

# 人电学—2011复习（一） RDX – 2011 Revision 1

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13<sup>th</sup> March 2011



## Position of the 7 main Chakras

## 七个主穴的位置

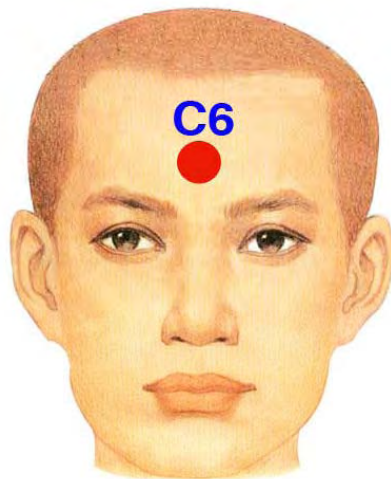
## Chakras – C7 第七穴位



位於头顶前后正中  
线与二耳尖连线之  
交点

The Intersection of  
the line joining the 2  
ear tips and the  
middle line of the  
head.

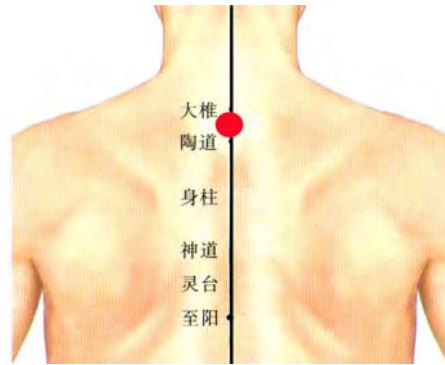
## Chakras – C6 第六穴位



二眉之间中点凹陷  
处向上两指宽。

2 fingers above the  
middle of the eyebrows.

## Chakras – C5 第五穴位



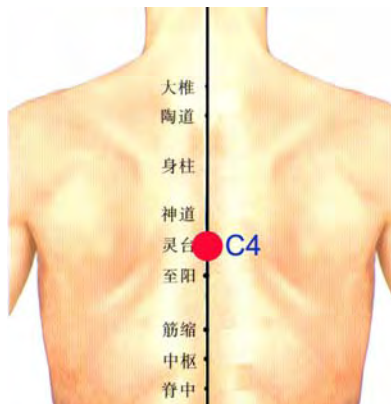
位於颈后两肩间之脊骨上。大椎之下的凹陷处。

(第七颈椎与第一胸椎之间)

At the spine, between the shoulders.

(Between 7th cervical vertebrae and 1<sup>st</sup> thoracic vertebrae)

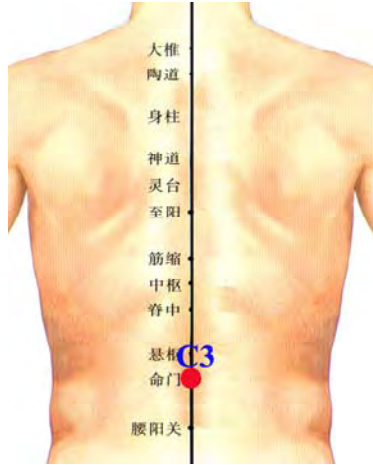
## Chakras – C4 第四穴位



位於心窝之对侧脊椎骨上。第六胸椎的凹陷处。(灵台穴)

Directly opposite the heart on the spine.  
Below the 6 thoracic vertebrae

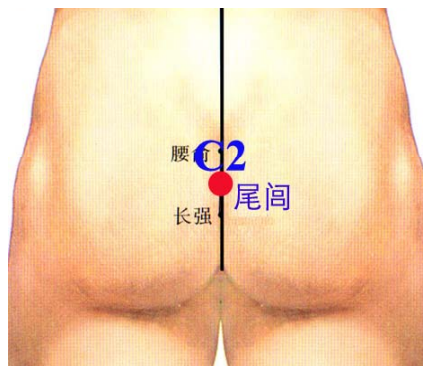
### Chakras – C3 第三穴位



位於肚脐正后方之脊骨上。(命门穴)

Directly opposite the navel.

