



*...going one step further*



**N31/N30**

# Allgemeines/General/Généralités/Generalidades

Bei den Punkten haben wir versucht, konsequent eine Nomenklatur zu verwenden:  
Kurzbezeichnung der Punkte mit der englischen Abkürzung.

For the points, we have attempted to use a consistent nomenclature:  
Short name of the points with the english abbreviation.

En ce qui concerne les points, nous sommes efforcés d'utiliser, dans la mesure du possible,  
une nomenclature:  
Abréviation de les points accompagnée de l'abréviation anglais.

En los puntos hemos intentado emplear de modo consecuente una nomenclatura:  
Denominación abreviada de los puntos con la abreviatura ingles.



# Meridiane/Meridians/Méridiens/Meridianos

## Lungen-Meridian (der Hand - Tai Yin)

Lung-Meridian (of the hand - Tai Yin)

Méridien du poumon (de la main - Tai Yin)

Meridiano de los pulmones (de la mano - Tai Yin)

Shou tai yin (Shoutaiyin Fei Jing)

Cardinalis pulmonalis

LU 1	Zhongfu	Chungfu
LU 2	Yunmen	Yünmen
LU 3	Tianfu	Tienfu
LU 4	Qiabai	Chiabai
LU 5	Chize	Chihtse
LU 6	Kongzui	Kungtsui
LU 7	Lieque	Liehchueh
LU 8	Jingqu	Chingchu
LU 9	Taiyuan	Taiyuan
LU 10	Yuji	Yuchi
LU 11	Shaoshang	Shaoshang

## Dickdarm-Meridian (der Hand - Yang Ming)

Large intestine-Meridian (of the hand - Yang Ming)

Méridien du gros intestin (de la main - Yang Ming)

Meridiano del intestino grueso (de la mano - Yang Ming)

Shou yang ming (Shouyangming Dachang Jing)

Cardinalis intestini crassii

LI 1	Shangyang	Schangyang
LI 2	Erjian	Erhchien
LI 3	Sanjian	Sanchien
LI 4	Hegu	Hoku
LI 5	Yangxi	Yanghsi
LI 6	Pianli	Pienli
LI 7	Wenliu	Wenliu
LI 8	Xialian	Hsialien
LI 9	Shanglian	Schanglian
LI 10	Shousanli	Schousanli
LI 11	Quchi	Chuchih
LI 12	Zhoujiao	Chouchiao
LI 13	Shouwuli	Shouwuli
LI 14	Binao	Pinao
LI 15	Jianju	Chienyu
LI 16	Jugu	Chuku
LI 17	Tianding	Tienting
LI 18	Futu	Futu
LI 19	Hejiao	Hochiao
LI 20	Yingxiang	Yinghsiang

## Magen-Meridian (des Fußes - Yang Ming)

Stomach-Meridian (of the foot - Yang Ming)

Méridien de l'estomac (du pied - Yang Ming)

Meridiano del estómago (del pie - Yang Ming)

Zou yang ming (Zuyangming Wei Jing)

Cardinalis stomachii

ST 1	Chengqi	Chengchi
ST 2	Sibai	Szupai
ST 3	Jujiao	Chüchiao
ST 4	Dicang	Titsang
ST 5	Daying	Taying
ST 6	Yache	Yacheh
ST 7	Xiaguan	Hsiakuan
ST 8	Touwei	Touwei
ST 9	Renyang	Jenyang
ST 10	Shuitu	Schuitu
ST 11	Qishe	Chishe
ST 12	Quepen	Chuehpen
ST 13	Qihu	Chihu
ST 14	Kufang	Kufang
ST 15	Wuyi	Wuyi
ST 16	Yingchuang	Yingchuang
ST 17	Ruzhong	Juchung
ST 18	Rugen	Juken
ST 19	Burong	Pujung
ST 20	Chengman	Chengman
ST 21	Liangmen	Liangmen
ST 22	Guanmen	Kuanmen
ST 23	Taiyi	Taiyi
ST 24	Huaroumen	Huajoumen
ST 25	Tianshu	Tianshu
ST 26	Wailing	Wailing
ST 27	Daju	Tachu
ST 28	Shuidao	Shuitao
ST 29	Guilai	Kueilai
ST 30	Qichong	Chichung
ST 31	Biguan	Pikuan
ST 32	Futu	Futu
ST 33	Yinshi	Yinshih
ST 34	Liangqiu	Liangchiu
ST 35	Dubi	Tupi
ST 36	Zusanli	Tsusanli
ST 37	Juxu shanglian	Chühsü shanglien
ST 38	Tiaokou	Tiaokou
ST 39	Juxu xialian	Chühsü hsialien
ST 40	Fenglong	Fenglung
ST 41	Jiexi	Chiehhsi
ST 42	Chongyang	Chungyang
ST 43	Xiangu	Hsienku
ST 44	Neiting	Neiting
ST 45	Lidui	Litui

