GENERAL

# atlas of acupuncture points acupuncture charts meridian

Published: September 19, 2026 | Index ID: #-

## Introduction

For centuries, the practice of acupuncture has guided healers in balancing the body's subtle energy, or qi, through precise needle placement at specific points along the meridians. While the ancient texts provide foundational knowledge, modern practitioners and students alike rely on a detailed **atlas of acupuncture points** to navigate the complex web of pathways that connect organs, tissues, and functions. An atlas offers visual clarity, enabling users to locate points accurately, understand their relationships, and apply therapeutic techniques with confidence. In this comprehensive guide, we delve into the anatomy of meridians, explore the essential features of a high quality atlas, and uncover how these **acupuncture charts**enhance both learning and practice. Whether you are a seasoned acupuncturist, a medical student, or a curious self treatment enthusiast, this article will illuminate the role of the meridian map in modern holistic care.

## Understanding the Basics of Meridian Theory

The meridian system, central to Traditional Chinese Medicine (TCM), consists of twelve primary channels that transport qi and blood throughout the body. Each meridian is linked to a specific organ or function, and the points along these pathways serve as access points for diagnosis and treatment. Understanding the basic principles behind meridian theory is crucial before consulting an atlas, as it provides the context for why certain points are used for particular conditions. Key concepts include:

- Qi Flow: The vital energy that moves along meridians, sustaining life and maintaining health.
- Yin and Yang: The complementary forces that balance within each meridian.
- Zang Fu Organs: Internal organs (Zang) and their associated channels (Fu) that interact through meridian pathways.
- Pattern Diagnosis: Identifying imbalances in qi, blood, or organ function to guide point selection.

With this foundation, an atlas becomes a powerful tool for visualizing how these abstract concepts manifest in the body's physical layout.

## The Role of an Atlas in Acupuncture Practice

An atlas of acupuncture points is more than a reference book; it is a bridge between ancient theory and practical application. By offering detailed diagrams, precise anatomical landmarks, and comprehensive point lists, an atlas empowers practitioners to:

### Enhance Accuracy

Precise needle placement reduces the risk of complications and increases therapeutic efficacy. A clear map helps identify the exact location of each point relative to bones, muscles, and nerves.

### Facilitate Learning

Students can visualize the spatial relationships between points, making it easier to remember their functions and interconnections.

### Support Clinical Decision  Making

During a consultation, an atlas can serve as a quick reference to confirm point selection or to explore alternative points for a given diagnosis.

### Promote Patient Education

Visual aids from an atlas can help patients understand the rationale behind their treatment, fostering trust and compliance.

## Key Meridian Paths and Their Points

Below we provide a brief overview of each major meridian, including representative points and their common uses. While this is not a complete list, it gives a snapshot of how the atlas organizes information.

### Lung Meridian

The Lung meridian originates from the chest, traverses the arm, and ends on the thumb. Key points include:

- LU1 (Zhongfu) – Respiratory disorders, asthma.
- LU5 (Chize) – Chest pain, cough.
- LU9 (Taiyuan) – Upper back stiffness, shoulder pain.

### Large Intestine Meridian

Running from the thumb to the eye, this meridian addresses digestive and skin concerns. Notable points:

- LI4 (Hegu) – Headaches, facial pain, immune support.
- LI11 (Quchi) – Skin conditions, fever.
- LI20 (Yingxiang) – Nasal congestion, sinus issues.

### Stomach Meridian

Originating from the eye, this meridian passes through the abdomen and ends on the little finger. Points include:

- ST36 (Zusanli) – General tonification, gastrointestinal health.
- ST25 (Tianshu) – Digestive disorders, abdominal pain.
- ST40 (Fenglong) – Diarrhea, constipation.

### Spleen Meridian

Starting at the big toe, the Spleen meridian travels up the leg, through the abdomen, and across the chest. Key points:

- SP6 (Sanyinjiao) – Gynecological issues, insomnia.
- SP9 (Yinlingquan) – Water retention, edema.
- SP13 (Taixi) – Kidney function, urinary disorders.

### Heart Meridian

From the heart to the thumb, this meridian addresses emotional and circulatory health. Representative points:

- HT7 (Shenmen) – Anxiety, palpitations.
- HT3 (Shaofu) – Skin disorders, insomnia.
- HT8 (Shouqi) – Chest pain, heart rhythm.

### Small Intestine Meridian

Running from the thumb to the eye, the Small Intestine meridian focuses on digestion and metabolism. Points

include:

- SI3 (Yinbiao) – Facial pain, headaches.
- SI9 (Zhaohai) – Ear problems, hearing loss.
- SI11 (Qianzhong) – Eye disorders, vision issues.

### Bladder Meridian

Extending from the eye to the foot, this meridian is crucial for urinary and neurological conditions. Key points:

- BL23 (Shenshu) – Kidney function, lower back pain.
- BL60 (Kunlun) – Headaches, migraines.
- BL66 (Weiwei) – Pain relief, muscle tension.

### Kidney Meridian

Starting at the big toe and ending at the ear, the Kidney meridian is linked to longevity and reproductive health. Points include:

- KD1 (Yongquan) – Grounding, anxiety.
- KD3 (Taixi) – Kidney function, urinary issues.
- KD6 (Zhaohai) – Hearing, ear health.

### Pericardium Meridian

Traversing the chest and ending on the thumb, this meridian balances heart and emotional states. Representative points:

- PC6 (Neiguan) – Nausea, anxiety, palpitations.
- PC7 (Shenmen) – Insomnia, emotional disturbances.
- PC8 (Shaoyang) – Skin conditions, headaches.

### Triple Burner Meridian

Known for regulating the body's energy distribution, the Triple Burner meridian covers the torso, arms, and legs. Key points:

- TB3 (Sanmiao) – Respiratory issues, cough.
- TB6 (Zhongwan) – Digestive health, abdominal pain.
- TB9 (Yinlingquan) – Water metabolism, edema.

### Gallbladder Meridian

From the eye to the foot, the Gallbladder meridian is linked to decision making and pain management. Points include:

- GB20 (Fengchi) – Neck pain, migraines.
- GB34 (Yanglingquan) – Muscle tension, pain.
- GB41 (Lianquan) – Eye disorders, vision issues.

### Liver Meridian

Starting at the big toe and ending on the ear, the Liver meridian is essential for detoxification and emotional balance. Representative points:

- LV3 (Taichong) – Stress, menstrual issues.
- LV5 (Chengqi) – Liver function, digestive disorders.
- LV8 (Yinlingquan) – Water metabolism, edema.

## How to Read and Use Acupuncture Charts Effectively

When approaching an atlas, it’s essential to develop a systematic method for interpreting the information. Consider the following steps:

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