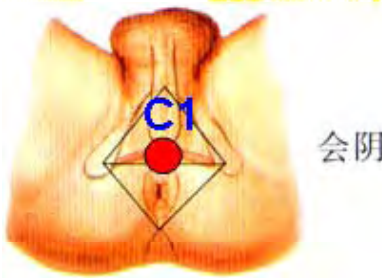
### Chakras – C2 第二穴位



位於第五荐椎上。(尾闾)

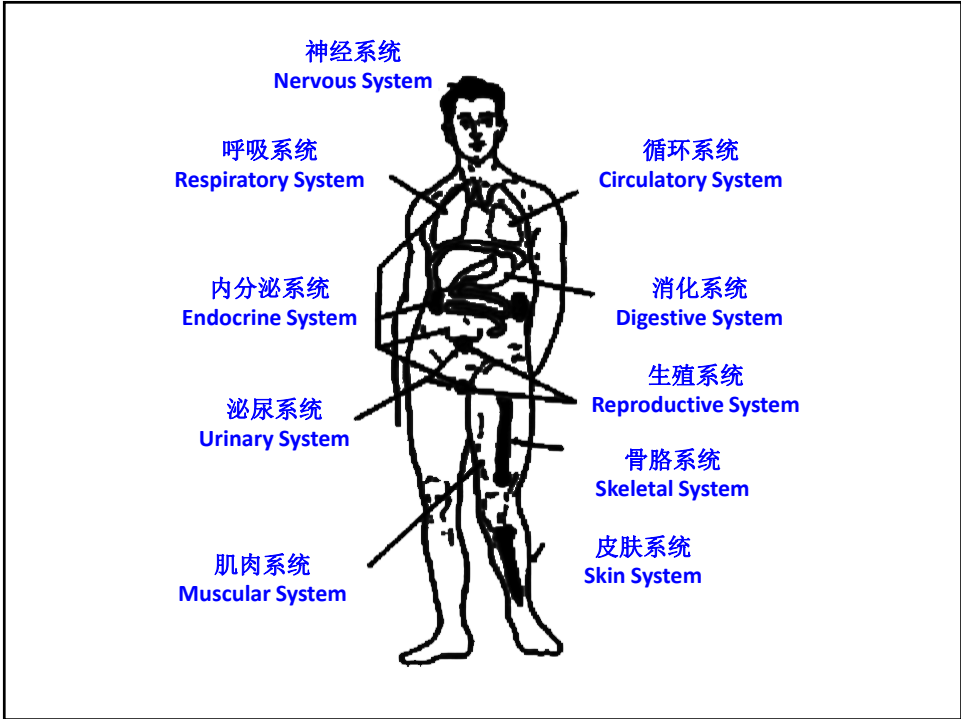
Located at the 5<sup>th</sup> Sacral Vertebrae.

