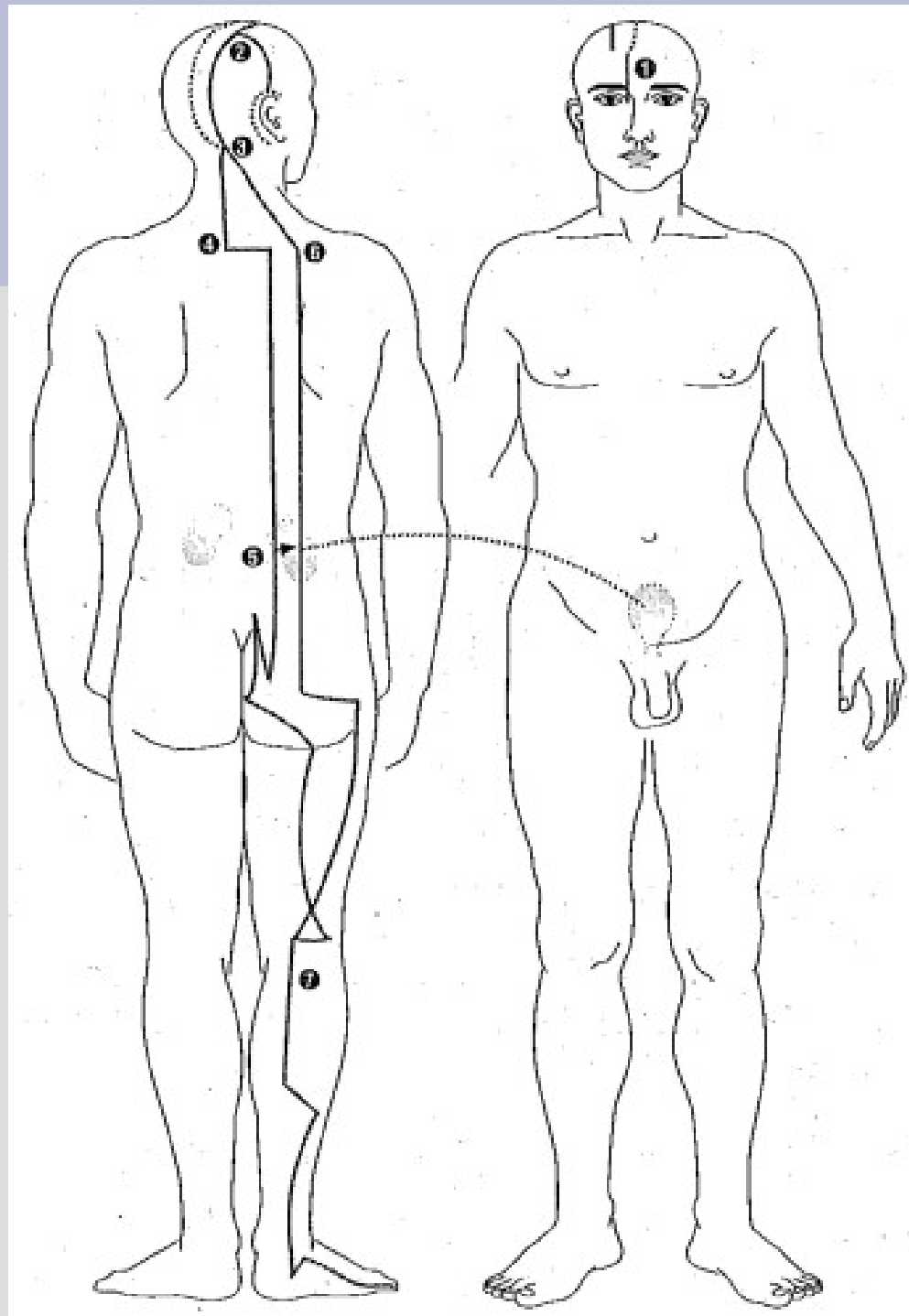


MERIDIANOS PRINCIPALES

Vejiga – Tai Yang del pie



ESCUELA CHILENA DE ACUPUNTURA



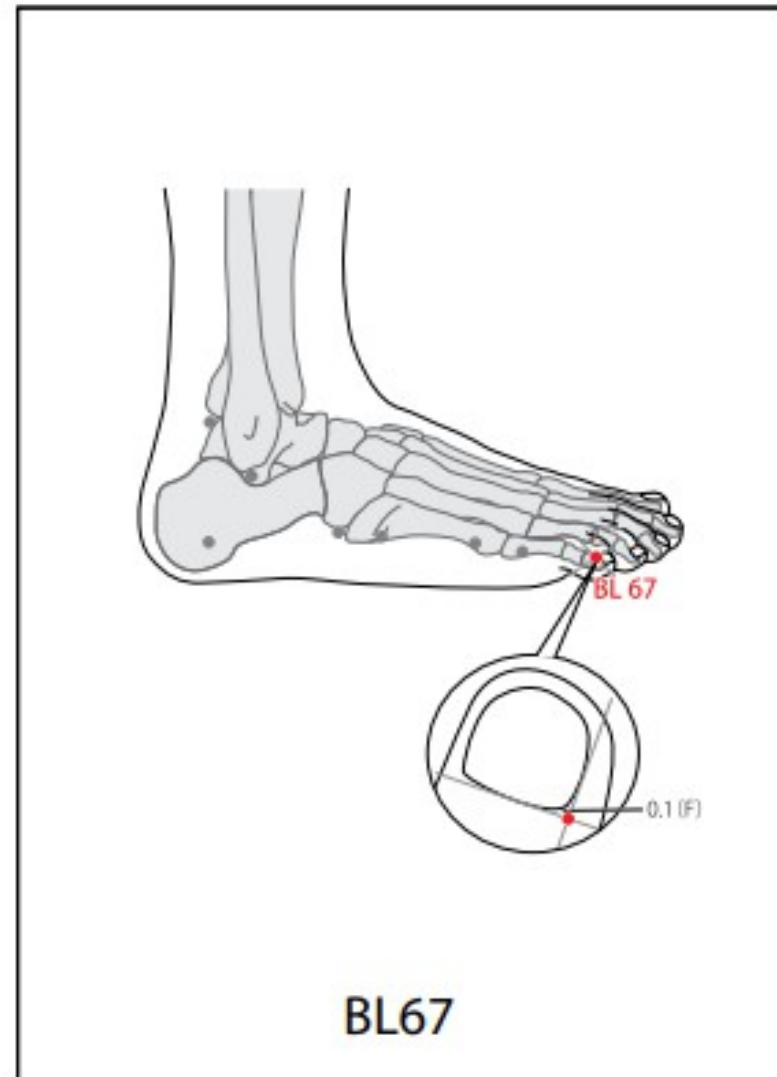
CUALIDAD	PUNTO
METAL (T)	
AGUA	
MADERA (D)	
FUEGO	
TIERRA	
YUAN	
SHU	
MU	
LUO	
XI	
HE inferior	

