In the Narayana webshop you can find all english books on homeopathy, alternative medicine and a healthy life.
## Part 1:
### Body Acupuncture Points

- The Lung Channel .................................................. 2
- The Large Intestine Channel ................................. 7
- The Stomach Channel ........................................... 15
- The Spleen Channel ................................................ 23
- The Heart Channel .................................................. 29
- The Small Intestine Channel ................................... 34
- The Bladder Channel ............................................... 39
- The Kidney Channel ................................................ 57
- The Pericardium Channel ........................................ 61
- The Triple Warmer Channel ..................................... 66
- The Gall Bladder Channel ......................................... 73
- The Liver Channel .................................................... 84
- The Conception Vessel (Ren Mai) ............................. 88
- The Governor Vessel (Du Mai) ................................. 95
- The Extra Points ...................................................... 102

## Part 2:
### Ear Acupuncture Points

- Anatomy of the Outer Ear (Auricula) ...................... 117
- Zones of Auricular Innervation According to Nogier .......................... 119
- Zones of Auricular Innervation According to Durinjan .............................. 119
- Topography of Reflex Zones ................................ 123
- Points on the Lobule According to Chinese Nomenclature .................. 123
- Points on the Lobule According to Nogier .............................. 125
- Points on the Tragus According to Chinese Nomenclature .................. 127
- Points on the Tragus According to Nogier and Bahr ............................ 129
- Points on the Intertragic Notch According to Chinese Nomenclature ........ 131
- Points on the Intertragic Notch According to Nogier ............................ 133
- Points on the Antitragus According to Chinese Nomenclature ................ 135
- Points on the Antitragus According to Nogier .............................. 137
Part 3: Trigger Points

Projection of the Skeleton According to Nogier .................................................. 143
Projection Zones of the Spinal Column According to Nogier .................................. 143
Nervous Organ Points of the Paravertebral Chain of Sympathetic Ganglia ................. 145
The Ear Relief in Cross Section (Zones I to VIII) .................................................... 145
Nervous Control Points of Endocrine Glands ......................................................... 145
Plexus Points in the Concha According to Nogier ................................................... 145
Points in the Triangular Fossa According to Chinese Nomenclature ............................ 147
Points on the Ascending Helix According to Chinese Nomenclature ............................ 149
Points on the Helix According to Nogier ................................................................. 151
Covered Points on the Helix According to Nogier ...................................................... 153
Projection Zones of Internal Organs According to Chinese Nomenclature ................. 156
Projection Zones of the Internal Organs According to Nogier ..................................... 163
Energy and Treatment Lines on the Auricula ......................................................... 163

Definition of Trigger Points ................................................................. 168
Epidemiology ......................................................................................... 168
Muscle Physiology .............................................................................. 169
Pathophysiology of Myofascial Pain ................................................................. 169
Chronification of Myofascial Pain Syndromes ........................................................... 173
Basic Therapeutic Considerations ........................................................................... 173
Specific Trigger Point Examination and Therapy ....................................................... 174

Temporal Muscle ................................................................................. 176
Description of the Muscle .............................................................................. 176
Trigger Points at the Temporal Muscle ................................................................... 176
Preliminary Remarks ..................................................................................... 176
Examination of Trigger Points ........................................................................... 177
Therapy of Trigger Points ............................................................................... 177
Trigger Points and Areas of Pain Projection ........................................................... 178
Important Acupuncture Points and Their Localizations ............................................ 180

Part 3:

Trigger Points

Projection of the Skeleton According to Nogier .................................................. 143
Projection Zones of the Spinal Column According to Nogier .................................. 143
Nervous Organ Points of the Paravertebral Chain of Sympathetic Ganglia ................. 145
The Ear Relief in Cross Section (Zones I to VIII) .................................................... 145
Nervous Control Points of Endocrine Glands ......................................................... 145
Plexus Points in the Concha According to Nogier ................................................... 145
Points in the Triangular Fossa According to Chinese Nomenclature ............................ 147
Points on the Ascending Helix According to Chinese Nomenclature ............................ 149
Points on the Helix According to Nogier ................................................................. 151
Covered Points on the Helix According to Nogier ...................................................... 153
Projection Zones of Internal Organs According to Chinese Nomenclature ................. 156
Projection Zones of the Internal Organs According to Nogier ..................................... 163
Energy and Treatment Lines on the Auricula ......................................................... 163

