

Tabelle zur Orientierung und Lokalisierung der Akupunkturpunkte

Wenjun Zhu¹
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I. Kopf-Punkte. (I) Gesicht

CUN	DU-Meridian	BL-Meridian	BL-Meridian	GB-Meridian	GB-Meridian	MA-Meridian		CUN
	0	0,5 CUN	1,5 CUN	2,25 CUN	3 CUN	4,5 CUN		
-1	DU24-ShenTing	BL3-MeiChong	BL4-QuCha	GB15-TouLinQi	GB13-BenShen	MA8-TouWei		-1
0							GB4-HanYan	0
1							GB5-XuanLu	1
2				GB14-YangBai			GB6-XuanLi	2
3/0	EX-HN3-YinTang	BL2-CuanZhu BL1-JingMing			SJ23-SiZhuKong GB1-TongZiLiao		GB7-QuBin SJ22-ErHeLiao	3/0
1				MA1-ChengQi		GB3-ShangGuan	SJ21-ErMen DI19-TingGong	1
2		DI20-YinXian		MA2-SiBai		MA7-Xiaguan	GB2-TingHui	2
3/0	DU25-SuLiao Du26-ShuiGou	DI19-KouHeLiao		MA3-JuLiao	DÜ2-QuanLiao			3/0
1	DU27-DuiDuan			MA4-DiChang				1
2	RN24-ChengJiang							2
					MA5Da-Ying	MA6-JiaChe		
3								3
	0	0,5 CUN	1,5 CUN	2,25 CUN	3 CUN	4,5 CUN		
CUN	RN-Meridian	NI-Meridian	MA-Meridian	LE-Meridian MI-Meridian	LE-Meridian MI-Meridian	GB-Meridian		CUN

¹ www.tcm-institut.de

(II) Kopf-Rückseite

	DU-Meridian	BL-Meridian		GB-Meridian	GB-Meridian	MA-Meridian	
CUN		0,5 CUN	1,5 CUN	2,25 CUN	3 CUN	4,5 CUN	CUN
0							12
	DU24-ShenTing	BL3-MeiChong	BL4-QuCha	GB15-TouLinQi	BenShen-GB13	TouWei-MA8	
	0	1,5 CUN		2,25 CUN	3 CUN	4,5 CUN	
1	DU23-ShangXing	BL5-WuChu					11
				GB16-MuChuang			
2	DU22-XinHui	BL6-ChengGuang		GB17-ZhengYing			10
3							9
	DU21-QianDing						
4		BL7-TongTian		GB18-ChengLing			8
5	DU20-BaiHui						7
		BL8-LuoQue					
6							6
	DU19-HouDing						
7							5
8	DU18-QiangJian						4
	0	1,5 CUN		2,25 CUN	3 CUN	4,5 CUN	
9							3
	DU17-NaoHu	BL9-YuZhen		GB19-NaoKong-			
10							2
11	DU16-FengFu			GB20-FengChi			1
	DU15-YaMen	BL10-TianZhu					
12							0
CUN	0	1,3 CUN		2,25 CUN	3 CUN	4,5 CUN	CUN
	DU-Meridian	BL-Meridian		GB-Meridian	GB-Meridian	MA-Meridian	

(III) Kopfseite

			Ohr-Vorderseite	Ohr-Mittellinie	Ohr-Rückseite		CUN
-1							-1
		MA8-TouWei					
0			GB4-HanYan				0
1			GB5-XuanLu				1
				GB8-ShuaiGu	GB9-TianChong		
2			GB6-XuanLi				2
3/0	SJ23-SiZhuKong		GB7-QuBin	SJ20-JiaoSun		GB10-FuBai	3/0
	GB1-TongZiLiao		SJ22-ErHeLiao				
1		GB3-ShangGuan	SJ21-ErMen		SJ19-LuXi		1
			DÜ19-TingGong			GB11-TouQiaoYin	
2		MA7-Xiaguan	GB2-TingHui		SJ18-QiMai		2
3/0	DÜ2-QuanLiao				SJ17-YiFeng	GB12-WanGu	3/0
1							1
2							2
		MA6-JiaChe					
3							3
			Ohr-Vorderseite	Ohr-Mittellinie	Ohr-Rückseite		

