

Yang Ming Meridians LI & ST

Class 4

Review

- **Lung Channels**
 - ♦ Functions
 - ♦ Indications
 - ♦ Pathway
- **Spleen Channels**
 - ♦ Functions
 - ♦ Indications
 - ♦ Pathway

Yang Ming Meridian

- Large Intestine and Stomach
- Paired with Tai Yin meridian
 - Lung and Spleen
- Concerned with the processing of food and waste
- Aids in the metabolism of water
- Main function is to absorb and descend

Functions of the Large Intestine

- Controls passage and conduction
- Transforms stools and reabsorbs fluids

Lung and Large Intestine

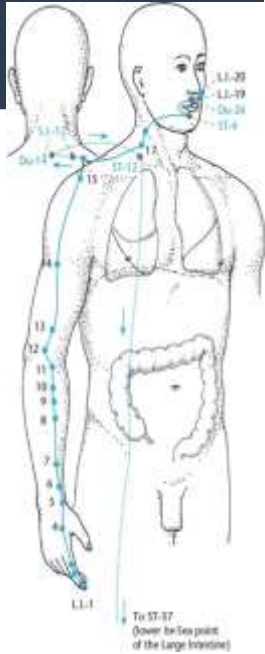
- *Lung=Yin; Large Intestine=Yang*
- *Lung disperse; Large Intestine accumulate*
- **Both descend**; both spread fluids to body
- *If Lung Qi deficient, not enough Qi to Large Intestine=constipation*
- *If LI waste stagnated, may impair Lung descending function=breathlessness*
- Large Intestine plays a role in skin condition (metal element)

Primary Channel External Passage

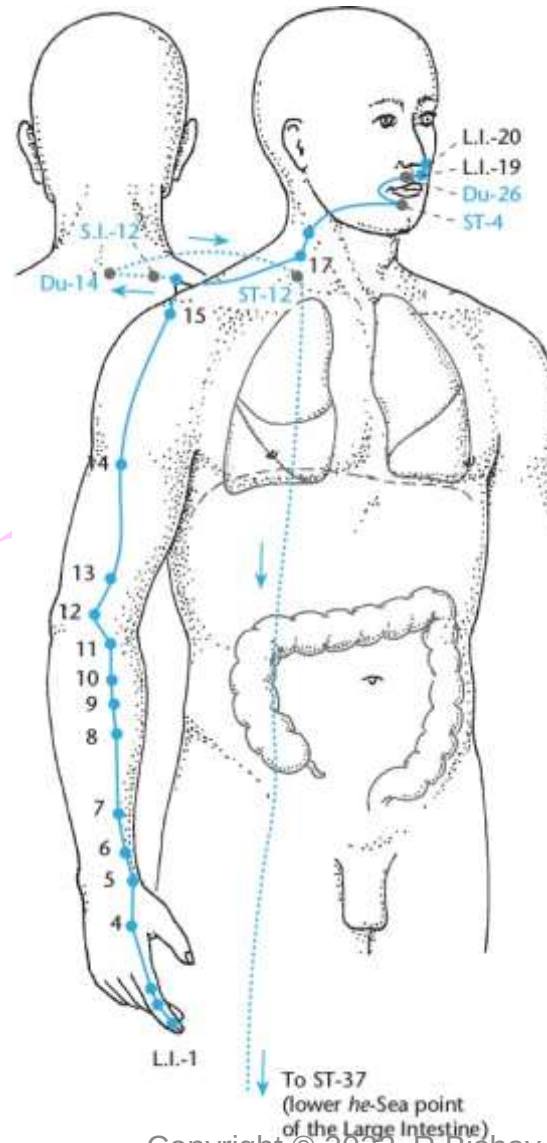
- Radial corner of nail of index finger (from *luo channel of Lung*)
- Between first and second metacarpal bones of hand
- Radial aspect of forearm and arm
- Lateral shoulder, cross to DU-14 DaZhui (at lower border of C7 vertebra)
- Enters at ST-12 QuePen
- One branch ascends lateral neck
- Transverse across cheek, upper lip (Du-26 & Ren-24), side of nose (LI-20)
- May continue on up lateral head, terminate at **ST-8** TouWei

Primary Channel Internal Passage

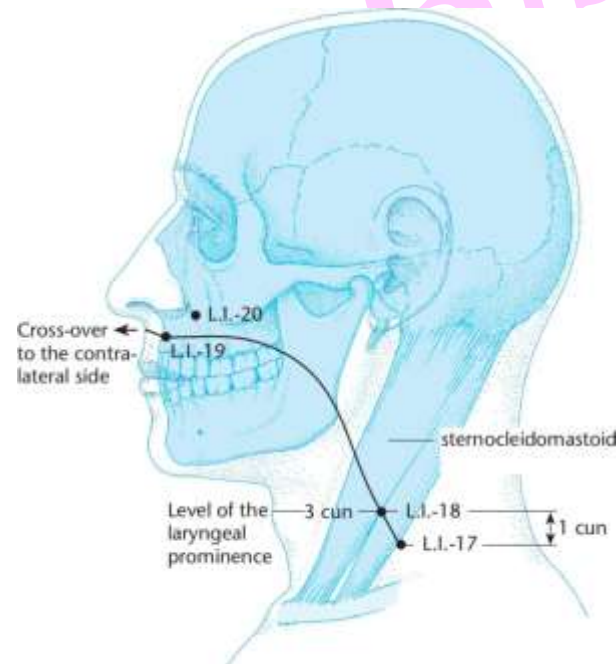
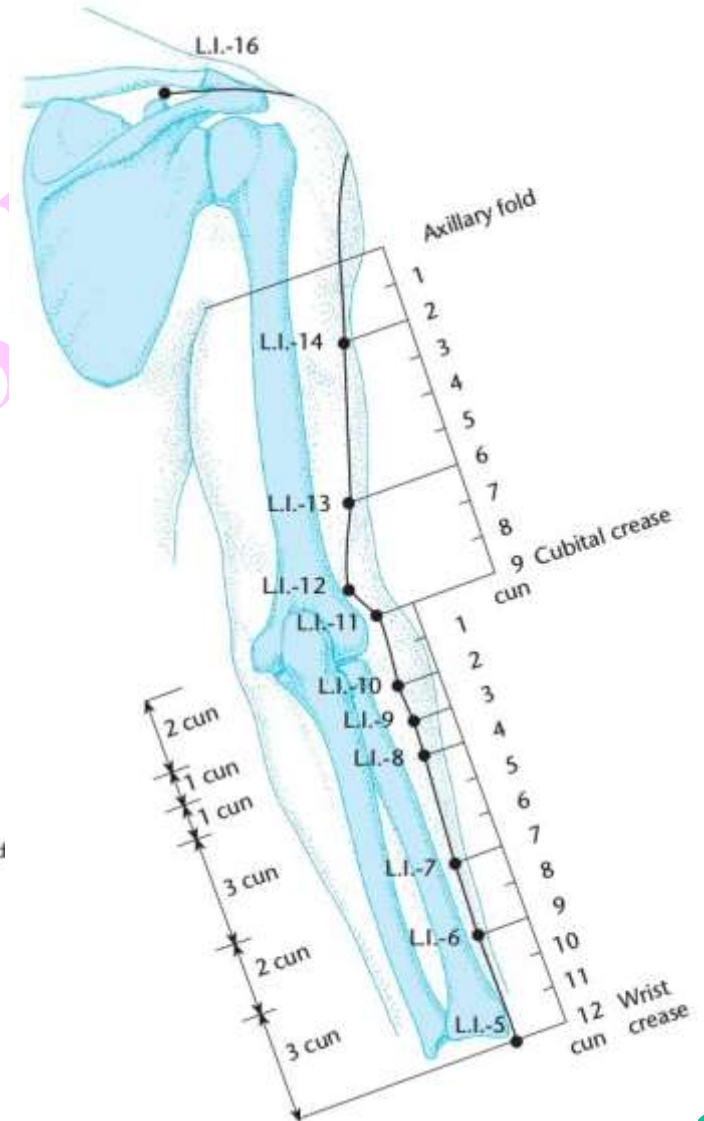
- One branch from ST-12 QuePen descends
- Enters Lung, penetrates diaphragm then enters Large Intestine
- A branch may also descend to **ST-37** ShangJuXu(lower He Sea of LI)
- From cheek, a branch enters to permeate the lower gums