CUALIDAD	PUNTO
METAL (T)	V 67
AGUA	V 66
MADERA (D)	V 65
FUEGO	V 60
TIERRA	V 40
YUAN	V 64
SHU	V 28
MU	Ren 3
LUO	V 58
XI	V 63

V67 Pozo METAL (T)

BL67: Zhiyin 至陰 (陰)

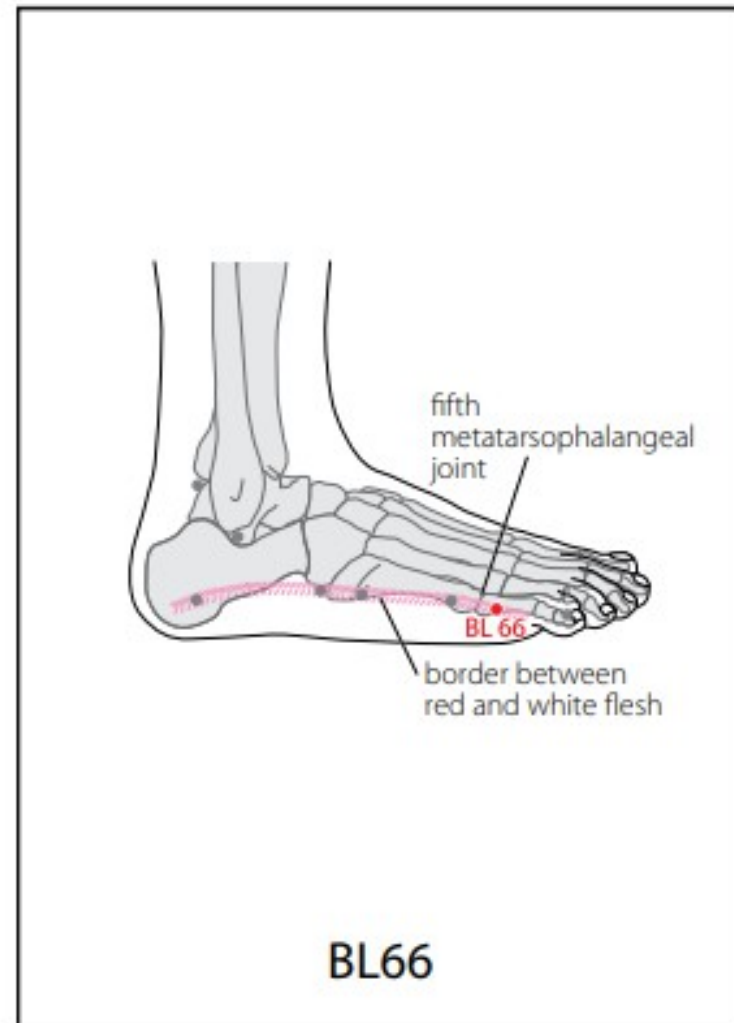
On the little toe, lateral to the distal phalanx, 0.1 F-cun proximal to the lateral corner of the toenail; at the intersection of the vertical line of the lateral side of the nail and the horizontal line of the base of the toenail.



V66 Manantial AGUA

BL66: Zutonggu 足通(通)谷

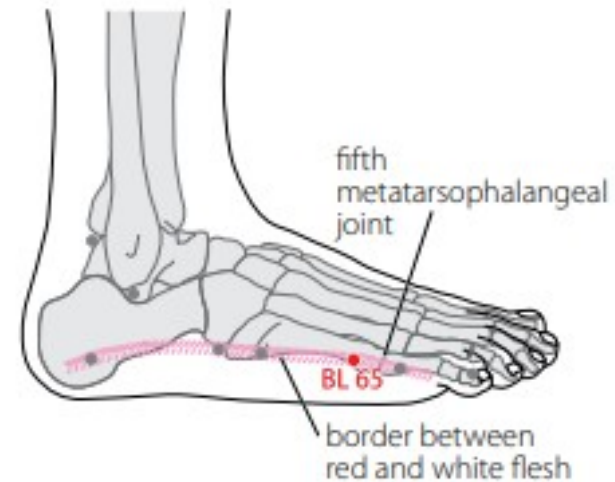
On the little toe, in the depression distal and lateral to the fifth metatarsophalangeal joint, at the border between the red and white flesh.