Definition of Trigger Points ................................................................. 168
Epidemiology ......................................................................................... 168
Muscle Physiology .............................................................................. 169
Pathophysiology of Myofascial Pain ................................................................. 169
Chronification of Myofascial Pain Syndromes ........................................................... 173
Basic Therapeutic Considerations ........................................................................... 173
Specific Trigger Point Examination and Therapy ....................................................... 174

Temporal Muscle ................................................................................. 176
Description of the Muscle .............................................................................. 176
Trigger Points at the Temporal Muscle ................................................................... 176
Preliminary Remarks ..................................................................................... 176
Examination of Trigger Points ........................................................................... 177
Therapy of Trigger Points ............................................................................... 177
Trigger Points and Areas of Pain Projection ........................................................... 178
Important Acupuncture Points and Their Localizations ............................................ 180
Gnathological Aspects of the Temporal Muscle, Anterior Part .............. 182
Gnathological Aspects of the Temporal Muscle, Medial Part .................. 183
Gnathological Aspects of the Temporal Muscle, Posterior Part .............. 183

**Masseter Muscle** ................................ 183
Description of the Muscle .................................. 184
Trigger Points of the Masseter Muscle .......................... 184
Preliminary Remarks ......................................... 184
Examination of Trigger Points ................................. 184
Therapy of Trigger Points ..................................... 184
Trigger Points and Areas of Pain Projection ...................... 185
Important Acupuncture Points and Their Localizations .......... 187
Gnathological Aspects of the Masseter Muscle, Superficial Part ............ 188

**Lateral Pterygoid Muscle** ......................... 189
Description of the Muscle .................................. 190
Trigger Points of the Lateral Pterygoid Muscle ..................... 190
Preliminary Remarks ......................................... 190
Examination of Trigger Points ................................. 190
Therapy of Trigger Points ..................................... 190
Trigger Points and Areas of Pain Projection ...................... 191
Important Acupuncture Point and Its Localization .............. 191
Gnathological Aspects of the Lateral Pterygoid Muscle ............... 192

**Trapezius Muscle** ................................. 192

**Short Muscles of the Neck (Rectus Capitis Posterior Major and Minor Muscles, Superior and Inferior Oblique Muscles of the Head)** .................. 194
Description of the Muscles .................................. 194
Trigger Points of the Short Neck Muscles .......................... 195
Preliminary Remarks ......................................... 195
Examination of Trigger Points ................................. 195
Therapy of Trigger Points ..................................... 195
Trigger Points and Areas of Pain Projection ...................... 195
Important Acupuncture Points and their Localizations .......... 196

**Splenius Muscle of the Head** .................. 196
Description of the Muscle .................................. 198
Trigger Points of the Splenius Muscle of the Head ...................... 198
### Part 3: Trigger Points

