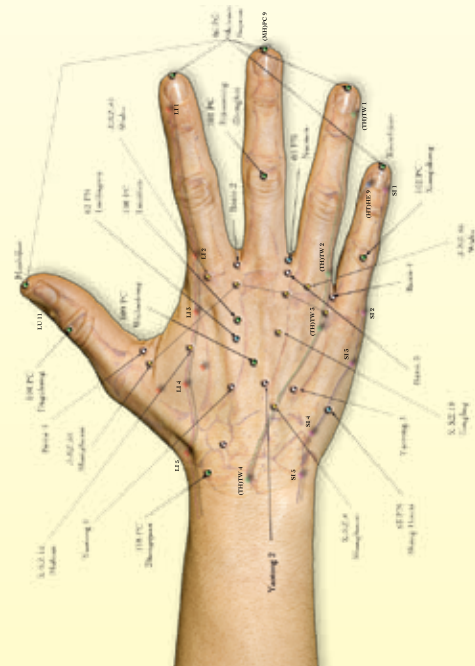


Antoine Bereder MD



FOREWORD

The aim of this Atlas of acupunctural anatomy is to break away from the traditional acupuncture drawings which are far from real life and from the problems encountered when localising the acupuncture points.

Instead of following the traditional order of the meridians, I have preferred to take another course and study the human body, beginning with the three Yin, then the three Yang, upper meridians, and likewise for the lower meridians.

The first part of the book will give a general view of the meridians, with a description of the tendino muscular meridian, the master meridian with its internal branches and the Luo vessels and finally, the distinct meridian and the points of the master meridian.

This first part also comprises the description of the Marvellous Vessels.

The second part studies the different anatomical parts of the body, indicating the points of the master meridians as well as the other points outside the meridians, such as the curious points, the new points, and also the points pertaining to the system of Master Tong.

The last part is a numerical and alphabetical index of all the points, also giving the numbers of the pages where these points can be found.

This book doesn't give the indications of the points, nor the way to use them, this being outside the scope of an anatomical atlas.

Dr Antoine Bereder

The Photographic Atlas of Acupuncture

The main motivating factor behind the creation of this photographic Atlas was the desire to use real photographs rather than simple diagrams and drawings to clarify and point out not only the main meridians but also the entire circuit of the secondary meridians, internal branches, Jing, Jin Lao and Ling Bie. This will provide a greater and more global vision of the whole of the energy system.

To highlight this, many of the photos have the bone and muscular system super-imposed to give the precise position of the acupuncture points.

The Atlas is divided into 3 sections:

- The first section provides a general idea of the whole of the meridian network, including the marvellous vessels and chakras.
- The second goes back to these same meridians but by anatomical zone: the hand, forearm, arm etc. adding the points outside the meridians as well as those of the Master Tong school so as to highlight the anatomical relation compared to the classical meridian points.
- The third section is a detailed index that will help the reader to find any point with regard to its name or nomenclature, codification and translation.

Didactically speaking, the author has insisted that the information on the left page should also be completely printed on the page on the right. This is to avoid a constant to & fro that is both a waste of time and tiring for the reader.

This book is an indispensable reference work that will accompany you in your practise of acupuncture.

INTERNAL BRANCHES OF SHU TAI YANG (SMALL INTESTINE)

Ling Shu chapter III paragraph 10

The internal branch goes up again on the postero-internal part of the arm and goes out by the joint of the shoulder, enters the supra-clavicular fossa and joins the heart.

It goes along the oesophagus and descends on the diaphragm, reaches the stomach and belongs to the Small Intestine.

Commentaries

The internal branch starts at the supra-clavicular fossa, at point ST 12 Quepen.

It penetrates into the chest to unite with the heart.

It goes down by the oesophagus, goes through the diaphragm and unites with the Stomach.

On that level, it crosses point (REN)CV 12 Zhongwan and point (REN)CV 13 Shangwan deep inside the body, then keeps descending to finally end in the Small Intestine.

A branch connects with point ST 39 Xiajuxu , 6 Cun below ST 36 Zusanli.

ST 12
Quepen
缺盆

(REN)CV 12
Zhongwan
中脘

(REN)CV 13
Shangwan
上脘

ST 39
Xiajuxu
下巨虚

TENDINO MUSCULAR OF ZU TAI YANG (BLADDER)

Ling Shu chapter IV paragraph 13

The tendino muscular of the Taiyang of the foot starts at the little toe.

It goes up joining the external malleolus. (*)

It goes up obliquely and connects with the knee.

