

Shao Yin Meridians

Class 5

Review

- **Large Intestine Channels**

- ♦ Functions
- ♦ Indications
- ♦ Pathway

- **Stomach Channels**

- ♦ Functions
- ♦ Indications
- ♦ Pathway

Shao Yin Meridian

- Heart and Kidney
- Shen and Jing
- Connects the Upper and Lower Burner
- Kidney roots the Shen, Heart Warms the Kidney
- Govern blood production and circulation
- Govern life and death
- Will to live; life force

Functions of the Heart

- Governs Blood
- Controls the blood vessels
- Manifests in the complexion
- Houses the Shen
- Related to Joy
- Opens into the tongue
- Controls sweat

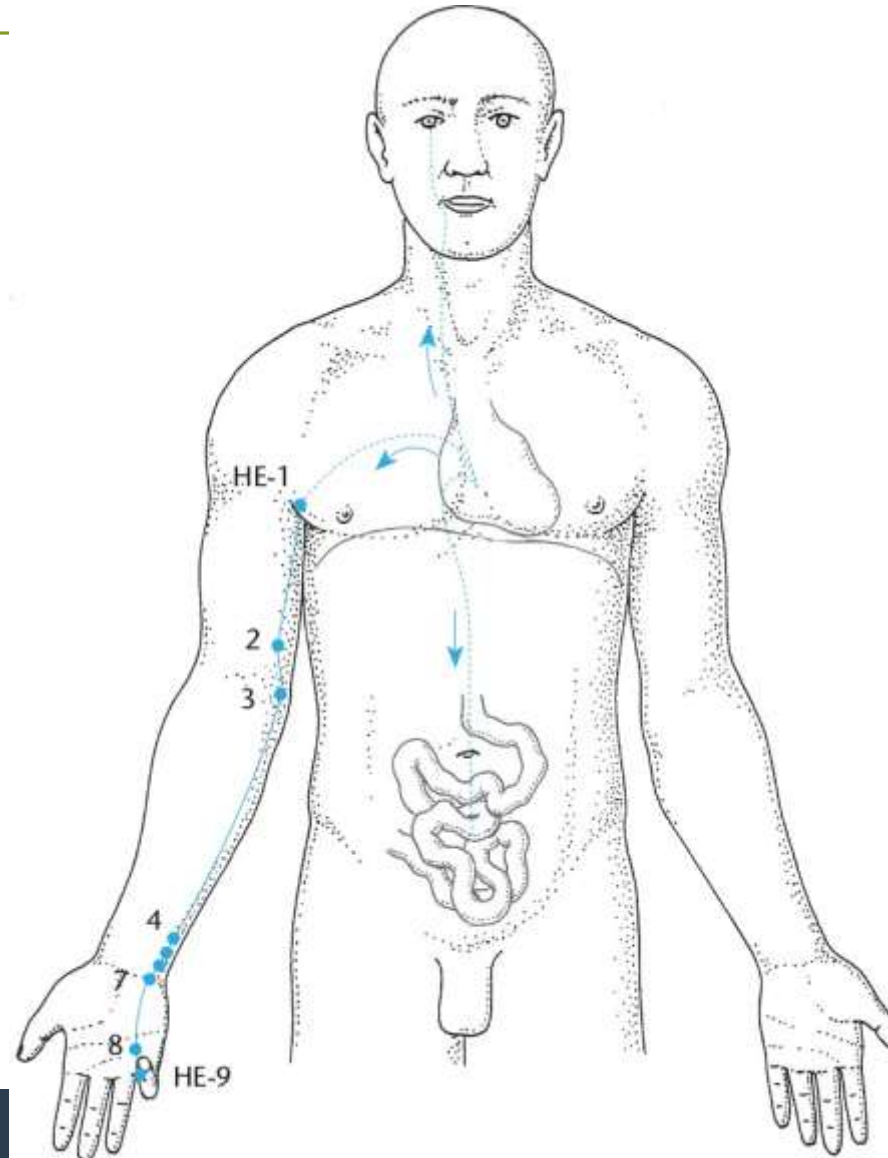
Primary Channel Internal Passage

- **Originates in Heart**
- **One branch to Small Intestine**
- **One branch, up oesophagus, neck, to eyes and brain**
- **One branch enters Lung**
- **Descends to emerge at centre of axilla**