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Preliminary Remarks</strong></td>
<td>198</td>
</tr>
<tr>
<td><strong>Examination of Trigger Points</strong></td>
<td>198</td>
</tr>
<tr>
<td><strong>Therapy of Trigger Points</strong></td>
<td>198</td>
</tr>
<tr>
<td><strong>Trigger Points and Areas of Pain Projection</strong></td>
<td>199</td>
</tr>
<tr>
<td><strong>Important Acupuncture Points and their Localizations</strong></td>
<td>199</td>
</tr>
<tr>
<td><strong>Anterior, Middle, and Posterior Scalene Muscles</strong></td>
<td>200</td>
</tr>
<tr>
<td>Description of the Muscle</td>
<td>200</td>
</tr>
<tr>
<td>Anterior scalene muscle</td>
<td>200</td>
</tr>
<tr>
<td>Middle scalene muscle</td>
<td>200</td>
</tr>
<tr>
<td>Posterior scalene muscle</td>
<td>201</td>
</tr>
<tr>
<td><strong>Trigger Points of the Scalene Muscle</strong></td>
<td>201</td>
</tr>
<tr>
<td>Preliminary Remarks</td>
<td>202</td>
</tr>
<tr>
<td>Examination of Trigger Points</td>
<td>202</td>
</tr>
<tr>
<td>Therapy of Trigger Points</td>
<td>202</td>
</tr>
<tr>
<td>Trigger Points and Areas of Pain Projection</td>
<td>203</td>
</tr>
<tr>
<td>Important Acupuncture Points and their Localizations</td>
<td>204</td>
</tr>
<tr>
<td>Description of the Muscle</td>
<td>206</td>
</tr>
<tr>
<td><strong>Trigger Points of the Trapezius Muscle</strong></td>
<td>206</td>
</tr>
<tr>
<td>Preliminary Remarks</td>
<td>206</td>
</tr>
<tr>
<td>Examination of Trigger Points</td>
<td>207</td>
</tr>
<tr>
<td>Therapy of Trigger Points</td>
<td>207</td>
</tr>
<tr>
<td>Trigger Points and Areas of Pain Projection</td>
<td>208</td>
</tr>
<tr>
<td>Important Acupuncture Points and their Localizations</td>
<td>210</td>
</tr>
<tr>
<td>Gnathological Aspects of the Trapezius Muscle, Transverse Part</td>
<td>212</td>
</tr>
<tr>
<td><strong>Levator Muscle of Scapula</strong></td>
<td>212</td>
</tr>
<tr>
<td>Description of the Muscle</td>
<td>214</td>
</tr>
<tr>
<td>Trigger Points of the Levator Muscle of Scapula</td>
<td>214</td>
</tr>
<tr>
<td>Preliminary Remarks</td>
<td>214</td>
</tr>
<tr>
<td>Examination of Trigger Points</td>
<td>214</td>
</tr>
<tr>
<td>Therapy of Trigger Points</td>
<td>214</td>
</tr>
<tr>
<td>Trigger Points and Areas of Pain Projection</td>
<td>215</td>
</tr>
<tr>
<td>Important Acupuncture Points and their Localizations</td>
<td>215</td>
</tr>
<tr>
<td>Gnathological Aspects of the Levator Muscle of Scapula</td>
<td>216</td>
</tr>
<tr>
<td><strong>Sternocleidomastoid Muscle</strong></td>
<td>216</td>
</tr>
<tr>
<td>Description of the Muscle</td>
<td>218</td>
</tr>
<tr>
<td>Trigger Points of the Sternocleidomastoid Muscle</td>
<td>218</td>
</tr>
</tbody>
</table>
Part 3: Trigger Points

Preliminary Remarks ...................... 218
Examination of Trigger Points ............. 219
Therapy of Trigger Points .................. 219
Trigger Points and Areas of Pain Projection . 220
Important Acupuncture Points and Their Localizations ................. 221
Gnathological Aspects of the Sternocleidomastoid Muscle ............... 222

Subclavius Muscle .......................... 224
Description of the Muscle ................... 224

Trigger Points of the Subclavius Muscle . 224
Trigger Points of the Subclavius Muscle . . 224
Preliminary Remarks ...................... 224
Examination of Trigger Points ............. 224
Therapy of Trigger Points .................. 224
Trigger Points and Area of Pain Projection . . 225
Important Acupuncture Points and their Localizations ................. 226

Greater Pectoral Muscle ..................... 228
Description of the Muscle ................... 228
Trigger Points of the Greater Pectoral Muscle ......................... 228
Preliminary Remarks ...................... 228
Examination of Trigger Points ............. 228
Therapy of Trigger Points .................. 228
Trigger Points and Areas of Pain Projection . . 229
Important Acupuncture Points and Their Localizations ................. 231