It goes down by the external malleolus and unites with the zhong (posterior purchase of the foot).

It goes up on the heel and joins the popliteal crease.

A distinct branch joins the external part of the zhuan (gastrocnemius) and goes up on the internal part of the popliteal crease. (**)

From the popliteal crease, the tendino muscular joins the buttock while going up.

It runs up to the nape along the rachis . (***)
A distinct branch goes inside and joins the 'root of the tongue'.

The tendino muscular attaches itself to the occipital bone.

It goes up on the head (vertex) and goes down on the face uniting with the nose.

A branch goes up like a 'net over the eye' (on the upper eyelid).

It goes down uniting with the jiu (zygomatic). (****)

A branch starts behind the axilla, from the external border. It joins point Jian-yu at the acromioclavicular joint.

A branch penetrates under the armpit and, going up, goes out by the supraclavicular fossa.

It goes up uniting with Wanggu (behind the posterior border of the mastoid).

A branch goes out by the supraclavicular fossa. It goes up obliquely and out by the jiu (zygomatic).

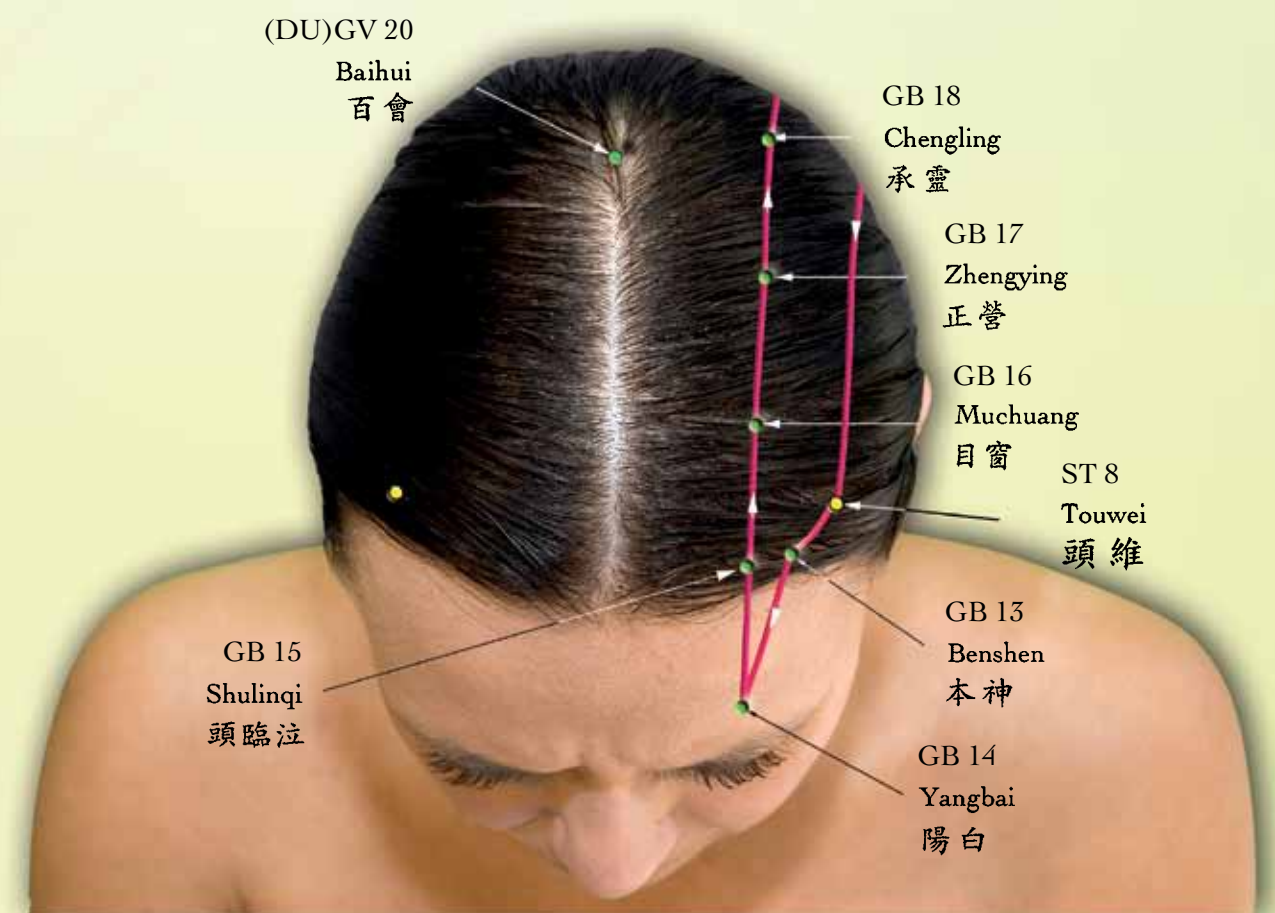
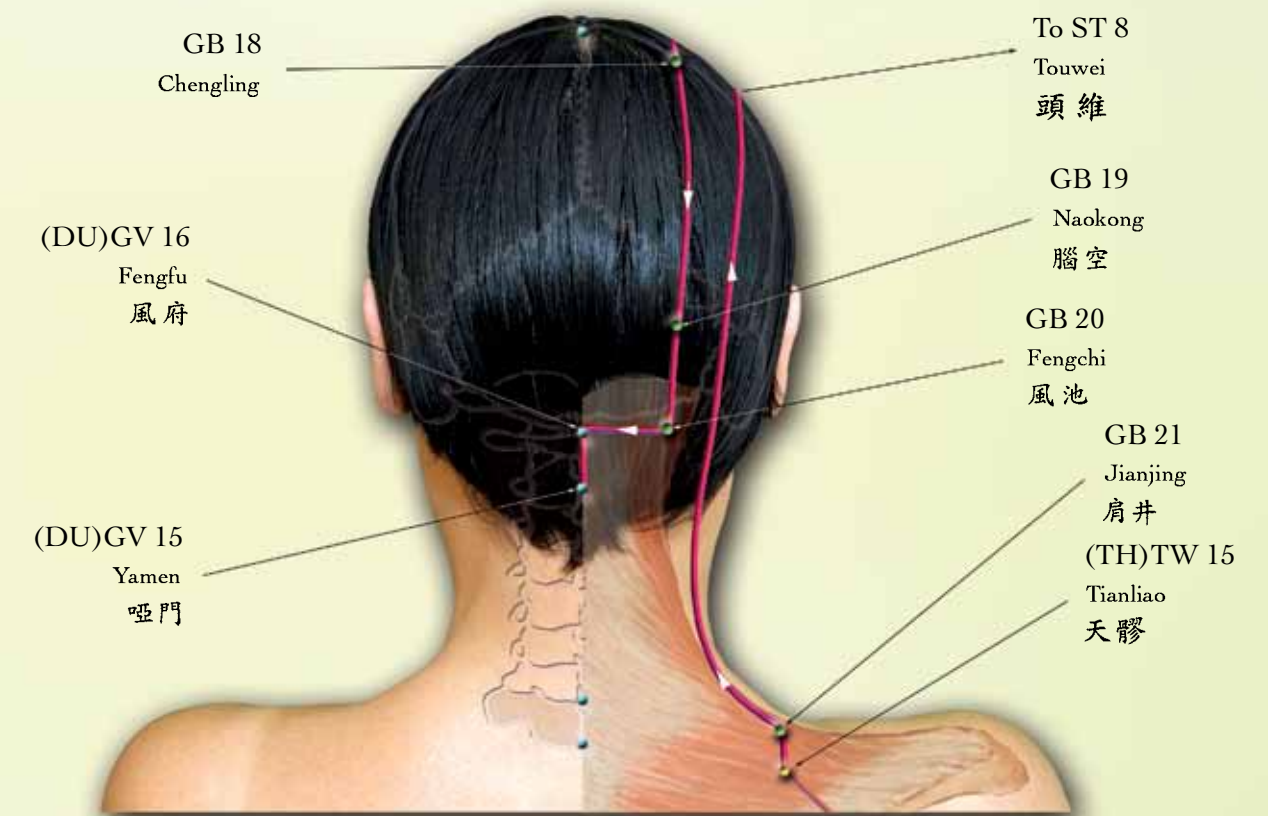
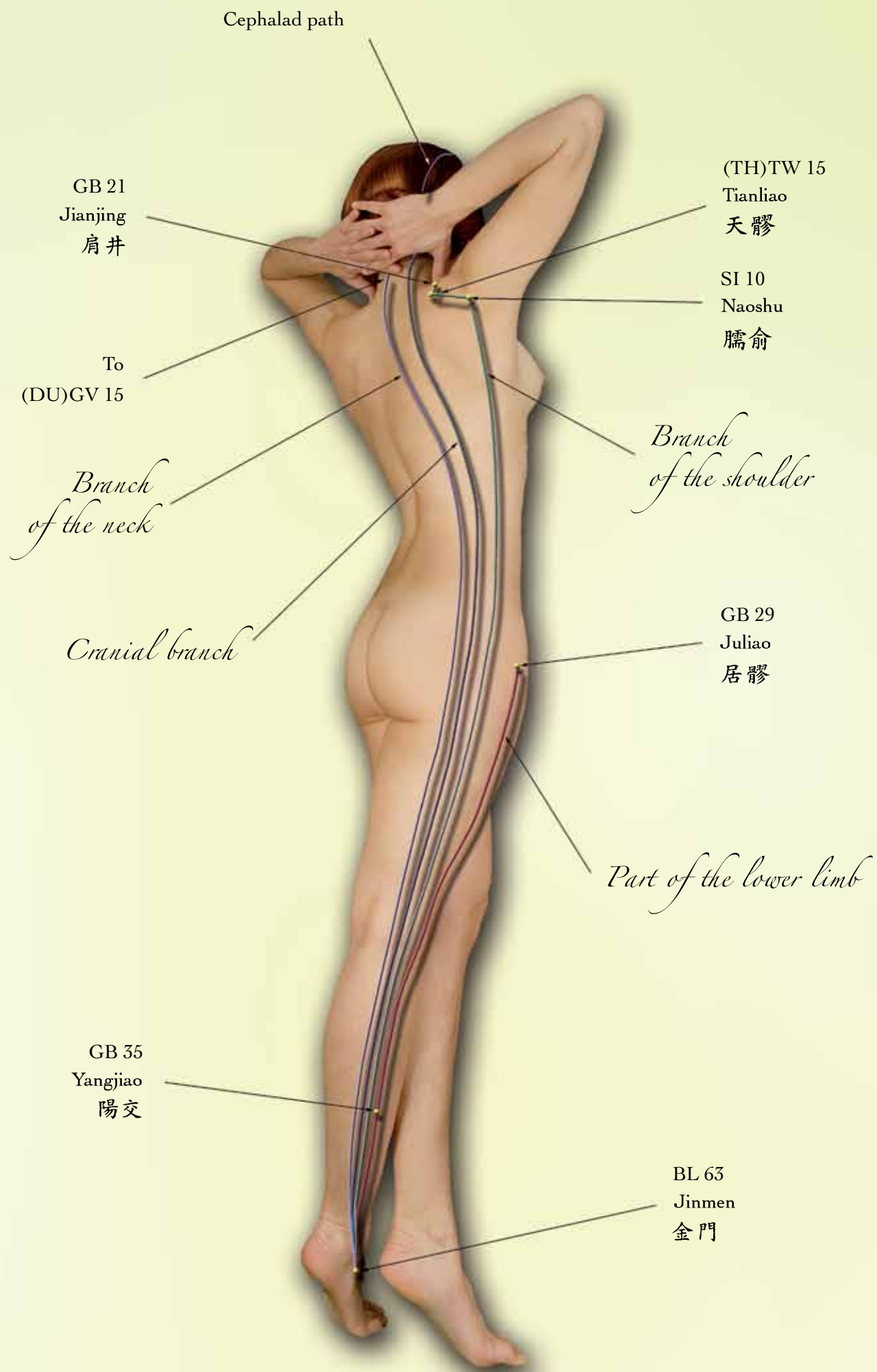
BL 10
Tianzhu
天柱

