

# Normal Points Functions List

	Points	Functions
1	Rupang	distending pain of breast, hypogalactia, breast abscess, relieving cough and stopping vomiting
2	Rugen	cough and asthma, breast abscess, hypogalactia
3	Zhongwan	gastritis, gastric ulcer, abdominal distension, diarrhea, constipation, indigestion
4	Liangmen	stomachache, vomit, diarrhea, abdominal pain, anorexia
5	Fuai	abdominal pain, diarrhea, constipation, indigestion
6	Shuifen	dropsy, abdominal pain, nephritis, diarrhea
7	Zhangmen	abdominal pain, diarrhea, hypochondriac pain, abdominal mass
8	Shenque	abdominal distension, diarrhea, proctoptosis, hemorrhoids
9	Daheng	diarrhea, constipation, abdominal pain, weight-reducing
10	Tianshu	acute and chronic enteritis, dysentery, constipation, intestinal obstruction, abdominal pain
11	Yinjiao	irregular menstruation, painful menstruation, dropsy, prolapse of uterus
12	Qihai	abdominal distension, abdominal pain, irregular menstruation, enuresis, seminal emission, neurasthenic
13	Guanyuan	diarrhea, irregular menstruation, painful menstruation, impotence, urodialysis, frequent urination
14	Shuidao	lower abdominal pain, dysuria, constipation, irregular menstruation, painful menstruation
15	Zhongji	urodialysis, impotence, painful menstruation, prostate disease
16	Guilai	abdominal pain, amenorrhea, painful menstruation, sterility
17	Qichong	irregular menstruation, hernia, dribbling urination, seminal emission
18	Jimai	irregular menstruation, impotence, hernia, lower abdominal pain

19	Yinlian	irregular menstruation, lower limbs varicosity, pruritus vulvae
20	Xiyan	knee pain, lower limbs paralysis, swelling and distension
21	Zusanli	stomachache, diarrhea, constipation, indigestion, hypertension, hemiplegia
22	Tiaokou	knee, crus ache, spasm, abdominal pain, shoulder pain
23	Fenglong	dropsy, abundant expectoration, cough and asthma, headache, constipation
24	Jiexi	ankle joint pain, headache, dizziness, abdominal distension, weakness of ankle
25	Taichong	headache, dizziness, reddish swollen and painful eyes, distension in chest and hypochondrium
26	Xingjian	headache, dizziness, painful menstruation, dysuria
27	Yangbai	headache, eye pain, blurred vision
28	Sibai	all kinds of eye diseases, headache, dizziness, facial paralysis
29	Juliao	nasal obstruction, nosebleed, toothache, swelling and pain of lip and cheek, facial paralysis
30	Jianqian	inability to raise shoulder due to omalgia, paralysis and numbness of upper limbs
31	Chize	cough, swelling and pain of throat, swelling and pain of elbow and arm
32	Quze	cardiac pain, palpitation, vomit, stomachache
33	Shaohai	intercostals nerve pain, radial nerve pain
34	Neiguan	pain of hypochondrium, stomachache, flustered, vomit, swelling and pain of throat
35	Lieque	headache, stiffness and pain of neck and nape, cough, facial nerve paralysis
36	Daling	wrist pain, pain of hypochondrium, stomachache

