

SYMPTOMATIC USES OF THE POINTS IN JAPANESE ACUPUNCTURE

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Last year

- Sotetsu Ishikawa points (Edo Shogunate period), by palpation
- (S) Shudo Denmai recommendations
- Other Japanese sources, including Dr. Ineon Moon; Shiroda's *Basic Study of Acupuncture and Moxibustion Therapy*,

POINTS ON THE HEAD

- BI 5 •
- BI 6 •
- BI 7 • depression, eye problems, hysteria, insomnia, nasal problems
- DU 15 • aphasia after stroke, cerebral hemorrhage, tongue problems
- DU 16 • aphasia after stroke, cerebral hemorrhage, cold and flu, headache, sinus congestion (S), speech difficulty
- DU 20 • hemorrhoids, hypertension
- DU 20-22 dizziness, heavy head, headache, hypotension, insomnia, poor memory, nausea, sleepy after eating, smell, inability, vagus nerve, vomiting
- DU 21 •
- DU 22 • dizziness (S), headache (S), excessive tearing
- DU 23 • nasal congestion (DM) (S), mental disorder
- DU 24 •

GB 5	headache (temporal) (S), migraine (S), Tooth pain (S), Trigeminal neuralgia (S)
GB 6	headache (temporal) (S), migraine (S), tooth pain (S), trigeminal neuralgia (S)
GB 11	tinnitus (S)
GB 12	headache (S), insomnia (S), tinnitus
GB 14	eye problems
GB 15	•
GB 16	•
GB 17	hyperacidity
GB 18	•
GB 19	• headache
GB 20	• eye problems (Yanagiya GB 20) (S), eye problems, headache (S), sinusitis
SI 17	headache, temporal
SJ 20	cataracts (DM) (S), tinnitus (S)

POINTS OF THE FACE

BL 2	• eye problems (S), dull headache, excessive sleeping, trigeminal neuralgia
BL 3	eye inflammation (DM) (S), eye strain or pain (S), excess tearing (S)
BL 7	headache, stiff neck
DU 26	• facial paralysis (S), seizure
GB 1	eye disease (S)
GB 2	jaw pain (S), TMJ , tinnitus (S)
GB 3	• tooth pain (S), eye problems, facial neuralgia (S), hypertension (bleed)
GB 14	trigeminal neuralgia (S)
LI 20	nasal and sinus problems (S), toothache, upper (bleed)
SI 18	nasal problems
SI 19	conjunctivitis, ear problems, TMJ
SJ 17	dizziness (S), hiccoughs, throat problems (S), tinnitus (S), toothache
SJ 20	eye problems
SJ 21	• TMJ, ear problems

SJ 23	eye problems, facial paralysis (S)
ST 2	facial paralysis (S)
ST 3	sinus, upper jaw toothache
ST 4	• facial paralysis (S)
ST 5	• lower jaw toothache
ST 6	•
ST 7	tinnitus, TMJ (S), toothache, trigeminal neuralgia
ST 8	headache, temporal, tearing, constant
<i>Yintang</i>	nasal and sinus problems (S)
<i>Yuyao</i>	eye strain (S)

POINTS ON THE NECK AND SHOULDERS

BL 11	• influenza, asthma, cold and flu (DM), cough (DM), neck stiffness (DM), thyroid problems
GB 21	• labor induction (with Sp 6) (IDN), neck-shoulder stiffness (S), headache (S), hypertension (S), toothache (DM) (S)
LI 15	• shoulder joint problems (S)
LI 15	skin problems (DM)
LI 17	• interscapular tension (S), neck-shoulder stiffness (S), shoulder-neck stiffness (S), thoracic outlet syndrome (S), throat obstruction (S)
Ren 22	asthma, laryngitis, pharyngitis
Ren 23	• pharyngitis, tongue paralysis, tonsillitis
Ren 24	• toothache
SI 14	headache
SI 15	• headache
SI 16	•
SJ 15	• neck-shoulder stiffness (S), hypertension
SJ 16	•
ST 9	hoarseness (S), hypertension, morning sickness, throat obstruction (S)
ST 10	•
ST 11	sore throat

