The abdomen is divided into nine regions, by imaginary planes, two horizontal and two sagittal.

**Horizontal Planes:**
1. Upper transverse = transpyloric plane (halfway between the jugular notch and the upper border of the symphysis pubis)
   - this indicates the margin of the transpyloric plane, which in most cases cuts through the pylorus.
2. Lower transverse = transtubercular plane (midway between the upper transverse and the upper border of the symphysis pubis)
   - it corresponds to that passing through the iliac tubercles

By means of these horizontal planes the abdomen is divided into three zones named from above: subcostal, umbilical, and hypogastric zones.

**Sagittal Planes:**
Each of the three zones is further subdivided into three regions by the two sagittal planes, which are indicated on the surface by a right and a left lateral line drawn vertically through points halfway between the anterior superior iliac spines and the middle line:
1. Upper zone: middle region = epigastric & two lateral regions = right and left hypochondriac
2. Middle zone: central region = umbilical & the two lateral regions = right and left lumbar
3. Lower zone: middle region = hypogastric or pubic & two lateral = right and left iliac or inguinal

IN SUMMARY – the epigastric or epigastrium is the middle region in the upper zone of the abdomen:
SOLAR PLEXUS

The Celiac Plexus (Plexus Cœliacus; Solar Plexus):

The celiac plexus, the largest of the three sympathetic plexuses, is situated at the level of the upper part of the first lumbar vertebra and is composed of two large ganglia, the celiac ganglia, and a dense net-work of nerve fibers uniting them together. It surrounds the celiac artery and the root of the superior mesenteric artery. It lies behind the stomach and the omental bursa, in front of the crura of the diaphragm and the commencement of the abdominal aorta, and between the suprarenal glands.

SUMMARY  Solar Plexus lies at the centre, within the epigastrium at the inferior edge, just about the upper transverse line.