(IV) Hals

CUN	3,5 CUN	2,25 CUN	1,5 CUN	0	1,5 CUN	2,25 CUN	3,5 CUN	CUN
	DÜ-Meri.	DI-Meri.	MA-Meri.	RN-Meri.	MA-Meri.	DI-Meri.	DÜ-Meri.	
0	DÜ17-TianRong			RN23-LianQuan			DÜ17-TianRong	
1								
2		DI18-FuTu	MA9-RenYin		MA9-RenYin	DI18-FuTu	DÜ16-TianChuang	
3		DI17-TianDing	Ma10-ShuiTu		Ma10-ShuiTu	DI17-TianDing		
4		MA12-QuePen	MA11-QiShe	RN22-TianTu	MA11-QiShe	MA12-QuePen		
	DÜ-Meri.	DI-Meri.	MA-Meri.	RN-Meri.	MA-Meri.	DI-Meri.	DÜ-Meri.	
CUN	3,5 CUN	2,25 CUN	1,5 CUN	0	1,5 CUN	2,25 CUN	3,5 CUN	CUN

(V) Nacken

HWS	DÜ-Meri.	3,5 CUN	2,25 CUN	1,3 CUN	0	1,3 CUN	2,25 CUN	3,5 CUN	DÜ-Meri.	HWS
		SJ-Meri.	GB-Meri.	BL-Meri.	DU-Meri.	BL-Meri.	GB-Meri.	SJ-Meri.		
-1			GB20-FengChi		DU16-FengFu		GB20-FengChi			
				BL10-TianZhu	DU15-YaMen	BL10-TianZhu				
0	DÜ17-TianRong	SJ16-TianYou						SJ16-TianYou	DÜ17-TianRong	
1										
2										
3					DU14-DaZhui					
	DÜ-Meri.	SJ-Meri.	GB-Meri.	BL-Meri.	DU-Meri.	BL-Meri.	GB-Meri.	SJ-Meri.	DÜ-Meri.	
HWS		3,5 CUN	2,25 CUN	1,3 CUN	0	1,3 CUN	2,25 CUN	3,5 CUN		HWS

II. Körper-Punkte (I) Vorderkörper

RK	0	0,5 CUN	2 CUN	4 CUN	6 CUN	GB-Meridian		RK
	RN-Meridian	NI-Meridian	MA-Meridian NI-Meridian	MA-Meridian	LU-Meridian MI-Meridian			
	RN22-TianTu		MA11-QiShe	MA12-QuePen				
0	RN21-XuanJi		NI27-YuFu	MA13-QiHu	LU2-YunMen			0
1	RN20-HuaGai		NI26-YuZhong	MA14-KuFang	LU1-ZhongFu			1
2	RN19-ZiGong		NI25-ShenCang	MA15-WuYi	MI20-ZhouRong	HE1-JiQuan		2
3	RN18-YuTang		NI24-LingXu	MA16-YinChuang	MI19-XiongXiang			3
4	RN17-ShanZhong		NI23-ShenFeng	MA17-RuZhong	MI18-TianXi	GB23-ZheJin	GB22-YuanYe	4
5			NI22-BuLang	MA18-RuGen	MI17-ShiDou			5
6				LE14-QiMen		MI21-DaBao		6
RK								RK
CUN								CUN
8	RN16-ZhonhTing							8
7	RN15-JiuWei							7
				GB24-RiYue				
			NI-Meridian	MI-Meridian				
		NI-Meridian	MA-Meridian					
6	RN14-JuQue	NI21-YouMen	MA19-BuRong					6
5	RN13-ShangWan	NI20-FuTongGu	MA20-ChengMan					5
4	RN12-ZhongWan	NI19-YinDuo	Ma21-LiangMen					4
3	RN11-JianLi	NI18-ShiGuan	MA22-GuanMen	MI16-FuAi				3
2	RN10-XiaWan	NI17-ShangQu	MA23-TaiYi			LE13-ZhangMen	GB25-JingMen	2
1	RN9-ShuiFeng		MA24-HuaRouMen					1

