

Head, Face & Neck Points

(22 pts – 17 bold – 15 W.H.O. – NCCAOM = 12)

Points on Top of the Head

1. 四 神 聰 (NCCAOM 23)
Si Shen Cong = Four (Points for) Mental Clarity (WHO 1)
literally 4 Spirits w/ Sharp Hearing; 4 Intelligent-Astute-Clever Spirits (4 Spirits See, Hear & Think Clearly)
Location: • 4 pts on top of the head - 1 cun anterior, posterior, left & right of GV-20 (the 4 directions)
Indications: • calm spirit – headache (esp vertex), dizziness, seizures, mania, hydrocephalus
2. 當 陽 (WHO 2)
Dang Yang = Manage Yang (WHO 2)
Location: • 1 cun posterior to the anterior hairline, on a line projected upward from the pupil (0.5 cun posterior to GB-15)
Indications: • whole body overheated (w/ swollen neck = frog epidemic); dizziness, hypertension, eye problems, dim vision, nasal congestion, common cold or flu

Points on the Forehead & Temple

3. 印 堂 (NCCAOM 30)
Yin Tang = Seal Hall, Hall of Seals (the glabella) (WHO 3)
aka Qüe Zhong = Middle of the Watchtowers
aka Tian Mu = Celestial/Heavenly Eye
Location: • on the GV at the midpoint between the eyebrows (BL-2)
Indications: • calm spirit – headache, dizziness/vertigo, insomnia; nasal problems, eye problems; swelling of the sublingual veins (blood stag) ; convulsions, vomiting; hypertension, eclampsia
* [the Ling Shu states this area can be examined to assess the condition of the Lungs]
4. 魚 腰 (NCCAOM 31)
Yü Yao = Fish's Waist (WHO 4)
Location: • the midpoint of each eyebrow, directly above the pupil (1 unit below GB-14)
Indications: • eye problems, supraorbital pain, facial paralysis
5. 太 陽 (NCCAOM 24)
Tai Yang = Great/Very Yang (Abundant Yang) (WHO 5)
Location: • on the temple 1 cun posterior to the midpoint of a line connecting TB-23 & GB-1
alt Location: • 1 cun posterior to the outer canthus
Indications: • headaches (esp. unilateral), eye problems, trigeminal neuralgia, facial paralysis, toothache
6. 耳 尖 (NCCAOM 10)
Er Jian = Ear Apex (WHO 6)
aka Er Yong = Ear Bubbling/Gushing
Location: • at the apex of the ear; fold the ear forward, the crease marks the spot
Indications: • high fever, furuncles, conjunctivitis, pannus & other opacities of the eye; migraines, high BP