- ST 12 neck-shoulder stiffness (S), shoulder-neck stiffness (S)
ST 9 • sore throat (S), asthma (S), gallstone pain

POINTS ON THE UPPER BACK

- BL 12 cold and flu (S), hives, neck stiffness, throat problems, tonsillitis
BL 13 cough, health maintenance (DM), neck stiffness (S), respiratory problems, shoulder stiffness (S)
BL 14 neck stiffness (S), shoulder stiffness (S),
BL 15 esophageal constriction, heart disorders (S), mental disturbance, neck stiffness (S), red eye, rheumatoid arthritis, shoulder stiffness (S)
BL 17 diaphragm problems (S), dysmenorrhea (S), esophageal constriction (S), liver or GB problems, mental disturbance, perimenopause (S), vomiting (S)
BL 41 blood poison, neck and shoulder pain
BL 42 arm numbness (S), cervical lymphadenitis, respiratory problems, shoulder pain, neck stiffness (S)
BL 43 fatigue (DM) (S), lowered immunity (DM), heart fatigue, upper back stiffness (S)
BL 46 esophageal constriction
DU 10 cough (S), nervous disorders (DM) (S)
DU 11 chest pain, heart problems, insomnia, nervous disorders (DM) (S)
DU 12 cough (S), fatigue (DM), laryngitis, lung disorders, nervous disorders, pediatric disorders
DU 13 cold and flu
DU 14 cold and flu (DM) (S), cough (DM) (S), laryngitis, meningitis, mental disorders, throat problems
GB 21 •
SI 9 shoulder joint problems (S)
SI 11 • arm pain or numbness (S), chest pain, lactation low (DM)
SJ 14 •
SJ 15 •

POINTS ON THE MID BACK

- BL 18 depression (S), gallbladder problems, insomnia (liver), jaundice, liver problems (r) (S), stroke sequelae
- BL 19 gallbladder problems (r) (DM) (S)
- BL 20 amnesia, duodenal ulcer, , spleen imbalance (S), stomach disorders
- BL 21 spleen imbalance (S)
- BL 22 gallstones
- BL 48 gallstones
- BL 49 gallstones, gastrospasm
- BL 50 abdominal pain (S), stomach pain (S)
- BL 52 abdomen cold, gynecological problems, kidney deficiency, penis/testicle/scrotum, urethritis
- BL 53 hip problems
- DU 6 diabetes (DM) (S), gum disease, spleen-pancreas weakness
- DU 8 anxiety, facial paralysis, fatigue due to nervousness, insomnia
- DU 9 poor concentration, digestive disorders (S), esophageal constriction, esophageal obstruction (S), headache, kidney fire, sluggish liver, lung infection, nervous disorders (DM) (S)
- DU 10 asthma, spleen-pancreas weakness

POINTS ON THE LOWER BACK

- BL 22 adrenal fatigue, back pain, spontaneous (S), blood circulation problems, diabetes, kidney inflammation (S)
- BL 23 adrenal fatigue, asthma, diabetes, eye bleeding, kidney imbalance (S), sexual organ dysfunction, vision weak
- BL 51 •
- BL 52 lower back pain, (S), fatigue (S), kidney stones (S)
- DU 2 coccyx pain (S), constipation (DM) (S), hemorrhoid (S)
- DU 3 adrenal weakness (DM), lower back pain, (S), prostate problems, sciatica (S)
- DU 4 adrenal weakness (DM), lower back pain, enuresis, gum disease, intestinal bleeding, kidney disorder, nausea, acute, vaginal discharge

Shi qi zhui xia back pain (S), sciatica (S)