37	Taiyuan	asthma, cough, pain in chest, pain of wrist and arm
38	Shenmen	cardiac pain, dysphoria, insomnia and amnesia, epilepsy
39	Laogong	cardiac pain, vomit, epilepsy, tinea unguium
40	Yongquan	vertex pain, convulsion, unconsciousness, heat stroke, insomnia
41	Jianzhoushu	cough, stiff nape, pain in shoulder and back
42	Jianjing	shoulder pain, pillow falling, difficulty in raising arm, cold
43	Jianwaishu	pain in shoulder and back, stiff neck and nape, cold pain and numbness of upper arm
44	Jianyu	pain in shoulder and arm, upper arm joint pain, hemiplegia, paralysis
45	Jianliao	pain in shoulder and arm, stiffness and pain in neck and nape, stiff back
46	Tianzong	pain in scapula, swelling and pain in cheek and jaw, proliferation of mammary
47	Hunmen	distending pain in chest and hypochondrium, vomit, diarrhea
48	Yishe	nausea, vomit, jaundice, abdominal distension
49	Weicang	stomachache, abdominal pain, abdominal distension and fullness, pain in spine and back
50	Huangmen	abdominal pain, lumbago, constipation
51	Waiguan	hemiplegia, mumps, deafness, tinnitus, pillow falling
52	Zhibian	hemorrhoids, sciatica, paralysis and numbness of lower limbs
53	Huantiao	lumbago and scelagia, sciatica, numbness and paralysis of lower limbs
54	Huanzhong	buttocks pain, sciatica
55	Chengfu	pain of waist and back, sciatica, hemorrhoids, constipation, urodialysis
56	Yinmen	pain of waist and back, sciatica, lower limbs numb and paralysis
57	Weizhong	pain in waist and back, leg pain, sciatica, hemiplegia
58	Chengshan	pain in waist and back, leg pain, paralysis, proctoptosis, hemorrhoids
59	Dingchuan	asthma, cough, pain in shoulder and back
60	Dazhui	pain and stiffness in spine and back, rigidity and pain of neck and nape
61	Fengmen	cough due to cold, fever and headache, back pain
62	Shenzhu	cough, asthma, rigidity and pain of spine and back
63	Feishu	cough, asthma, night sweat, cold
64	Xinshu	cardiac pain, insomnia and amnesia, epilepsy
65	Zhiyang	hepatitis, cholecystitis, stomachache, intercostals nerve pain
66	Ganshu	liver disease, stomach disease, eye disease, neurasthenic, intercostals nerve pain
67	Danshu	cholecystitis, hepatitis, bitter taste in the mouth, pain of hypochondrium
68	Pishu	abdominal distension, vomit, hematochezia, dropsy
69	Weishu	gastritis, gastric ulcer, hepatitis, indigestion, dropsy
70	Shenshu	lumbago, impotence, irregular menstruation, chronic pelvic inflammation, nephritis
71	Mingmen	lumbago, impotence, seminal emission, adnexatitis, headache
72	Dachangshu	enteritis, diarrhea, constipation, lumbago
73	Yaoyangguan	lumbosacral pain, irregular menstruation, painful menstruation, impotence, lower limbs paralysis
74	Pangguangshu	cystitis, lumbosacral pain, sciatica, diarrhea, constipation
75	Baliaoxue	lumbosacral pain, irregular menstruation, dysuria, urodialysis
76	Huiyin	dysuria, irregular menstruation, archoptosis, hemorrhoids, impotence
77	Xiaohai	headache, tinnitus, swelling in cheek, epilepsy
78	Xuehai	irregular menstruation, amenorrhea, painful menstruation, skin eczema
79	Ququan	dryuria, hernia, irregular menstruation, pruritus vulvae
80	Yinlingquan	abdominal pain, dropsy, seminal emission, irregular menstruation, dysentery
81	Diji	painful menstruation, abdominal pain, irregular menstruation, dropsy
82	Sanyinjiao	irregular menstruation, painful menstruation, sterility, impotence, prostermia, testiclesitis, enuresis, frequent urination, urodialysis, hemiplegia, neurasthenic
83	Zhaohai	dry and painful throat, beriberic dropsy, irregular menstruation, insomnia, hypopsia
84	Shuiquan	heel pain, painful menstruation, irregular menstruation, blurred vision
85	Taiyang	headache, migraine, dizziness, toothache, reddish swollen and painful eyes
86	Jiache	toothache, mumps, facial nerve paralysis
87	Binao	arm pain, hemiplegia, eye disease
88	Quchi	swelling and pain of throat, dizziness, abdominal pain, diarrhea, hemiplegia
89	Shousanli	pain in shoulder and arm, upper limbs paralysis, abdominal pain, diarrhea
90	Hegu	headache, toothache, rhinitis, swelling and pain of throat, eye disease, facial nerve paralysis, exogenous fever, hemiplegia, neurasthenic
91	Yanglingquan	knee joint pain, hemiplegia, pain of hypochondrium, distension and fullness in chest and hypochondrium, cholecystitis
92	Xuanzhong	headache, rigidity and stiffness in neck and nape, pillow falling, migraine, distension and fullness in chest and abdomen
93	Shenmai	ankle joint pain, headache, dizziness, waist and leg pain, hypopsia
94	Pushen	heel pain, dermatophytosis, lumbago, ankle joint pain