# Meridiane/Meridians/Méridiens/Meridianos

**Milz-(Pankreas)-Meridian (des Fußes - Tai Yin)**  
**Spleen-(Pancreas)Meridian (of the foot - Tai Yin)**  
**Méridien de la rate (du pancréas) (du pied - Tai Yin)**  
**Meridiano del bazo-(páncreas) (del pie - Tai Yin)**  
**Zou tai yin (Zutaiyin Pi Jing)**  
**Cardinalis lienalis (Cardinalis splenis)**

SP 1	Yinbai	Yinpai
SP 2	Dadu	Tatu
SP 3	Taibai	Taipai
SP 4	Gongsun	Kungsun
SP 5	Shangqiu	Shangchiu
SP 6	Sanyinjiao	Sanyinchiao
SP 7	Lougu	Louku
SP 8	Diji	Tichi
SP 9	Yinlingquan	Yinlingchuan
SP 10	Xuehai	Hsuehai
SP 11	Jimen	Chimen
SP 12	Chongmen	Chungmen
SP 13	Fushe	Fushe
SP 14	Fujie	Fuchieh
SP 15	Daheng	Taheng
SP 16	Fuai	Fuai
SP 17	Shidou	Shihtou
SP 18	Tianxi	Tienhsi
SP 19	Xiongxiang	Hsiunghsiang
SP 20	Zhouying	Chouying
SP 21	Dabao	Tapao

**Dünndarm-Meridian (der Hand - Tai Yang)**  
**Small intestine-Meridian (of the hand - Tai Yang)**  
**Méridien de l'intestin grêle (del la main - Tai Yang)**  
**Meridiano del intestino delgado (de la mano - Tai Yang)**  
**Shou tai yang (Shoutaiyang Xiaochang Jing)**  
**Cardinalis intestini tenui**

SI 1	Shaoze	Shaotse
SI 2	Qianqu	Chienku
SI 3	Houxi	Houhsi
SI 4	Wangu	Wanku
SI 5	Yanggu	Yangku
SI 6	Yanglao	Yanglao
SI 7	Zhizheng	Chihcheng
SI 8	Xiaohai	Hsiaohai
SI 9	Jianzhen	Chienchen
SI 10	Naoshu	Naoshu
SI 11	Tianzong	Tientsung
SI 12	Bingfeng	Pingfen
SI 13	Quyuan	Chuyuan
SI 14	Jianwaishu	Chienwaishu
SI 15	Jianzhongshu	Chienchungshu
SI 16	Tianchuang	Tienchuang
SI 17	Tianrong	Tienjung
SI 18	Quanjiao	Chuanliao
SI 19	Tinggong	Tingkung

**Herz-Meridian (der Hand - Shao Yin)**  
**Heart-Meridian (of the hand - Shao Yin)**  
**Méridien du cœur (de la main - Shao Yin)**  
**Meridiano del corazón (de la mano - Shao Yin)**  
**Shou shao yin (Shoushaoyin Xin Jin)**  
**Cardinalis cardialis**

HT 1	Jiquan	Chichuan
HT 2	Qinglingquan	Chinglingchuan
HT 3	Shaohai	Shaohai
HT 4	Lingdao	Lingtao
HT 5	Tongli	Tungli
HT 6	Yinxi	Yinhsi
HT 7	Shenmen	Shenmen
HT 8	Shaofu	Shaofu
HT 9	Shaochong	Shaochung

**Blasen-Meridian (des Fußes - Tai Yang)**  
**Bladder-Meridian (of the foot - Tai Yang)**  
**Méridien de la vessie (du pied - Tai Yang)**  
**Meridiano de la vejiga urinaria (del pie - Tai Yang)**  
**Zou tai yang (Zutaiyang Panguang Jing)**  
**Cardinalis vesicalis (Cardinalis vesicae urinae)**

