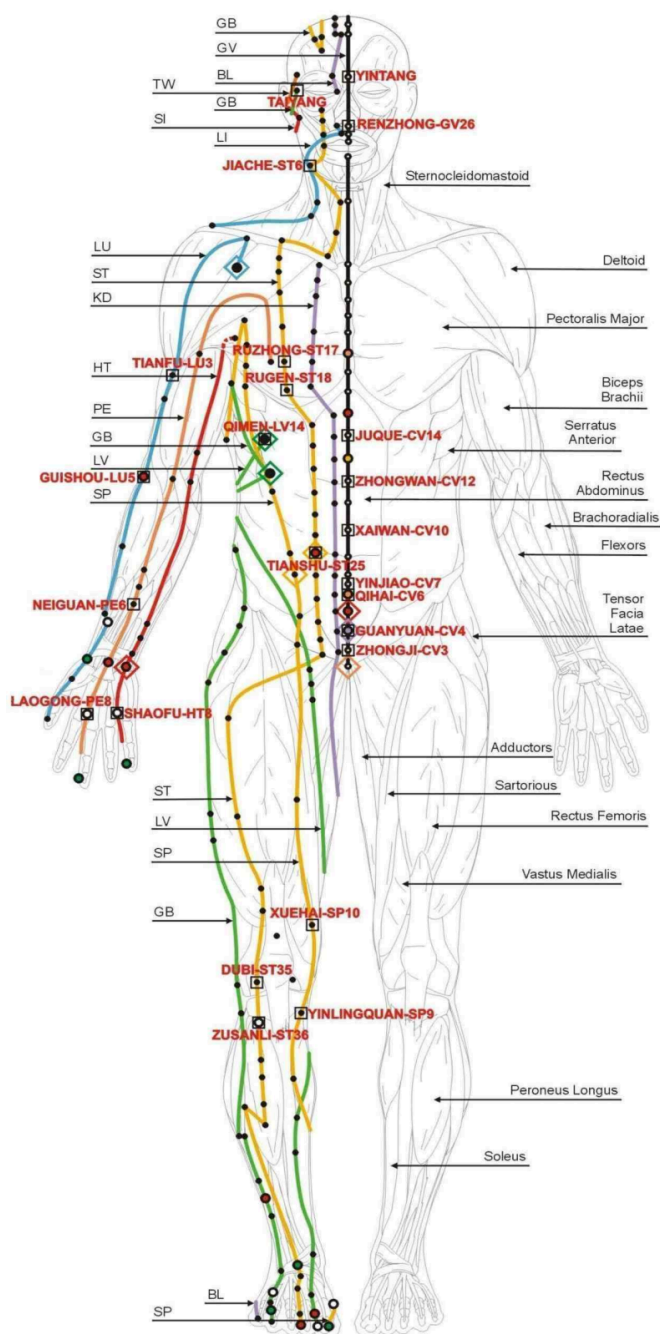


# Female Acupuncture Points Chart

Patient information			
Name:		Age:	
Date of session:		Practitioner:	
Chief complaint			
Selected acupuncture points			
Use the chart on the next page as a reference.			
Acupoint name	Location	Purpose/function	Needle depth and remarks
Treatment focus area		Additional notes	
Tick areas treated or describe body regions targeted during the session.			
<div><div><input type="radio"/> Head / Face</div><div><input type="radio"/> Neck / Shoulders</div><div><input type="radio"/> Arms / Hands</div><div><input type="radio"/> Chest / Abdomen</div><div><input type="radio"/> Lower Back</div><div><input type="radio"/> Hips / Pelvic Area</div><div><input type="radio"/> Legs / Feet</div><div><input type="radio"/> Other:</div></div>			

# Human body meridians



## Anterior view

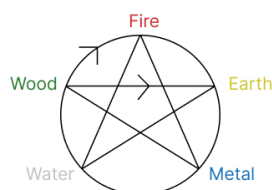
Left – Yin superficial meridians  
Right – Superficial musculature

## Arm yin meridians & shichen

LU – Lung meridian 3-5AM  
HT – Heart meridian 11AM-1PM  
PE – Pericardium meridian 7-9PM  
CV – Conception vessel (centerline)

## Leg yin meridian & shichen

SP – Spleen meridian 9-11AM  
KD – Kidney meridian 5-7PM  
LV – Liver meridian 1-3AM