POINTS ON THE HIP AND SACRUM

BL 25	lower back pain, (S), leg pain (S),
BL 27	bladder problems (S), gynecological disorders (S), hemorrhoids (S), intestinal inflammation, rheumatoid arthritis (DM)
BL 28	bladder infection
BL 30-34	bladder infection, breech presentation, endometriosis, hemorrhoids, menstrual cramps, uterus and ovary disorders
BL 53	libido low (S), prostate problems (S), urination frequent (S)
BL 54	hemorrhoid (S), urination frequent (S)
DU 1	epilepsy, hemorrhoids, manic disorder
DU 2	enuresis, hemorrhoids
DU 3	enuresis
GB 30	hip pain (S), sciatic pain (S)
Gluteal pt	hemorrhoid (S), sciatica (S)
Iliac pt	back pain (S), sacroiliac pain (S)
Ischeal pt	sciatic pain (S)
Onodera pt	epigastric pain (S), hip pain (S)

POINTS ON THE CHEST

Axillary pt	asthma (S), cough (S)
KI 23	costal neuralgia (S), heart disease (I) (S)
KI 26	thoracic outlet syndrome (S), throat disorder (S), thyroid disorder (S)
KI 27	thoracic outlet syndrome (S), throat disorder (S), thyroid disorder (S)
LU 1	asthma (S), cough (S), thoracic outlet syndrome (S)
Ren 17	anxiety, breast disease (S), breast pain, depression, heart disease (S), insufficient lactation (S), lactation problems, psychosomatic disorders (S), upper back pain
ST 18	chest pain, pleurisy
ST 19	gallstone pain, nausea-vomiting, stomach pain

POINTS ON THE EPIGASTRIUM

- GB 24 gallbladder disease (r) (S), stroke prediction (S)
- KI 19 reinforce Ren 12. ST 21
- LIV 13 • epigastric pain (S), ascites, pancreas-stomach disorders (l) (S), peritonitis
- LIV 14 chest heaviness, gallstones, liver disease (r) (S)
- Ren 12 diabetes, fu organ problems (DM), gastrointestinal disorder (S), gastroptosis, hypoglycemia, insomnia (S), morning sickness (with SJ 4) (l), stomach pain
- Ren 14 asthma (S), asthma, cough (S), epigastric constriction (S), esophageal stenosis, gastrointestinal disorder (S), heart disease (S), heart problems, insomnia (S), lower back, inability to straighten, morning sickness (with Ren 12), stomach problems (S)
- ST 19 diaphragm spasm (S), epigastric pain (S), gallbladder stone or inflammation (r) (S), liver-gallbladder disease (r) (S), pancreas/stomach disorder (l) (S)
- ST 20 diaphragm spasm (S), epigastric pain (S), liver-gallbladder disease (r) (S), pancreas/stomach disorder (l) (S)
- ST 21 liver-gallbladder disease (r) (S), pancreas/stomach disorder (l) (S)

POINTS ON THE LOWER ABDOMEN

- GB 25 • kidney deficiency (w/ BL 23) (S), fatigue, gastrospasm, intestinal disorder, stiff neck
- GB 26 • lower back pain, leukorrhea
- GB 27 • appendicitis (r) ileocecal valve (r)
- GB 28 •
- KI 12 reinforce Ren 3 (S), urethritis (S), urinary frequency (S), vaginal discharge (S)
- KI 16 lower back pain, (S), diabetes, diarrhea (S), kidney deficiency (S)
- Ren 1 anal fissure, drowning, chronic hemorrhoid
- Ren 2 urethritis (S), urinary frequency (S), vaginal discharge (S)