# Chakras – C1 第一穴位

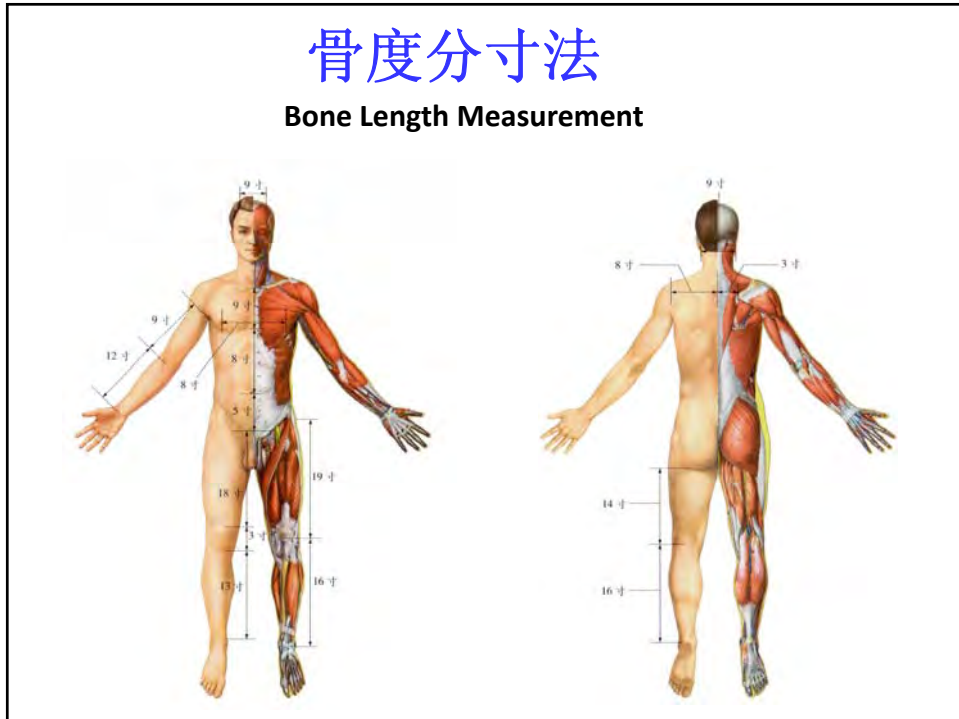


位於肛门及生殖器  
间。（会阴）

Located at the area  
between the anus and  
sex organ.




系统 Systems	有关器官 / 部位 Related Organs/Parts	穴位 Chakras
神经系统 Nervous System	脑, 脊椎 Brain, Spine	C7, C6
呼吸系统 Respiratory System	鼻、喉、气管和肺 Nose, Throat, Windpipe and lungs	C5
循环系统 Circulatory System	心 Heart	C4, C7
消化系统 Digestive System	食管, 脾胃, 小肠和大肠 esophagus, Stomach, Intestines	C3
生殖系统 Reproductive System	小腹 (子宫, 卵巢, 睾丸, 等) Lower Abdominal (Womb, Ovary, Testicles, etc...)	C2, C3
内分泌系统 Endocrine System	甲状腺, 肾上腺, 等 Thyroid, Adrenals, etc...	C2, C3
泌尿系统 Urinary System	膀胱, 肾 Urinary Bladder, Kidney	C7, C2, C3
肌肉 / 骨骼系统 Muscular/Skeletal System	-	C7
皮肤系统 Skin System	-	C5



## 同身寸 Body Inch

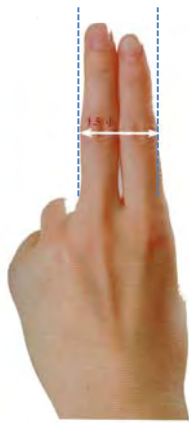
1 Inch  
1 寸



拇指关节的  
宽度为一寸

Width of thumb,  
taking reference  
from the joint

1.5 Inch  
1.5 寸




示指, 中指并拢。  
以中指中节横纹  
处为准。其宽度为  
1.5 寸

Width of 2 fingers,  
taking reference  
from the centre of  
the middle finger

## 同身寸

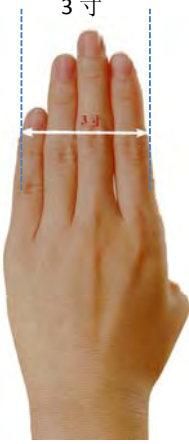
2 Inch  
2 寸



示指, 中指, 环指  
三指并拢, 以中指  
中节横纹处为准。  
其宽度为 2 寸

Width of 3 fingers,  
taking reference  
from the centre of  
the middle finger

3 Inch  
3 寸



示指, 中指, 环指,  
小指四指并拢, 以  
中指中节横纹处为  
准。其宽度为 3 寸

Width of 4 fingers,  
taking reference  
from the centre of  
the middle finger

## 如何调整水肿? How to heal water retention?



## 阴陵泉穴 Yin Ling Quan Acupuncture point

位置：内膝眼下2寸

Location: 2 inches below the inner depression of the knee cap

主治：

腹胀、腹泻、水肿、小便不利等脾  
不运化水湿病证。

Cure for: Bloating, diarrhoea, water retention,  
etc...





## 三阴交穴

### San Yin Jiao Acupuncture point

位置： 小腿内侧，足踝尖上3寸，  
胫骨内侧后缘

Location: 3 inches above the inner malleolus (ankle bone)

主治：

脾胃虚弱，消化不良，腹胀肠鸣，  
腹泻，月经不调，经痛，水肿等。



Cure for: Indigestion, diarrhoea, water retention, cramps due to menses, etc...