5	RN8-ShenQue	NI16-HuangShu	MA25-TianShu	MI15-DaHeng		GB26-DaiMai	5
4	RN7-YinJiao	NI15-ZhongZhu	MA26-WaiLing				4
	RN6-QiHai			MI14-FuJie			
3	RN5-ShiMen	NI14-SiMan	MA27-DaJu				3
2	RN4-GuanYuan	NI13-QiXue	MA28-ShuiDao			GB27-WuShu	2
						GB28-WeiDao	
1	RN3-ZhongJi	NI12-DaChi	MA29-GuiLai				1
				MI13-FuShe			
	0	0,5 CUN	2 CUN	4 CUN	6 CUN		
	0	0,5 CUN	2 CUN	3,5 CUN			
0	RN2-Qugu	NI11-HengGu	MA30-QiChong	MI12-ChongMen		GB29-JuLiao	0
	0	0,5 CUN	2 CUN	3.5 CUN			
CUN	RN-Meridian	NI-Meridian	MA-Meridian NI-Meridian	LE-Meridian MI-Meridian	LE-Meridian Mi-Meridian	GB-Meridian	CUN
			2.5 CUN LE12-JiMai				

(II) Körper-Rückseite (1)

	GB-Meridian	BL-Meridian	BL-Meridian	DU-Meridian	BL-Meridian	BL-Meridian	GB-Meridian	
WK	4 CUN	3 CUN	1,5 CUN	0 CUN	1,5 CUN	3 CUN	4 CUN	WK
0	GB21-JianJing			DU14-DaZhui			GB21-JianJing	0
1			BL11-Dashu	Du13-TaoDao	BL11-Dashu			1
2		BL41-FuFen	BL12-FengMen		BL12-FengMen	BL41-FuFen		2
3		BL42-PuHu	BL13-Lunge-Shu	DU12-ShenZhu	BL13-Lunge-Shu	BL42-PuHu		3
4		BL43-GaoHuang	BL14-Herzbeutel-Shu		BL14-Herzbeutel-Shu	BL43-GaoHuang		4
5		BL44-ShenTang	BL15-Herz-Shu	Du11-ShenDao	BL15-Herz-Shu	BL44-ShenTang		5
6		BL45-YiXi	BL16-DuShu	DU10-LingTai	BL16-DuShu	BL45-YiXi		6
7		BL46-GeGuan	BL17-GeShu	DU9-ZhiYang	BL17-GeShu	BL46-GeGuan		7
8			WeiWanXiaShu		WeiWanXiaShu			8
9		BL47-HunMen	BL18-Leber-Shu	DU8-JinSu	BL18-Leber-Shu	BL47-HunMen		9
10		BL48-YangGang	BL19-Galle-Shu	DU7-ZhongShu	BL19-Galle-Shu	BL48-YangGang		10
11		BL49-YiShe	BL20-Milz-Shu	DU6-JiZhong	BL20-Milz-Shu	BL49-YiShe		11
12		BL50-WeiChang	BL21-WeiShu		BL21-WeiShu	BL50-WeiChang		12
1		BL51-HuangMen	BL22-SanJiaoShu	DU5-XuanShu	BL22-SanJiaoShu	BL51-HuangMen		1
2		BL52-ZhiShi	BL23-Nieren-Shu	DU-4MingMen	BL23-Nieren-Shu	BL52-ZhiShi		2
3			BL24-QiHaiShu		BL24-QiHaiShu			3
4			BL25-Dickdarm-Shu	DU3-YaoYangGuan	BL25-Dickdarm-Shu			4
5			BL26-GuanYuanShu		BL26-GuanYuan-Shu			5

1			BL27-Dünndarm-Shu	BL31-ShangLiao		BL31-ShangLiao	BL27-Dünndarm-Shu			1
2		BL53-BaoHuang	BL28-Blase-Shu	BL32-CiLiao		BL32-CiLiao	BL28-Blase-Shu	BL53-BaoHuang		2
3			BL29-ZhongLü-Shu	BL33-ZhongLiao		BL33-ZhongLiao	BL29-ZhongLü-Shu			3
4		BL54-ZhiBian	BL30-BaiHuan-Shu	BL34-XiaLiao		BL34-XiaLiao	BL30-BaiHuan-Shu	BL54-ZhiBian		4
5			BL35-HuiYang			BL35-HuiYang				5
					DU1ChangQiang					
	4 CUN	3 CUN	1,5 CUN		0 CUN	1,5 CUN		3 CUN	4 CUN	
WK	GB-Meridian	BL-Meridian	BL-Meridian		DU-Meridian	BL-Meridian		BL-Meridian	GB-Meridian	WK

