



BASIC ACUPOINT MAP

for your self-care with moxibustion at home



acupoints for treatment/prevention of
common illnesses such as:

***lower back pain, stiff neck/shoulder, constipation,
stomach ache, stress symptoms,
gynecological problem, common cold***

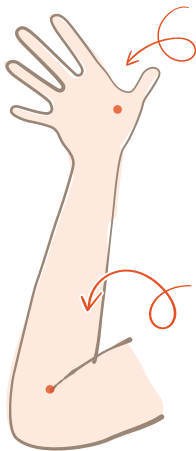


Japanese Ibuki Moxa Maker

YAMASHO Co., Ltd.

acupoints for your first self-moxibustion

Useful and easy locations to try first.



LI4 Hegu

On the dorsum of hand, between the base of your thumb and index finger.

beginning of cold

headache

stiff neck/shoulder

eye strain

toothache

LI11 Quchi

A depression at the end of the elbow crease, formed when you bend your elbow.

headache

stiff neck/shoulder

itchiness

eczema

skin diseases

gastrointestinal disorders

FOR LOWER BACK PAIN

BL23 Shenshu

On both sides of the spine at the waist level, 2 finger widths outward from the spine.

BL52 Zhishi

2 finger widths outward from BL23 at the waist level.

BL25 Dachangshu

On the line connecting the highest points of the pelvis of both sides, 2 finger widths outward from the spine.

CV6 Qihai

2 finger widths below the navel.

CV4 Guanyuan

4 finger widths below the navel.

BL40 Weizhong

The center of the crease behind the knees.

ST36 Zusanli

Below the knee plate, 4 finger widths lower to the outer depression.

KI3 Taixi

On the posterior of the ankle, a depression between the medial malleolus and the Achilles tendon.

FOR STIFF NECK/SHOULDER

GB21 Jianjing

At the midpoint on the crest on ridgeline between neck and shoulder above nipple.

BL43 Gaohuang

Located on the edge of the shoulder blades, 4 finger widths outward from the 4th backbone.

LI11 Quchi

A depression at the end of the elbow crease, formed when you bend your elbow.

LI4 Hegu

On the dorsum of hand, between the base of your thumb and index finger.

Please ask your therapist for an advice to locate acupoints precisely and to learn adequate dosage of moxibustion for your constitution.



FOR STOMACH ACHE

PC6 Neiguan

3 finger widths above the wrist crease.

CV12 Zhongwan

4 finger widths above the navel.

LI4 Hegu

On the dorsum of hand, between the base of your thumb and index finger.

ST36 Zusanli

Below the knee plate, 4 finger widths lower to the outer depression.

Press or touch gently with your finger around the acupoints as shown in the figure. You will feel something different from other place when you get the exact location of the acupoint.



FOR CONSTIPATION

BL23 Shenshu

On both sides of the spine at the waist level, 2 finger widths outward from the spine.

BL25 Dachangshu

On the line connecting the highest points of the pelvis of both sides, 2 finger widths outward from the spine.

HT7 Shenmen

At the wrist crease, the depression on the radial side of the little finger.

LI4 Hegu

On the dorsum of hand, between the base of your thumb and index finger.

CV6 Qihai

2 finger widths below the navel.

CV4 Guanyuan

4 finger widths below the navel.

ST36 Zusanli

Below the knee plate, 4 finger widths lower to the outer depression.

REDUCING STRESS

PC6 Neiguan

3 finger widths above the wrist crease.

HT7 Shenmen

At the wrist crease, the depression on the radial side of the little finger.

SP6 Sanyinjiao

4 finger widths above the top of the inner ankle malleolus.

KI3 Taixi

On the posterior of the ankle, a depression between the medial malleolus and the Achilles tendon.

FOR GYNECOLOGICAL PROBLEMS

SP6 Sanyinjiao

4 finger widths above the top of the inner ankle malleolus.

BOOSTING IMMUNE SYSTEM

LI11 Quchi

A depression at the end of the elbow crease, formed when you bend your elbow.

LI10 Shousanli

On the radial side of the forearm, a depression 3 finger widths lower from the elbow crease.

LI4 Hegu

On the dorsum of hand, between the base of your thumb and index finger.

ST36 Zusanli

Below the knee plate, 4 finger widths lower to the outer depression.

FOR COMMON COLD

GB20 Fengchi

Just above the neck hairline, 2 finger widths outward from the center depression.

BL12 Fengmen

2 finger widths below and 2 finger widths outward from the prominent bone (7th spinous process) when you tilt your neck forward.