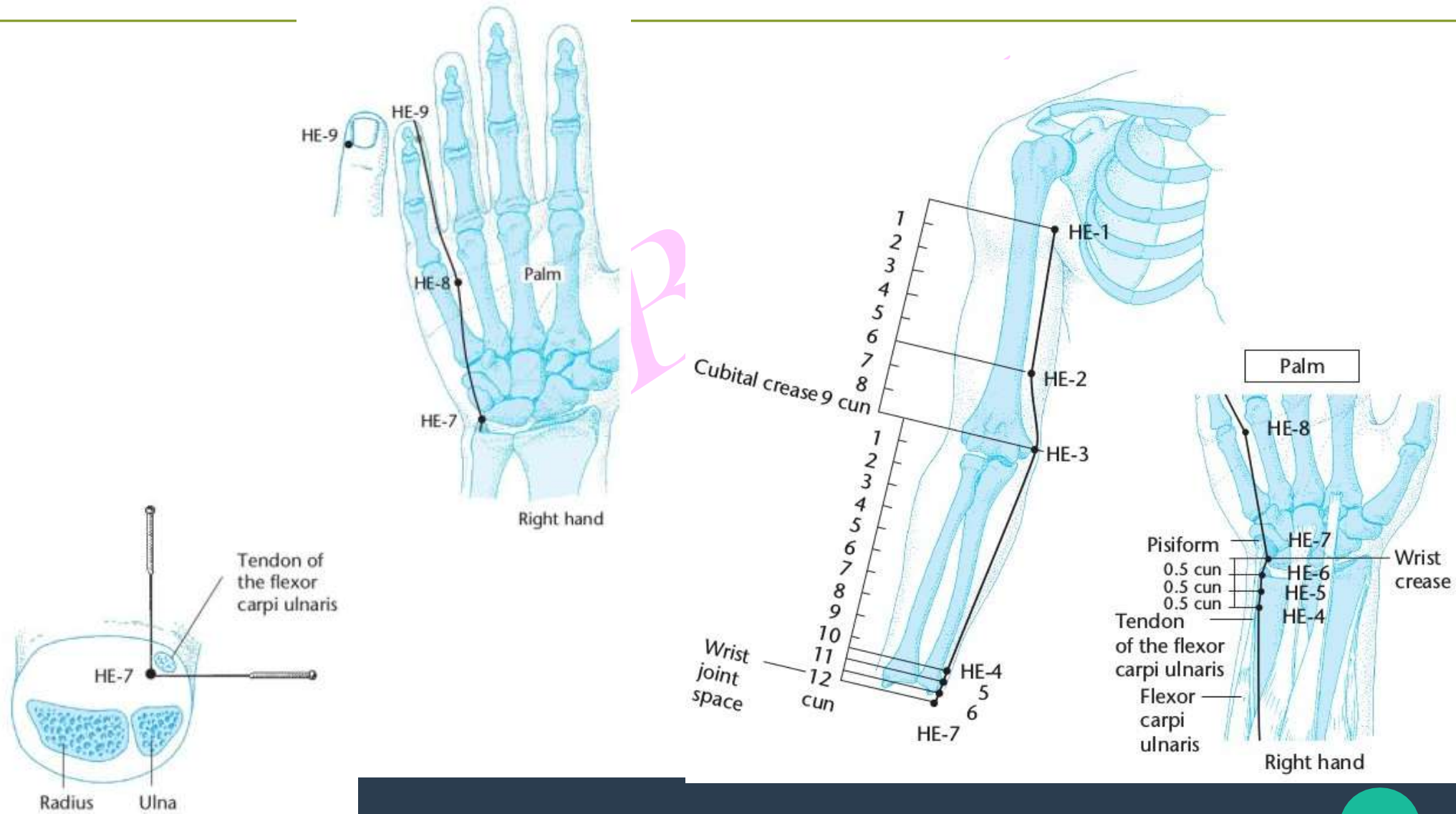
Primary Channel External Passage

- From axilla
- Down anteromedial aspect of upper arm
- Down anteromedial aspect of forearm
- Transverses palm between fourth and fifth metacarpal bones
- To radial aspect of corner of little finger

Primary Channel



Primary Channel



Primary Channel - Importance

•Exterior

- General fever; headaches; pain in the thorax and back; thirst with desire to drink; heat sensation in palms; cold invasion in extremities; pain in the shoulder and medial aspect of upper arm