(II) Körper-Rückseite (2)

	DU-Meridian	BL-Meridian		BL-Meridian		GB-Meridian			
WB	0 CUN	1,5 CUN	2 CUN	3 CUN	3,5 CUN	4 CUN	6 CUN	8 CUN	WB
0	DU14-DaZhui		DÜ15-JianZhongShu			GB21-JianJing	DI16-JuGu		0
1	Du13-TaoDao	BL11-Dashu		DÜ14-JianWaiShu			DÜ10-NaoShu	SJ14-JianLiao	1
2		BL12-FengMen		BL41-FuFen	DÜ13-QuYuan	DÜ12-BingFeng			2
3	DU12-ShenZhu	BL13-Lunge-Shu		BL42-PuHu					3
4		BL14-Herzbeutel-Shu		BL43-GaoHuang		DÜ11-TianZong			4
	0 CUN	1,5 CUN		3 CUN		4 CUN			
WB	DU-Meridian	BL-Meridian		BL-Meridian		GB-Meridian			WB

III. Bein-Punkte

(I) Oberbein-Punkte

CUN	NI-Meridian	LE-Meridian	MI-Meridian	MA-Meridian	GB-Meridian	BL-Meridian	CUN
20	NI11-HengGu		MI12-ChongMen	MA30-QiChong	GB29-JuLiao		
19		LE12-JiMai			GB30-HuanTiao		19
18		LE11-YinLian		MA31-BiGuan			18
17		LE10-ZuWuLi					17
16							16
15							15
14						BL36-ChengFu	14
13							13
12							12
11							11
10			MI11-JiMen				10
9					GB31-FengShi		9
8				MA32-FuTu		BL37-YinMen	8
7					GB32-ZhongDu		7
6		LE9-YinBao					6
5				MA33-YinShi			5
4			MI10-XueHai	MA34-LiangQiu			4
3							3
2					GB33-XiYangGuan		2

1						BL38FuXi	1	
0	NI10-YinGu	LE8-QuQuan		Ma35-DuBi		BL39-WeiYang	BL40-WeiZhong	0
CUN	NI-Meridian	LE-Meridian	MI-Meridian	MA-Meridian	GB-Meridian	BL-Meridian		CUN

(II) Unterbein-Punkte

CUN	NI-Meridian		LE-Meridian	MI-Meridian	MA-Meridian		GB-Meridian		BL-Meridian		CUN
15	NI10-YinGu		LE8-QuQuan		MA35-DuBi				BL39-WeiYang	BL40-WeiZhong	16
14											15
13			LE7-XiGuan	MI9-YinLingQuan			GB34-YinLingQuan		BL55-HeYang		14
12					MA36-ZuSanLi						13
11											12
10				MI8-DiJi					BL56-ChengJin		11
9					MA37-ShangJuXu						10
8											9
7				LE6-ZhongDuo	MA38-TiaoKou	MA40-FengLong			BL57-ChengShan		8
6			MI7-LouGu		MA39-XiaJuXu		GB36-WaiQiu	GB35-YangJiao	BL58-FeiYang		7
5	NI9-ZhuBin			LE5-LiGou							6
4							GB37-GuangMing				5
3			MI6-SanYinJiao				GB38-YangFu				4
2	NI7-FuLiu	NI8-JiaoXin					GB39-XuanZhong		BL59-FuYang		3
1											2
0	NI3-TaiXi		MI5-ShangQiu	LE4-ZhongFeng							1
					MA41-JieXi		GB40-QiuXu		BL60-KunLun		0
CUN	NI-Meridian		MI-Meridian	LE-Meridian	MA-Meridian		GB-Meridian		BL-Meridian		CUN

