

NOMENCLATURA STANDARD INTERNAZIONALE DEI PUNTI

L'Organizzazione Mondiale della Sanità (OMS) ha messo a punto un sistema di sigle da adottare ufficialmente a livello internazionale in luogo delle abituali sigle inglesi, italiane o francesi. Tali sigle dovrebbero essere ormai seguite da tutti, dagli Stati Uniti, all'Europa, all'Oriente, ma moltissimi testi, soprattutto quelli meno recenti, adottano ancora le sigle inglesi o quelle francesi o quelle italiane. Qui di seguito sono riportati i nomi e le sigle dei meridiani e dei punti secondo le varie scuole.

NOME ITALIANO	NOME INGLESE	NOME CINESE (PINYIN)	SIGLA ITAL.	SIGLA INGL.	SIGLA FRANC.	SIGLA OMS
Polmone	Lung	Shou Tai Yin (FEI)	P	L (Lu)	P	LU
Grosso Intestino	Large Intestine	Shou Yang Ming (DA CHANG)	GI	LI	GI	LI
Stomaco	Stomach	Zu Yang Ming (WEI)	St	St	E	ST
Milza-Pancreas	Spleen	Zu Tai Yin (PI)	MP (M)	Sp	Rt	SP
Cuore	Heart	Shou Shao Yin (XIN)	C	H (Ht)	C	HT
Intestino Tenue	Small Intestine	Shou Tai Yang (XIAO CHANG)	IT	SI	IG (Ig)	SI
Vescica	(Urinary) Bladder	Zu Tai Yang (PANG GUANG)	V	UB	V	BL
Rene	Kidney	Zu Shao Yin (SHEN)	R (Rn)	K	Rn	KI
Maestro del Cuore	Pericardium	Shou Jue Yin (XIN BAO)	MC	P	MC	PC
Triplo Riscaldatore	Triple Burner (Energizer)	Shou Shao Yang (SAN JIAO)	TR	TB (SJ)	TR	TE
Vescica Biliare	Gallbladder	Zu Shao Yang (DAN)	VB	GB	VB	GB
Fegato	Liver	Zu Jue Yin (GAN)	F	Liv	F	LR
Vaso Concezione	Conception Vessel	REN MAI	VC	Ren	VC	CV
Vaso Governatore	Governor Vessel	DU MAI	VG	Du	VG	GV

NOMENCLATURA STANDARD INTERNAZIONALE DEI PUNTI

INDICE DEI PUNTI IN ORDINE ALFABETICO

PUNTI DI MERIDIANO (1)

BAIHUANSHU	30 BL	DIWUHUI	42 GB	HEGU	4 LI
BAIHUI	20 GV	DUBI(waixiyan)	35 ST	HELIAO	22 TE
BAOHUANG	53 BL	DUSHU	16 GV		e 19 LI
BENSHEN	13 GB	DUIDUAN	27 GV	HENGGU	11 K
BIGUAN	31 ST			HEYANG	55 BL
BINAO	14 LI	ERBAI (ximen)	4 PC	HOUDING	19 GV
BINGFENG	12 SI	ERJIAN	2 LI	HOUXI	3 SI
BULANG	22 K	ERMEN	21 TE	HUAGAI	20 CV
BURONG	19 ST			HUANTIAO	30 GB
		FEISHU	13 BL	HUANGMEN	51 BL
CHANGQIANG	1 GV	FEIYANG	58 BL	HUANGSHU	16 K
CHENGFU	36 BL	FENGCHI	20 GB	HUAROUMEN	24 ST
CHENGGUANG	6 BL	FENGFU	16 GV	HUIYANG	35 BL
CHENGJIANG	24 CV	FENGLONG	40 ST	HUIYIN	1 CV
CHENGJIN	56 BL	FENGMEN	12 BL	HUIZONG	7 TE
CHENGLING	18 GB	FENGSHI	31 GB	HUNMEN	47 BL
CHENGMAN	20 ST	FUAI	16 SP		
CHENGQI	1 ST	FUBAI	10 GB	JIACHE	6 ST
CHENGSHAN	57 BL	FUFEN	41 BL	JIANJING	21 GB
CHIZE	5 LU	FUJIE	14 SP	JIANLI	11 CV
CHONGMEN	12 SP	FULIU	7 K	JIANLIAO	14 TE
CHONGYANG	42 ST	FUSHE	13 SP	JIANSHI	5 PC
CILIAO	32 BL	FUTU	18 LI	JIANWAISHU	14 SI
			e 32 ST	JIANYU	15 LI
DABAO	21 SP	FUXI	38 BL	JIANZHEN	9 SI
DACHANGSHU	25 BL	FUYANG	58 BL	JIANZHONGSHU	15 SI
DADU	2 SP			JIAOSUN	20 TE
DADUN	1 LR	GANSHU	18 BL	JIAXIN	8 K
DAHE	12 K	GAOHUANGSHU	43 BL	JIEXI	41 ST
DAIMAI	26 GB	GEGUAN	46 BL	JIMAI	12 LR
DAJU	27 ST	GESHU	17 BL	JIMEN	11 SP
DALING	7 PC	GONGSUN	4 SP	JINMEN	63 BL
DANSHU	19 BL	GUANCHONG	1 TE	JINGGU	64 BL
DANTIAN(shimen)	5 CV	GUANGMING	37 GB	JINGMEN	25 GB
DAYING	5 ST	GUANMEN	22 ST	JINGMING	1 BL
DAZHONG	4 K	GUANYUAN	4 CV	JINGQU	8 LU
DAZHU	11 BL	GUANYUANSHU	26 BL	JINSUO	8 GV
DAZHUI	14 GV	GUILAI	29 ST	JIQUAN	1 HT
DICANG	4 ST			JIUWEI	15 CV
DIJI	8 SP	HANYAN	4 GB	JIZHONG	6 GV