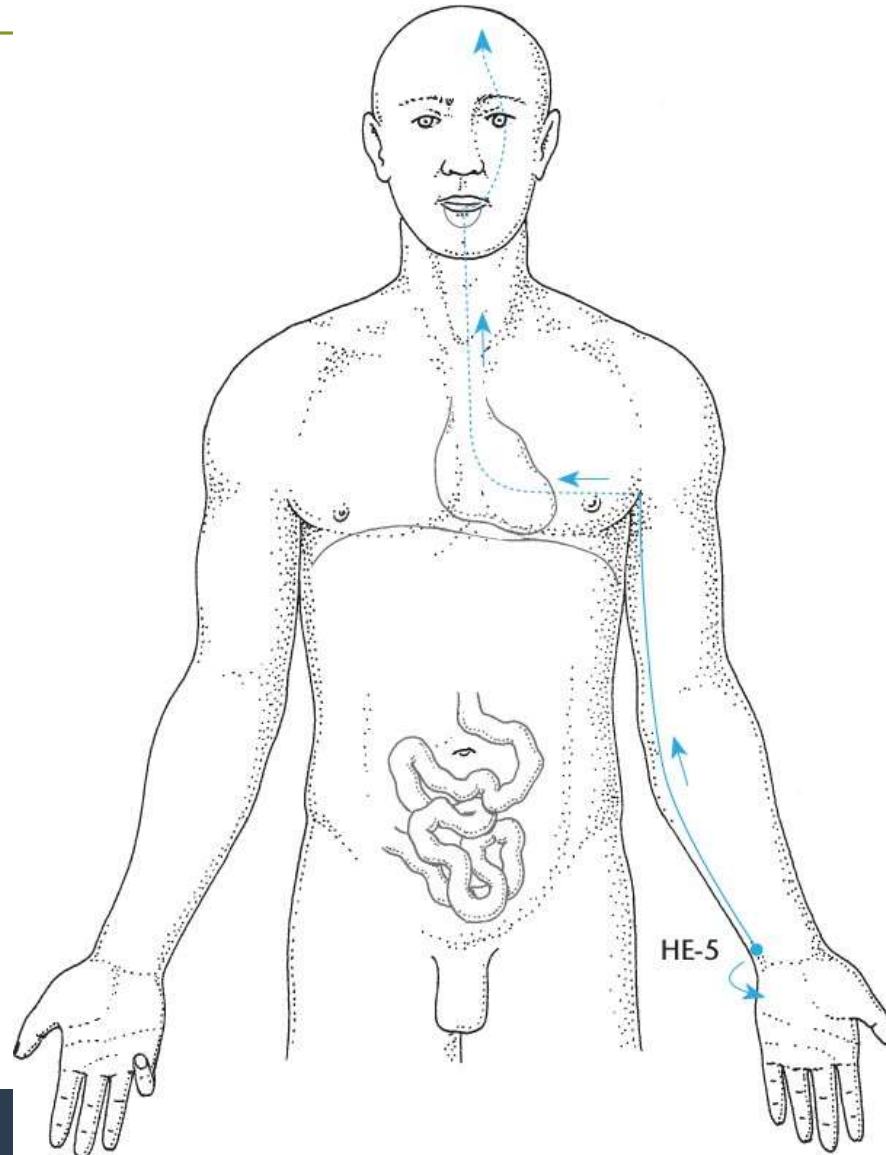
•Interior

- Heart pain; pain and full in the thorax and lateral costal region; hypochondriac pain; irritability; SOB; restlessness; dizziness; mental confusion

Luo Connecting Channel

- From HT-05 TongLi
- Spreads locally (Sun, Fu, Xue Luo)
- One branch to Yuan-source of SI channel, SI-04 WanGu
- One branch follows Primary Channel to axilla
- Enters Heart, to root of tongue
- Spread around eye and penetrates brain

Luo Connecting Channel



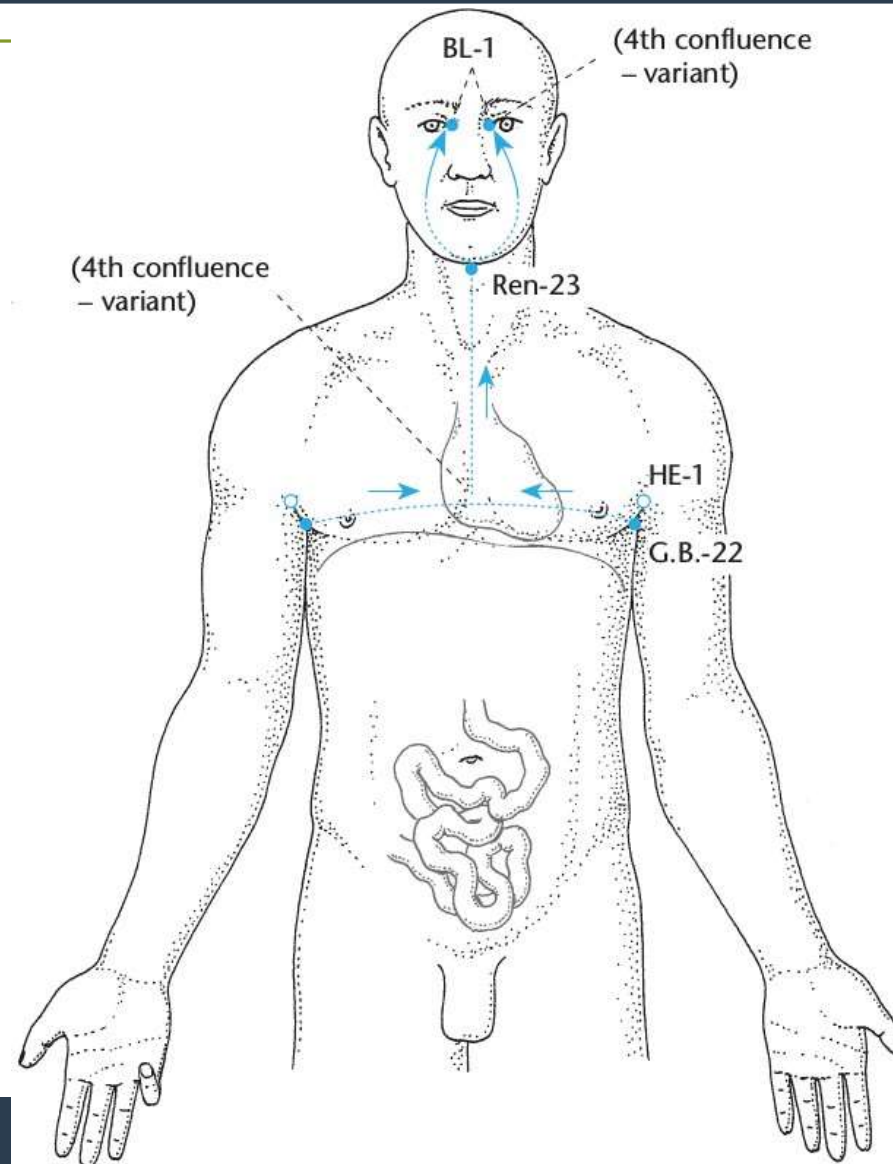
Luo Channel-Importance

- **Excess**
 - Distension and fullness of thorax and diaphragm
- **Deficiency**
 - Aphasia; disorders of vocal chords