Acupuncture Treatment Points Guide					
Conditions that May Be Assisted	Guide to Treatment Points	Conditions that May Be Assisted	Guide to Treatment Points	Conditions that May Be Assisted	Guide to Treatment Points
Abdominal Pain/Distention	3, 4, 5, 6, 7, 8, 9, 10, 12, 14, 16, 18, 22, 24, 48, 49, 50, 68, 80, 81, 88, 89, 92	Eyes - Red/Swollen/Painful	25, 27	Nose Bleed	29
Abundant Expectoration (cough)	23	Eye Disease of Any Kind	28, 66, 87, 90	Palpitation	32
Adnexitis (inflammatory disease of ovaries, fallopian tubes and uterus)	71	Facial Paralysis	28, 29, 35, 86, 90	Paralysis	44, 58
Ankle Pain	24, 93, 94	Fever	61, 90	Paralysis of Face	28, 29
Ankle Weakness	24	Fungal Nail Infection	39	Paralysis of Lower Limbs	52, 56, 73
Amenorrhea (absence of a period by age 16)	16, 78	Gastric Ulcer	3, 69	Paralysis and Numbness of Upper Limbs	30, 89
Amnesia	38, 64	Gastritis (inflammation of stomach lining)	3, 69	Pelvic Inflammation	70
Anorexia	4	Headache	23, 24, 25, 26, 27, 28, 35, 71, 77, 90, 92, 93	Proctoptosis (prolapse of rectum)	8, 58
Anxiety	34	Heat Stroke	40	Prolapsed Uterus	11
Arm Pain/Stiffness	42, 44, 45, 87, 89	Heel Pain	84, 94	Prostermia (premature ejaculation)	82
Asthma	2, 23, 37, 59, 62, 63	Hematochezia (passing of blood in stools)	68	Prostatitis (inflammation of the prostate gland)	18
Back Pain	41, 43, 55, 56, 57, 58, 59, 60, 61, 62	Hemiplegia (paralysis of one side of body)	21, 44, 51, 57, 82, 87, 88, 90, 91	Prostate Disease	15
Back Stiffness	45, 60	Hemorrhoids	8, 52, 55, 58	Pruritis Vulvae (itching of female genitalia)	19, 79
Beriberic Dropsy	83	Hepatitis	65, 67, 69	Rhinitis (nasal irritation or inflammation)	90
Bitter Taste in Mouth	67	Hernia	17, 18, 79	Scapula Pain (shoulder blade)	46
Breast Pain	1, 2	Hypertension (high blood pressure)	21	Scelalgia (pain in leg)	53
Buttock Pain	54	Hypochondrial Pain (upper part of abdomen)	34, 36, 67, 91	Sciatica (form of lower back & leg pain)	52, 53, 54, 55, 56, 57, 74
Cardiac Pain	32, 38, 39, 64	Hypogalactia (deficiency of milk secretion)	1, 2	Seminal Emission	12, 17, 71, 80
Cheek/Jaw Pain and Swelling	46, 77	Impotence	13, 15, 18, 70, 71, 73, 82	Shin Splints	22, 58
Chest Pain	37	Indigestion	3, 5, 21, 69	Shoulder Pain/Frozen Shoulder (Omalgia)	22, 30, 41, 42, 43, 44, 45, 59, 89
Chest & Hypochondrium Distention/Swelling	25, 47, 91, 92	Insomnia	38, 40, 64, 83	Spine and Back Stiffness	49, 60, 62
Cholecystitis (inflammation of gallbladder)	65, 67, 91	Intestinal Obstruction	10	Sterility	16, 82
Cold and Flu Symptoms	61, 63	Jaundice	48	Stomach Ache	4, 21, 32, 34, 36, 49, 65
Constipation	3, 5, 9, 10, 14, 21, 23, 50, 55, 72, 74	Knee Pain/Knee Joint	20, 22, 91	Stomach Disease	66
Convulsion	40	Leg Pain	53, 57, 58, 93	Swelling and Pain of Lip and Cheek	29
Cough Relief	1, 2, 23, 31, 35, 37, 41, 59, 61, 62, 63	Liver Disease	66	Swelling/Distention	20
Cystitis (bladder inflammation)	74	Lower Limb Paralysis/Numbness	20, 53, 73	Testiculitis (inflammation of the scrotal gland)	82
Deafness	51	Lumbago (lower back pain)	50, 53, 70, 71, 72, 94	Throat Pain and Swelling	31, 34, 83, 88, 90
Dermatophytosis (fungal infection of the skin)	94	Lumbosacral Pain (where spine meets sacrum)	73, 74, 75	Tinnitus	51, 77
Dizziness	24, 25, 26, 28, 88, 93	Mammery Proliferation	46	Toothache	29, 86, 90
Diarrhoea	3, 4, 5, 6, 7, 8, 9, 13, 21, 47, 72, 74, 88, 89	Menstruation Irregularity	11, 12, 13, 14, 17, 18, 19, 70, 73, 75, 78, 79, 81, 83, 84	Upper Arm Pain	44
Distention (swelling from internal pressure)	3	Menstruation Pain	11, 13, 14, 15, 16, 26, 73, 78, 81, 82, 84	Upper Arm Numbness	43
Dropsy (swelling due to excess liquid)	6, 11, 23, 68, 69, 80, 81	Migraine	92	Urination Frequency/Dribbling	13, 17, 82
Dysphoria (sadness/anxiety)	38	Mumps	51, 86	Urodialysis	13, 15, 55, 75, 82
Dysuria (painful urination)	14, 26, 75, 79	Nasal Obstruction	29	Varicosity of Lower Limbs (swollen, twisted, painful veins)	19
Dysentery	10, 80	Nausea	48	Vertex Pain (pain in back of head)	40
Eczema	78	Neck and Nape Pain/Stiffness	35, 41, 43, 45, 60, 92	Vision Blurred	27, 84
Elbow and Arm Swelling and Pain	31	Nephritis (inflammation of kidney)	6, 70	Vomiting	1, 4, 32, 34, 39, 47, 48
Enteritis (inflammation of small intestine)	10, 72	Nerve Pain - Intercostal and Radial	33, 65, 66	Waist Pain	55, 56, 57, 58, 93
Enuresis (bed wetting)	12, 82	Neurasthenic (chronic fatigue and weakness)	12, 66, 82, 90	Weight Reduction	9
Epilepsy	38, 39, 64, 77	Night Sweats	63	Wrist Pain	36