

Pocket Atlas of Acupuncture

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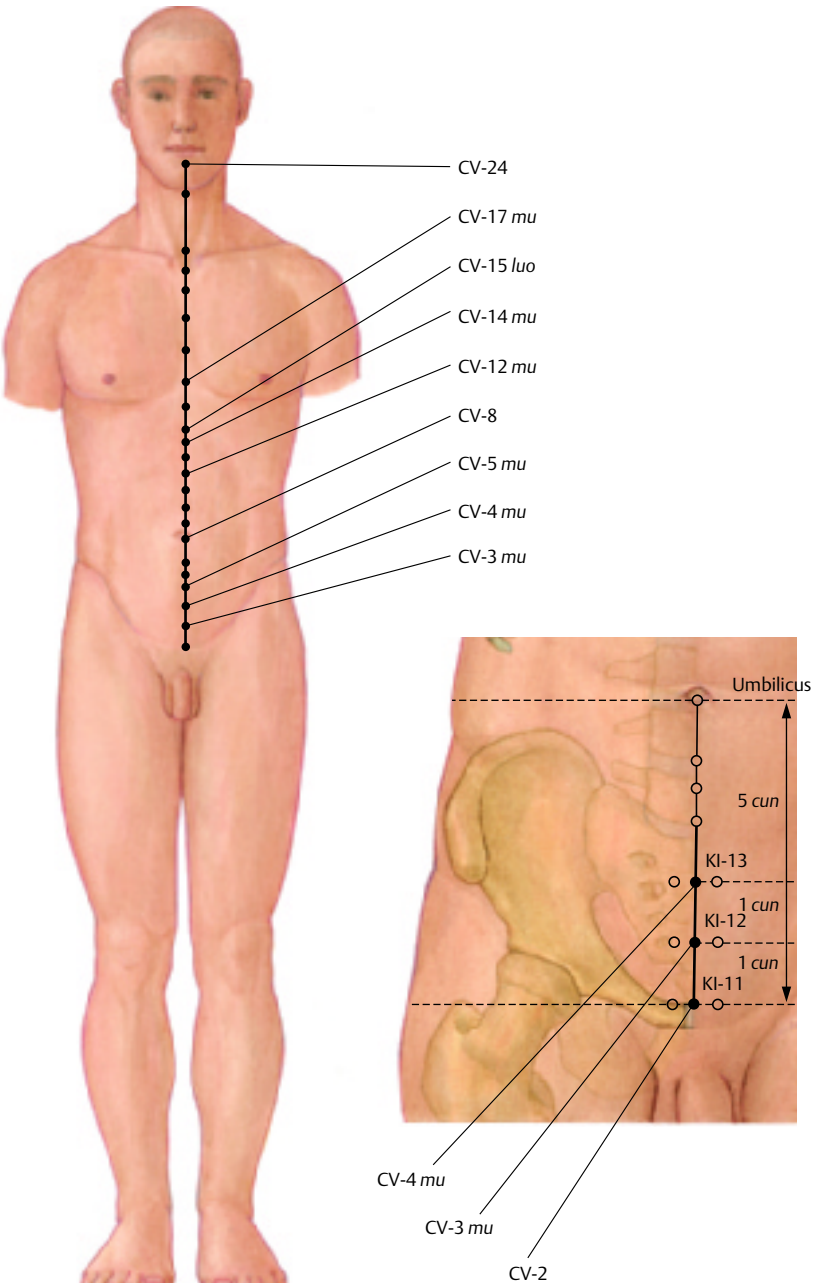
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32 Acupuncture Points of the Main Channel of the Controlling Vessel

CV-1 Meeting of Yin

会阴 huì yīn

Location

CV-1 is in the center of the perineum.

Category

Intersection point of the controlling vessel (*ren mai*), the governing vessel (*du mai*), and the thoroughfare vessel (*chong mai*).

Action

CV-1 invigorates the kidneys.

Indications

Pain, perspiration, and swelling of the genitals, uterine prolapse, anal prolapse, pruritus, pruritus ani, disorders of menstruation, disorders of micturition, enuresis, prostatitis, and hemorrhoids.

Needling Method

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

CV-2 Curved Bone

曲骨 qū gǔ

Location

CV-2 is on the symphysis of the pubic bone, in the midline of the abdomen.

Category

Intersection point of the controlling vessel with the main channel of the liver.

Actions

CV-2 strengthens the kidney *yin*, and augments and regulates the *xue*.

Indications

Generalized weakness, patient tires easily, cold limbs, pain in the abdomen and loins, spermatorrhea, disorders of micturition, impotence, frigidity, leukorrhea, incontinence, enuresis, and disorders of menstruation.

Needling Method

Depth 0.3–1 *cun*, perpendicular; moxibustion is allowed.

CV-3 Central Pole

中极, zhōng jí

膀胱募

Location

CV-3 is 1 *cun* above the upper border of the pubic symphysis, 4 *cun* below the umbilicus.

Categories

1. Front collection point (*mu*) of the bladder
2. Intersection point of the controlling vessel with the main channels of the liver, spleen, and kidney

Actions

CV-3 regulates the metabolism of fluids, supports the kidney *yin*, nourishes the *xue*, drains damp, and supports the kidney *yang*.

Indications

Gynecological disorders, all kinds of disorders of menstruation, infertility, genital itching, swelling and pain in the genitals, leukorrhea, postpartum hemorrhage, retained placenta, premature contractions, threatened miscarriage, abdominal masses and neoplasias, stabbing pain below the umbilicus, premenstrual increase in libido, syncope, disorders of micturition, dribbling urine, retention of urine, pain in the abdomen resulting from cold accompanied by symptoms of rising *yang* such as palpitations, vertigo, cold in the extremities but hot, flushed head ("running piglet disorder"), restlessness, insomnia, nervousness, irritability, impotence, and enuresis.

Needling Method

Depth 0.8–2 *cun*, perpendicular; moxibustion is allowed.

CV-4 Pass Head

关元 guān yuán

Location

CV-4 is 3 *cun* below the navel.

Category

1. Front collecting point (alarm point, *mu xue*) of the small intestine
2. Intersection point of the controlling vessel with the main channels of the liver, spleen, and kidney