Divergent Channel

- Begin at HT-1 JiQuan
- Enters torso at GB-22 YuanYe
- Connect to heart
- Up neck to Ren-23 LianQuan
- To UB-1 JingMing
- Small branch from SI-18 QuanLiao connects here

Divergent Channel



Divergent Channel Importance

Strengthens relationship between Heart and thoracic region (not SI)

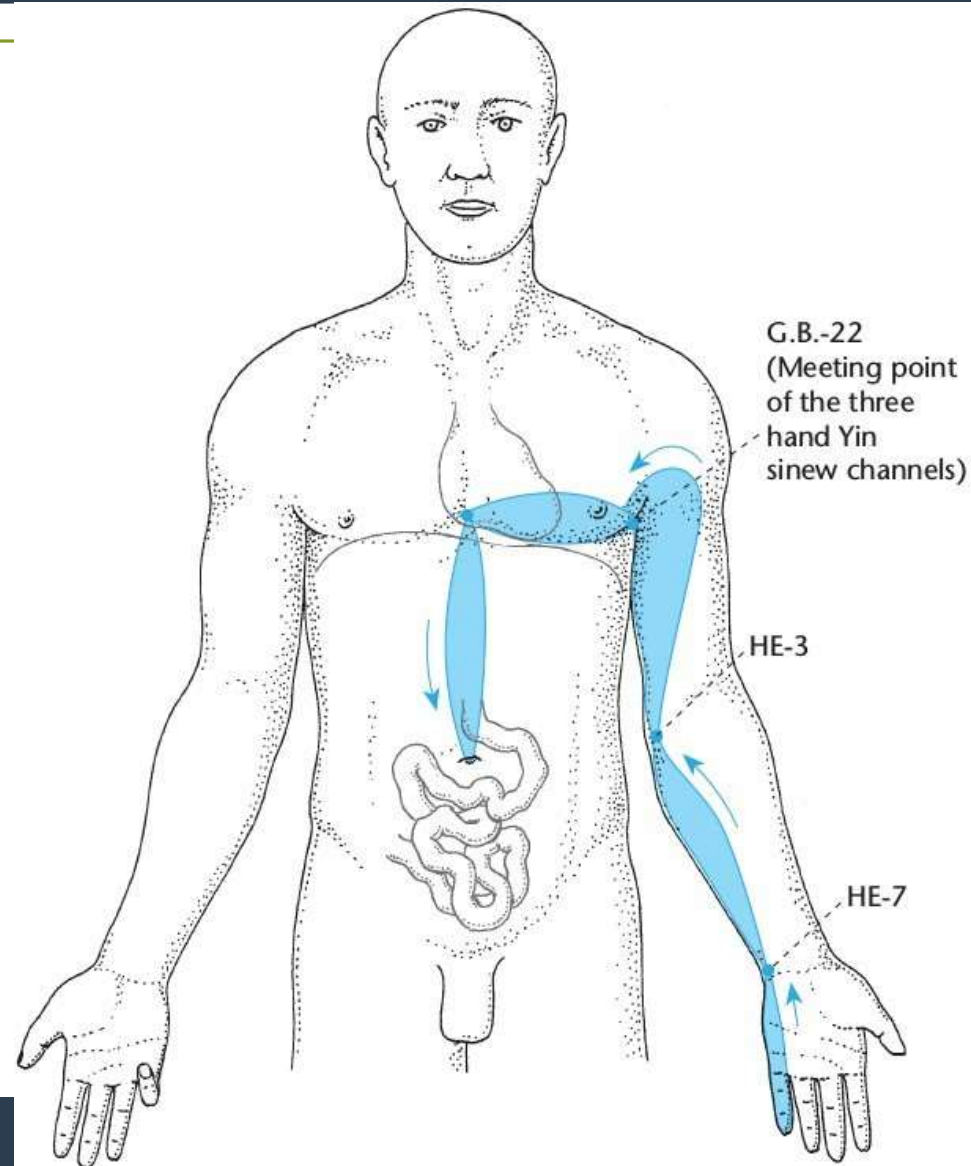
Connects Heart Channel to neck, throat, and vocal chords

Connects Heart Channel to eyes

Sinew Channel

- Anterior radial aspects of little finger
- Binds at HT-7 ShenMen
- Binds at HT-3 ShaoHai, meeting LU Sinew Channel
- Binds at axilla with other 3 Yin Sinew Channels
- Across chest to Ren-17 TanZhong
- Penetrates diaphragm and binds at umbilical region

Sinew Channel



Sinew Channel Importance

Pathology

- - External cramping, stiffness, pain along channel
 - Internal cramping in cardiac region (stress; angina pain; etc)

Indication

- - Bi-syndromes
 - Disorders and disease of thorax and chest
 - Disorders of diaphragm (hiccups; acid reflux; oesophagitis)

