



Jing Well	Ying Spring	Shu Stream	Jing River	He Sea
11	10	9	8	5
Yuan	Luo-connect	Xi-Cleft	Front Mu	Back Shu
9	7	6	Lu-1	Ub-13

Points	Location	Usage	Indications / Functions
St-1 Chengqi <i>Containing Tears</i> ↓ 0.5 – 1.0 slowly, w/o thrusting, lifting, or rotating	With the eyes looking straight forward, the point is directly below the pupil, between the eyeball and the infraorbital ridge.	Conjunctivitis; sties; eyelid twitching; redness and swelling of eye; lacrimation; night blindness	<ul style="list-style-type: none"> Treats problems of the eye including acute and chronic conjunctivitis, myopia, astigmatism, squint, color blindness, night blindness, glaucoma, atrophy of the optic nerve, cataract, keratitis and retinitis. Expels Wind: both for exterior and interior wind-heat or wind-cold with symptoms of swelling, pain and lacrimation and paralysis of the eyelid.
St-2 Sibai <i>Four Whites</i> ↓ 0.2 – 0.3	Below St-1, in the depression at the infraorbital foramen.	Facial paralysis; spasms; trigeminal neuralgia; sinusitis (especially maxillary or ethmoid sinusitis)	<ul style="list-style-type: none"> Expels Wind: for either external or internal wind with swelling of the eyes, allergic rhinitis or facial paralysis, twitching of the eyelids, facial paralysis and trigeminal neuralgia. Also used for biliary ascariasis.
St-3 Juliao <i>Great Crevice</i> ↓ 0.3 – 0.5	Directly below St-2, at the level of the lower border of the ala nasi, on the lateral side of the nasolabial groove.	Rhinitis; facial paralysis; trigeminal neuralgia in this area; upper toothache	<ul style="list-style-type: none"> Expels Exterior and Interior Wind: for facial paralysis and trigeminal neuralgia. Also for treatment of epistaxis and nasal obstruction.
St-4 Dicang <i>Earth Granary</i> > 0.5 – 1.5	Lateral to the corner of the mouth, directly below St-3.	Facial paralysis; trigeminal neuralgia; excessive salivation; difficulty closing eyes; herpes; gum ulcers	<ul style="list-style-type: none"> Eliminates Exterior Wind: facial paralysis with deviation of the mouth, or aphasia.
St-5 Daying <i>Great Reception</i> ↓ 0.3 – 0.5 avoid artery	Anterior to the angle of the mandible, on the anterior border of the attached portion of the masseter muscle, in the groove-like depression appearing when the cheek is bulged.	Local problems; parotitis; lock jaw	<ul style="list-style-type: none"> Expels Wind, Reduces swelling.
St-6 Jiache <i>Jaw Chariot</i> ↓ 0.3 – 0.5 towards ST 4	One finger breadth anterior and superior to the lower angle of the mandible where the masseter attaches, at the prominence of the muscle when the teeth are clenched.	Lower toothache; mumps; TMJ; grinding of teeth; facial paralysis	<ul style="list-style-type: none"> Expels exterior wind affecting the face including mumps and spasm of the masseter muscle. Toothache.
St-7 Xiaguan <i>Lower Gate</i> ↓ 0.3 – 0.5	At the lower border of the zygomatic arch, in the depression anterior to the condyloid process of the mandible, located with mouth closed.	Upper toothache; TMJ; TM arthritis; otitis media; tinnitus; earache; pus in ear	<ul style="list-style-type: none"> Removes obstruction: for facial paralysis and trigeminal neuralgia, otitis, toothache, deafness and earache.
St-8 Touwei <i>Head Support</i>	.5 cun within the anterior hairline at the corner of the forehead, 4.5 cun lateral to Du-24.	Frontal and damp headache; psychosis if phlegm misting; facial paralysis; major headache point for frontal and vertex headache; other for dizziness especially with damp involvement; Meniere's disease (qi deficiency with damp)	<ul style="list-style-type: none"> Resolves Dampness and Phlegm: for dizziness due to dampness and phlegm retained in the head and preventing the clear yang from rising to brighten the orifices, or causing frontal headaches.