Development of acupuncture in Japan happened apart from that of China, and many original uses of acupuncture points were observed that are not well known outside of Japan. Below is a list of some of the more interesting and unique applications of acupuncture points, according to several Japanese sources. These include Shudo Denmai, taken from his book *Finding Effective Acupuncture Points* (translated by Stephen Brown, Eastland Press, Seattle, 2003) and Sawada Ken (based on Shiroda’s *Basic Study of Acupuncture and Moxibustion Therapy*). I also include the point recommendations of Ishikawa Sotetsu who, as an influential practitioner of the Edo Shogunate period, recommended points for their local and symptomatic applications. I also rely on the information transmitted to me by my teacher, Dr. Ineon Moon. These point applications would be in addition to commonly known applications of the Chinese texts, which are not listed, and regular points that might be used for local pain or inflammation. In Part 2, to be published in the next issue, we will list the applications alphabetically (with point nomenclature), for easy reference.

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- **Sotetsu Ishikawa points (Edo Shogunate period)**
  (S) **Shudo Denmai recommendations**

Other Japanese acupuncture sources, including Dr. Ineon Moon; and Sawada Ken school, based on Shiroda’s Basic Study of Acupuncture and Moxibustion Therapy

DM Direct moxa
IDN Intradermal needle
(r) right side
(l) left side

1. POINTS ON THE HEAD

BI 7  • depression, eye problems, hysteria, insomnia, nasal problems
BL 10 depression, eye problems, hysteria, insomnia, nasal problems
DU 15 • aphasia after stroke, cerebral hemorrhage, tongue problems
DU 16 • aphasia after stroke, cerebral hemorrhage, cold and flu, headache, sinus congestion (S), speech difficulty
DU 20 • hemorrhoids, hypertension
DU 20-22 dizziness, heavy head, headache, hypotension, insomnia, poor memory, nausea, sleepy after eating, smell, inability, vagus nerve, vomiting
DU 22 • dizziness (S), headache (S), excessive tearing
DU 23 • nasal congestion (DM) (S), mental disorder
GB 5 headache (temporal) (S), migraine (S), Tooth pain (S), Trigeminal neuralgia (S)
GB 6 headache (temporal) (S), migraine (S), tooth pain (S), trigeminal neuralgia (S)
GB 12 headache (S), insomnia (S), tinnitus
GB 19 • headache
GB 20 • eye problems (Yanagiya GB 20+) (S), eye problems, headache (S), sinusitis
SI 17 temporal headache, dizziness (S), hiccoughs, throat problems (S), tinnitus (S), toothache
SJ 20 eye problems, cataracts (DM) (S), tinnitus (S)
2. POINTS OF THE FACE

BL 7  
headache, stiff neck

GB 2  
jaw pain (S), TMJ, tinnitus (S)

GB 3  
• tooth pain (S), eye problems, facial neuralgia (S), hypertension (bleed)

LI 20  
nasal and sinus problems (S), upper toothache (bleed)

SI 18  
nasal problems

SI 19  
conjunctivitis, ear problems, TMJ

SJ 21  
• TMJ, ear problems

ST 2  
facial paralysis (S), sinus congestion

ST 6  
• TMJ

ST 7  
tinnitus, TMJ (S), toothache, trigeminal neuralgia

ST 8  
headache, temporal, tearing, constant

3. POINTS ON THE NECK

BL 11  
• influenza, asthma, cold and flu (DM), cough (DM), neck stiffness (DM), thyroid problems

GB 21  
• labor induction (with SP 6) (IDN), neck-shoulder stiffness (S), headache (S), hypertension (S), toothache (DM) (S)

LI 15  
• shoulder joint problems (S), skin problems (DM)

LI 17  
• interscapular tension (S), neck-shoulder stiffness (S), shoulder-neck stiffness (S), thoracic outlet syndrome (S), throat obstruction (S)

REN 22  
asthma, laryngitis, pharyngitis

SI 14  
headache, trapezius pain

SI 15  
• headache

SJ 15  
• neck-shoulder stiffness (S), hypertension

ST 9  
• sore throat (S), asthma (S), gallstone pain, hoarseness (S), hypertension, morning sickness, throat obstruction (S)

ST 12  
neck-shoulder stiffness (S)
4. POINTS ON THE CHEST
KI 23  costal neuralgia (S), heart disease (l) (S)
KI 26  thoracic outlet syndrome (S), throat disorder (S), thyroid disorder (S)
KI 27  thoracic outlet syndrome (S), throat disorder (S), thyroid disorder (S)
LU 1   asthma (S), cough (S), thoracic outlet syndrome (S)
REN 17  anxiety, breast disease (S), breast pain, depression, heart disease (S),
         insufficient lactation (S), lactation problems, psychosomatic disorders (S),
         upper back pain
ST 13   neck-shoulder stiffness
ST 19   gallstone pain, nausea-vomiting, stomach pain