Smaller Pectoral Muscle ...................... 233
Description of the Muscle ................... 234
Trigger Points of the Smaller Pectoral Muscle ......................... 234
Preliminary Remarks ...................... 234
Examination of Trigger Points ............. 234
Therapy of Trigger Points .................. 234
Trigger Points and Areas of Pain Projection . . 235
Important Acupuncture Points and Their Localizations ................. 235

Smaller and Greater Rhomboid Muscles .......... 235
Description of the Muscles ................... 236
Smaller Rhomboid Muscle .................... 236
Greater Rhomboid Muscle .................... 236
Trigger Points of Smaller and Greater Rhomboid Muscles .......... 236
Preliminary Remarks ...................... 236
Examination of Trigger Points ............. 237

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Therapy of Trigger Points</td>
<td>237</td>
</tr>
<tr>
<td>Trigger Points and Areas of Pain Projection</td>
<td>238</td>
</tr>
<tr>
<td>Important Acupuncture Points and Their Localizations</td>
<td>239</td>
</tr>
<tr>
<td><strong>Supraspinatus Muscle</strong></td>
<td>239</td>
</tr>
<tr>
<td>Description of the Muscle</td>
<td>240</td>
</tr>
<tr>
<td>Trigger Points of the Supraspinatus Muscle</td>
<td>240</td>
</tr>
<tr>
<td>Preliminary Remarks</td>
<td>240</td>
</tr>
<tr>
<td>Examination of Trigger Points</td>
<td>240</td>
</tr>
<tr>
<td>Therapy of Trigger Points</td>
<td>241</td>
</tr>
<tr>
<td>Trigger Points and Areas of Pain Projection</td>
<td>242</td>
</tr>
<tr>
<td>Important Acupuncture Points and Their Localizations</td>
<td>243</td>
</tr>
<tr>
<td><strong>Infraspinatus Muscle</strong></td>
<td>243</td>
</tr>
<tr>
<td>Description of the Muscle</td>
<td>244</td>
</tr>
<tr>
<td>Trigger Points of the Infraspinatus Muscle</td>
<td>244</td>
</tr>
<tr>
<td>Preliminary Remarks</td>
<td>244</td>
</tr>
<tr>
<td>Examination of Trigger Points</td>
<td>244</td>
</tr>
<tr>
<td>Therapy of Trigger Points</td>
<td>244</td>
</tr>
<tr>
<td>Trigger Points and Areas of Pain Projection</td>
<td>245</td>
</tr>
<tr>
<td>Important Acupuncture Points and Their Localizations</td>
<td>246</td>
</tr>
<tr>
<td><strong>Subscapular Muscle</strong></td>
<td>247</td>
</tr>
<tr>
<td>Description of the Muscle</td>
<td>248</td>
</tr>
<tr>
<td>Trigger Points of the Subscapular Muscle</td>
<td>248</td>
</tr>
<tr>
<td>Preliminary Remarks</td>
<td>248</td>
</tr>
<tr>
<td>Examination of Trigger Points</td>
<td>248</td>
</tr>
<tr>
<td>Therapy of Trigger Points</td>
<td>248</td>
</tr>
<tr>
<td>Trigger Points and Areas of Pain Projection</td>
<td>249</td>
</tr>
<tr>
<td>Important Acupuncture Points and Their Localizations</td>
<td>249</td>
</tr>
<tr>
<td><strong>Long Radial Extensor Muscle of Wrist</strong></td>
<td>249</td>
</tr>
<tr>
<td><strong>Supinator Muscle</strong></td>
<td>250</td>
</tr>
<tr>
<td>Description of the Muscle</td>
<td>250</td>
</tr>
<tr>
<td>Trigger Points of the Supinator Muscle</td>
<td>250</td>
</tr>
<tr>
<td>Preliminary Remarks</td>
<td>250</td>
</tr>
<tr>
<td>Examination of Trigger Points</td>
<td>250</td>
</tr>
<tr>
<td>Therapy of Trigger Points</td>
<td>250</td>
</tr>
<tr>
<td><strong>Trigger Points of the Supinator Muscle</strong></td>
<td>250</td>
</tr>
<tr>
<td>Trigger Points and Areas of Pain Projection</td>
<td>251</td>
</tr>
<tr>
<td>Important Acupuncture Points and their Localizations</td>
<td>251</td>
</tr>
<tr>
<td>Description of the Muscle</td>
<td>252</td>
</tr>
</tbody>
</table>
Part 3: Trigger Points