Primary Channel



Primary Channel



Primary Channel - Importance

- **Exterior:**

- fever, dry mouth, thirst, sore throat, swollen throat, nosebleed, toothache, red painful eyes, stiff fingers, pain hot or cold arms/shoulder (wind cold and wind heat)

- **Interior:**

- lower abdomen pain, borborygamus, diarrhea, dysentery, SOB, dyspnoea (LI of the metal)

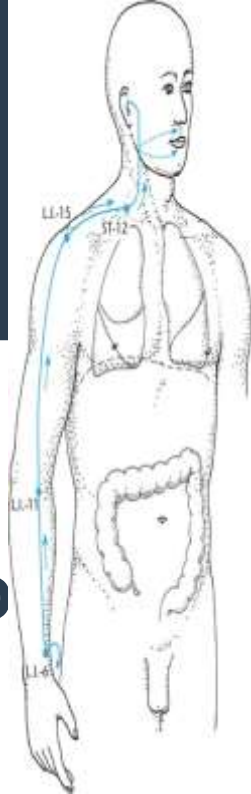
- **Excess:**

- **heat along channel**

- **Deficiency:**

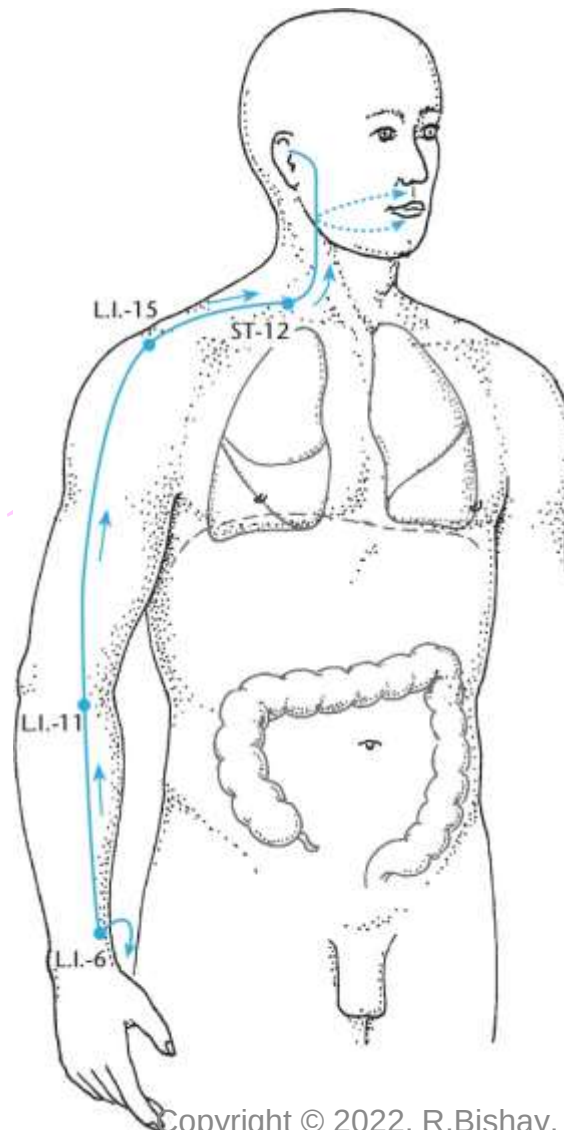
- cold and chills along channel

Luo Connecting Channel



- From LI-6 PianLi
- Spreads in local area (Sun Luo, Fu Luo Xue Luo)
- One branch connects with LU-9 TaiYuan
- Another branch ascends to LI-11 QuChi, LI-15 JianYu(SHOULDER), **ST-12 QuePen**
- Up neck to mandibular angle
- Splits: enter ear and spread across teeth
Sp. Lower teeth

Luo Connecting Channel



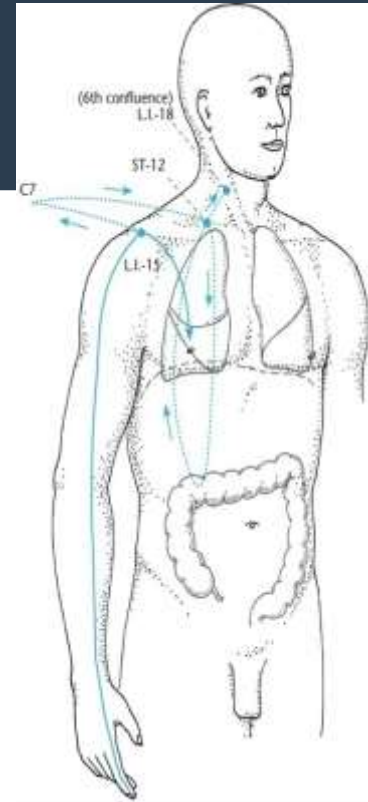
nay

Luo Channel-Importance

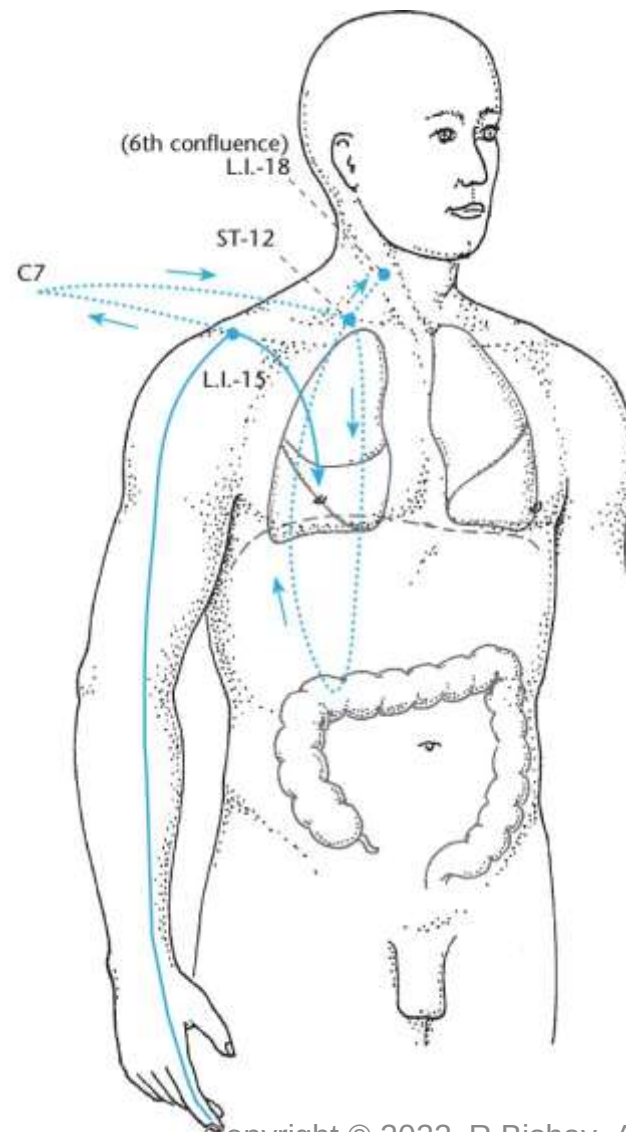
- **Excess:**
 - disorders of teeth and gums; disorder of ears
- **Deficiency:**
 - Sensitive teeth and gums
 - Sensation of tightness in chest and diaphragm

