

Ht 01 Ji Quan

Supreme spring

Nourishes Heart Yin
Clears Empty Heat

In the centre of the armpit, on the medial side of axillary artery.

Ht 02 Qing Ling

3 cun superior to the medial epicondyle of the humerus, in the groove of the biceps brachii muscle on the ulnar aspect. 3 cun above H3 on a line to H1

Ht 03 Shao Hai

Lesser Yin Sea

Removes obstructions from channel
Calms the Mind
Clears Heat

At the medial end of the transverse cubital crease when the elbow is flexed. or midpoint between P3 and medial epicondyle of humerus.

Ht 04 Ling Dao

Mind Path

Removes obstructions from channel

On the ulnar side of the wrist, between the tendons of flexor carpi ulnaris muscle and flexor digitorum superficialis muscle, 2 cun superior to H7.

Ht 05 Tong Li

Inner Communication

Calms the Mind,
Tonifies Heart Qi,
Opens into the tongue,
Benefits the Bladder,

On the ulnar side of the forearm, proximal to the wrist between the tendons of flexor carpi ulnaris muscle and flexor digitorum superficialis muscle, 1.5 cun superior to H7.

Ht 06 Yin Xi

Yin Accumulation

Nourishes Heart Yin
Clears Heat
Stops sweating
Calms the Mind

On the ulnar side of the wrist, between the tendons of flexor carpi ulnaris muscle and flexor digitorum superficialis muscle, 0.5 cun superior to H7.

Ht 07 Shen Men

Mind Door

Calms the Mind,
Nourishes Heart Blood,
Opens the orifices,

Along the most distal skin crease of the wrist on the ulnar side of the flexor carpi ulnaris muscle, on the radial side of the pisiform bone.

Ht 08 Shao Fu

Lesser Yin Mansion

Clears Heart Fire, Heart Empty Heat and Heart Phlegm Fire
Calms the Mind

Between the 4th & 5th metacarpal bone, posterior to the metacarpo-phalangeal joint, on transverse crease of palm. Point is touched by the tip of the little finger when fist is clenched

Ht 09 Shao Chong

Lesser Yin Rushing

Clears Heat,
Subdues Wind,
Opens the Heart orifices,
Relieves fullness,
Restores consciousness,

About 0.1 cun posterior to the corner of the vallum unguis on the radial side of the little finger.