NOMENCLATURA STANDARD INTERNAZIONALE DEI PUNTI

PUNTI DI MERIDIANO (2)

JUGU	16 LI	QIANDING	21 GV	SHANGQU	17 K
JULIAO	29 GB	QIANGJIAN	18 GV	SHANGWAN	13 CV
	e 3 ST	QIANGU	2 SI	SHANGXING	23 GV
JUQUE	14 CV	QIAOYIN	44 GB	SHANGYANG	1 LI
JUEGU(xuanzhong)	39 GB	QICHONG	30 ST	SAOCHONG	9 HT
JUEYINSHU	14 BL	QIHAI	6 CV	SHAOFU	8 HT
		QIHAISHU	24 BL	SHAOHAI	3 HT
KANSHU	18 BL	QIHU	13 ST	SHAOSHANG	11 LU
KONGZUI	6 LU	QIMAI	18 TE	SHAOZE	1 SI
KUFANG	14 ST	QIMEN	14 LR	SHENDAO	11 GV
KUNLUN	60 BL	QINGLENGYUAN	11 TE	SHENFENG	23 K
		QINGLING	2 HT	SHENMAI	62 BL
LAOGONG	8 PC	QISHE	11 ST	SHENMEN	7 HT
LIANQUAN	23 CV	QIUXU	40 GB	SHENQUE	
LIANGMEN	21 ST	QIXUE	13 K	(qizhong)	8 CV
LIANGQIU	34 ST	QIZHONG(shenque)	8 CV	SHENSHU	23 BL
LIDUI	45 ST	QUANLIAO	18 SI	SHENTANG	44 BL
LIEQUE	7 LU	QUBIN	7 GB	SHENTING	24 GV
LIGOU	5 LR	QUCHAI	4 BL	SHENZU	12 GV
LINGDAO	4 HT	QUCHI	11 LI	SHIDOU	17 SP
LINGQI	15 GB	QUEPEN	12 ST	SHIGUAN	18 K
LINGTAI	10 GV	QUGU	2 CV	SHIMEN	
LINGXU	24 K	QUQUAN	8 LR	(dantian)	5 CV
LOUGU	7 SP	QUYUAN	13 SI	SHOUSANLI	10 LI
LUOQUE	8 BL	QUZE	3 PC	SHOUWULI	13 LI
LUXI	19 TE			SHUAIGU	8 GB
		RANGU	2 K	SHUFU	27 K
MEICHONG	3 BL	RENYING	9 ST	SHUGU	65 BL
MINGMEN	4 GV	RENZHONG(shuigou)	26 GV	SHUIDAO	28 ST
MUCHUANG	16 GB	RIYUE	24 GB	SHUIFEN	9 CV
		RUGEN	18 ST	SHUIGOU	
NAOHU	17 GV	RUZHONG	17 ST	(renzhong)	26 GV
NAOHUI	13 TE			SHUIQUAN	5 K
NAOKONG	19 GB	SANJIAN	3 LI	SHUITU	10 ST
NAOSHU	10 SI	SANJIAOSHU	22 BL	SIBAI	2 ST
NEIGUAN	6 PC	SANYINJIAO	6 SP	SIDU	9 TE
NEITING	44 ST	SANYANGLUO	8 TE	SIMAN	14 K
		SHANZHONG	17 CV	SIZHUKONG	23 TE
PANGGUANGSHU	28 BL	SHANGGUAN	3 GB	SULIAO	25 GV
PIANLI	6 LI	SHANGJUXU	37 ST		
PISHU	20 BL	SHANGLIAN	9 LI	TAIBAI	3 SP
POHU	42 BL	SHANGLIAO	31 BL	TAICHONG	3 LR