LI 15
Jianyu
肩髃

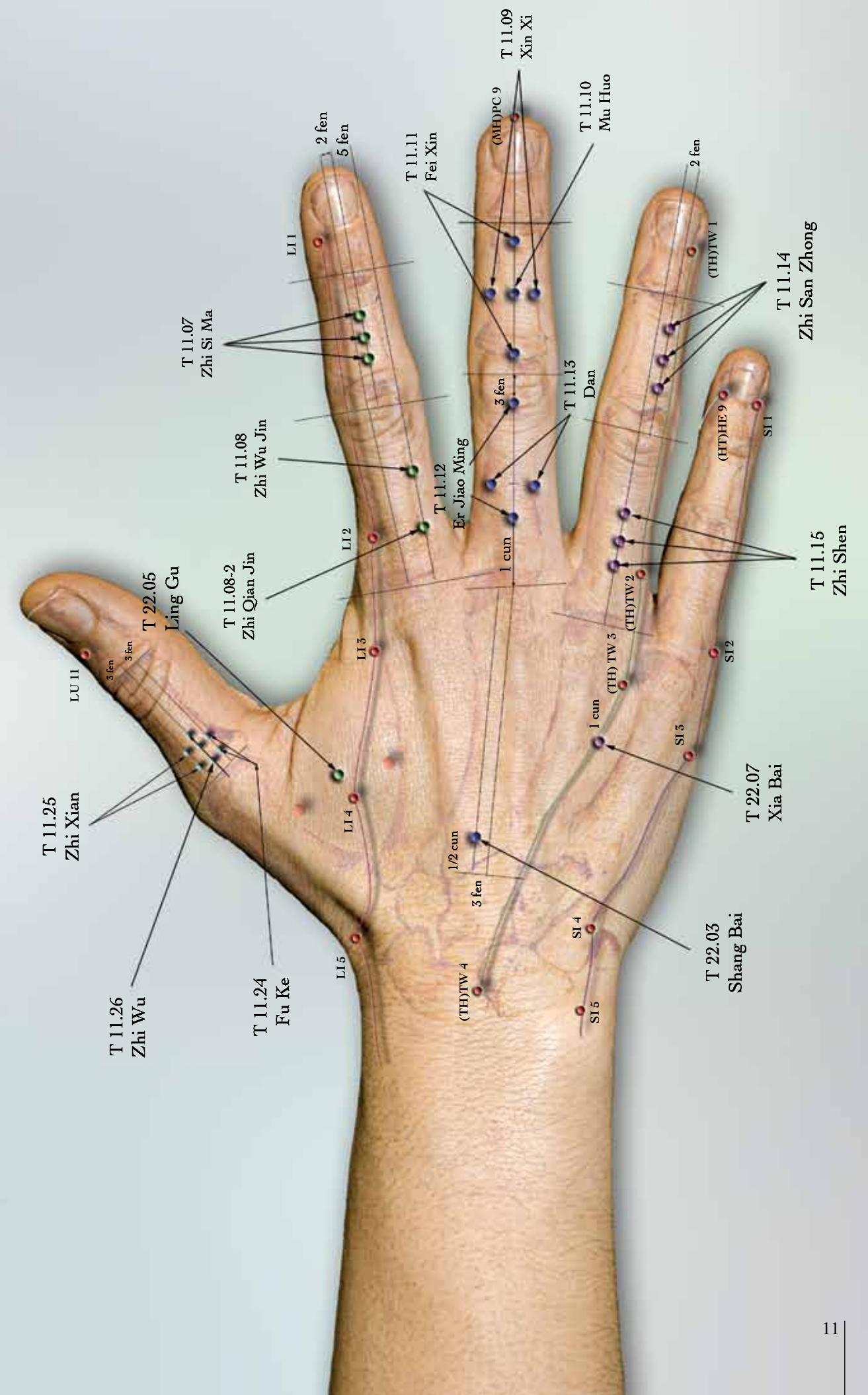
GB 34
Yanglingquan
陽陵泉



Tendinomuscular of Zu Tai Yang (Bladder)



Points of band



POSTERIOR SIDE

POINTS OF THE MASTER MERIDIANS

Meridian of the Shu Yang Ming (Large Intestine)

LI 11 Quchi
With the elbow flexed, at the lateral end of the cubital crease, at the midpoint of the line connecting Chize (LU 5) and the external humeral epicondyle.

LI 12 Zhouliao
With the elbow flexed, on the lateral side of the upper arm, 1 Cun above Quchi (LI 11), on the border of the humerus.

LI 13 Shouwuli
On the lateral side of the upper arm and on the line connecting Quchi (LI 11) and Jianyu (LI 15), 3 Cun above Quchi (LI 11).

LI 15 Jianyu
On the shoulder, superior to the deltoid muscle, in the depression anterior and inferior to the acromion when the arm is abducted or raised on the level of the shoulder.

LI 16 Jugu
On the shoulder, in the depression between the acromial extremity of the clavicle and scapular spine.

Meridian of the Shu Shao Yang (Triple Heater).

(TH)TW 10 Tianjing
On the lateral side of the upper arm, in the depression 1 Cun proximal to the tip of the olecranon when the elbow is flexed.

(TH)TW 11 Qinglengyuan
With the elbow flexed, on the lateral side of the upper arm, 2 Cun above the tip of the olecranon and 1 Cun above Tianjing ((TH)TW 10).

(TH)TW 12 Xiaoluo
On the lateral side of the upper arm, at the midpoint of the line connecting Qinglengyuan ((TH)TW 11) and Naohui ((TH)TW 13).