(III) Fuß-Punkte

FK	NI-Meridian	MI-Meridian	LE-Meridian	MA-Meridian	GB-Meridian	BL-Meridian	FK
9	NI3-TaiXi	MI5-ShangQiu	LE4-ZhongFeng	MA41-JieXi	GB40-QiuXu	BL60-KunLun	9
	NI4-DaZhong						
8	NI6-ZhaoHai						8
7	NI5-ShuiQuan						7
6	NI2-RanGu					BL61-PuShen	6
						BL62-ShenMai	
5				MA42-ChongYang		BL63-JinMen	5
4	NI1-YongQuan	MI4-GongSun			GB41-ZuLinQi	BL64-JingGu	4
		MI3-TaiBai	LE3-TaiChong	MA43-XianGu	GB42-DiWuHui	BL65-ShuGu	
3		MI2-Daduo	LE2-XingJian	MA44-NeiTing	GB43-XiaXi	BL66-Tonggu	3
2							2
		MI1YinBai	LE1-DaDun-				
1							1
				MA45-LiDui	GB44-ZuQiaoYin	BL67-ZhiYin	
FK	NI-Meridian	MI-Meridian	LE-Meridian	MA-Meridian	GB-Meridian	BL-Meridian	FK

IV. Arm-Punkte

(I) Oberarm-Punkte

CUN	HE-Meridian	HB-Meridian	LU-Meridian	DI-Meridian	SJ-Meridian	DÜ-Meridian	CUN
17							0
16							1
15			LU2-YunMen	DI15-JianYu	SJ14-JianLiao	DÜ10-NaoShu	2
14							3
13							4
12					SJ13-NaoHui		5
11							6
10						DÜ9-JianZhen	7
9	HE1-JiQuan						8
8							9
7		HB2-TianQuan		DI14-BiNao	SJ12-XiaoLe		10
6			LU3-TianFu				11
5			LU4-XiaBai				12
4							13
3	HE2-QingLing			DI13-ShouWuIi			14
2					SJ11-Qinglengyuan		15
1				DI12-ZhouLiao	SJ10-TianJing		16
0	HE3-ShaoHai	HB3-QuZe	LU5-ChiZe	DI11-QuChi		DÜ8-XiaoHai	17
CUN	HE-Meridian	HB-Meridian	LU-Meridian	DI-Meridian	SJ-Meridian	DÜ-Meridian	CUN

(II) Unterarm-Punkte

CUN	HE-Meridian	HB-Meridian	LU-Meridian	DI-Meridian	SJ-Meridian		DÜ-Meridian	CUN
12	HE3-ShaoHai	HB3-QuZe	LU5-ChiZe	DI11-QuChi			DÜ8-XiaoHai	0
11								1
10				DI10-ShouSanLi				2
9				DI9-ShangLian				3
8				DI8-XiaLian				4
7			LU6-KongZui		SJ9-SiDu			5
6								6
5		HB4-XiMen		DI7-WenLiu			DÜ7-ZhiZheng	7
4					SJ8-SanYangLuo			8
3		HB5-JianShi		DI6-PianLi	SJ6-ZhiGou	SJ7-Huizong		9
2		HB6-NeiGuan			SJ5-WaiGuan			10
	HE4-LingDao		LU7-LieQue					
1	HE5-TongLi		LU8-JingQu				DÜ6-YangLao	11
	HE6-YinXi							
0	HE7-ShenMen	HB7-DaLing	LU9-TaiYuan	DI5-YangXi	SJ4-YangChi		DÜ5-YangGu	12
CUN	HE-Meridian	HB-Meridian	LU-Meridian	DI-Meridian	SJ-Meridian		DÜ-Meridian	CUN

(III) Hand-Punkte

HK	HE-Meridian	HB-Meridian	LU-Meridian	DI-Meridian	SJ-Meridian	DÜ-Meridian	HK
6	HE7-ShenMen	HB7-DaLing	LU9-TaiYuan	DI5-YangXi	SJ4-YangChi	DÜ5-YangGu	6
5						DÜ4-WanGu	5
4	HE8-ShaoFu	HB8-LaoGong		DI4-HeGu			4
			LU10-YuJi	DI3-SanJian	SJ3-ZhongZhu	DÜ3-HouXi	
3				DI2-ErJian	SJ2-YeMen	DÜ2-QianGu	3
2							2
			LU11-ShaoShang				
1							1
	HE9-ShaoChong			DI1-ShaoShang	SJ1-GuanChong	DÜ1-ShaoZe	
0		HB9-ZhongChong					0
HK	HE-Meridian	HB-Meridian	LU-Meridian	DI-Meridian	SJ-Meridian	DÜ-Meridian	HK