Connects Ren-8 to Yuan Qi and Shen

- - Moxa Ren-8 ShenQue to revive

Functions of the Kidney

- Foundation of Yin and Yang of other organs
- Store Jing, governing birth, growth, reproduction, and development
- Produces Marrow, fill up the brain, and controls bones
- Governs Water
- Controls the reception of Qi
- Opens into the ears
- Manifests in the hair
- Controls spittle
- Controls the two lower orifices
- Houses the Will-power (Zhi)
- Controls the MingMen Fire

Primary Channel Pathway

- Sole of foot KD-1 YongQuan
- Medial aspect of foot, circling ankle
- Enters heel, then ascends medial leg (intersection SP-6 SanYinJiao) and thigh
- Perineal regions, splits to two
- One branch enters deep to DU-1 ChangQiang
- Up to Kidneys, then Bladder
- Intersects Ren-3 ZhongJI, Ren-4 GuanYuan, and Ren-7 YinJiao

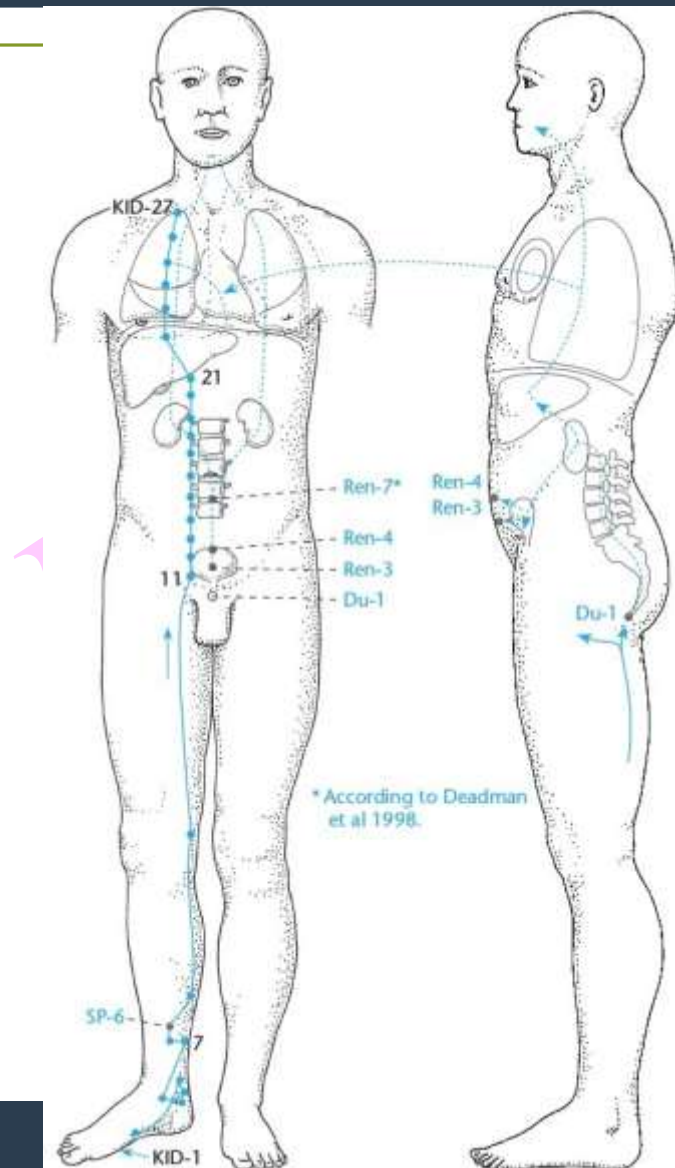
Primary Channel Pathway

- A branch from Kidneys enter Liver
- Continues to Liver
- Enters Lung
- Spread to Heart
- Merges with the deep Pericardium Channel