(TH)TW 13 Naohui
On the lateral side of the upper arm and on the line connecting the tip of the olecranon and Jianliao ((TH)TW 14), 3 Cun below Jianliao ((TH)TW 14), and on the posteroinferior border of the deltoid muscle.

(TH)TW 14 Jianliao
On the shoulder, posterior to Jianyu (LI 15), in the depression inferior and posterior to the acromion when the arm is abducted.

(TH)TW 15 Tianliao
On the scapula, at the midpoint between Jianjing (GB 21) and Quyuán (SI 13), at the superior angle of the scapula.

Meridian of the Shu Tai Yang (Small Intestine).

SI 8 Xiaohai
On the medial side of the elbow, in the depression between the olecranon of the ulna and the medial epicondyle of the humerus.

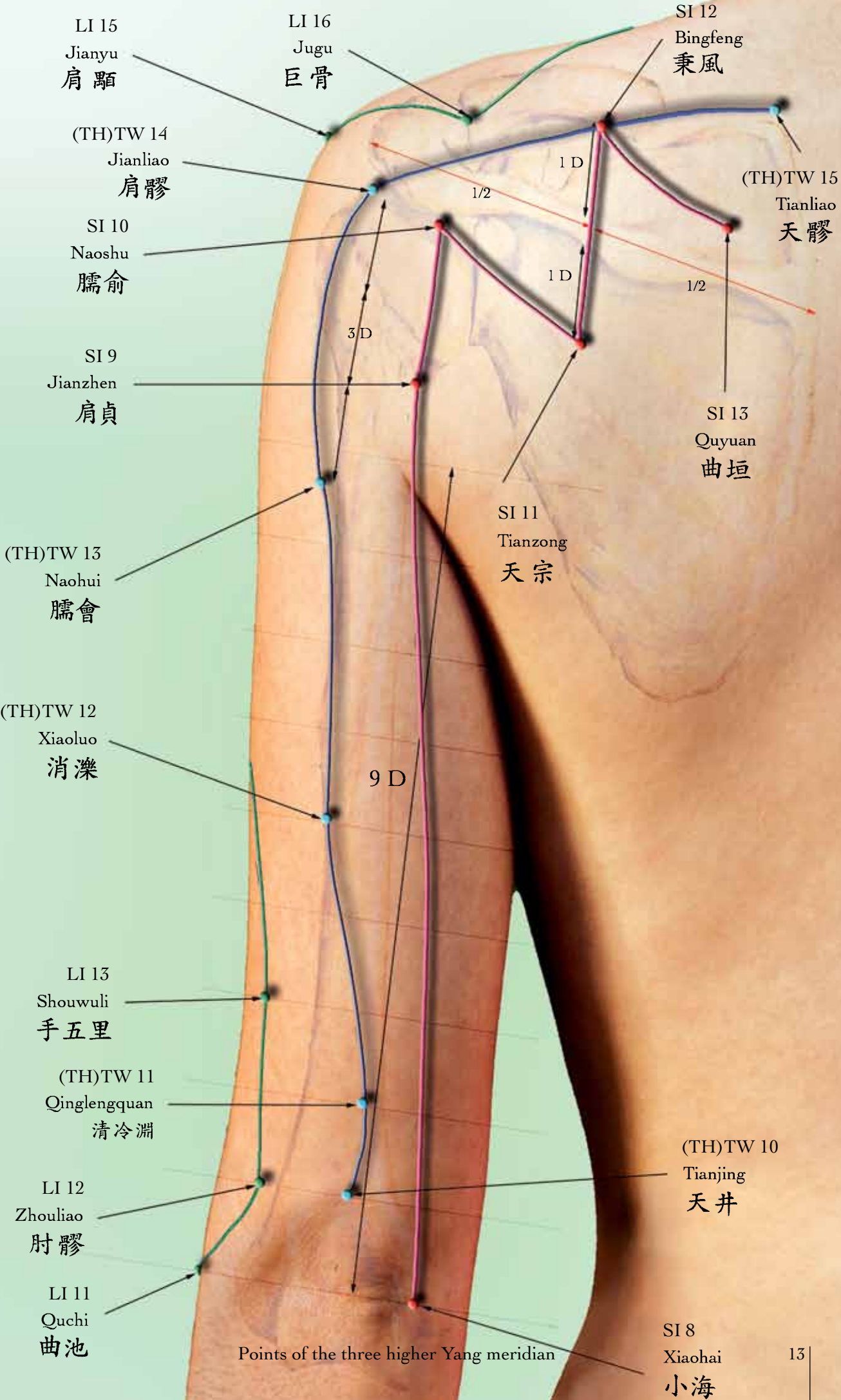
SI 9 Jianzhen
Posterior and inferior to the shoulder joint, 1 Cun above the posterior end of the axillary fold with the arm abducted.