Divergent Channel

- From index finger
 - Ascends to LI-15 JianYu (SHOULDER)
 - One branch to thorax and across breasts
 - Another branch enters DU-14 DaZhui
 - To Large Intestine, then Lung
- Emerges at **ST-12** QuePen, connecting at LI-18 FuTu



Divergent Channel



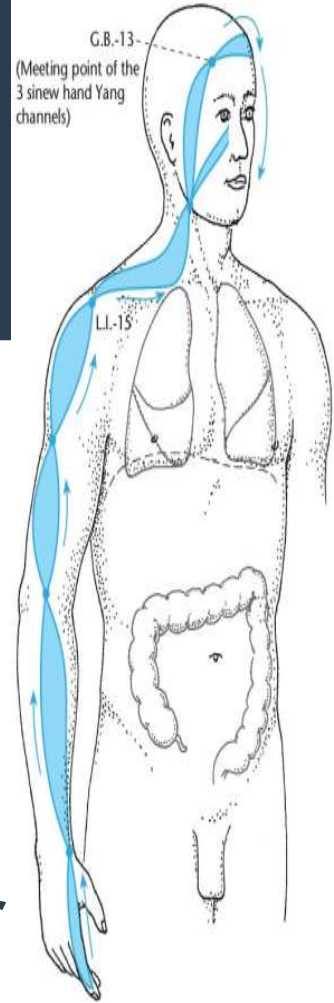
ray

Divergent Channel Importance

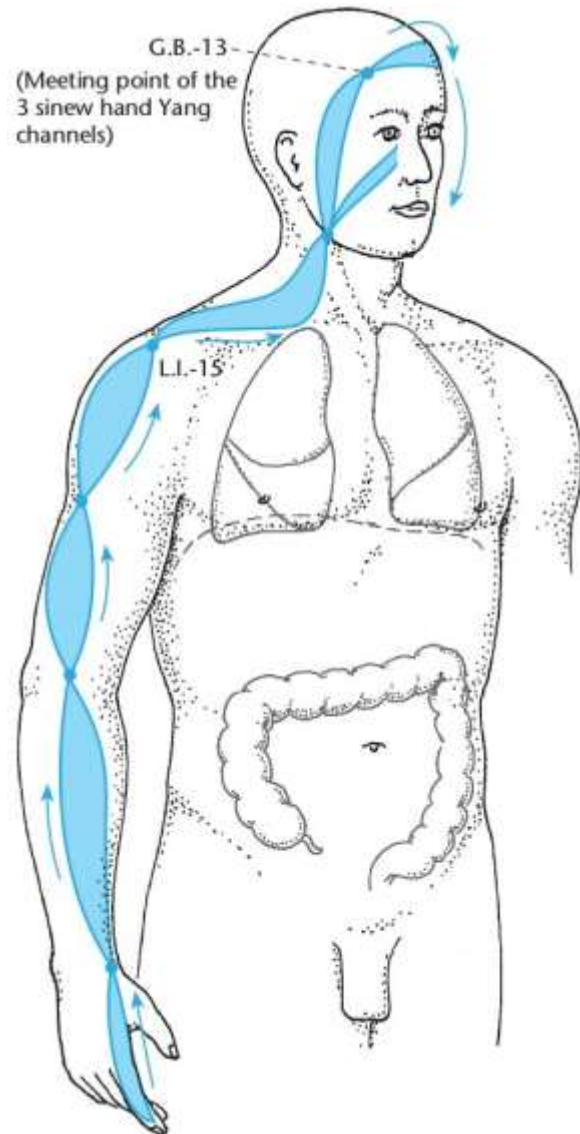
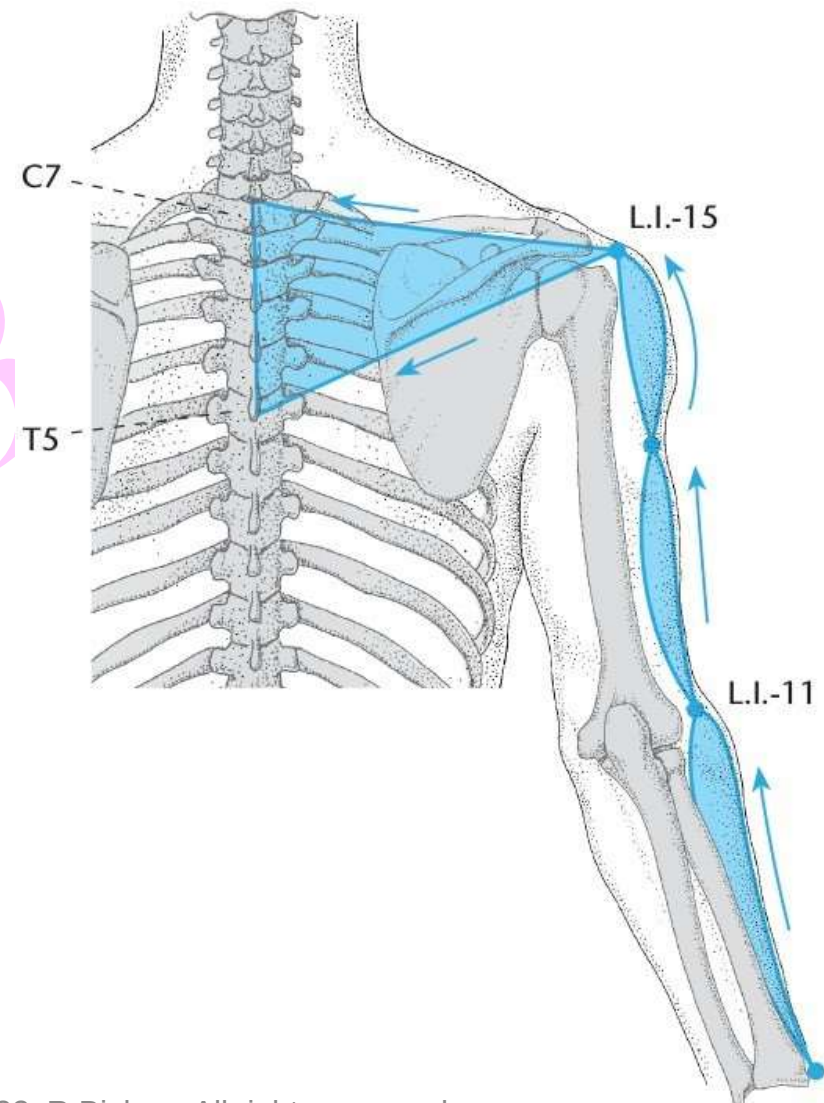
- **Strengthen Yin and Yang relationship**
 - Large Intestine points can treat Lung disorders
- **Increase area of effect of Large Intestine channel points**