5. POINTS ON THE EPIGASTRIUM
GB 24  gallbladder disease (r) (S), stroke prediction (S)
KI 19   reinforce REN 12 and ST 21
LIV 13  • epigastric pain (S), ascites, pancreas-stomach disorders (l) (S),
         peritonitis
LIV 14  chest heaviness, gallstones, liver disease (r) (S)
REN 12  diabetes, fu organ problems (DM), gastrointestinal disorder (S),
         gastrophtosis, hypoglycemia, insomnia (S), morning sickness (with SJ 4)
         (l), stomach pain
REN 14  asthma (S), asthma, cough (S), epigastric constriction (S), esophageal
         stenosis, gastrointestinal disorder (S), heart disease (S), heart problems,
         insomnia (S), lower back, inability to straighten, morning sickness (with
         REN 12), stomach problems (S)
ST 19   diaphragm spasm (S), epigastric pain (S), gallbladder stone or
         inflammation (r) (S), liver-gallbladder disease (r) (S), pancreas/stomach
         disorder (l) (S)
ST 20   diaphragm spasm (S), epigastric pain (S), liver-gallbladder disease (r) (S),
         pancreas/stomach disorder (l) (S)
ST 21   liver-gallbladder disease (r) (S), pancreas/stomach disorder (l) (S)
6. POINTS ON THE LOWER ABDOMEN

GB 25  • kidney deficiency (w/ BL 23) (S), fatigue, gastropasm, intestinal disorder, stiff neck, kidney stone pain

GB 26  • lower back pain, leukorrhea

GB 27  • appendicitis (r) ileocecal valve (r)

KI 12  reinforce REN 3 (S), urethritis (S), urinary frequency (S), vaginal discharge (S)

KI 16  lower back pain, (S), diabetes, diarrhea (S), kidney deficiency (S)

REN 1  anal fissure, drowning, chronic hemorrhoid

REN 2  urethritis (S), urinary frequency (S), vaginal discharge (S)

REN 3  pain at BL 40 (S), pediatric enuresis (S), gynecological complaints, peritonitis, urethritis (S), urinary frequency (S), vaginal discharge (S)

REN 4  abdominal distension (S), gynecological complaints (S), postpartum depression (S), small intestine inflammation, urinary frequency, urinary problems (S), uterine fibroid

REN 6  abdominal pain (S), appendicitis (DM) (S), appendicitis (DM), food poisoning (DM), ileocecal pain (S)

REN 7  abdominal distension (S), abdominal pain, lower back pain, (S), diarrhea (S), kidney infection

REN 8  pediatric abdominal problems, gonorrhea, chronic miscarriage

REN 9  ascites, diarrhea, chronic (S), diarrhea (DM), edema (S), fluid stagnation (S), kidney infection, urinary dysfunction

REN 10  gastroptosis

SP 15  constipation (l), diarrhea, dysmenorrhea

ST 25  intestinal problems (S), kidney infection

ST 27  coccygeal pain, diarrhea, endometriosis (DM), hernia (DM) (S), male and female infertility, intestinal problems (S), kidney infection, urogenital problems (S)

ST 30  male and female infertility, kidney infection, uterine myoma

7. POINTS OF THE HAND

HT 9  chest pain or heart attack (DM or bleed) (S), needle shock (DM) (S)
LI 1  gout (bleed)
LI 2  stye (DM) (S),  pediatric constipation
LI 4  • face flushing (S), headache, hypertension, neck-shoulder tension (S),
      sinus inflammation, stroke, toothache
LU 11 throat pain (bleed) (S)
PC 8  • palpitation (S), chest tightness (S)
SI 1  chest oppression (bleed) (S), chest pain (bleed), fainting, headache at BL
      7 (DM), sore throat (bleed)
SI 3  arthritis, headache (S), headache, influenza (DM), intestinal bleeding,
      neck-shoulder pain (S), pneumonia
SJ 1  headache (bleed), tinnitus (bleed)
SJ 3  • dizziness (S), tinnitus (S)
SJ 4  blood disorders, gynecological disorders, heart irregular, morning sickness
      (IDN)

8. POINTS OF THE WRIST
HT 7  constipation (DM) (S), mental disorders (DM)
LU 9  cold and flu (S), cough (S), urinary problems (S)
SI 6  skin bumps: acne, boil (DM), wrist pain
SJ 5  • wrist pain (S)
SJ 8  headache, strong pain