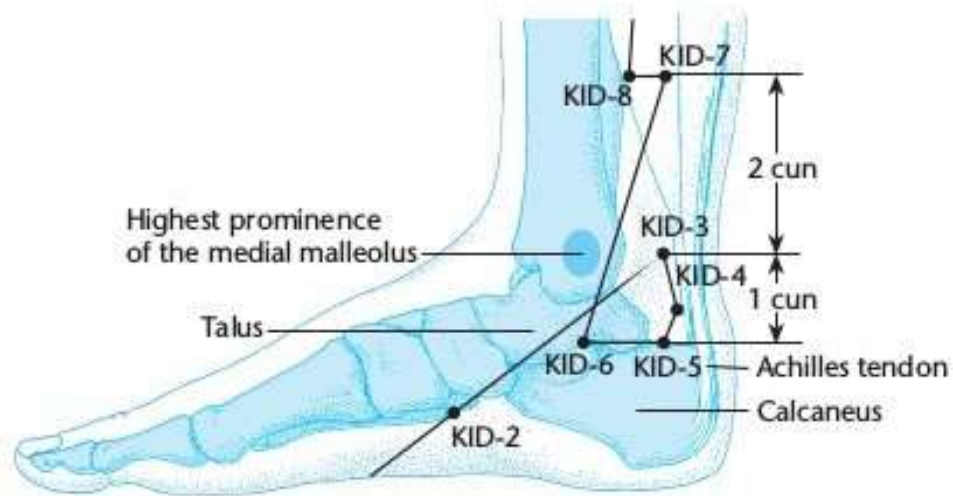
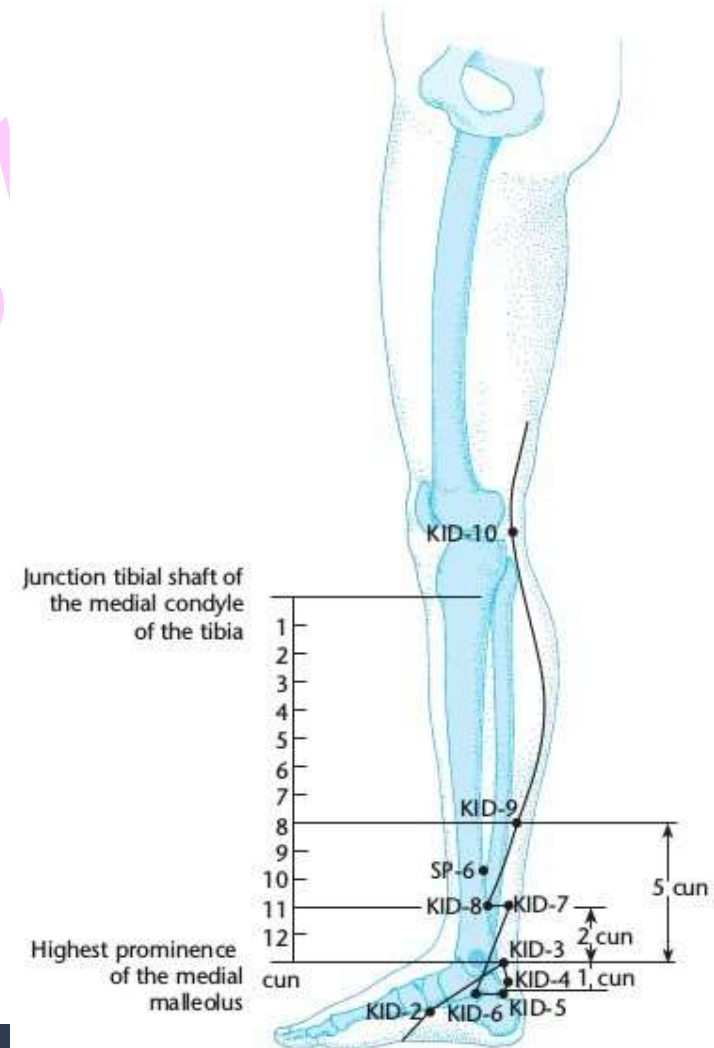
Primary Channel Pathway

- External branch from perineal continues up abdomen
- From pubic bone, 0.5 cun from midline
- At 5th intercostal space, 2 cun from midline
- Terminates at KD-27ShuFu, at lower border of clavicle

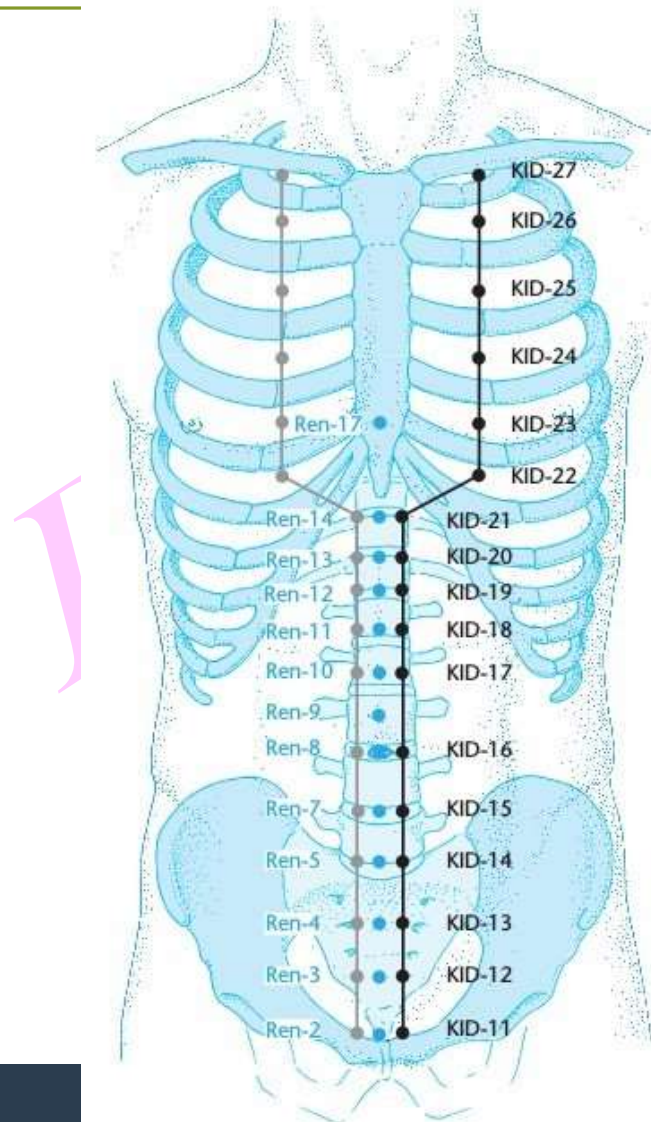
Primary Channel



Primary Channel



Primary Channel



Primary Channel Importance

- **Exterior**

- Pain in the lumbar region; counterflow Cold or weak legs; dry mouth; sore throat; pain in the lateral gluteal region or posterior thigh; pain of soles