Trigger Points of the Long Radial Extensor Muscle of Wrist ........................................ 252
Preliminary Remarks ......................................................... 252
Examination of Trigger Points ............................................ 252
Therapy of Trigger Points .................................................. 252
Trigger Points and Areas of Pain Projection .............................. 253
Important Acupuncture Points and Their Localizations ................. 253

**Extensor Muscle of Fingers** ................................................ 253
Description of the Muscle ..................................................... 254
Trigger Points of the Extensor Muscle of Fingers .............................. 254
Preliminary Remarks .......................................................... 254
Examination of Trigger Points .............................................. 254
Therapy of Trigger Points ..................................................... 254
Trigger Points and Areas of Pain Projection .............................. 255
Important Acupuncture Points and Their Localizations ................. 256

**Iliac Muscle** ................................................................. 257

**Pronator Teres Muscle** ..................................................... 258
Description of the Muscle ..................................................... 258
Trigger Points of the Pronator Teres Muscle .................................. 258
Preliminary Remarks .......................................................... 258
Examination of Trigger Points .............................................. 258
Therapy of Trigger Points ..................................................... 258

**Trigger Points of the Pronator Teres Muscle** ............................. 258
Trigger Points and Areas of Pain Projection .............................. 259
Important Acupuncture Points and Their Localizations ................. 259

**Superficial Flexor Muscle of Fingers** ..................................... 259
Description of the Muscle ..................................................... 260
Trigger Points of the Superficial Flexor Muscle of the Fingers .............. 260
Preliminary Remarks .......................................................... 260
Examination of Trigger Points .............................................. 260

**Trigger Points of the Superficial Flexor Muscle of the Fingers** .......... 260
Therapy of Trigger Points ..................................................... 260
Trigger Points and Areas of Pain Projection .............................. 261

**Superficial Flexor Muscle of Fingers** ..................................... 261
Important Acupuncture Points and Their Localizations ................. 262
Important Acupuncture Points and their Localizations ..................... 262

External Oblique Muscle of the Abdomen .............................................. 263
Description of the Muscle .............................................................. 264
Trigger Points of the External Oblique Muscle of the Abdomen ............... 264
Preliminary Remarks ................................................................. 264
Examination of Trigger Points ...................................................... 264
Therapy of Trigger Points ............................................................ 264

Trigger Points of the External Oblique Muscle of the Abdomen .............. 264
Trigger Points and Areas of Pain Projection ..................................... 265

External Oblique Muscle of the Abdomen .............................................. 265
Important Acupuncture Points and their Localizations ....................... 266
Description of the Muscle .............................................................. 266
Trigger Points of the Iliac Muscle .................................................... 268
Preliminary Remarks ................................................................. 268
Examination of Trigger Points ...................................................... 268
Therapy of Trigger Points ............................................................ 268
Trigger Points and Areas of Pain Projection ..................................... 269

Greater Psoas Muscle ................................................................. 269
Description of the Muscle .............................................................. 270
Trigger Points of the Psoas Muscle .................................................. 270
Preliminary Remarks ................................................................. 270
Examination of Trigger Points ...................................................... 270
Therapy of Trigger Points ............................................................ 270
Important Acupuncture Points and Their Localizations ....................... 270

Quadratus Lumborum Muscle .......................................................... 270
Description of the Muscle .............................................................. 272
Trigger Points of the Quadratus Lumborum Muscle ............................... 272
Preliminary Remarks ................................................................. 272
Examination of Trigger Points ...................................................... 272
Therapy of Trigger Points ............................................................ 272
Trigger Points and Areas of Pain Projection ..................................... 274
Important Acupuncture Points and Their Localizations ....................... 275

