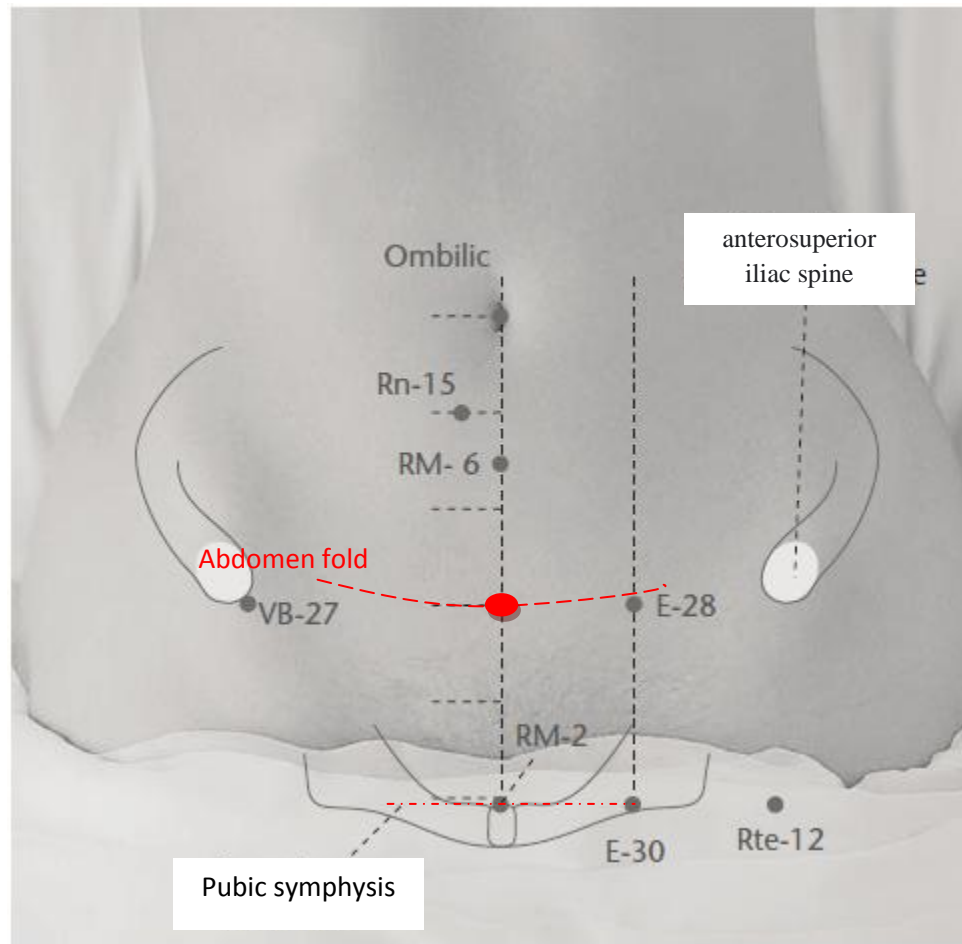


## 4VC - 4 Renmai – Guanyuan

*Origin pass*



### Location

On the anterior midline, 2 cun above the edge of the pubic symphysis and 3 cun below the umbilicus.

### How to find it :

The distance between the center of the umbilicus and the upper edge of the pubic symphysis is divided into 5 proportional units. Locate the 4 VC on the anterior midline, 2 cun above the upper edge of the pubic symphysis or 3 cun below the umbilicus. This also corresponds to the point between the s, on the midline.

### Note :

In Chinese medicine, measurements relating to the body are traditionally carried out in cun. The cun used in a medical context is a proportional unit of measurement that takes into account the individual measurements of each. The cun is relative unit of measurement defined either by using the width of a specific finger or of several fingers of the person (cun of the finger) or the distance between two clearly defined landmarks on the body (cun of the body). The body cun or proportional cun is based on the proportions of particular areas of the body that are divided into a specific number of units.

### Source :

This text and image are from the Atlas d'Acupuncture by Claudia Focks:

Focks, C. 2009. Atlas d'acupuncture, Edition Elsevier, 738 pages