Sinew Channel

- From index finger, to wrist, elbow
- To tip of deltoid, then **LI-15 JianYu**
- One branch spread across posterior, binding at C7 and T5 vertebrae
- Another branch ascends to mandibular angle; splits to two
- One spread to lateral side of nose, crossing the zygomatic bone
- Other branch ascends lateral face, connecting at GB-13 BenShen



Sinew Channel



Sinew Channel Importance

- **Pathology**

- Cramps; pain; tension; stiffness
- ROM issues
- Occipital pain, stiffness, and limited ROM

- **Indications:**

- Bi-syndrome; disorders of areas along channel

Functions of the Stomach

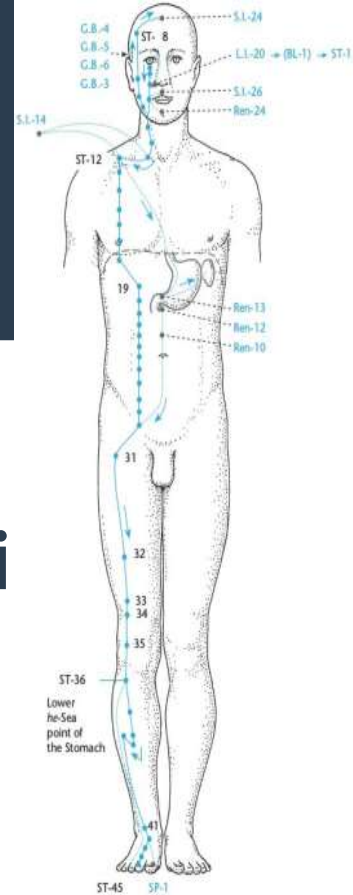
- Controls receiving
- Controls the rotting and ripening of food
- Controls the transportation of food essences
- Controls the descending of fluids
- It is the origin of fluid

Spleen and Stomach

- Stomach-Yang; *Spleen-Yin*
- Stomach Qi descends; Spleen Qi ascends
- Stomach is wet; *Spleen is dry*
- Stomach easily excess; Spleen easily deficient
- Stomach often hot; Spleen often cold
- Stomach often yin deficiency; *Spleen often Yang deficient*

Primary Channel Pathway

- From LI-20 YingXiang to inner canthus, emerging to ST-1 ChengQi
- Descends, meeting with DU-26 RenZhong and *Ren-24* ChengJiang
- To lower angle of mandible
- Splits to two
- One branch ascends to ear
- Intersects GB channel, passing ST-8 TouWei, meeting Du-24 ShenTing



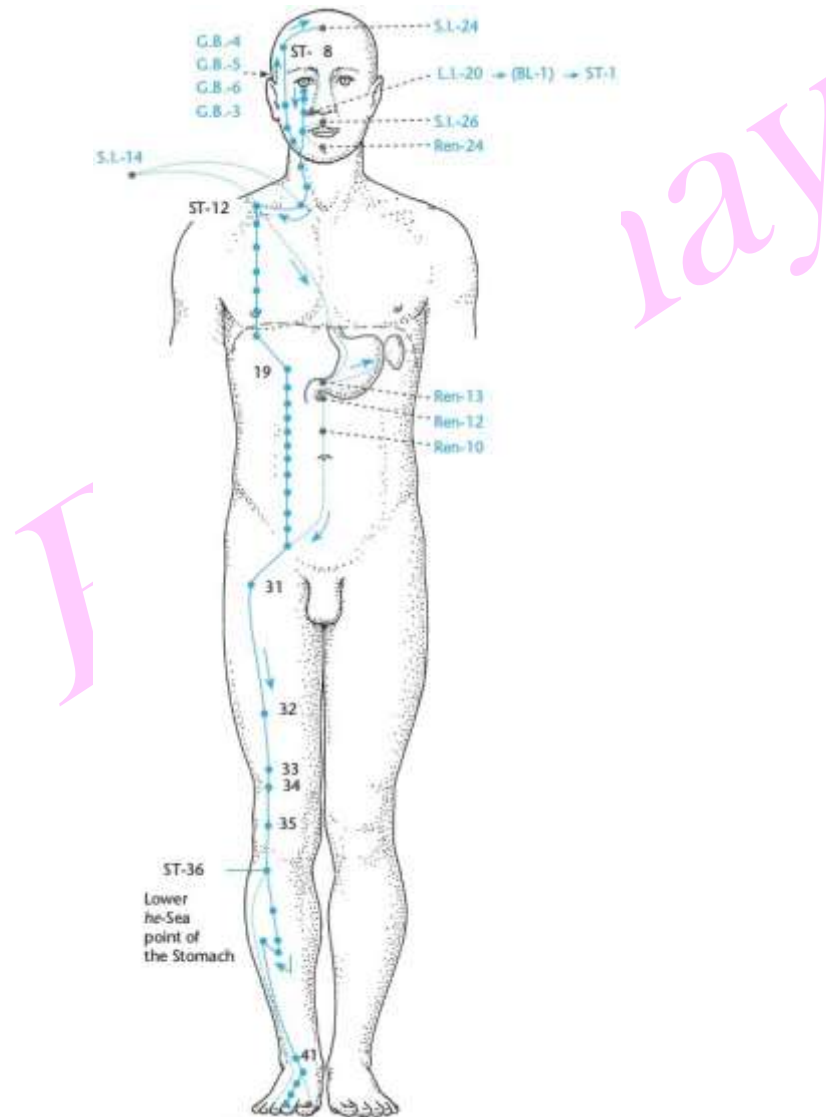
Primary Channel Pathway

- Another branch descends lateral neck, meeting **DU-14** DaZhui
- Splits to two
- Internal branch passes diaphragm, connecting Stomach, then Spleen
- Passes across *Ren-13* ShangWan, *Ren-12* ZhongWan, *Ren-11* XiaWan
- Descends to ST-30 QiChong in inguinal groove
- Meets with other branch

