

Pocket Atlas of Acupuncture

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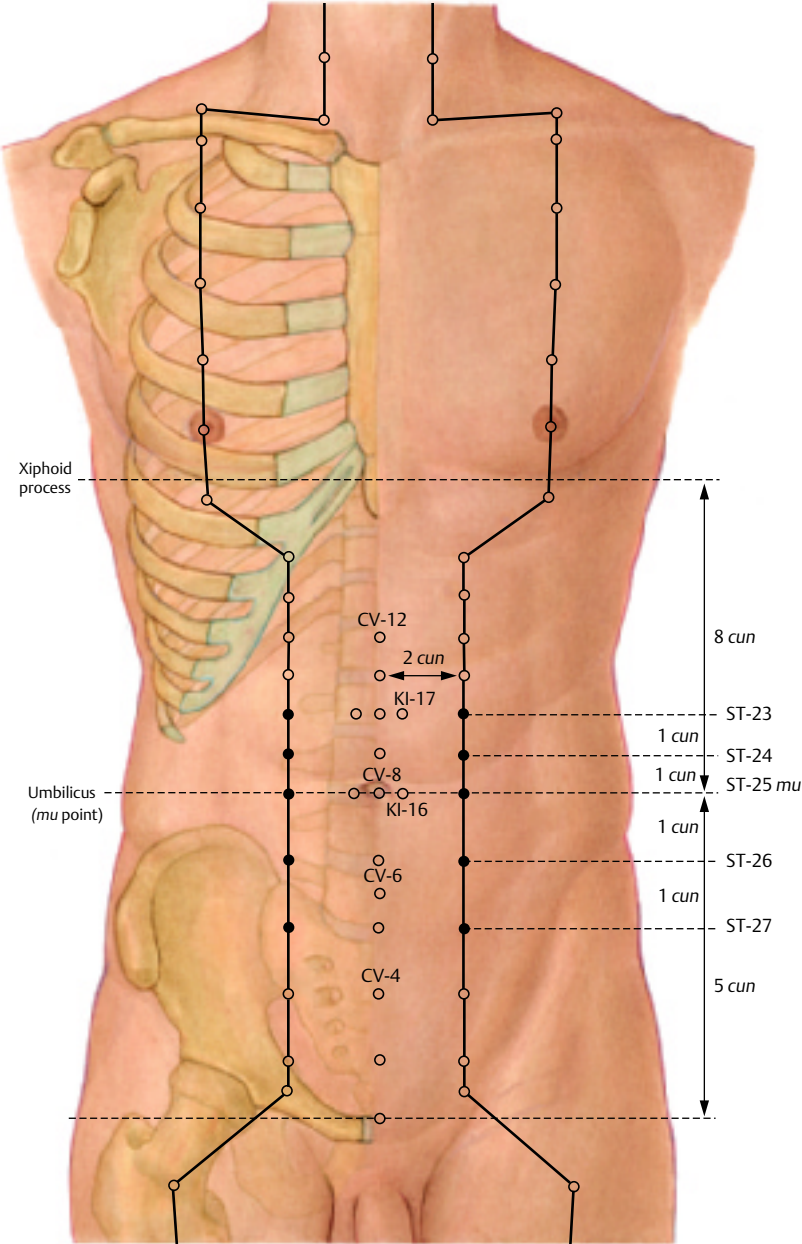
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ST-23 Supreme Unity太乙 *tài yǐ***Location**

ST-23 is 2 *cun* above the umbilicus, 2 *cun* lateral to the midline.

Actions

ST-23 calms the spirit and sedates the *yang*.

Indications

Great restlessness, mania, frenzied behavior.

Needling Method

Depth 0.8–1 *cun*, perpendicular; moxibustion is allowed.

ST-24 Slippery Flesh Gate滑肉门 *huá ròu mén***Location**

ST-24 is 1 *cun* above the umbilicus, 2 *cun* lateral to the midline.

Actions

ST-24 sedates the *yang* and calms the spirit.

Indications

Raving madness, mania, epilepsy, nausea, retching, spitting up of blood, sharp pain in the intestines, anal prolapse, facial swelling, a feeling of constriction in the chest, loss of appetite, abdominal masses (neoplasias, especially in women), and diarrhea.

Needling Method

Depth 0.8–1 *cun*, perpendicular; moxibustion is allowed.

ST-25 Celestial Pivot天枢 *tiān shū***Location**

ST-25 is 2 *cun* lateral to the umbilicus.

Category

Front collection point (*mu shu*) of the large intestine.

Actions

ST-25 restores and harmonizes the flow of *qi* in the large intestine and dissolves stagnation.

Indications

A feeling of fullness, retching, vomiting, diarrhea, gastroenteritis, stomach pain, bloating, wheez-

ing, polyuria, urine retention, borborygmi, irregular menstruation, liquid stools (containing blood), pain and cramping in the lower abdomen, infertility, ileus, constipation, and acute dysentery.

Needling Method

Depth 1.5–2.5 *cun*, perpendicular; moxibustion is allowed.

ST-26 Outer Mound外陵 *wài líng***Location**

ST-26 is 1 *cun* below the umbilicus, 2 *cun* lateral to the midline.

Actions

ST-26 eliminates cold invasions in the lower burner and alleviates pain.

Indications

Severe periumbilical pain, nausea, and dysmenorrhea.

Needling Method

Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.

ST-27 Great Gigantic大巨 *dà jù***Location**

ST-27 is 2 *cun* below the navel, 2 *cun* lateral to the midline.

Actions

ST-27 strengthens and regulates the *qi* in the lower burner and benefits the kidneys.

Indications

Hemiplegia and atrophy of the extremities, premature ejaculation, rapid exhaustion and general fatigue, disturbed sleep, difficult urination, sharp pain and distension of the lower abdomen, and startling nightmares.

Needling Method

Depth 0.5–1 *cun*, perpendicular; moxibustion is allowed.