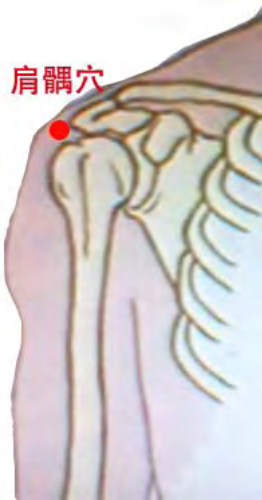
## 如何调整肩颈疼痛？

### How to heal stiff neck and shoulder pain?



## 肩髃穴

### Jian Yu Acupuncture point



位置： 臂外展或平举时,肩部出现两个凹陷,当肩峰前下方凹陷处。

Location: The front depression on the shoulder when you lift up your arms.

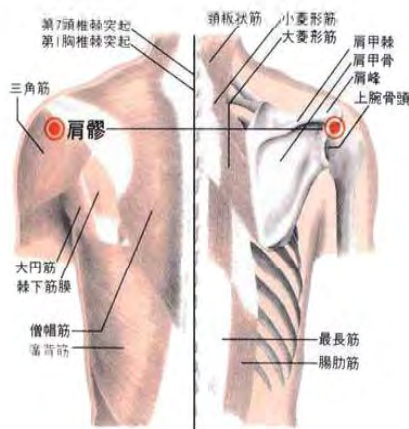
主治：

肩臂挛痛、上肢不遂等肩、上肢病证

Cure for: Shoulder and upper arm pain, stiffness problem, etc...

## 肩髃穴

### Jian Liao Acupuncture point



位置： 在肩部，肩髃后方，当臂外展时，于肩峰后下方呈现凹陷处。

Location: The back depression on the shoulder when you lift up your arms.

主治：

臂痛，肩重不能举。

Cure for: Shoulder and upper arm pain, stiffness problem, etc...

## 肩贞穴

### Jian Zhen Acupuncture point



位置：在肩关节后下方，臂内收时，腋后纹头上1寸。

Location: 1 inch below the back of the armpit.

主治：

肩臂疼痛，耳鸣

Cure for: Shoulder and upper arm pain, stiffness problem, Tinnitus ,etc...

## 肩井穴

### Jian Jing Acupuncture point



位置：在肩上，大椎穴与肩峰连线的中点。

Location: Mid point between the Da Wei Acupuncture pt (Spine) and acromion (shoulder peak).

主治：

落枕，颈项肌痉挛，肩背痛等。

Cure for: Shoulder, neck, back pain, stiffness problem, etc...

## 曲池穴

### Qu Chi Acupuncture point



位置：屈肘成直角，当肘弯横纹尽头处。

Location: At the elbow joint, on the thumb side

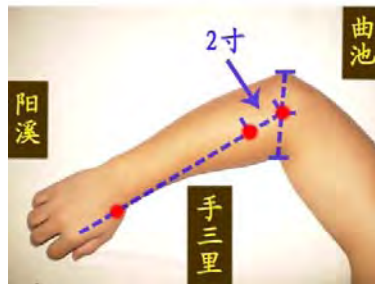
主治：

手肘疼痛、眼疾、牙疼；上肢瘫、麻、痛、等。

Cure for: Shoulder, Elbow, eye, tooth pain etc..

## 手三里穴

### Shou San Li Acupuncture point



位置：在手前臂背面外侧，肘横纹曲池穴下2寸。

Location: 2 inch below the Qu Chi Acupuncture point

主治：

上肢不遂，腹痛，腹泻。

Cure for: Shoulder, Elbow, Stomach problem etc..

## 落枕穴

### Luo Zheng Acupuncture point



位置： 在手背上食指和中指的骨之间，用手指朝手腕方向触摸，从骨和骨变狭的手指尽头之处起，大约一指宽的距离上，一压，有强烈压痛之处。

Location: The depression between the index finger and the middle finger.

主治：

落枕，手臂痛

Cure for: Elbow, and Stiff Neck problem etc..



## 谢谢！



## Thanks You!!!