Ren 3	pain at BL 40 (S), pediatric enuresis (S), gynecological complaints, peritonitis, urethritis (S), urinary frequency (S), vaginal discharge (S)
Ren 4	abdominal distension (S), gynecological complaints (S), postpartum depression (S), small intestine inflammation, urinary frequency, urinary problems (S), uterine fibroid
Ren 6	abdominal pain (S), appendicitis (DM) (S), appendicitis (DM), food poisoning (DM), ileocecal pain (S)
Ren 7	abdominal distension (S), abdominal pain, lower back pain, (S), diarrhea (S), kidney infection
Ren 8	pediatric abdominal problems, gonorrhoea, chronic miscarriage,
Ren 9	ascites, diarrhea, chronic (S), diarrhea (DM), edema (S), fluid stagnation (S), kidney infection, urinary dysfunction
Ren 10	gastroptosis
SP 14	constipation (I), diarrhea
SP 15	constipation (I), diarrhea, dysmenorrhoea
ST 24	duodenal disease (S)
ST 25	intestinal problems (S), kidney infection
ST 27	coccygeal pain, diarrhea, endometriosis (DM), hernia (DM) (S), male and female infertility, intestinal problems (S), kidney infection, urogenital problems (S)
ST 30	male and female infertility, kidney infection, uterine myoma

POINTS OF THE HAND

HT 9	chest pain or heart attack (DM or bleed) (S), needle shock (DM) (S)
LI 1	gout (bleed)
LI 2	stye (DM) (S), pediatric constipation
LI 4	<ul style="list-style-type: none"> • face flushing (S), headache, hypertension, neck-shoulder tension (S), sinus inflammation, stroke, toothache
LU 10	<ul style="list-style-type: none"> • thumb pain (S), throat sore (S), tonsillitis (S)
LU 11	throat pain (bleed) (S)
PC 8	<ul style="list-style-type: none"> • palpitation (S), chest tightness (S)

- SI 1 chest oppression (bleed) (S), chest pain (bleed), fainting, headache at BL 7 (DM), sore throat (bleed)
- SI 3 arthritis, headache (S), headache, influenza (DM), intestinal bleeding, neck-shoulder pain (S), pneumonia
- SJ 1 headache (bleed), tinnitus (bleed)
- SJ 3 • dizziness (S), tinnitus (S)
- SJ 4 blood disorders, gynecological disorders, heart irregular, morning sickness (IDN)

POINTS OF THE WRIST

- HT 7 constipation (DM) (S), mental disorders (DM)
- LI 5 • wrist problems
- LU 9 cold and flu (S), cough (S), urinary problems (S)
- PC 7 • wrist pain (S)
- SI 6 skin bumps: acne, boil (DM), wrist pain
- SJ 5 • wrist pain (S)
- SJ 8 headache, strong pain

POINTS OF THE LOWER ARM

- HT 3 • tinnitus (DM) (S), elbow problems (S), redevye, stiff neck
- HT 6 chest pain (S), palpitations (S)
- LI 6 abdominal pain (S), thumb numbness, toothache, wrist tendonitis (S)
- LI 7 •
- LU 5 • edema (S), brain feels heavy, throat pain (S), urinary problems (S)
- LU 6 hemorrhoid (S)
- LU 7 swollen cheek , gum infection, interscapular pain (S), throat sore (S), toothache
- LU 8 cough (S), fever (S), tonsillitis
- LI 10 • face flushing (S), abdomen cold, head hot, boils, carbuncles (DM), lymph adenitis, shoulder tension (S), skin problems (DM), stroke (DM)

- LI 11 • eye problems, face flushing (S), headache, head fullness (S), hypertension (DM) (S), infections (DM), skin problems (DM), upper limb regulation (S)
- PC 3 stubborn cough
- PC 4 stubborn cough, palpitations (S)
- PC 6 • palpitations (S), dizziness, epigastric disorder (S), headache
- PC 7 hand circulation
- SI 7 •

POINTS ON THE UPPER ARM

- LI 14 • inability to raise arm
- SI 10 shoulder pain
- SJ 12 •
- SJ 13 •

POINTS OF THE THIGH AND KNEE

- BL 40 lower back pain, (S), headache, knee pain (DM) (S)
- GB 29 hip joint problem (S), inguinal pain
- GB 31 • abdomen cold (DM), cold feet (DM)
- LIV 8 bladder disorders, dizziness (S), endometriosis, headache (S), knee pain (S), nausea (S)
- LIV 11 endometriosis, prostate disorder, testicle-scrotum disorders
- SP 10 • menstrual irregularity (S), blood poisoning, endometriosis
- SP 11 ascites (DM), inguinal hernia
- SP 12 ascites (DM), inguinal hernia
- ST 32 • femoral nerve pain (S)
- ST 34 • knee pain (S), abdominal pain, acute, appendicitis, R (DM), diarrhea (DM), gastrointestinal spasm
- Xi Yan* knee pain (S)

