



An Excerpt from *Qianjin yifang*
(Supplemental Prescriptions Worth a Thousand in Gold)
on the Importance of the Acupuncture Point Names

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None of the acupuncture names were chosen randomly, all of them contain deep meaning. All point names containing the character for the wood element 木 are related to the Liver. All point names associated with Spirit (shen) 神 are related to the Heart. All point names associated with metal 金 or jade 玉 are related to the Lung. All point names associated with water 水 are related to the Kidney.

Similarly, the Spirit's state of movement is also potentially reflected in the point names. All points with the character Fu 府 (Storage) in their name affect the gathering of Spirit. All points with the characters Men 門 (Gate) or Hu 戶 (Door) in their name are associated with the entering and exiting of Spirit. All points with the characters Zhai 宅 (Residence) or She 舍 (Lodge) in their name cause the Spirit to be centered and at peace. All points with the character Tai 台 (Platform) in their name are related to the aspect of Spirit that roams and delights.

The quality of an acupuncture point is metaphorically embedded in its name—this principle can be applied to all of the point names and the functions they represent.