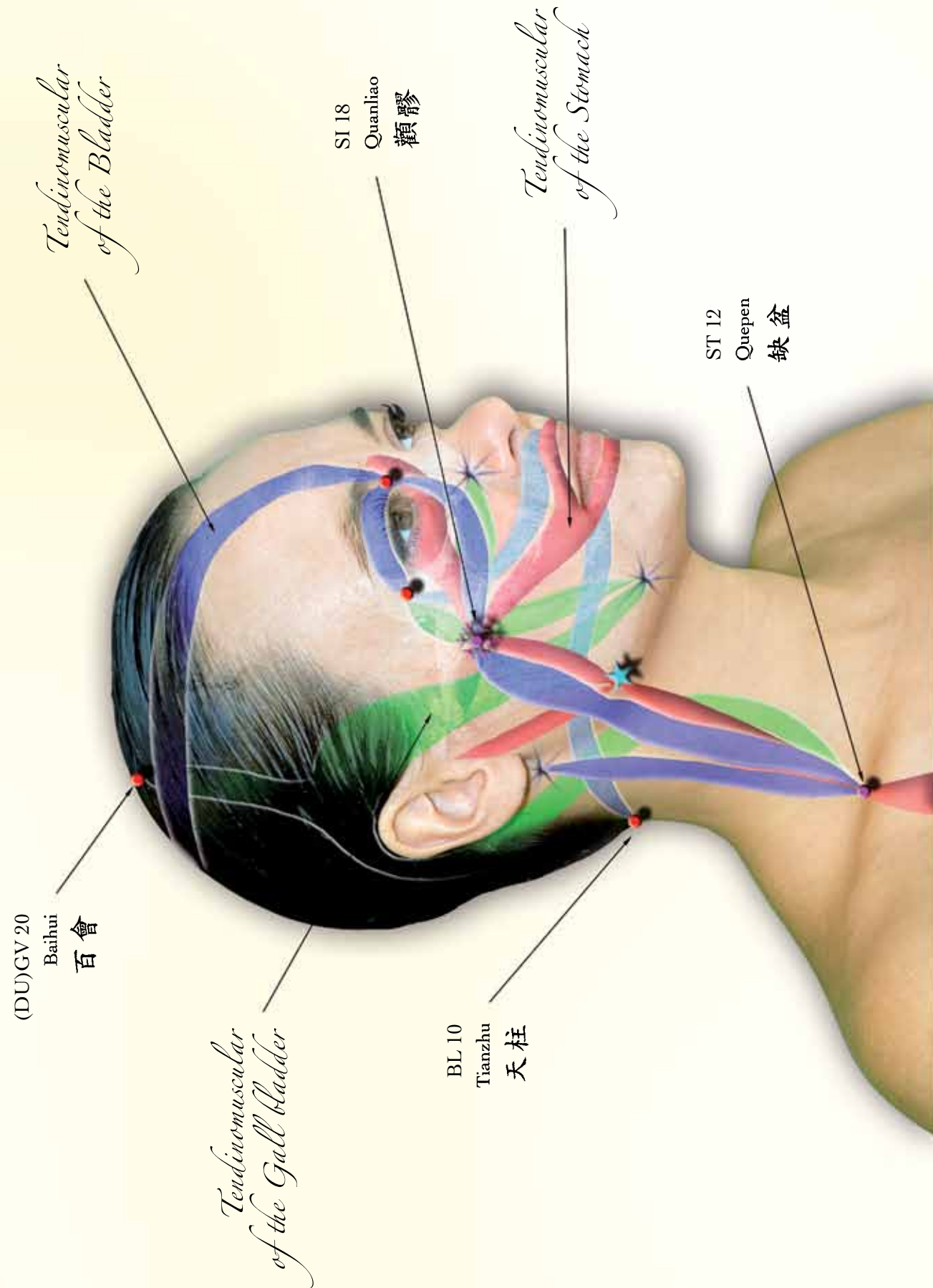
SI 10 Naoshu
On the shoulder, above the posterior end of the axillary fold, in the depression below the lower border of the scapular spine.