V65 Arroyo MADERA (D)

BL65: Shugu 束骨 (骨)

On the lateral aspect of the foot, in the depression proximal to the fifth metatarsophalangeal joint, at the border between the red and white flesh.

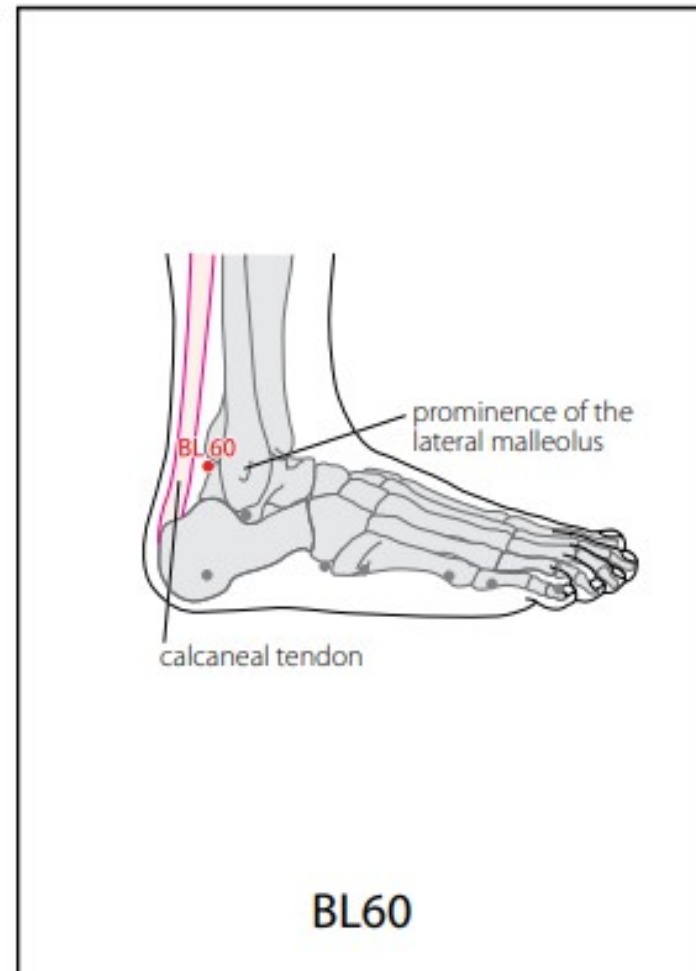


BL65

V60 Río FUEGO

BL60: Kunlun 崑(昆)崙(崙, 仑)

On the posterolateral aspect of the ankle, in the depression between the prominence of the lateral malleolus and the calcaneal tendon.

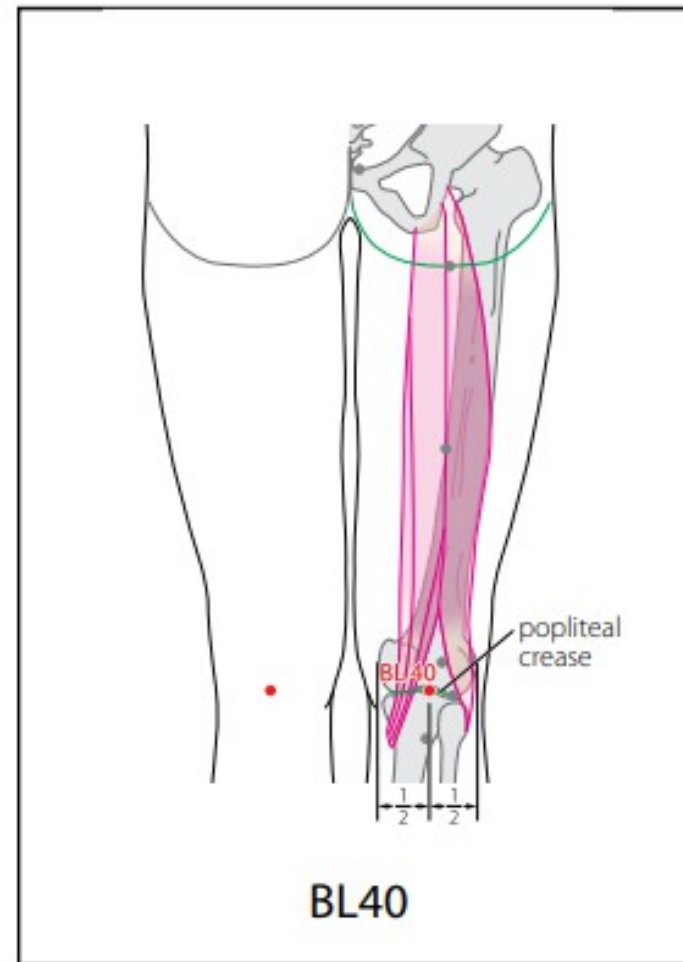


V40 TIERRA

(He mar y He inferior)

BL40: Weizhong 委中

On the posterior aspect of the knee, at the midpoint of the popliteal crease.



