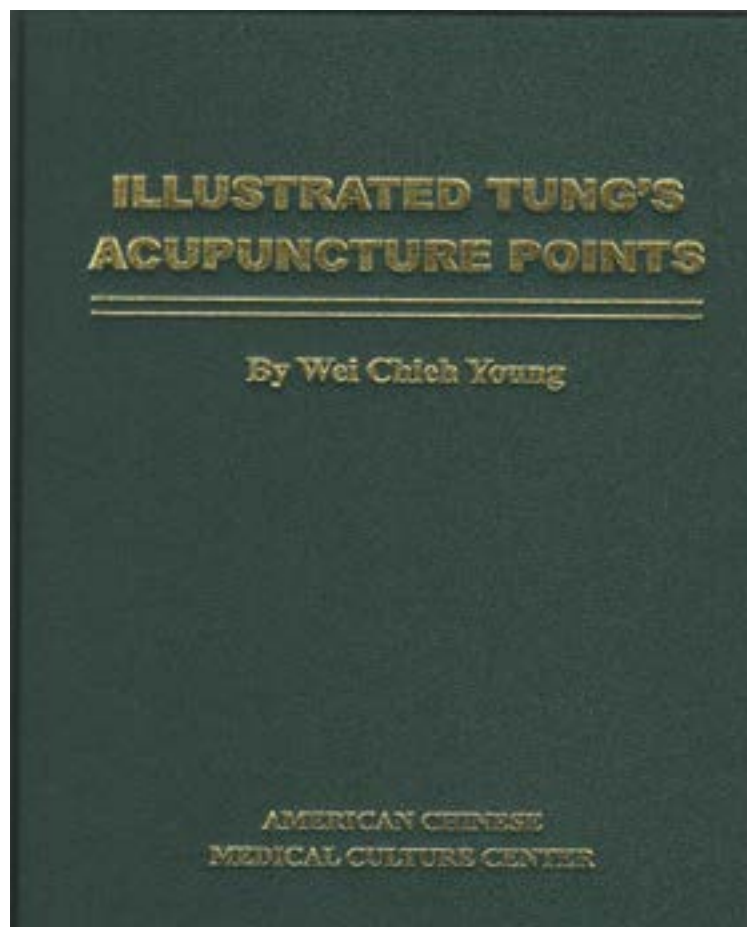




Young, Wei-Chieh **Illustrated Tung's Acupuncture points**



zum Bestellen [hier](#) klicken

by naturmed Fachbuchvertrieb

Aidenbachstr. 78, 81379 München

Tel.: + 49 89 7499-156, Fax: + 49 89 7499-157

Email: info@naturmed.de, Web: <http://www.naturmed.de>

ILLUSTRATED TUNG'S ACUPUNCTURE POINTS

By Wei Chieh Young

AMERICAN CHINESE
MEDICAL CULTURE CENTER

CONTENTS

Chapter 1	Points of the Fingers (11.00).....	1
Chapter 2	Points of the Hands (22.00)	10
Chapter 3	Points of the Forearm (33.00)	14
Chapter 4	Points of the Upper Arm (44.00).....	19
Chapter 5	Points of the Plantar Side of the Foot (55.00).....	24
Chapter 6	Points of the Medial and Dorsal Side of the Foot (66.00).....	26
Chapter 7	Points of the Leg (77.00)	31
Chapter 8	Points of the Thigh (88.00)	39
Chapter 9	Points of the Ear (99.00)	48
Chapter 10	Points of the Head and Face (1010.00).....	51
Chapter 11	Points of the Back (DT.00)	58
Chapter 12	Points of the Chest (VT.00).....	66
Chapter 13	Points of Addendum.....	69
Index 1	71
Index 2	78

Chapter 2 Points of the Hand (22.00)

22.01 Chongzi (重子穴) (Double Child) (P. 2-1)

LOCATION OF POINT:

With the palm facing upward, the point is located on the thenar eminence, about 1 cun below the skin fold between the first and second metacarpals.

INDICATIONS:

Back pain, pneumonia (especially effective), common cold, coughing, and asthma (most effective to children).

22.02 Chongxian (重仙穴) (Double Saint) (P. 2-2)

LOCATION OF POINT:

Locate the point between the first and second metacarpal bones, 2 cun from the skin fold.

INDICATIONS:

Back pain, pneumonia, fever, palpitation and knee pain.

22.03 Shangbai (上白穴) (Upper White) (P. 2-3)

LOCATION OF POINT:

while the dorsum of the hand is facing upward, the point is located 0.5 cun proximal to the dorsal metacarpophalangeal joint of the index and middle fingers.

INDICATIONS:

Conjunctivitis, sciatica, and lateral side of heart pain.

22.04 Dabai (大白穴)(Big White) (P. 2-4, P. 2-6)

LOCATION OF POINT:

Lock fingers in a grip to locate the point in the depression 0.5 cun proximal to the juncture between the 1st and 2nd metacarpal bones.

INDICATIONS:

Child asthma, high fever (most effective), and sciatica due to hypofunction of the lung.

22.05 Linggu (靈骨穴) (Adroit Bone) (P2-5, P. 2-6)

LOCATION OF POINT:

Lock fingers in a grip to locate the point in the juncture of the index finger and thumb, or the 1st and 2nd dorsal metacarpal bones, 1.2 cun proximal to Dabai (22.04), and directly opposite to Zhongxian (22.02).

INDICATIONS:

Sciatica due to hypofunction of the lung, low back pain, foot pain, hemiparesis of nerves, hemiplegia, enlargement of bones, irregular menstruation, amenorrhea, difficult labor, back pain, tinnitus, migraine, dysmenorrhea, intestinal pain, dizziness, and distending feeling of the head.

22.06 Zhongbai (also known as Guimen) (中白穴) (P. 2-7)

LOCATION OF POINT:

Lock fingers in a grip to locate the point between the metacarpal bones of the little and ring fingers, 0.5 cun proximal to the metacarpophalangeal joint.

INDICATIONS:

Aching pain of the low back due to renal problems, back pain, dizziness, astigmatism, fatigue, sciatica due to renal problems, pain of the lateral side of the malleolus, and edema of limbs.

22.07 Xiabai (下白穴) (Lower White) (P. 2-8)

LOCATION OF POINT:

Lock fingers in a grip to locate the point between the 4th and 5th the metacarpal bones, 1.5 cun proximal to the metacarpophalangeal joint [ie. 1.0 cun posterior Zhongbai (22.05)].

INDICATIONS:

Aching pain of teeth, slight liver pain, and problems treated by Zhongbai (22.06).

22.08 Wanshunyi (腕順一穴) (Wrist Flow, One) (P. 2-9)

LOCATION OF POINT:

Locate it on the lateral side of the 5th metacarpal bone, 2.5 cun distal to the wrist crease.

INDICATIONS:

Headache, blurred vision, sciatica due to deficiency in the kidney, nephritis, edema of limbs, heaviness and pain on both sides of the lower back, and back pain. (This point is especially effective on women, but needle one side only.)

22.09 Wanshun'er (腕順二穴) (Wrist Flow, Two) (P. 2-10)

LOCATION OF POINT:

Locate the point on the lateral side of the dorsal aspect of the 5th metacarpal bone, 1.5 cun distal to the wrist crease, 1.0 cun posterior to Wanshunyi (22.08).

INDICATIONS:

Nose bleeding and illnesses treated by Wanshunyi (22.08).