Tai Yang Meridians

Class 6

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Review

- **Heart Channels**
  - Functions
  - Indications
  - Pathway
- **Kidney Channels**
  - Functions
  - Indications
  - Pathway

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Tai Yang Meridian

- Small Intestine and Urinary Bladder
- Water Passage
- Most exterior channels; protects against exterior pathogens
- Mostly local or special point function

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Functions of the Small Intestine

- Controls receiving and transforming
- Separates Fluids
- Mental clarity and judgment

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Heart and Small Intestine

- **Mental clarity, discriminating capacity, critical appraisal of issues**
- Relationship more evident in pathological changes: eg. ***Heart Fire transmitting to Small Intestine***

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Primary Channel External Passage

- Ulnar (medial) corner of little finger nail
- Ulnar border of hand, forearm, to medial elbow

  Continues up arm to posterior aspect of shoulder joint
- Zig-zag across scapula, passing *BL-41* FuFen, *BL-11* DaZhu, meeting *Du Mai*
- To ST-12 QuePen
- Along neck to cheek to SI-18 QuanLiao
- Enters deep, circles points around , emerging at ear at SI-19 TingGong

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Primary Channel Internal Passage

- A branch from ST-12 QuePen enters deep
- To **Heart**, Ren-17 TanZhong, Ren-12 ZhongWan
- Enters **Small Intestine**
- A branch from SI goes to Lower He-Sea Point ST-39 XiaJuXu
- *A branch from SI-18 QianLiao goes to BL-1 JingMing*

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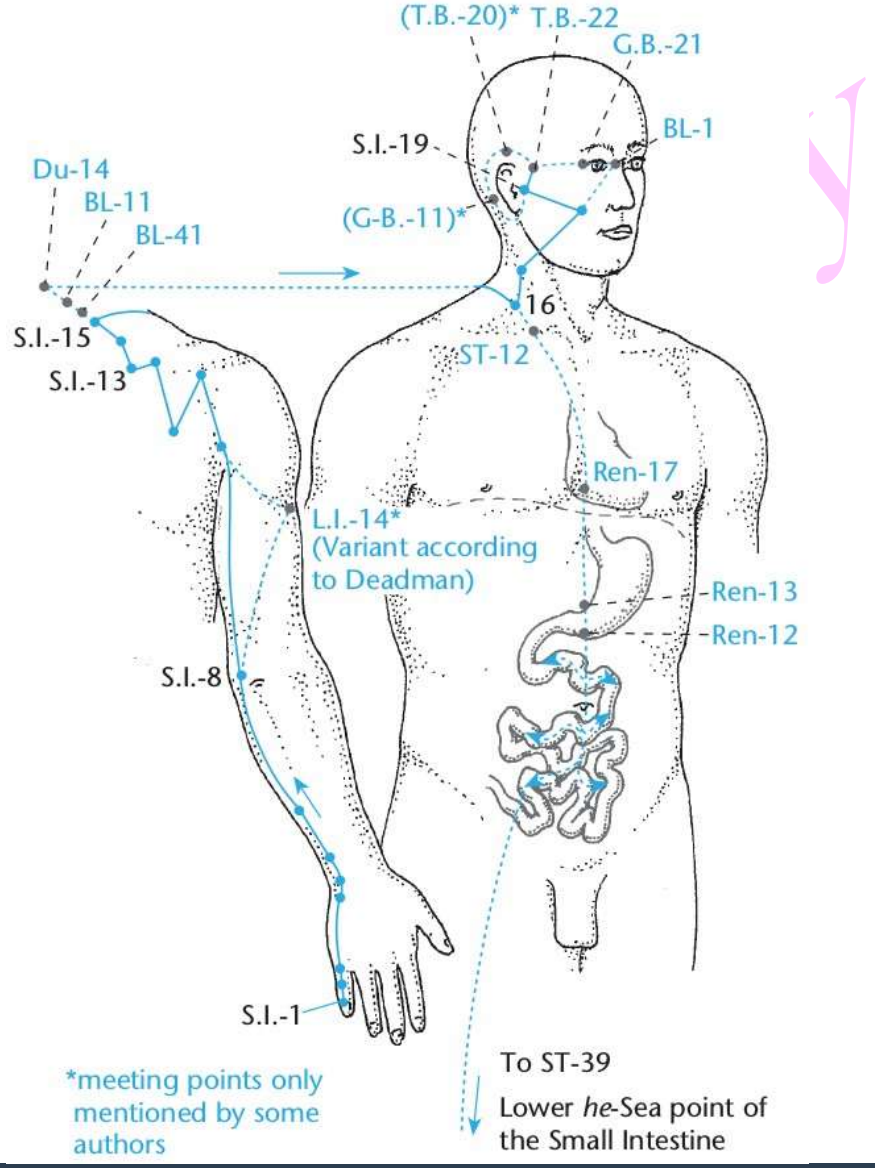
Primary Channel