BL 1	Jingming	Chingming
BL 2	Cuanzhu	Tsuanchu
BL 3	Meichong	Meichung
BL 4	Qucha	Chucha
BL 5	Wuchu	Wuchu
BL 6	Chengguang	Chengkuang
BL 7	Tongtian	Tungtien
BL 8	Louque	Lochueh
BL 9	Yuzhen	Yuchen
BL 10	Tianzhu	Tienchu
BL 11	Dazhu	Tachu
BL 12	Fengmen	Fengmen
BL 13	Feishu	Feishu
BL 14	Jueyinshu	Chuehyinshu
BL 15	Xinshu	Hsinshu
BL 16	Dushu	Tushu
BL 17	Geshu	Keshu

# Meridiane/Meridians/Méridiens/Meridianos

BL 18	Ganshu	Kanshu
BL 19	Danshu	Tanshu
BL 20	Pishu	Pishu
BL 21	Weishu	Weishu
BL 22	Sanjiaoshu	Sanchiaoshu
BL 23	Shenshu	Shenshu
BL 24	Qihai	Chihaishu
BL 25	Dachangshu	Tachangshu
BL 26	Guanyuanshu	Kuanyuanshu
BL 27	Xiaochangshu	Hsiaochangshu
BL 28	Panguangshu	Panguangshu
BL 29	Zhonglüshu	Chunglüshu
BL 30	Baihuanshu	Paihuanshu
BL 31	Shangjiao	Shangchiao
BL 32	Ciliao	Tzuliao
BL 33	Zhongjiao	Chungchiao
BL 34	Xiajiao	Hsialiao
BL 35	Huiyang	Huiyang
BL 36	Chengfu	Chengfu
BL 37	Yinmen	Yinmen
BL 38	Fuxi	Fuhsi
BL 39	Weiyang	Weiyang
BL 40	Weizhong	Weichung
BL 41	Fufen	Fufen
BL 42	Pohu	Pohu
BL 43	Goahuang	Kaohuang
BL 44	Shentang	Shentang
BL 45	Yixi	Yixi
BL 46	Geguan	Kekuan
BL 47	Hunmen	Hunmen
BL 48	Yanggang	Yanggang
BL 49	Yishe	Yishe
BL 50	Weicang	Weicang
BL 51	Huangmen	Huangmen
BL 52	Zhishi	Chihshih
BL 53	Baohuang	Paohuang
BL 54	Zhibian	Chihpian
BL 55	Heyang	Heyang
BL 56	Chengjin	Chengchin
BL 57	Chengshan	Chengshan
BL 58	Feiyang	Feiyang
BL 59	Fuyang	Fuyang
BL 60	Kunlun	Kunlun
BL 61	Pucan	Pucan
BL 62	Shenmo	Shenmo
BL 63	Jinmen	Chinmen
BL 64	Jinggu	Chingku
BL 65	Shugu	Shugu
BL 66	Tonggu	Tungku
BL 67	Zhiyin	Chihyin

**Nieren-Meridian (des Fußes - Shao Yin)**  
**Kidney-Meridian (of the foot - Shao Yin)**  
**Méridien des reins (du pied - Shao Yin)**  
**Meridiano de los riñones (del pie - Shao Yin)**  
**Zou shao yin (Zushaoyin ShenJing)**  
**Cardialis renalis**

KI 1	Yongquan	Yungchuan
KI 2	Rangu	Janku
KI 3	Taixi	Taihsi
KI 4	Dazhong	Tachung
KI 5	Shuiquan	Shuichuan
KI 6	Zhaohai	Chaochai
KI 7	Fuliu	Fuliu
KI 8	Jiaoxin	Chiaohsin
KI 9	Zhubin	Chubin
KI 10	Yingu	Yinku
KI 11	Henggu	Hengku
KI 12	Dahe	Taher
KI 13	Qixue	Chihshueh
KI 14	Siman	Szuman
KI 15	Zhongzhu	Chungchü
KI 16	Huangshu	Huangshu
KI 17	Shangqu	Shangchu
KI 18	Shiguan	Shihkuan
KI 19	Yindu	Yintu
KI 20	Tonggu	Tungku
KI 21	Youmen	Yumen
KI 22	Bulang	Pulang
KI 23	Shenfeng	Shenfeng
KI 24	Lingxu	Lingshu
KI 25	Shencang	Shentsang
KI 26	Yuzhong	Yuchung
KI 27	Shufu	Shufu