NOMENCLATURA STANDARD INTERNAZIONALE DEI PUNTI

PUNTI DI MERIDIANO (3)

PUSHEN	61 BL	SHANGQIU	5 SP	TAIXI	3 K
TAIYI	23 ST	WUSHU	27 GB	YINBAI	1 SP
TAIYUAN	9 LU	WUYI	15 ST	YINDU	19 K
TAODAO	13 GV			YINGCHUANG	16 ST
TIANCHI	1 PC	XIABAI	4 LU	YINGU	10 K
TIANCHONG	9 GB	XIAGUAN	7 ST	YINGXIANG	20 LI
TIANCHUANG	16 SI	XIAJUXU	39 ST	YINJIAO	28 GV
TIANDING	17 LI	XIALIAN	8 LI		e 7 CV
TIANFU	3 LU	XIALIAO	34 BL	YINLIAN	11 LR
TIANJING	10 TE	XIANGU	43 ST	YINLINGQUAN	9 SP
TIANLIAO	15 TE	XIAOCHANGSHU	27 BL	YINMEN	37 BL
TIANQUAN	2 PC	XIAOHAI	8 SI	YINSHI	33 ST
TIANRONG	17 SI	XIAOLUAN	12 TE	YINXI	6 HT
TIANSHU	25 ST	XIAWAN	10 CV	YISHE	49 BL
TIANTU	22 CV	XIAXI	43 GB	YIXI	45 BL
TIANXI	18 SP	XIGUAN	7 ST	YONGQUAN	1 K
TIANYOU	16 TE	XIMEN (erbai)	4 PC	YOUMEN	21 K
TIANZHU	10 BL	XINHUI	22 GV	YUANYE	22 GB
TIANZONG	11 SI	XINSHU	15 BL	YUJI	10 LU
TIAOKOU	38 ST	XINGJIAN	2 LR	YUNMEN	2 LU
TINGGONG	19 SI	XIONGXIANG	19 SP	YUTANG	18 CV
TINGHUI	2 GB	XIYAN (dubi)	35 ST	YUZHEN	9 BL
TONGLI	5 HT	XIYANGGUAN	35 GB	YUZHONG	26 K
TONGGU	66 BL	XUANJI	21 CV		
	e 20 K	XUANLI	6 GB	ZANZHU	2 BL
TONGTIAN	7 BL	XUANLU	5 GB	ZHANGMEN	13 LR
TONGZILIAO	1 GB	XUANSHU	5 GV	ZHAOHAI	6 K
TOULINQI	15 GB	XUANZHONG		ZHEJIN	23 GB
TOUQIAOYIN	11 GB	(juegu)	39 GB	ZHENGXING	17 GB
TOUWEI	8 ST	XUEHAI	10 SP	ZHIBIAN	54 BL
				ZHIGOU	6 TE
WAIGUAN	5 TE	YAMEN	15 GV	ZHISHI	52 BL
WAILING	26 ST	YANGBAI	14 GB	ZHIYANG	9 GV
WAIQIU	36 GB	YANGCHI	4 TE	ZHIYIN	67 BL
WAXIYAN (dubi)	35 ST	YANGFU	38 GB	ZHIZHENG	7 SI
WANGU(shou)	4 SI	YANGGANG	48 BL	ZHONGCHONG	9 PC
WANGU (tou)	12 GB	YANGGU	5 SI	ZHONGDU	32 GB
WEICANG	50 BL	YANGJIAO	35 GB		e 6 LR
WEIDAO	28 GB	YANGLAO	6 SI	ZHONGFENG	4 LR
WEISHU	21 BL	YANGLINGQUAN	34 GB	ZHONGFU	1 LU
WEIYANG	39 BL	YANGXI	5 LI	ZHONGJI	3 CV
WEIZHONG	40 BL	YAOSHU	2 GV	ZHONGLIAO	33 BL

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PUNTI DI MERIDIANO (4)

WENLIU	7 LI	YAOYANGGUAN 3	GV	ZHONGLUSHU 29	BL
WUCHU	5 BL	YEMEN	2 TE	ZHONGSHU 7	GV
WULI (gu)	10 LR	YIFENG	17 TE	ZHONGTING 16	CV
ZHONGWAN	12 CV				
ZHONGZHU	15 K				
	e 3		TE		
ZHOULIAO	12 SI				
ZHOURONG	20 SP				
ZHUBIN	9 K				
ZIGONG	19 CV				
ZULINQI	41 GB				
ZUQIAOYIU	44 GB				
ZUSANLI	36 ST				
ZUWULI	10 LR				