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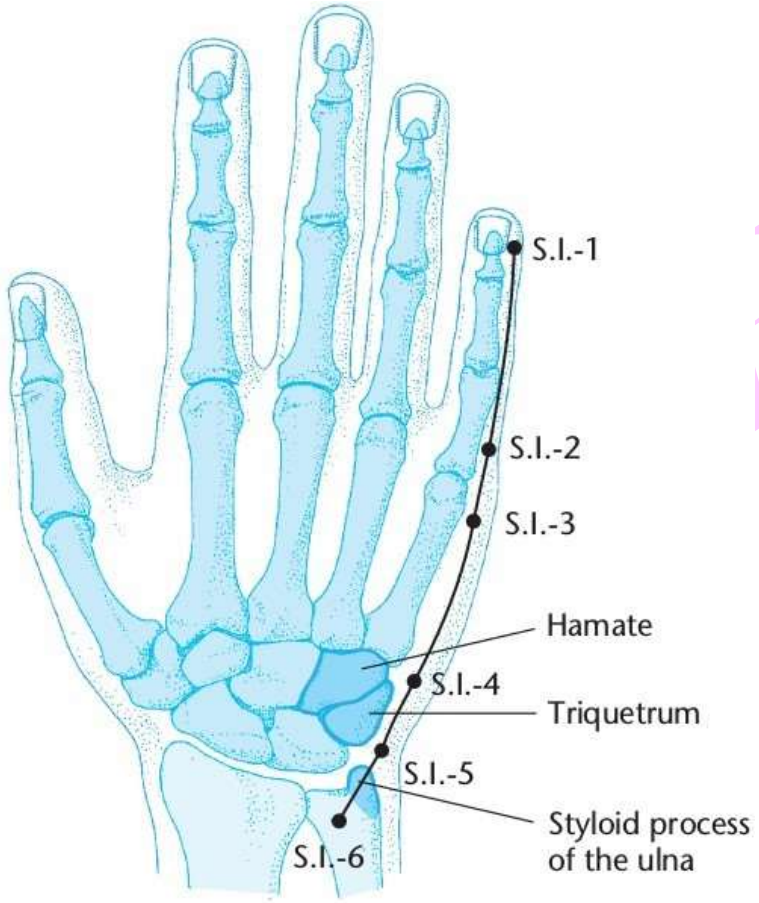
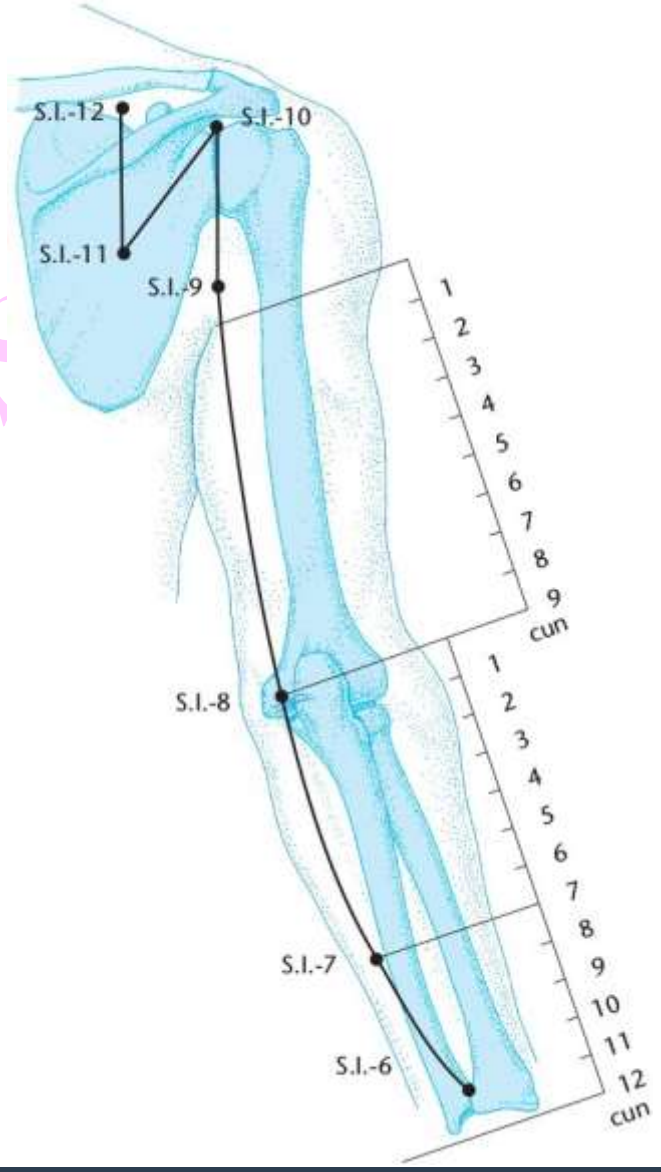
Primary Channel