## Legend

Wood phase meridian  
1st Fire phase meridian  
2nd Fire phase meridian  
Earth phase meridian  
Metal phase meridian  
Water phase meridian  
Prime vessel  
Shichen zanfu 12 hour vital striking point

● Stimulation acupressure point  
● Sedation acupressure point  
○ Elemental acupressure point\*  
● Alarm acupressure point  
● Yu (associated) acupressure point  
● Superficial acupressure point  
○ \*Shichen meridian striking point



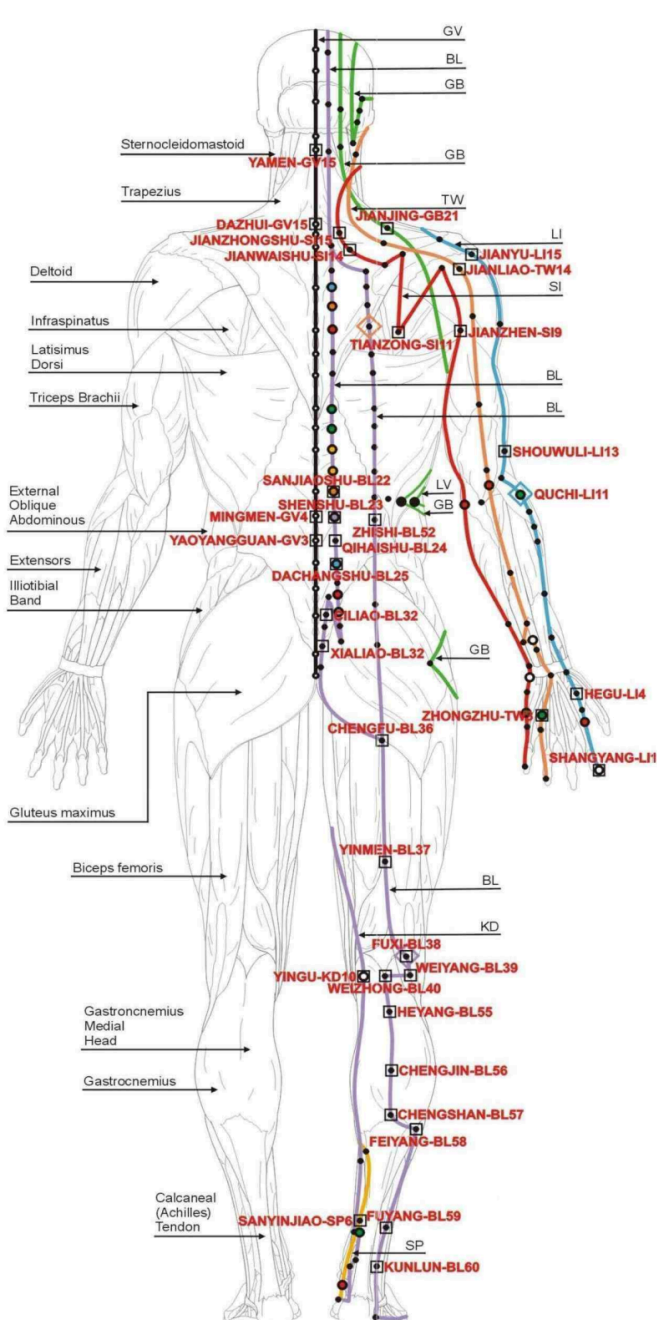
Shichen zanfu 12 hour vital striking point

□ General use striking points

## Wrist pulse

Left  
Deep / superficial  
HT / SI  
LV / GB  
KD / BL

Right  
Deep / superficial  
LU / LI  
SP / ST  
KD / PE - TW



## Posterior view

Left – Superficial musculature  
Right – Yang superficial meridians

## Arm yang meridians & shichen

LI – Large intestine meridian 5-7AM  
SI – Small intestine 1-3PM  
TW – Triple warmer 9-11PM  
GV – Governing vessel (centerline)

## Leg yang meridian & shichen

ST – Stomach meridian 7-9AM  
BL – Bladder meridian 3-5PM  
GB – Gall bladder meridian 11PM-1AM

Wikipedia Contributors. (2025, January 14). List of acupuncture points. Wikipedia; Wikimedia Foundation.

[https://en.wikipedia.org/wiki/List\\_of\\_acupuncture\\_points#/media/File:Chinese\\_meridians.JPG](https://en.wikipedia.org/wiki/List_of_acupuncture_points#/media/File:Chinese_meridians.JPG)