NOMENCLATURA STANDARD INTERNAZIONALE DEI PUNTI

PUNTI FUORI MERIDIANO

PUNTI CURIOSI (PC)

BAFENG	137 PC	EZHONG	2 PC	KUANGU	157 PC
BAICHONGWO	163 PC				
BAILAO	30 PC	FANGYAN	92 PC	LANWEI	142 PC
BANMEN	98 PC	FENGQUAN	89 PC	LIANGYAN	58 PC
BAXIE	107 PC	FENGYAN	28 PC	LIAOLIAO	160 PC
BAZHUIXIA	61 PC			LI NEITING	130 PC
BIANTAO	26 PC	HADING	156 PC	LINGBAO	171 PC
BILIU	16 PC	HANGWEN	40 PC	LINGHOUXIA	154 PC
BIZHONG	115 PC	HELIAO	18 PC	LONGHE	34 PC
		HONGYIN	23 PC	LUNGXUE	11 PC
CHANGFENG	68 PC	HOUYE	129 PC	LUOJING	27 PC
CHANGGU	165 PC	HUANZHONG	84 PC	LUOZHEN	108 PC
CHANGYI	48 PC	HUATUO JIAJI	85 PC		
CHENGMING	149 PC	HUNSHE	39 PC	MAIHUA	36 PC
CHIXUE	32 PC	HUQIMEN	72 PC	MINGYAN	93 PC
CHONGGU	31 PC			MUZHIHENG	136 PC
CHUANXI	51 PC	JIABI	15 PC	MUZHIJIAN	87 PC
CUNPING	119 PC	JIAGU	65 PC	MUZHIJUE	91 PC
		JIANYU	127 PC	MUZHILI	131 PC
DAGUKONG	100 PC	JIAOYI	150 PC		
DALUN	161 PC	JIJU PIKUAI	69 PC	NEI HUAIJIAN	146 PC
DAN NANGXUE	152 PC	JINJIN-YUYE	20 PC	NEI YANGCHI	97 PC
DIHE	19 PC	JINGLING	111 PC	NUXI	138 PC
DINGSHU	113 PC	JINGZHONG	42 PC		
		JIU DIANFENG	90 PC	PANGLAOGONG	96PC
ERBAI	114 PC	JIUQI	78 PC	PANGLIANQUAN	24PC
ERCHIANMEN	104 PC	JUEYUN	44 PC	PIGEN	66 PC
ERJIAN	10 PC	JUQESHU	57 PC	PINXUELING	82 PC
QIANHOU YINZHU	132 PC	XIA JISHU	71 PC	ZUXIN	133 PC
QICHUAN	59 PC	XIA KUNLUN	141 PC		
QIMEN	46 PC	XIA WENLIU	120 PC		
QIUHOU	8 PC	XIAO SHIXIE	105 PC		
QIZHENG	41 PC	XIAO ZHIJIAN	88 PC		
QU YANGWEI	122 PC		e 136 PC		
QUANSHENGZU	139 PC	XIAZHUI	80 PC		
QUANTU	159 PC	XINSHI	29 PC		
		XIWAI	155 PC		
SANCHI	123 PC	XIXIA	144 PC		
SANSHANG	99 PC	XIYAN	145 PC		

NOMENCLATURA STANDARD INTERNAZIONALE DEI PUNTI

SANXIAO	17 PC	XUECHOU	67 PC
SHANG YINGXIANG	14 PC		
SHANGEN	4 PC	YAOGAN	77 PC
SHANGLIANQUAN	21 PC	YAOQI	79 PC
SHAO YANGWEI	148 PC	YAOYAN	74 PC
SHENXI	158 PC	YAXUE	25 PC
SHICANG	37 PC	YACHIANMEN	103 PC
SHIGUAN	38 PC	YIJING	45 PC
SHIMIAN	134 PC	YIMING	13 PC
SHIQIZHUIXIA	75 PC	YINKOU	60 PC
SHIXUAN	86 PC	YINTANG	3 PC
SHOU JINMEN	112 PC	YINWEI	166/168 PC
SHOU ZHONGPING	95 PC	YISHU	62 PC
SHUBIAN	63 PC	YUQIAN	128 PC
SIFUNG	94 PC	YUTIAN	81 PC
SILIAN	170 PC	YUWEI	7 PC
SISHECONG	1 PC	YUYAO	6 PC
TAIYANG	9 PC	ZEQIAN	117 PC
TAIYINQIAO	140 PC	ZEXIA	116 PC
TANCHUAN	33 PC	ZHI ZHUANJIN	147 PC
TIANLING	126 PC	ZHONGKONG	76 PC
TINGTOU	50 PC	ZHONGKUI	101 PC
TOU QUANMING	5 PC	ZHONGQUAN	118 PC
TUZHONG	83 PC	ZHOUSHU	124 PC
		ZHOUZHU	56 PC
WAI HUAJIAN	151 PC	ZHUOYU	64 PC
WAI JIMIN(waiyuye)	22 PC	ZHUZHANG	70 PC
WAI LAOGONG	109 PC	ZIGONG	49 PC
WAI SIMAN	43 PC	ZU ZHONGPING	143 PC
WEIBAO	47 PC	ZULUA	164 PC
WEILING	110 PC	ZUMING	162 PC
WULING	171 PC	ZUOYI-YOUYI	35 PC