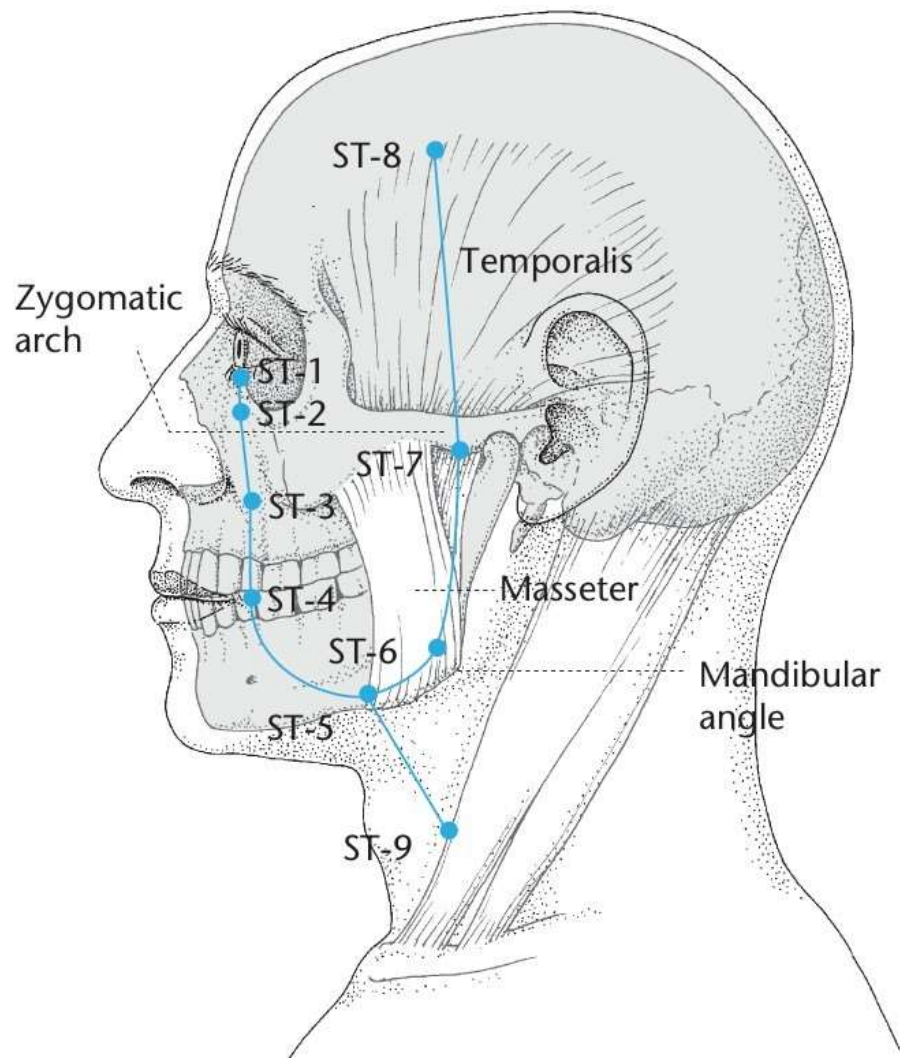
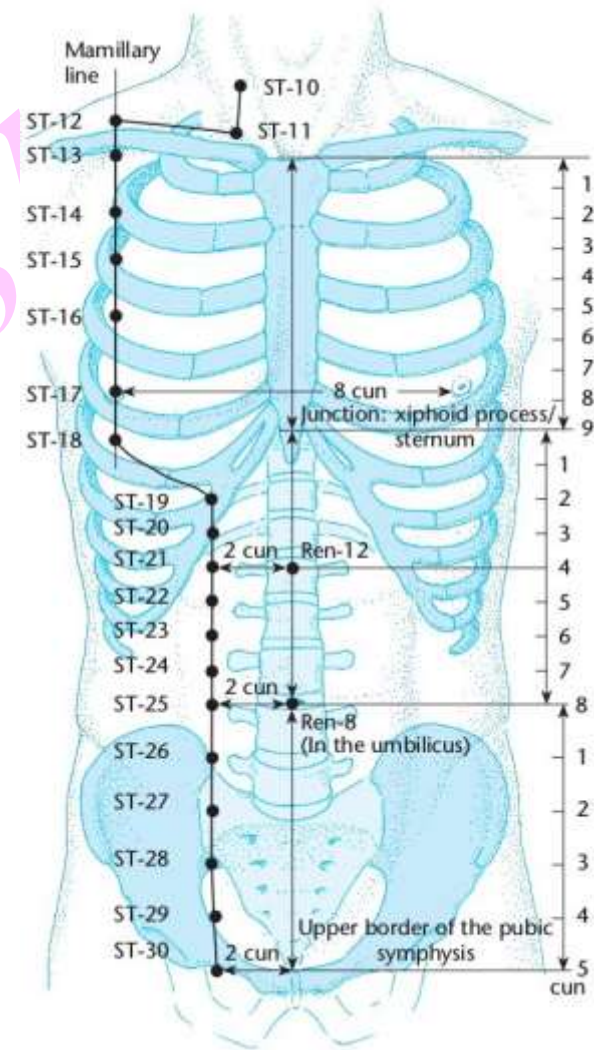
Primary Channel Pathway

- Other branch from supraclavicular fossa
- Descends, crossing nipple
- Moves slightly medial
- Travels laterally past umbilicus
- Past leg, knee, anterior crest of tibia, spreads on the dorsum of foot
- To second toe, lateral side of nail at ST-45 LiDui
- One branch from ST-36 ZuSanLi to middle toe
- One branch from St-42 ChongYang to SP-1 YinBai

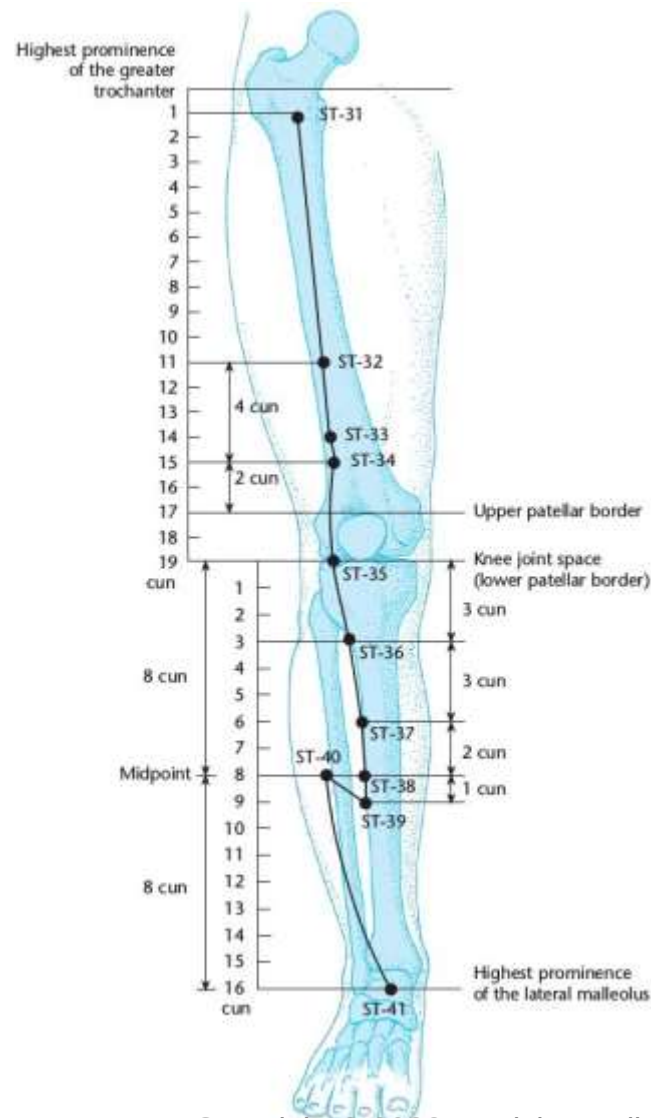
Primary Channel



Primary Channel



Primary Channel



ray

Primary Channel Importance

- **Exterior:**

- High fever; malaria; flushed face; sweating; delirium; aversion to cold; eye pain; dry nasal passage; nosebleeds; dry/lesions of lip/mouth; thoracic pain; inflamed legs