9. POINTS OF THE LOWER ARM
HT 3  • tinnitus (DM) (S), elbow problems (S), red eye, stiff neck
HT 6  chest pain (S), palpitations (S)
LI 6  abdominal pain (S), thumb numbness, toothache, wrist tendonitis (S)
LU 5  • edema (S), brain feels heavy, throat pain (S), urinary problems (S)
LU 6  hemorrhoid (S)
LU 7  swollen cheek, gum infection, interscapular pain (S), throat sore (S),
      toothache
LU 8  cough (S), fever (S), tonsillitis
LI 10  • face flushing (S), abdomen cold, head hot, boils, carbuncles (DM), lymph adenitis, shoulder tension (S), skin problems (DM), stroke (DM)
LI 11  • eye problems, face flushing (S), headache, head fullness (S), hypertension (DM) (S), infections (DM), skin problems (DM), upper limb regulation (S)
PC 3  stubborn cough
PC 4  stubborn cough, palpitations (S)
PC 6  • palpitations (S), dizziness, epigastric disorder (S), headache

10. POINTS ON THE UPPER ARM
LI 14  • inability to raise arm
SI 10  shoulder pain
SJ 12  •
SJ 13  •

11. POINTS ON THE UPPER BACK
BL 12  cold and flu (S), hives, neck stiffness, throat problems, tonsillitis
BL 13  cough, health maintenance (DM), neck stiffness (S), respiratory problems, shoulder stiffness (S)
BL 14  neck stiffness (S), shoulder stiffness (S),
BL 15  esophageal constriction, heart disorders (S), mental disturbance, neck stiffness (S), red eye, rheumatoid arthritis, shoulder stiffness (S)
BL 17  diaphragm problems (S), dysmenorrhea (S), esophageal constriction (S), liver or GB problems, mental disturbance, perimenopause (S), vomiting (S)
BL 42  arm numbness (S), cervical lymphadenitis, respiratory problems, shoulder pain, neck stiffness (S)
BL 43  fatigue (DM) (S), lowered immunity (DM), heart fatigue, upper back stiffness (S)
BL 46  esophageal constriction, intrascapular pain
DU 10  cough (S), nervous disorders (DM) (S)
DU 11  chest pain, heart problems, insomnia, nervous disorders (DM) (S)
DU 12  
cough (S), fatigue (DM), laryngitis, lung disorders, nervous disorders, pediatric disorders

DU 14  
cold and flu (DM) (S), cough (DM) (S), laryngitis, meningitis, mental disorders, throat problems

SI 9  
shoulder joint problems (S)

SI 11  
• arm pain or numbness (S), chest pain, lactation low (DM), shoulder tension

12. POINTS ON THE MID BACK

BL 18  
depression (S), gallbladder problems, insomnia (liver), jaundice, liver problems (r) (S), stroke sequelae

BL 19  
gallstones

BL 20  
amnesia, duodenal ulcer, spleen imbalance (S), stomach disorders

BL 48  
gallstones

BL 49  
gallstones, gastrospasm

BL 52  
abdomen cold, gynecological problems, kidney deficiency, penis/testicle/scrotum, urethritis

BL 53  
hip problems

DU 6  
diabetes (DM) (S), gum disease, spleen-pancreas weakness

DU 8  
anxiety, facial paralysis, fatigue due to nervousness, insomnia

DU 9  
poor concentration, digestive disorders (S), esophageal constriction, esophageal obstruction (S), headache, kidney fire, sluggish liver, lung infection, nervous disorders (DM) (S)

DU 10  
asthma, spleen-pancreas weakness

13. POINTS ON THE LOWER BACK

BL 22  
adrenal fatigue, spontaneous back pain (S), blood circulation problems, diabetes, kidney inflammation (S)

BL 23  
adrenal fatigue, asthma, diabetes, eye bleeding, kidney imbalance (S), sexual organ dysfunction, vision weak

BL 52  
lower back pain, (S), kidney weakness, fatigue (S), kidney stones (S)
DU 4  adrenal weakness (DM), lower back pain, enuresis, gum disease, intestinal bleeding, kidney disorder, nausea, acute, vaginal discharge