- **Interior**

- Pain; facial oedema; dark rings under eyes; SOB; somnolence; restlessness; diarrhoea; thin or dry stools; abdominal distension; nausea; vomiting; impotence

Luo Connecting Channel

From KD-4 DaZhong

Spreads locally (Sun, Fu, Xue Luo)

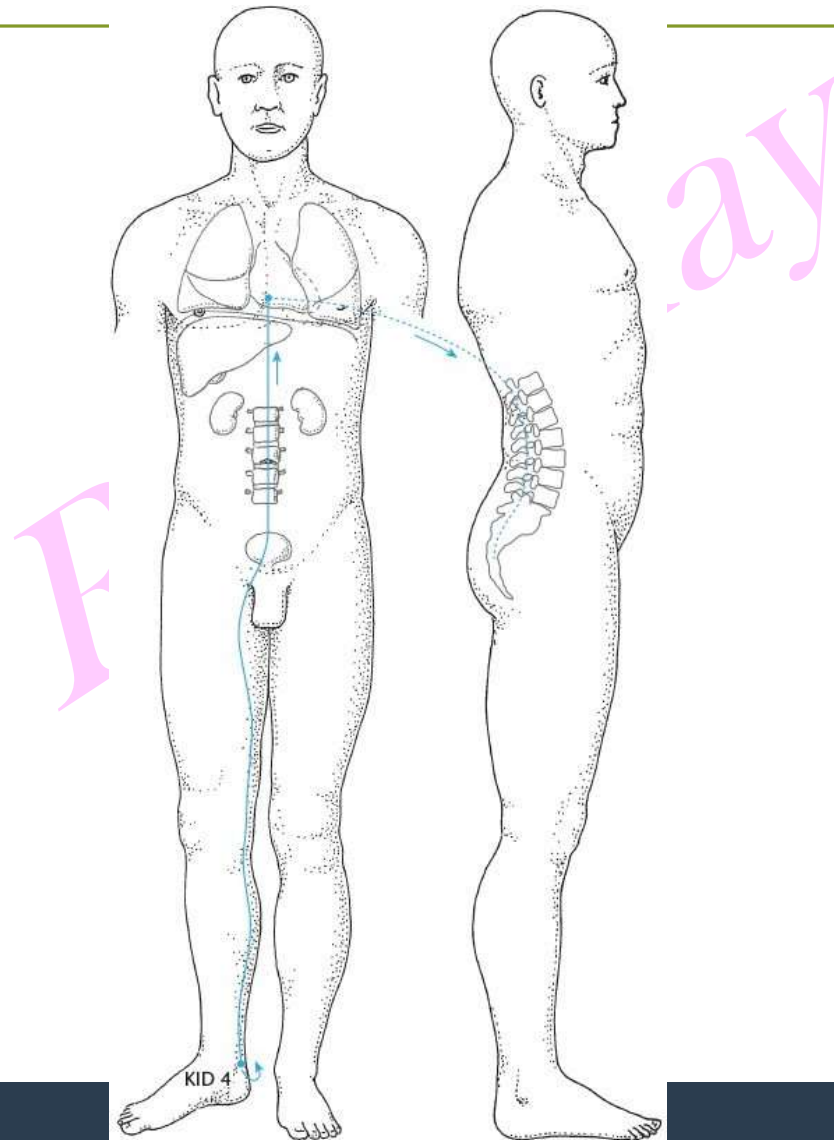
One branch to Yuan-source point of UB,
at UB-64 JingGu

Another branch follows Primary Channel

Meets Ren-17 TanZhong

Enters deep and penetrates lumbar
spine

Luo Connecting Channel



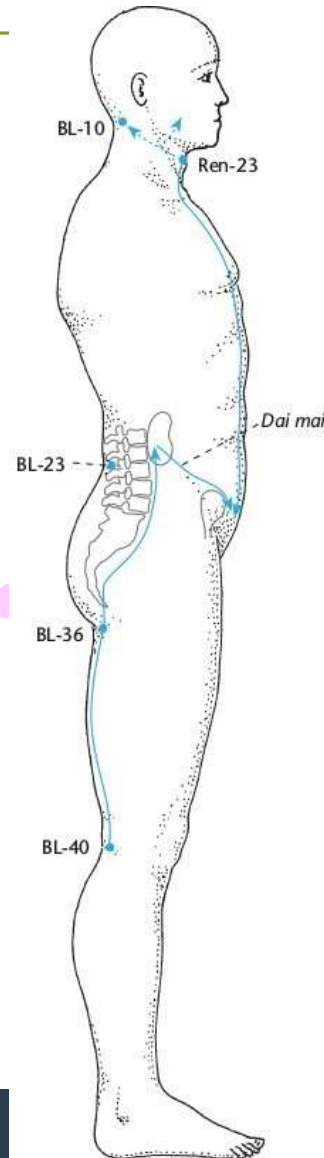
Luo Connecting Channel Importance

- **Excess**
 - Retention of urine
- **Deficiency**
 - Pain in the lumbar region
- **Counterflow Qi**
 - Restlessness; anxiety; fear; depression; fullness in chest and epigastrium