- **Interior:**

- Abdominal distension; sensation of fullness; oedema; irritability during work/rest; mania; epilepsy; constant hunger; yellow urine

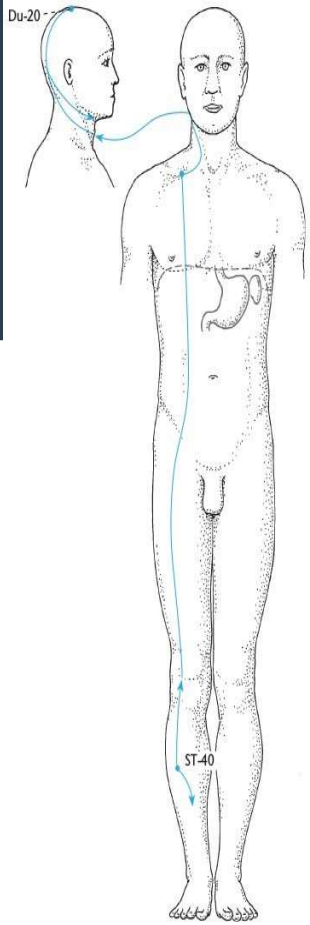
- **Excess:**

- Feel hot on anterior body; constant hunger; yellow urine

- **Deficiency:**

- Feel cold on anterior body; chills; epigastric distension and fullness

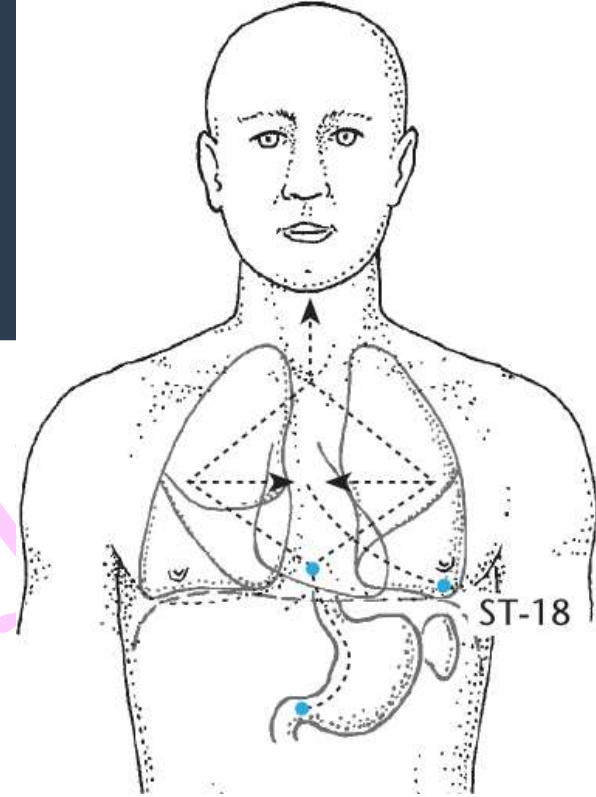
Luo Connecting Channel



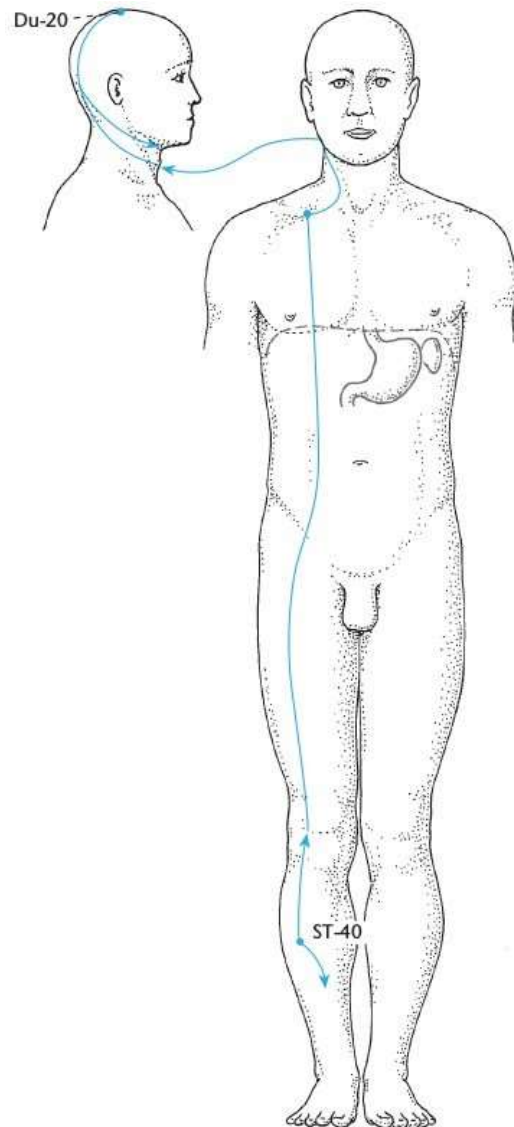
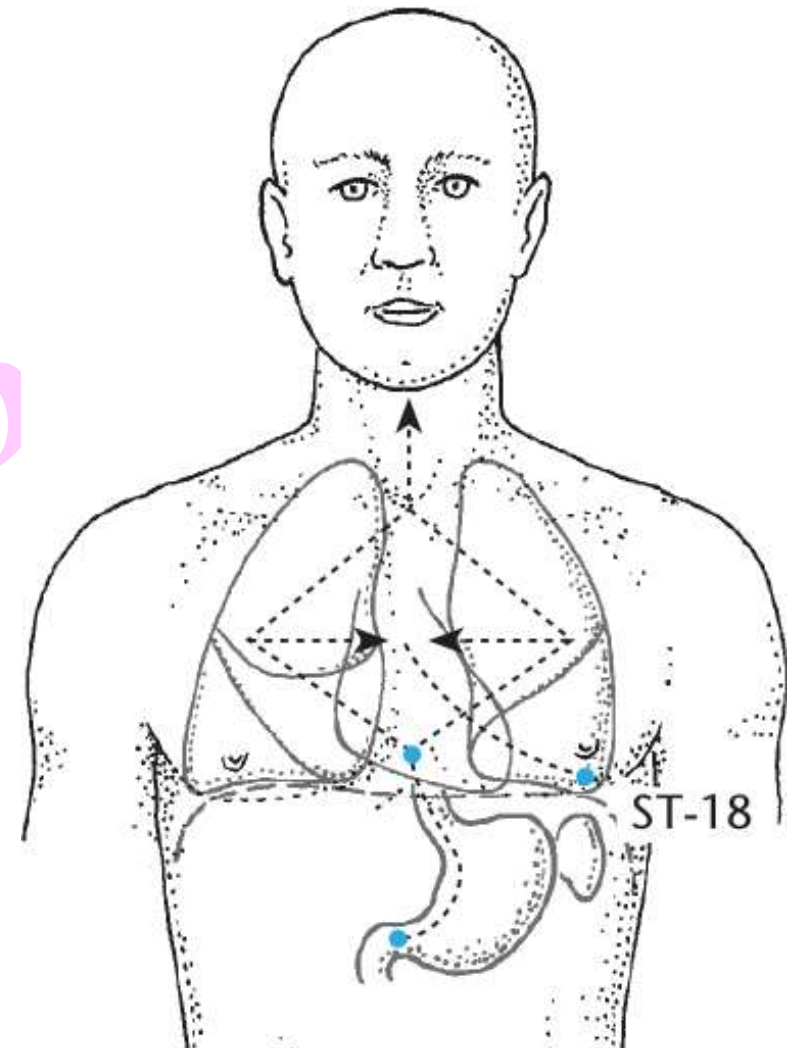
- From ST-40 FengLong
- Spread to local area (Sun, Fu, Xue Luo)
- One branch to SP-3 TaiBai
- Another branch to **ST-12**, splitting to two
- One across neck, another to occiput then DU-20 BaiHui