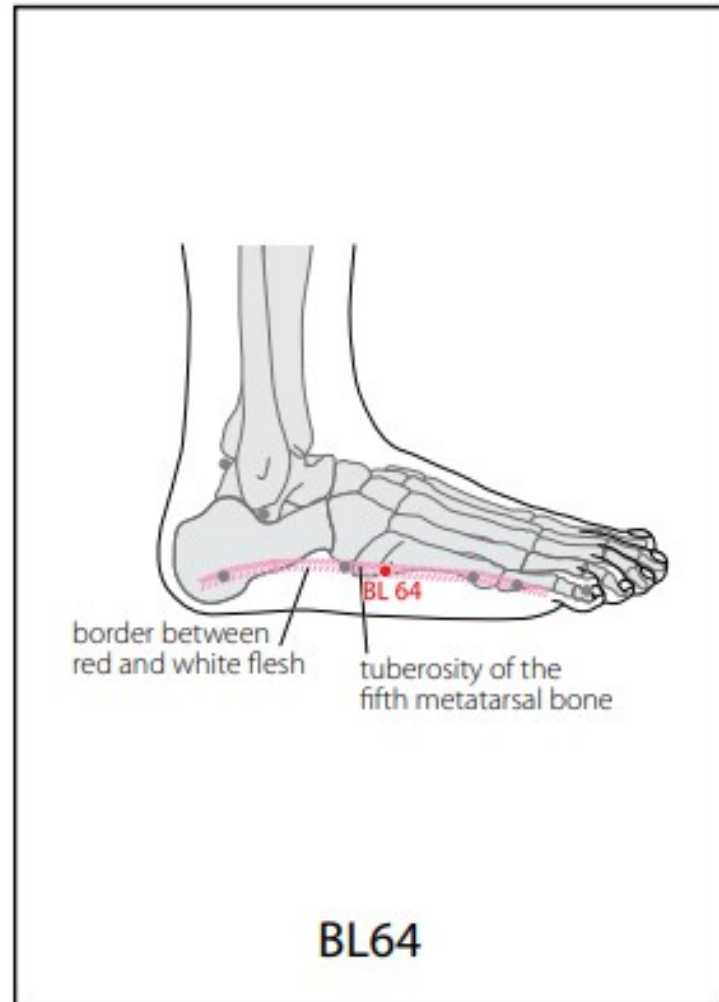
CUALIDAD	PUNTO
METAL (T)	V 67
AGUA	V 66
MADERA (D)	V 65
FUEGO	V 60
TIERRA	V 40
YUAN	V 64
SHU	V 28
MU	Ren 3
LUO	V 58
XI	V 63

V64 YUAN

BL64: Jinggu 京骨(骨)

On the lateral aspect of the foot, distal to the tuberosity of the fifth metatarsal bone, at the border between the red and white flesh.

Note: The tuberosity of the fifth metatarsal bone is located approximately midway between the heel and the fifth metatarsophalangeal joint.

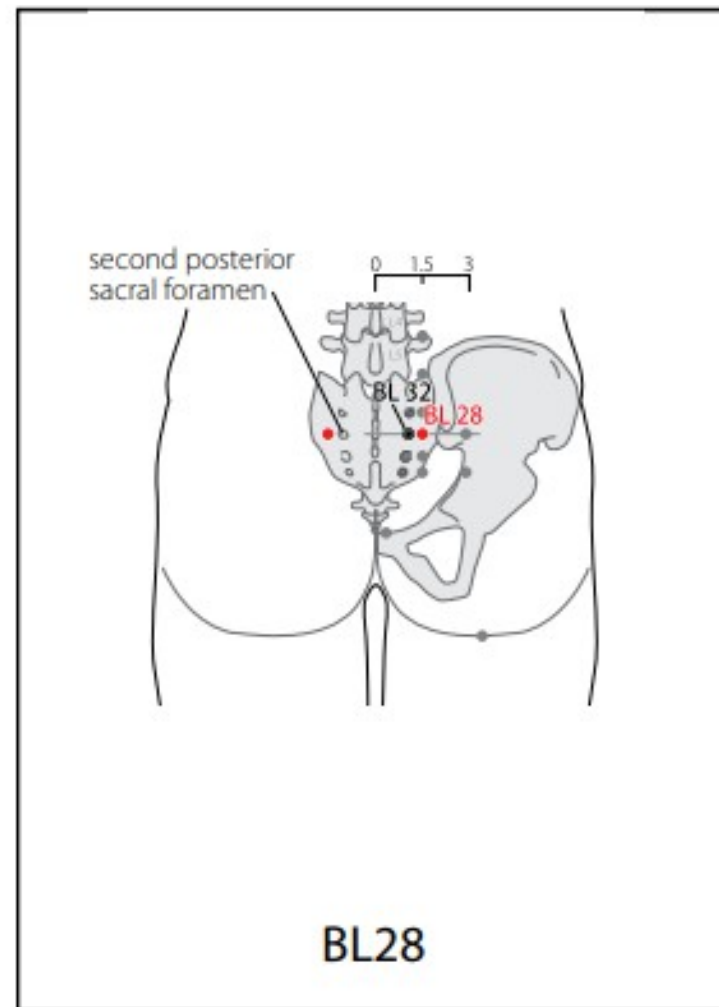


SHU - V28

BL28: Panguangshu 膀胱俞 (俞)

In the sacral region, at the same level as the second posterior sacral foramen, and 1.5 B-cun lateral to the median sacral crest.

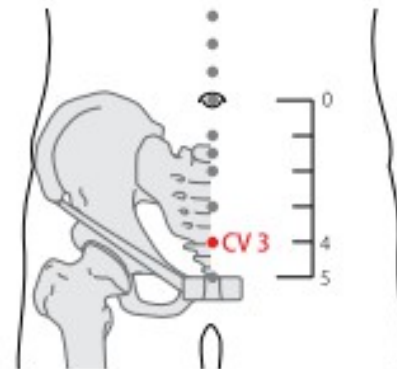
Note: At the same level as BL32.



MU-REN 3

CV3: Zhongji 中極(極)

On the lower abdomen, 4 B-cun inferior to the centre of the umbilicus, on the anterior median line.