POINTS OF THE LOWER LEG

- BL 37 leg stiffness (S), sciatica (S)

- BL 39 lower back pain, (S), sciatica (S)
- BL 56 gastrocnemius spasm (S), hemorrhoids, sciatica
- BL 57 • hemorrhoids, knee problems
- BL 58 bladder infection (S), headache, occiput (S), knee problems, sciatica
- BL 59 acute lower back pain (S), acute sciatica (S)
- GB 34 • gallbladder channel excess (S), lower back pain, bell's palsy, GI bleeding, menstrual problems due to excess
- GB 38 gallbladder channel excess (S), poison/drug detox
- GB 39 •
- KI 7 abdominal distension (S), fatigue (S), heel bone pain, low libido (S), tinnitus (S)
- KI 9 anal prolapse, chest pain (S), hemorrhoids, medication poison, motion sickness (IDN) (S), palpitations (S)
- KI 10 fluid imbalance (S), weak kidney
- LIV 5 gynecological disorders, inguinal hernia, leukorrhea, prostate problems, testicle-scrotum problems
- SP 6 • menstrual problems (S), bladder infection, fetal malpresentation (DM) (S), kidney infection, male infertility, venereal disease
- SP 8 diarrhea, acute (S), acute gastrointestinal pain (S), knee joint infection
- SP 9 • gastrointestinal disorder (S), abdominal pain, diarrhea (S), hot flashes (S), knee joint pain (S), menstrual disorders
- ST 36 • digestive problems (S), chronic illness (DM), depression (S), insomnia (S), knee edema (DM) (S), longevity (DM)
- ST 37 intestinal disorders, sinus congestion, knee edema (DM) (S)
- ST 40 stomach channel excess (S)

POINTS OF THE ANKLE

- GB 40 gallbladder channel excess (S), stiff neck
- LIV 4 asthma (S), cough (S), fever (S), gallstone, herpes simplex, hyperacidity
- SP 5 anal prolapse (DM) (S), asthma (S), cough (S), hernia, inguinal, herpes outbreak (DM)
- ST 41 • SCM tenderness (S), eyelid disorders, stye (DM)

POINTS OF THE FOOT

- BL 60 • back pain (S), bladder channel excess (S), diarrhea (DM), headache, occiput (S), pain at Ren 3 (S)
- BL 61 heel pain
- BL 62 •
- BL 64 mania
- BL 67 difficult delivery (DM), difficult labor (DM) (S), malpresentation of fetus (DM) (S)
- GB 41 gallbladder stones or inflammation (r) (S)
- GB 43 edema, sciatica
- KI 1 hypertension (DM) (S) (S), revive consciousness (DM) with DU 20, whole body edema (DM)
- KI 2 ear suppuration (DM) (S), hot feet (S), hypertension, throat pain, tinnitus (S)
- KI 3 circulation poor, chronic cough, ear disorders, throat problems
- KI 4 heel bone pain
- KI 5 Achilles tendon pain, heel bone pain
- KI 7 kidney deficiency (S)
- LIV 1 chest pain with anxiety, dizziness (S), epigastric pain (S), headache (DM) (S), nausea (S)
- LIV 2 gout, headache (S), nausea (S)
- LIV 3 • appetite loss
- SP 1 geriatric insomnia(S), acute anxiety, acute gastrointestinal pain(S), mental disorder (S), pediatric night terror
- SP 2 gastrointestinal pain (S), gout (S)
- SP 3 abdominal pain (S), gastrointestinal pain (S), kidney stone attack (S), menstrual problems (S)
- SP 4 constipation (I) (S)