Divergent Channel

- From popliteal fossa at KD-10 YingGu
- Meets UB-40 WeiZhong
- To centre of gluteal crease, UB-36 ChengFu
- Enters deep, to Kidney and Bladder
- To UB-22 ShenShu, meeting with the Dai Mai
- Ascends midline to Ren-23 LiangQuan
- Enters, then at nape to UB-10 TianZhu

Divergent Channel



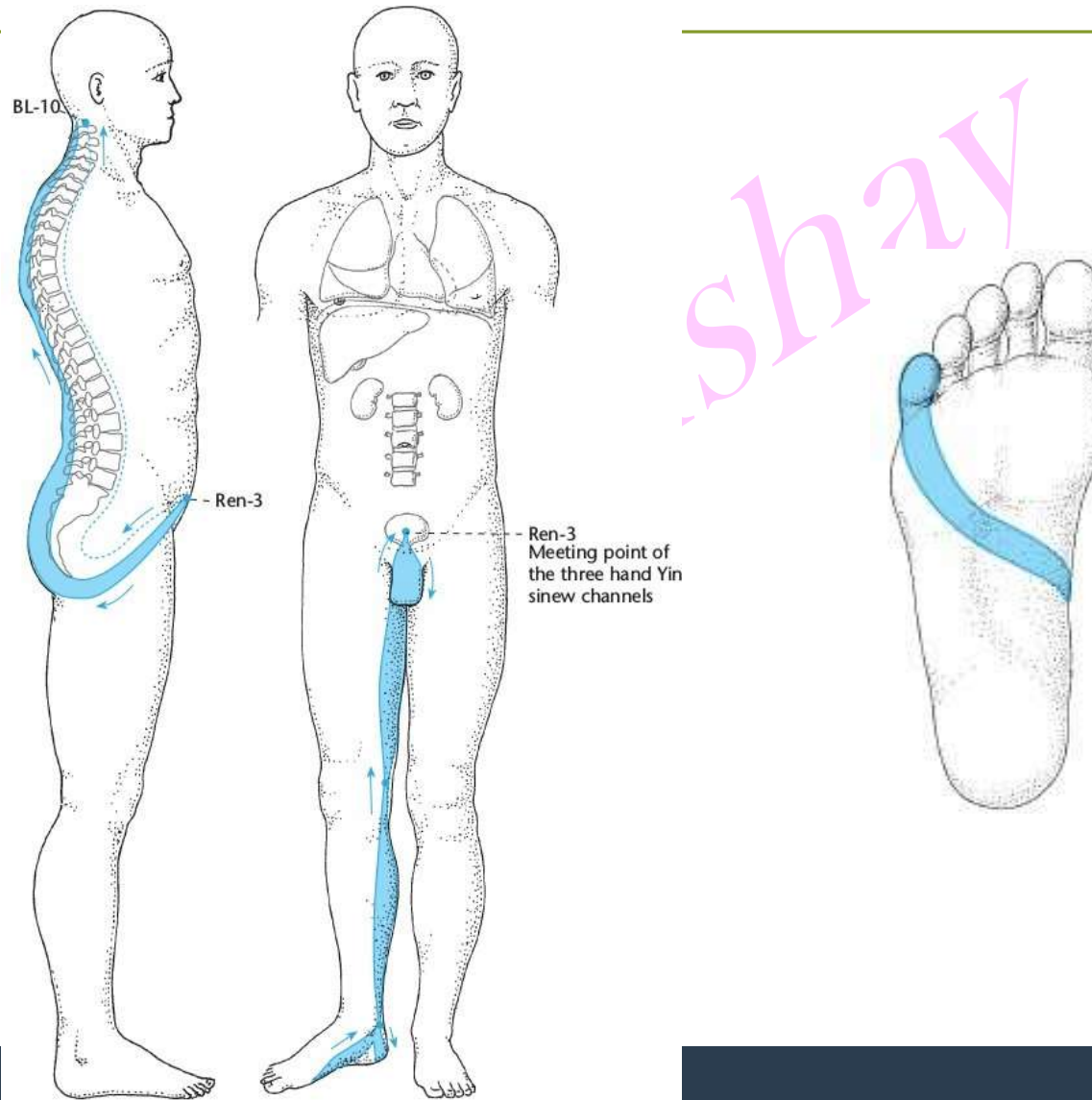
Divergent Channel Importance

- Strengthen Yin-Yang organ relationship
- Connects with the Dai Mai
- Connects Kidney, Brain, and Marrow
- Supports the tongue

Sinew Channel

- Little toe
- Crosses sole of foot
- Ascends medial leg and thigh
- Binds at Ren-3 ZhongJi and Ren-2
- One branch to external genitals
- Another branch enters abdomen
- Runs along spine to nape of neck, binding at UB-10 TianZhu
- Internal branch from genitals, on anterior spine, to occiput; meets UB Sinew Channel

Sinew Channel



Sinew Channel Importance

- **Pathology**

- Spasms of foot; back pain
- Pain along spine, internal and external
- Chronic Bi-syndrome
- Epileptic seizures, ROM of spine
- Degeneration of bones and joints, spondylosis, osteoarthritis

- **Indication**

- Chronic pain, spasms, cold sensation of back and spine, limited ROM