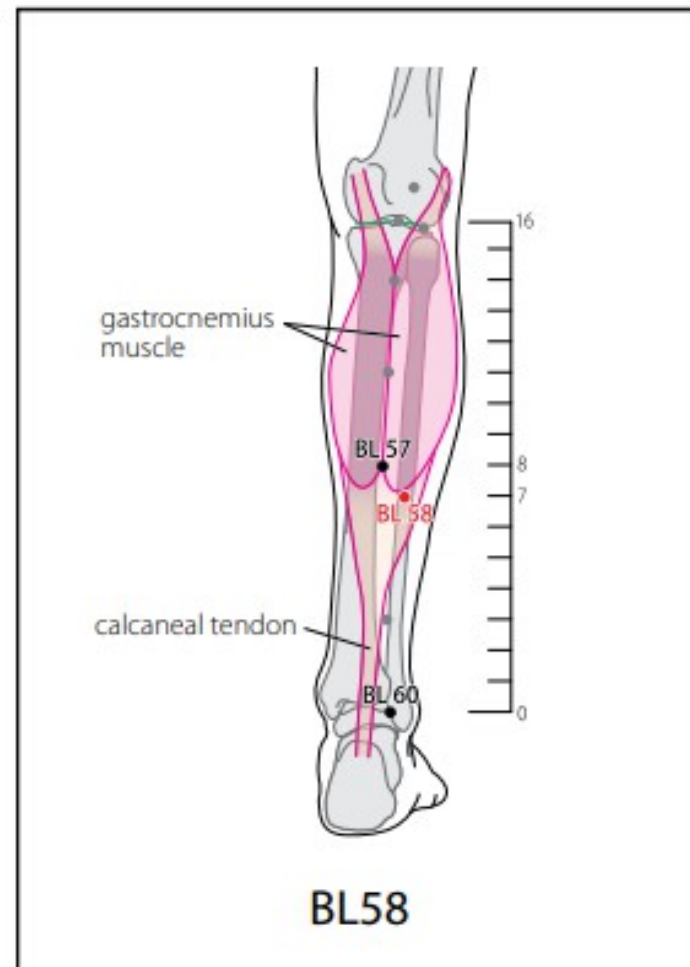
CV3

V58 Luo

BL58: Feiyang 飛(飞)揚(扬)

On the posterolateral aspect of the leg, between the inferior border of the lateral head of the gastrocnemius muscle and the calcaneal tendon, at the same level as 7 B-cun proximal to BL60.

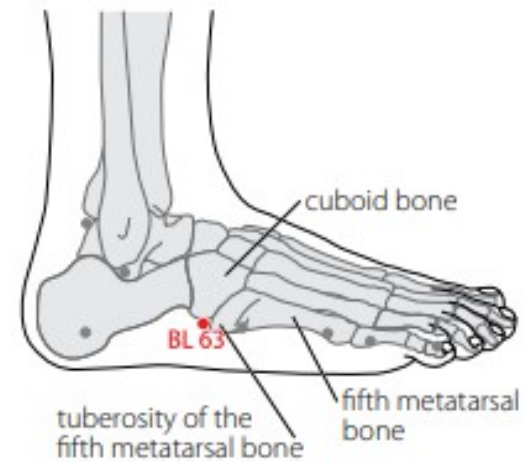
Note: BL58 is located 1 B-cun lateral and distal to BL57, proximal to BL60.



V63 XI

BL63: Jinmen 金門(门)

On the dorsum of the foot, distal to the anterior border of the lateral malleolus, posterior to the tuberosity of the fifth metatarsal bone, in the depression inferior to the cuboid bone.

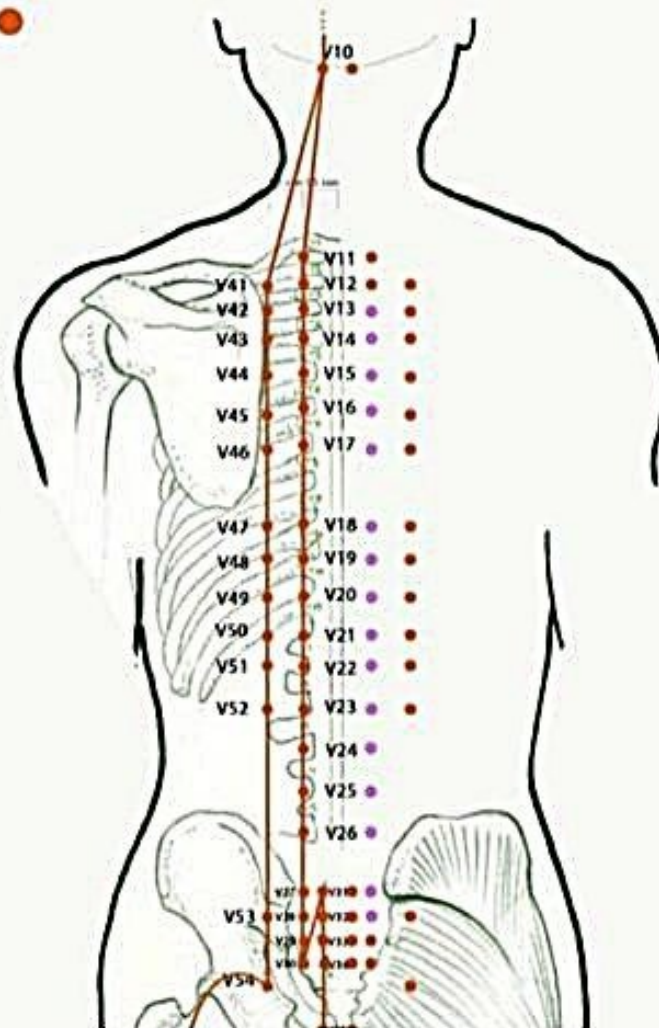


BL63

CUALIDAD	PUNTO
METAL (T)	V 67
AGUA	V 66
MADERA (D)	V 65
FUEGO	V 60
TIERRA	V 40
YUAN	V 64
SHU	V 28
MU	Ren 3
LUO	V 58
XI	V 63