**Perikard-Meridian (der Hand - Jue Yin)**  
**Pericardium-Meridian (of the hand - Jue Yin)**  
**Méridien maître du cœur (de la main - Jue Yin)**  
**Meridiano del pericardio (de la mano - Jue Yin)**  
**Shou jue yin (Shoujueyin Xinbao Jing)**  
**Cardinalis pericardialis**

PC 1	Tianchi	Tienchih
PC 2	Tianquan	Tienchuan
PC 3	Quze	Chutse
PC 4	Ximen	Hsimen
PC 5	Jianshi	Chienshih
PC 6	Neiguan	Neikuan
PC 7	Daling	Taling
PC 8	Laogong	Laokung
PC 9	Zhongchong	Chungchung

# Meridiane/Meridians/Méridiens/Meridianos

**Meridian des dreifachen Erwärmers**

**(der Hand - Shao Yang)**

**Meridian of the triple calefactor**

**(of the hand - Shao Yang)**

**Méridien du triple réchauffeur (de la main - Shao Yang)**

**Meridiano del calefactor triple (de la mano - Shao Yang)**

**Shou shao yang (Shoushaoyang Sanjiao Jing)**

**Cardinalis tricalorii (Cardinalis triplis calefatientibus)**

TB 1	Guanchong	Kuanchung
TB 2	Yemen	Yemen
TB 3	Zhongzhu	Chungchu
TB 4	Yangchi	Yangchih
TB 5	Waiguan	Weikuan
TB 6	Feihu	Feihu
TB 7	Huizong	Huitsung
TB 8	Tongmen	Tungmen
TB 9	Sidu	Szutu
TB 10	Tianjing	Tienching
TB 11	Qinglengquan	Chinglengchüan
TB 12	Xiaoluo	Hsiaolo
TB 13	Naohui	Naohui
TB 14	Jianjiao	Chienchiao
TB 15	Tianjiao	Tienchiao
TB 16	Tianyou	Tienyu
TB 17	Yifeng	Yifeng
TB 18	Jimo	Chihmo
TB 19	Luxi	Luhsi
TB 20	Jiaosun	Chiaosun
TB 21	Ermen	Erhmen
TB 22	Hejiao	Hochiao
TB 23	Sizhukong	Szuchukung

GB 8	Er dian	Erhtien
GB 9	Tianchong	Tienchung
GB 10	Fubai	Fupai
GB 11	Qiaoyin	Chiaoyin
GB 12	Wangu	Wanku
GB 13	Benshen	Penshen
GB 14	Yangbai	Yangpai
GB 15	Toulinqi	Toulinchi
GB 16	Muchuang	Muchuang
GB 17	Zhengying	Chengying
GB 18	Chengling	Chengling
GB 19	Naokong	Naokung
GB 20	Fengchi	Fengchih
GB 21	Jianjing	Chienching
GB 22	Yuanye	Yuanyeh
GB 23	Zhejin	Chechin
GB 24	Riyue	Jihyueh
GB 25	Jingmen	Chingmen
GB 26	Daimai	Taimo
GB 27	Wushu	Wushu
GB 28	Weidao	Weitao
GB 29	Jujiao	Chuchiao
GB 30	Huantiao	Huantiao
GB 31	Fengshi	Fengshih
GB 32	Zhongdu	Chungtu
GB 33	Xiyangguan	Hsiyangkuan
GB 34	Yanglingquan	Yanglingchuan
GB 35	Yangjiao	Yangchiao
GB 36	Waiqiu	Waichiu
GB 37	Guangming	Kuangming
GB 38	Yangfu	Yangfu
GB 39	Xuanzhong	Hsuanchung
GB 40	Qixu	Chiuhsu
GB 41	Zulinqi	Tsulinch
GB 42	Diwuhui	Tiwuhui
GB 43	Jiaksi	Chiahsi
GB 44	Zuqiaoyin	Tsuchiaoyin

**Gallen(blasen)-Meridian (des Fußes - Shao Yang)**

**Gall(bladder)-Meridian (of the foot - Shao Yang)**

**Méridien de la vésicule biliaire (du pied - Shao Yang)**

**Meridiano de la bilis (vesícula) (del pie - Shao Yang)**

**Zou shao yang (Zushaoyang Dan Jing)**

**Cardinalis felleae (Cardinalis vesicae felleae)**

GB 1	Tongzijiao	Tungtzuchiao
GB 2	Tinghui	Tinghui
GB 3	Shangguan	Shangkuan
GB 4	Hanyan	Hanyen
GB 5	Xuanlu	Hsuanlu
GB 6	Xuanli	Hsuanli
GB 7	Qubin	Chupin