Great Luo of Stomach

- Begins at Stomach
- Passes Diaphragm
- Intersects **Ren-17** TanZhong
- Spreads in Lungs, trachea, larynx
- From Lung, enters Heart, emerging at **ST-18** RuGen (PMI of heart)



Luo Connecting Channel



Luo Connecting Channel Importance

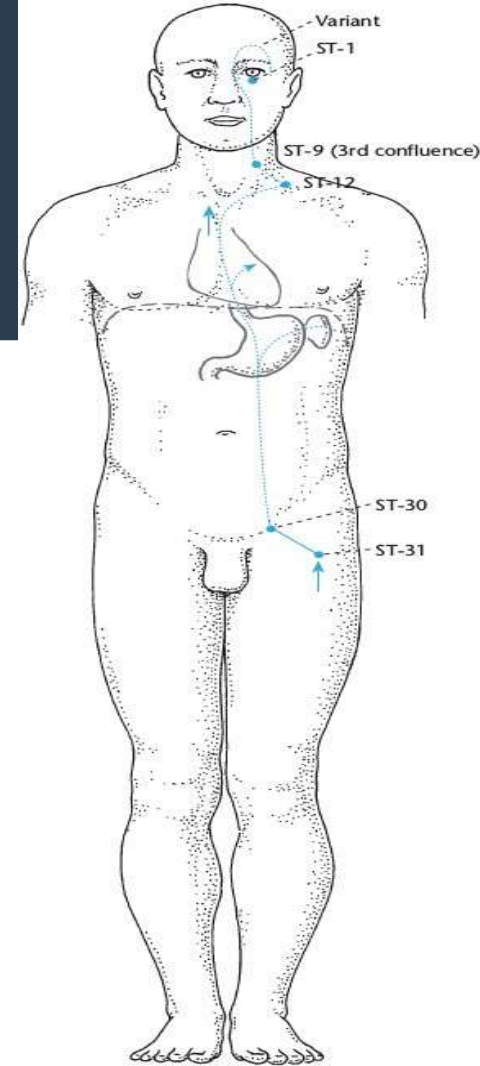
- **Counterflow Qi:**
 - Swelling/pain of throat; sudden loss of voice; tight throat
- **Excess:**
 - Psychological disorders; epilepsy; mania
- **Deficiency:**
 - Wei-syndrome of legs (atrophy, weakness, and paralysis)

Great Luo Channel Importance

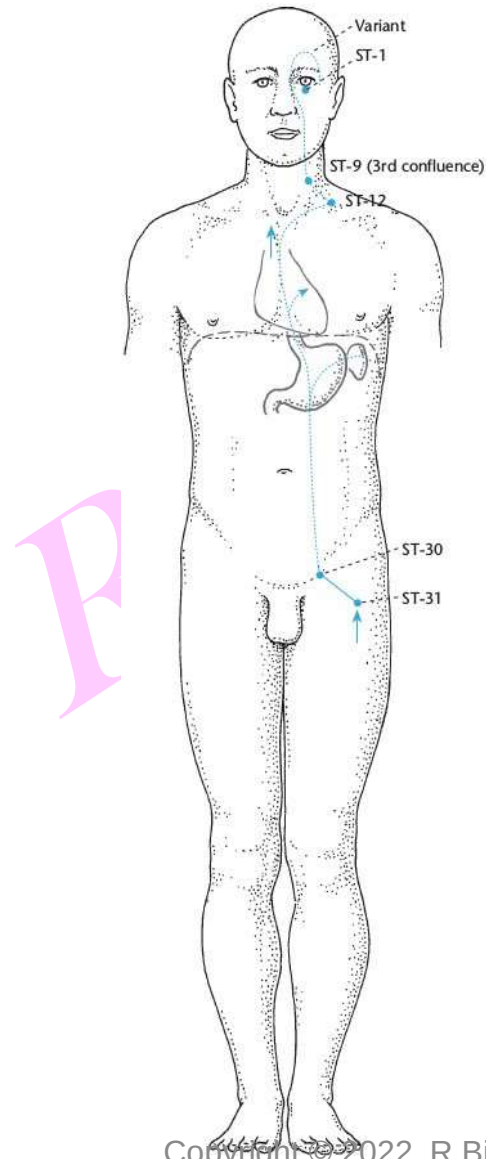
- **Excess:**
 - Dyspnoea
- **Deficiency:**
 - Chest tightness: ex. Asthma; coughing; angina pectoris; etc.

Divergent Channel

- From ST-31 BiGuan, to ST-30 QiChong
- Enters Stomach, splits to two
- One branch enters Spleen
- Another branch enters Heart
- Ascends to **ST-12** QuePen
- To ST-9 RenYing
- **Emerges at mouth**, lateral to nose, circles behind eye
- Then to ST-1 ChengQi
- Enters brain



Divergent Channel



Divergent Channel Importance

- Strengthen Yin and Yang relationship
- Spread Qi to sensory organs
- *Strengthen relationship between Stomach and eye*

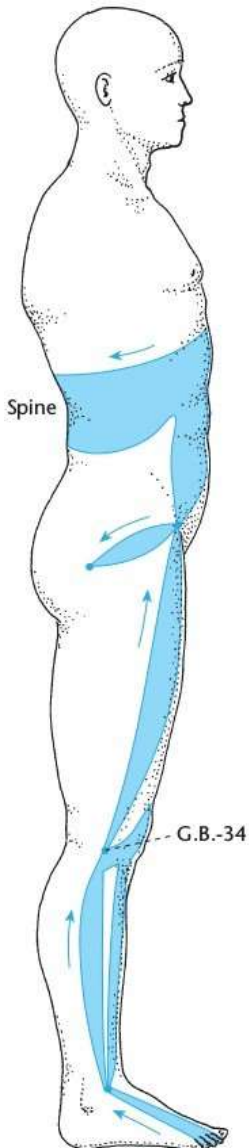
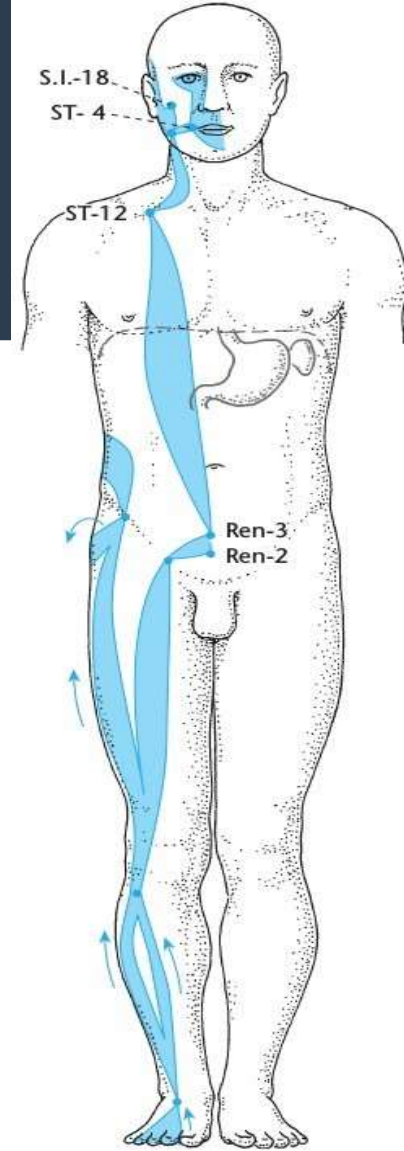
Sinew Channel