SHU

VEJIGA ●



● PUNTOS SHU DE LA ESPALDA

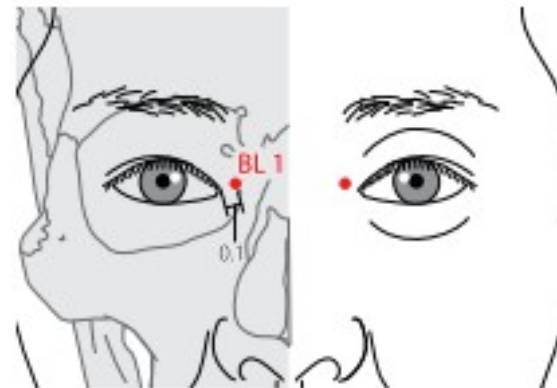
D 3	13 V	Pulmón
D 4	14 V	Maestro Corazón
D 5	15 V	Corazón
D 6	16 V	Du Mai
D 7	17 V	Diafragma / Reunión de sangre
D 9	18 V	Hígado
D 10	19 V	Vesícula Biliar
D 11	20 V	Bazo
D 12	21 V	Estómago
L 1	22 V	Triple Recalentador (San Jiao)
L 2	23 V	Riñón
L 3	24 V	Mar del Qi
L 4	25 V	Intestino Grueso
L 5	26 V	Guan Yuan
S 1	27 V	Intestino Delgado
S 2	28 V	Vejiga

V1

BL1: Jingming 睛(睛)明

On the face, in the depression between the superomedial parts of the inner canthus of the eye and the medial wall of the orbit.

Note: When the eye is closed, BL1 is located in the depression 0.1 B-cun superior and medial to the inner canthus of the eye.



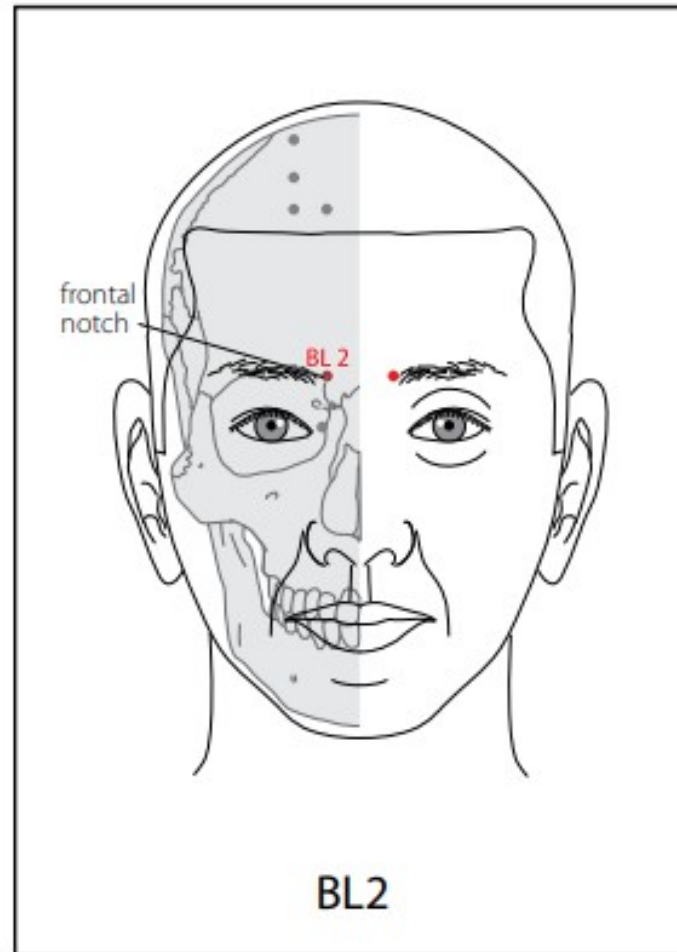
BL1

V2

BL2: Cuanzhu 攒(攒, 攒)竹

On the head, in the depression at the medial end of the eyebrow.

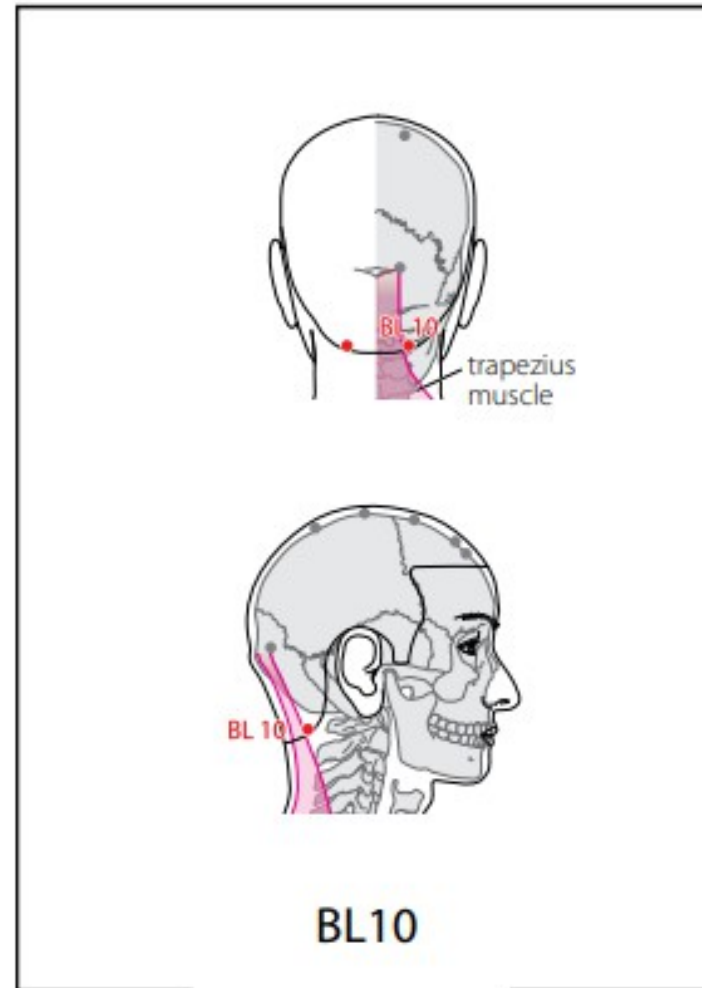
Note: A depression, the frontal notch, can often be palpated on the medial end of the eyebrow directly superior to BL1.