SI 11 Tianzong
On the scapula, in the depression of the centre of the subscapular fossa, and on the level of the 4th thoracic vertebra.

SI 12 Bingfeng
n the scapula, at the centre of the suprascapular fossa, directly above Tianzong (SI 11), in the depression found when the arm is raised.

SI 13 Quyuán
On the scapula, at the medial end of the suprascapular fossa, at the midpoint of the line connecting Naoshu (SI 10) and the spinous process of the 2nd thoracic vertebra.





Cephalad course of the three inferior tendinomuscular Yang

POINTS OF THE MERIDIANS: NUMERICAL ORDER

Shou Taiyin meridian: Lung

LU 1	Zhongfu	Meeting the Qi of the Middle Burner.	中府
LU 2	Yunmen	Gateway to the clouds.	雲門
LU 3	Tianfu	Reunion of the celestial Qi.	天府
LU 4	Xiabai	Squeeze the whiteness between them.	俠白
LU 5	Chize	Marsh of the elbow.	尺澤
LU 6	Kongzui	Orifice containing the deepest Qi.	孔最
LU 7	Lieque	A break in the line. A flash.	列缺
LU 8	Jingqu	A constantly flowing rivulet.	經渠
LU 9	Taiyuan	Deep source of life.	太淵
LU 10	Yuji	Limit of the fish belly.	魚際
LU 11	Shaoshang	Small discharge of the Qi of the Lung.	少商

Shou Yang Ming meridian: Large Intestine

LI 1	Shangyang	Metal viscus of a Yang meridian	商陽
LI 2	Erjian	Second point in a depression	二間
LI 3	Sanjian	Third point in a depression	三間
LI 4	Hegu	Valley formed by the meeting of two bones.	合谷
LI 5	Yangxi	Yang rivulet.	陽谿
LI 6	Pianli	Swerves from its course.	偏歷
LI 7	Wenliu	Keeps the heat.	溫溜
LI 8	Xialian	Under the ridge.	下廉
LI 9	Shanglian	Above the ridge.	上廉
LI 10	Shousanli	Three D from the hand.	手三里
LI 11	Quchi	Pond of the curve of the elbow.	曲池
LI 12	Zhouliao	Depression near the elbow.	肘髎
LI 13	Shouwuli	Five D from the hand.	手五里



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Dr. Antoine Bereder is a fully trained medical doctor as well as acupuncturist. He has practiced extensively in Central America and now lives in Spain.

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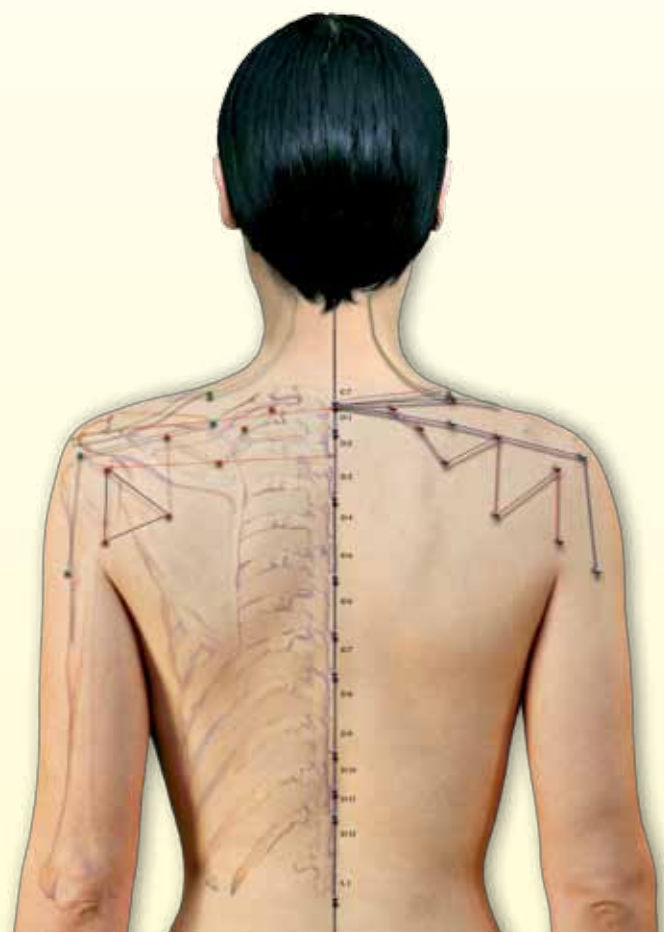
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