Second, third, and fourth toe
Binds at tibial depression;
splits to **two**

One branch ascends to
GB-34 YangLingQuan

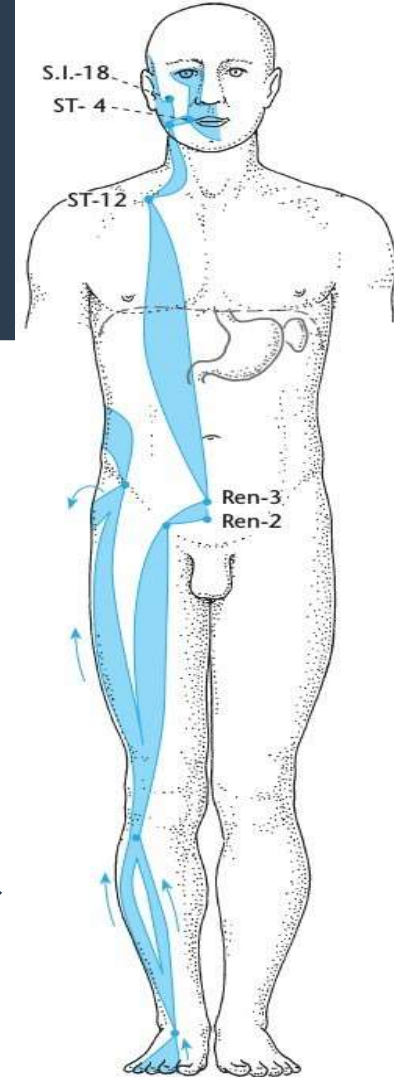
To anterior hip; splits to two

- One branch to GB-30 HuanTiao
- Another branch spread on lateral abdomen, to ribcage and spine

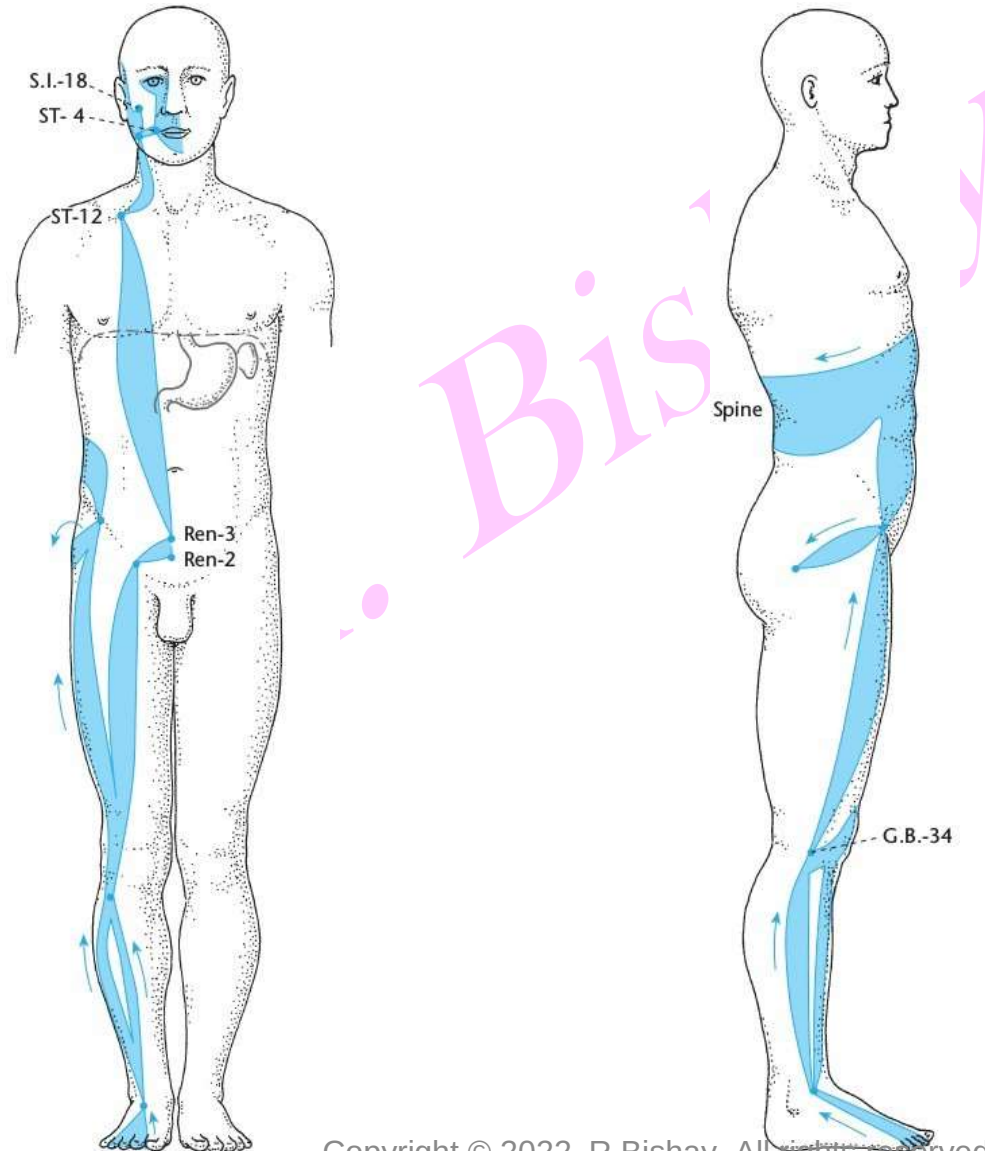


Sinew Channel

- Another branch on lateral leg
- Bind at patella and GB-34
- To inguinal groove, then Ren-2 QuGu and Ren-3 ZhongJi
- Bind at **ST-12** QuePen, then to lateral neck
- Three branches at mandible:
 - One to ear
 - Second to SI-18 QuanLiao
 - Third across mouth sp upper teeth and upper nose to lower border of eye; connects with UB channel



Sinew Channel



Sinew Channel Importance

- **Pathology:**

- Stiff and aching toes; leg cramps; stiff and pain of dorsum of foot; inguinal region disorder
- **Shan-disorder**; cramp along channel; facial paralysis; weak muscles along channel

- **Indications:**

- Bi-syndrome
- Disease of external genital; motor control of sensory organs