NOMENCLATURA STANDARD INTERNAZIONALE DEI PUNTI

PUNTI NUOVI (PN)

ANMIAN I	27 PN	JUBI	69 PN	SIQIAN	94 PN
ANMIAN II	28 PN				
		KUISHANG XUE	54 PN	TAIJIAN	70 PN
BANGGU	76 PN			TIANTING	24 PN
BICONG	12 PN	LINGXIA	92 PN	TIAO YUE	57 PN
		LISHANG	82 PN	TING GONG	15 PN
CHENGJIAN	86 PN	LIU JINGSHUI PANG	42 PN	TINGLING	14 PN
CHIQIAN	22 PN	LIWAI	81 PN	TINGMIN	16 PN
CHONGJIAN	40 PN	LUODI	83 PN	TINGXUE	13 PN
		LUOLINGWU	62 PN	TITUO	39 PN
DIJIAN	90 PN	LUOSHANG	65 PN		
DINGCHUAN	45 PN			WAI DINGCHUAN	
		MEIBU	98 PN		46 PN
GANPING	77 PN			WAI ZHILI	102 PN
GANYAN	88 PN	NAOQING	78 PN	WAIMING	11 PN
GUANGZHONG	68 PN	NUEMEN	61 PN	WANLI	80 PN
		NIUSHANG XUE	67 PN	WEILE	37 PN
HOU GONG	21 PN			WEISHANG	100 PN
HOUTINGGONG	18 PN	PANGQIANG	59 PN	WEISHU	55 PN
HOU TINGHUI	20 PN	PIREXUE	52 PN	WEIRE XUE	48 PN
HOU TINGXUE	19 PN				
HOU XUEHAI	105 PN	QIAN FENGSHI	97 PN	XIA FUTU	33 PN
HOU YANGGUAN	107 PN	QIANGYIN	31 PN	XIA JINGMING	2 PN
		QIANJIAN	110 PN	XIN FUTU	96 PN
JIANEI	35 PN	QIANZHENG XUE	25 PN	XINGFEN	29 PN
JIANMING	3 e 72 PN	QI JINGSHU PANG	44 PN	XISHANG	64 PN
JIANMING I	4 PN			XUEYA DIAN	43 PN
JIANMING II	5 PN	RONGHOU	30 PN		
JIANMING III	6 PN	RUSHANG	73 PN	YANCHI	26 PN
JIANMING IV	7 PN			YATONG	60 PN
JIANMING V	53 PN	SANJIAN	74 PN	YIMING XIA	23 PN
JIANTONG DIAN	49 PN	SHANG ERGEN	17 PN	YINGXIA	66 PN
JIANXI	93 PN	SHANG FENGSHI	109 PN	YINKANG	104 PN
JIAOLING	99 PN	SHANG HOUXI	63 PN	YINSHANG	103 PN
JIEHE XUE	47 PN	SHANG JINGMING	1 PN	YUNSHANG	71 PN
JIEJIAN	106 PN	SHANG YANGGUAN	108 PN		
JINGXIA	79 PN	SHANGMING	8 PN	ZENGMING I	9 PN
JINGZHONG	34 PN	SHANGXI	87 PN	ZENGMING II	10 PN
JIUNEI FAN	85 PN	SHENJI	56 PN	ZHENYIN	32 PN
JIUWAI FAN	84 PN	SHENREXUE	52 PN	ZHILI	101 PN
JIUXAI FAN	89 PN	SHUISHANG	36 PN	ZHIPING	75 PN
JIXIA	95 PN	SHUXI	41 PN	ZHIXIE	38 PN
				ZHONGCHUAN	50 PN
				ZUOGU	58PN
				ZUYICONG	91 PN