V10

BL10: Tianzhu 天柱

In the posterior region of the neck, at the same level as the superior border of the spinous process of the second cervical vertebra (C2), in the depression lateral to the trapezius muscle.

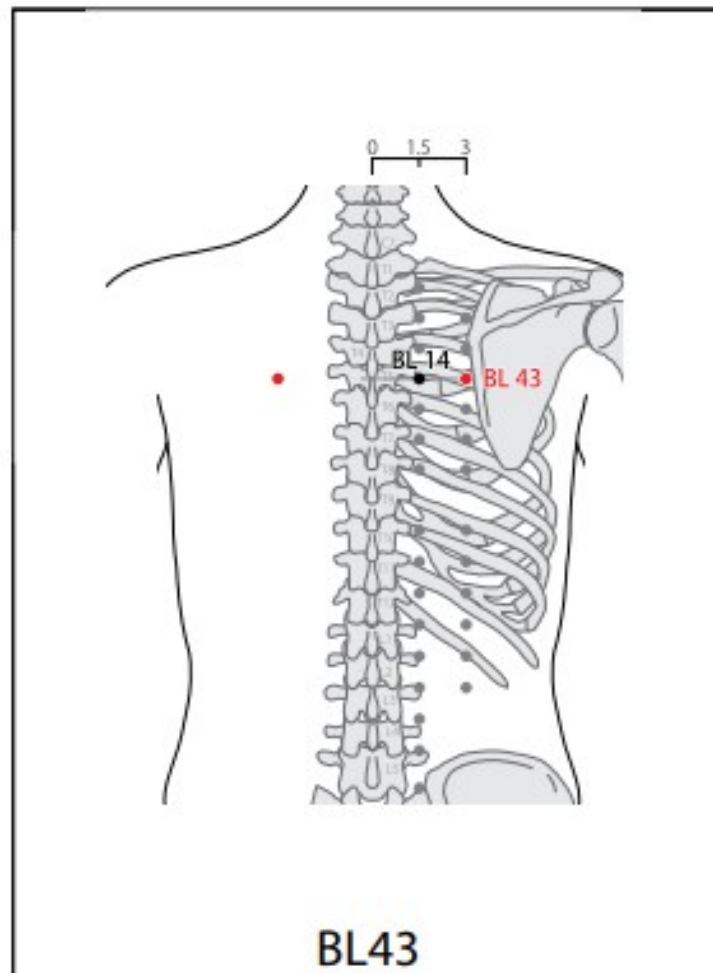


V43

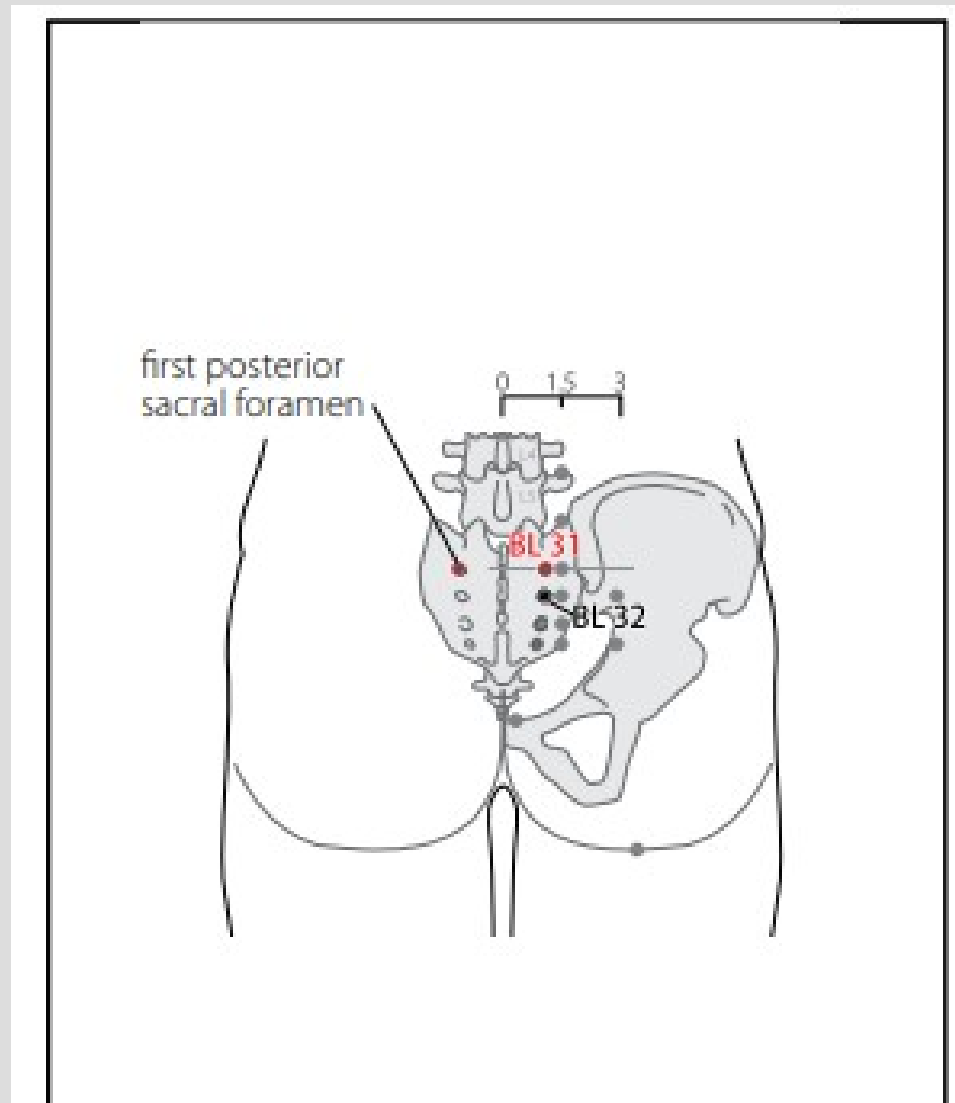
BL43: Gaohuang 膏肓

In the upper back region, at the same level as the inferior border of the spinous process of the fourth thoracic vertebra (T4), 3 B-cun lateral to the posterior median line.

Note: BL43 and BL14 are located at the same level as the inferior border of the spinous process of the fourth thoracic vertebra (T4).



V31 a V34

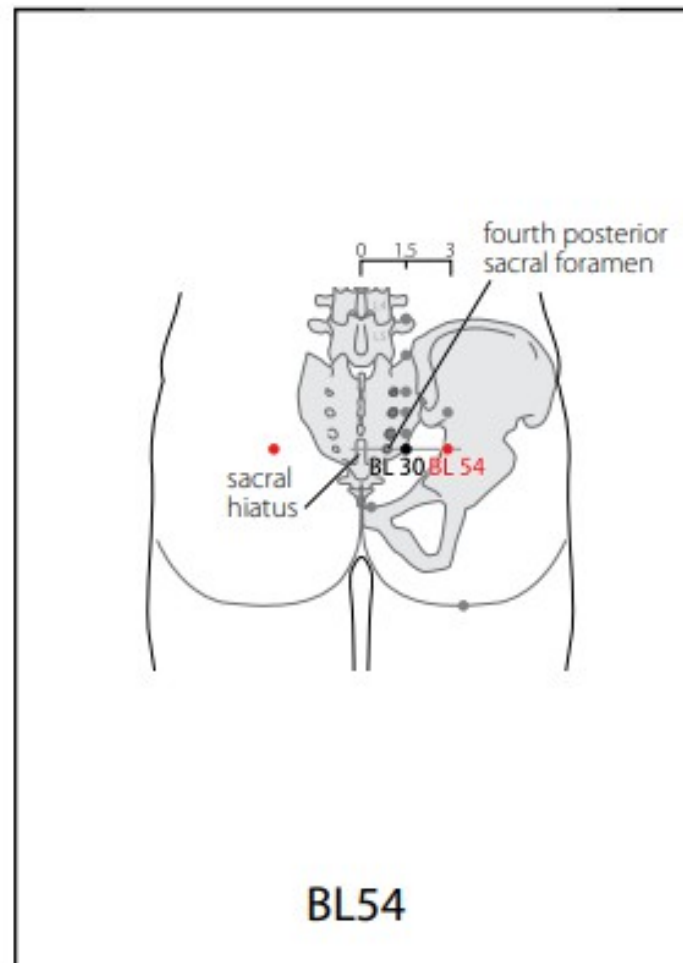


V54