**Leber-Meridian (des Fußes - Jue Yin)**

**Liver-Meridian (of the foot - Jue Yin)**

**Méridien du foie (du pied - Jue Yin)**

**Meridiano del hígado (del pie - Jue Yin)**

**Zou jue yin (Zujueyin Gan Jing)**

**Cardinalis hepatis**

LR 1	Dadun	Tatun
LR 2	Xingjian	Hsingchien
LR 3	Taichong	Taichung
LR 4	Zhongfeng	Chungfeng
LR 5	Ligou	Likou
LR 6	Zhongdu	Chungtu
LR 7	Xiguan	Hsikuan

# Meridiane/Meridians/Méridiens/Meridianos

LR 8	Ququan	Chuchuan
LR 9	Yinbao	Yinpao
LR 10	Wuli	Wuli
LR 11	Yinlian	Yinlien
LR 12	Jimai	Chimo
LR 13	Zhangmen	Changmen
LR 14	Qimen	Chimen

## Du Mai (Leitbahn der Steuerung/Lenkergefäß)

### Du Mai (Control tract/guide vessel)

### Du Mai (Vaisseaux gouverneur)

### Du Mai (Conducto del control/vaso director)

### Tu Mei (Du mai, Du mo, Tomo, Domo)

**Sinarteria regens (zu den Sinarteriae cardinales impares gehörend/belonging to the Sinarteriae cardinales impares/appartenant aux Sinarteriae cardinales impares/perteneciente a los Sinarteriae cardinales impares)**

GV 1	Zhangqiang	Changqiang
GV 2	Yaoshu	Yaoshu
GV 3	Yaoyangguan	Yangkuan
GV 4	Mingmen	Mingmen
GV 5	Xuanshu	Hsuanshu
GV 6	Jizhong	Chichung
GV 7	Zhongshu	Chungshu
GV 8	Jinsuo	Chinso
GV 9	Zhiyang	Chihyang
GV 10	Lingtai	Lingtai
GV 11	Shendao	Shentao
GV 12	Shenzhu	Shenchu
GV 13	Taodao	Taotao
GV 14	Dazhui	Tachui
GV 15	Yamen	Yamen
GV 16	Fengfu	Fengfu
GV 17	Naohu	Naohu
GV 18	Qiangjian	Chiangchien
GV 19	Houding	Houting
GV 20	Baihui	Paihui
GV 21	Qianding	Chienting
GV 22	Xinhui	Hsinhui
GV 23	Shangxing	Shanghsing
GV 24	Shenting	Shenting
GV 25	Sujiao	Suchiao
GV 26	Renzhong	Jenchung
GV 27	Duiduan	Tuituan
GV 28	Yinjiao	Yinchiao

## Ren Mai (Aufnehmende Leitbahn/Dienergefäß)

### Ren Mai (Receiving tract/serving vessel)

### Ren Mai (Vaisseaux conception)

### Ren Mai (Conducto receptor/vaso servidor)

### Ren Mai (Jen mai, Jenmo, Renmo)

**Sinarteria respondens (zu den Sinarteriae cardinales impares gehörend/belonging to the Sinarteriae cardinales impares/appartenant aux Sinarteriae cardinales impares/perteneciente a los Sinarteriae cardinales impares)**

CV 1	Huiyin	Huiyin
CV 2	Qugu	Chuku
CV 3	Zhongji	Chungchi
CV 4	Guanyuan	Kuanyuan
CV 5	Shimen	Shimen
CV 6	Qihai	Chihai
CV 7	Yinjiao	Yinchiao
CV 8	Shenque	Shenchueh
CV 9	Shuifen	Shuifen
CV 10	Xiawan	Hsiawan
CV 11	Jianli	Chienli
CV 12	Zhongwan	Chungwan
CV 13	Shangwan	Shangwan
CV 14	Juque	Chuchueh
CV 15	Jiuwei	Chiuwei
CV 16	Zhongting	Chungting
CV 17	Danzhong	Tanchung
CV 18	Yutang	Yutang
CV 19	Zigong	Tzukung
CV 20	Huagai	Huakai
CV 21	Xuanji	Hsuanchi
CV 22	Tiantu	Tientu
CV 23	Lianquan	Lienchuan
CV 24	Chengjiang	Chengchiang