14. POINTS ON THE HIP AND SACRUM
BL 25  lower back pain, (S), leg pain (S),
BL 27  bladder problems (S), gynecological disorders (S), hemorrhoids (S), intestinal inflammation, rheumatoid arthritis (DM)
BL 28  bladder infection
BL 30-34 bladder infection, breech presentation, endometriosis, hemorrhoids, menstrual cramps, uterus and ovary disorders
BL 53  libido low (S), prostate problems (S), urination frequent (S)
BL 54  hemorrhoid (S), urination frequent (S)
DU 1  epilepsy, hemorrhoids, manic disorder, anal fissure
DU 2  coccyx pain (S), constipation (DM) (S), enuresis, hemorrhoid (S)
DU 3  adrenal weakness (DM), enuresis, lower back pain, (S), prostate problems, sciatica (S)
GB 30  hip pain (S), sciatic pain (S)
Gluteal pt* hemorrhoid (S), sciatica (S)
Iliac pt* back pain (S), sacroiliac pain (S)
Ischial pt* sciatic pain (S)
Onodera pt* epigastric pain (S), hip pain (S)

15. POINTS OF THE THIGH AND KNEE
GB 31  • abdomen cold (DM), cold feet (DM)
LIV 8  bladder disorders, dizziness (S), endometriosis, headache (S), knee pain (S), nausea (S)
LIV 11  endometriosis, prostate disorder, testicle-scrotum disorders
SP 10  • menstrual irregularity (S), blood poisoning, endometriosis
SP 12  ascites (DM), inguinal hernia
ST 34  • knee pain (S), abdominal pain, acute, appendicitis, R (DM), diarrhea (DM), gastrointestinal spasm
16. POINTS OF THE LOWER LEG

BL 57  • hemorrhoids, knee problems
BL 58  bladder infection (S), headache, occiput (S), knee problems, sciatica
BL 59  acute lower back pain (S), acute sciatica (S)
GB 34  • gallbladder channel excess (S), lower back pain, bell’s palsy, GI bleeding, menstrual problems due to excess
GB 38  gallbladder channel excess (S), poison/drug detox
KI 7  abdominal distension (S), fatigue (S), heel bone pain, low libido (S), tinnitus (S)
KI 9  anal prolapse, chest pain (S), hemorrhoids, medication poison, motion sickness (IDN) (S), palpitations (S)
KI 10  fluid imbalance (S), weak kidney
LIV 5  gynecological disorders, inguinal hernia, leukorrhea, prostate problems, testicle-scrotum problems
SP 6  • menstrual problems (S), bladder infection, fetal malpresentation (DM) (S), kidney infection, male infertility, venereal disease
SP 8  diarrhea, acute (S), acute gastrointestinal pain (S), knee joint infection
SP 9  • gastrointestinal disorder (S), abdominal pain, diarrhea (S), hot flashes (S), knee joint pain (S), menstrual disorders
ST 36  • digestive problems (S), chronic illness (DM), depression (S), insomnia (S), knee edema (DM) (S), longevity (DM)
ST 37  intestinal disorders, sinus congestion, knee edema (DM) (S)
ST 40  stomach channel excess (S)

17. POINTS OF THE ANKLE

GB 40  gallbladder channel excess (S), stiff neck
LIV 4  asthma (S), cough (S), fever (S), gallstone, herpes simplex, hyperacidity
SP 5  anal prolapse (DM) (S), asthma (S), cough (S), hernia, inguinal, herpes outbreak (DM)
ST 41  • SCM tenderness (S), eyelid disorders, stye (DM)

18. POINTS OF THE FOOT
BL 60  • back pain (S), bladder channel excess (S), diarrhea (DM), headache, occiput (S), pain at REN 3 (S)
BL 64  mania
BL 67  difficult delivery (DM), difficult labor (DM) (S), malpresentation of fetus (DM) (S)
GB 41  gallbladder stones or inflammation (r) (S)
GB 43  edema, sciatica
KI 1   hypertension (DM) (S) (S), revive consciousness (DM) with DU 20, whole body edema (DM)
KI 2   ear suppuration (DM) (S), hot feet (S), hypertension, throat pain, tinnitus (S)
KI 3   poor body circulation, chronic cough, ear disorders, throat problems
KI 5   Achilles tendon pain, heel bone pain
KI 7   kidney deficiency (S)
LIV 1  chest pain with anxiety, dizziness (S), epigastric pain (S), headache (DM) (S), nausea (S), eye stye (DM)
LIV 2  gout, headache (S), nausea (S)
LIV 3  • loss of appetite
SP 1   geriatric insomnia (S), acute anxiety, acute gastrointestinal pain (S), mental disorder (S), pediatric night terror
SP 3   abdominal pain (S), gastrointestinal pain (S), kidney stone attack (S), menstrual problems (S)
SP 4   constipation (I) (S)