BL54: Zhibian 秩邊 (边, 边)

In the buttock region, at the same level as the fourth posterior sacral foramen, 3 B-cun lateral to the median sacral crest.

Note: 3 B-cun lateral to the sacral hiatus, at the same level as BL 30.

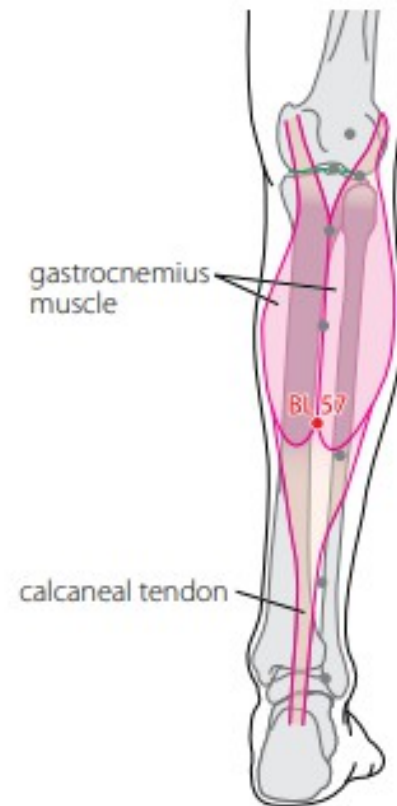


V57

BL57: Chengshan 承山

On the posterior aspect of the leg, at the connecting point of the calcaneal tendon with the two muscle bellies of the gastrocnemius muscle.

Note: With the leg stretched (plantar flexion) or the heel up, BL57 is located at the sharp angled depression inferior to the muscle belly of the gastrocnemius muscle. The two heads of the gastrocnemius muscle are separated to make a lambda shape (Λ).



BL57