Gluteus Maximus Muscle ............................................................... 276
Description of the Muscle .............................................................. 276
Trigger Points of the Gluteus Maximus Muscle .................................... 276
Preliminary Remarks ................................ 276
Examination of Trigger Points ................. 276
Therapy of Trigger Points ...................... 276

Trigger Points of the Gluteus Maximus
Muscle .......................................... 276
Trigger Points and Areas of Pain Projection . 277

Acupuncture Points of the Gluteus
Maximus Muscle .................................. 278
Important Acupuncture Points and Their
Localizations .................................... 279

Gluteus Medius Muscle .......................... 279
Description of the Muscle ..................... 280
Trigger Points of the Gluteus Medius
Muscle ........................................... 280
Examination of Trigger Points ............... 280

Therapy of Trigger Points ..................... 280

Trigger Points of the Gluteus Medius
Muscle ........................................... 280
Trigger Points and Areas of Pain Projection . 281
Important Acupuncture Points and their
Localizations .................................... 283

Gluteus Minimus Muscle ........................ 283
Description of the Muscle ..................... 284
Trigger Points of the Gluteus Minimus
Muscle ........................................... 284
Preliminary Remarks ........................... 284
Examination of Trigger Points ............... 284
Therapy of Trigger Points ..................... 284

Trigger and Acupuncture Points of the
Gluteus Minimus Muscle ......................... 284
Trigger Points and Areas of Pain Projection . 285
Important Acupuncture Points and their
Localizations .................................... 285

Piriformis Muscle ................................ 285
Description of the Muscle ..................... 286
Trigger Points of the Piriformis Muscle ..... 286
Preliminary Remarks ........................... 286
Examination of Trigger Points ............... 286
Therapy of Trigger Points ..................... 286

Trigger and Acupuncture Points of the
Piriformis Muscle ................................ 286
Trigger Points and Areas of Pain Projection . 287
Important Acupuncture Points and Their Localizations ................... 287

**Quadriceps Femoris Muscle** .................. 287
Description of the Muscle .................. 288
Trigger Points of the Quadriceps Femoris Muscle .............................. 288
Preliminary Remarks .................. 288

**Trigger Points of the Quadriceps Femoris Muscle** .................. 288
Examination of Trigger Points .................. 289
Therapy of Trigger Points .................. 289

**Quadriceps Femoris Muscle** .................. 289
Trigger Points and Areas of Pain Projection .................. 290

**Trigger Points of the Quadriceps Femoris Muscle** .................. 290

**Quadriceps Femoris Muscle** .................. 292

**Trigger Points of the Quadriceps Femoris Muscle** .................. 292

**Quadriceps Femoris Muscle** .................. 294
Important Acupuncture Points and Their Localizations .................. 295

**Trigger and Acupuncture Points of the Quadriceps Femoris Muscle** .................. 295

**Quadriceps Femoris Muscle** .................. 296

**Hamstring Muscles (Biceps Muscle of Thigh, Semimembranosus Muscle, Semitendinosus Muscle)** .................. 296
Description of the Muscles .................. 298
Trigger Points of the Hamstring Muscles .................. 299
Preliminary Remarks .................. 299
Examination of Trigger Points .................. 299
Therapy of Trigger Points .................. 299
Trigger Points and Areas of Pain Projection .................. 300
Important Acupuncture Points and their Localizations .................. 301

**Gracilis Muscle** .................. 301
Description of the Muscle .................. 302
Trigger Points of the Gracilis Muscle .................. 302
Preliminary Remarks .................. 302
Examination of Trigger Points .................. 302
Therapy of Trigger Points .................. 302
Trigger Points and Areas of Pain Projection .................. 303
More books on homeopathy, alternative medicine and a healthy life [www.narayana-verlag.com](http://www.narayana-verlag.com)