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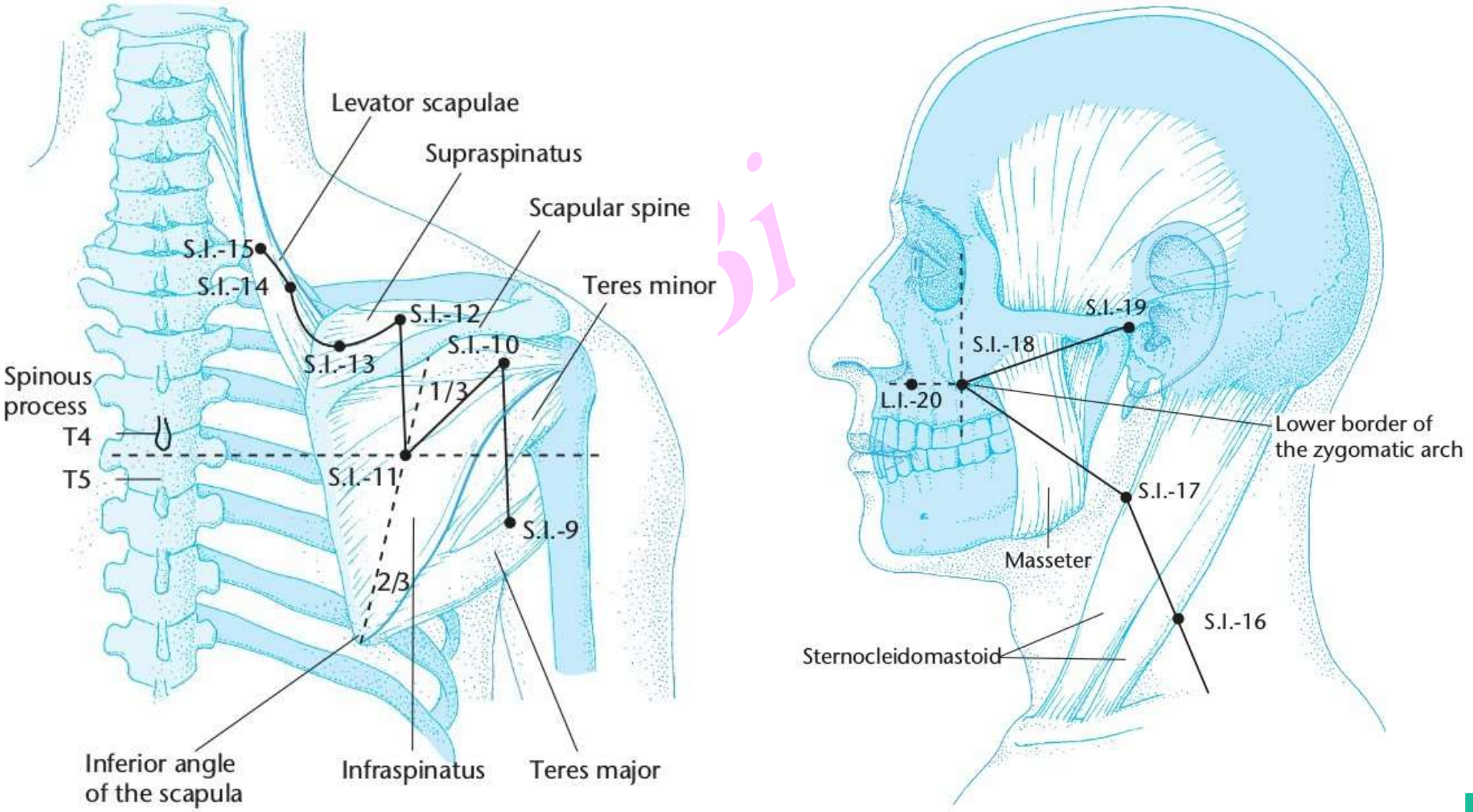
Primary Channel



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Primary Channel - Importance

- **Exterior(the exo-pathogens)**
  - Mouth and tongue ulcers; cheek pain; neck pain; occipital stiffness; pain on the lateral; aspect of the shoulder and the upper arm
- **Interior(the fu itself)**
  - Pain and distension of the upper abdomen, radiating to the genital region; diarrhoea; epigastric pain with constipation

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Luo Connecting Channel

- From Luo-Connecting Point SI-7 ZhiZheng
- Spreads locally
- *One branch to Yuan-Source Point HE-7 ShenMen*
- One branch past medial condyle of humerus, to LI-15 JianYu
- Continues to ST-12 QuePen, to Heart

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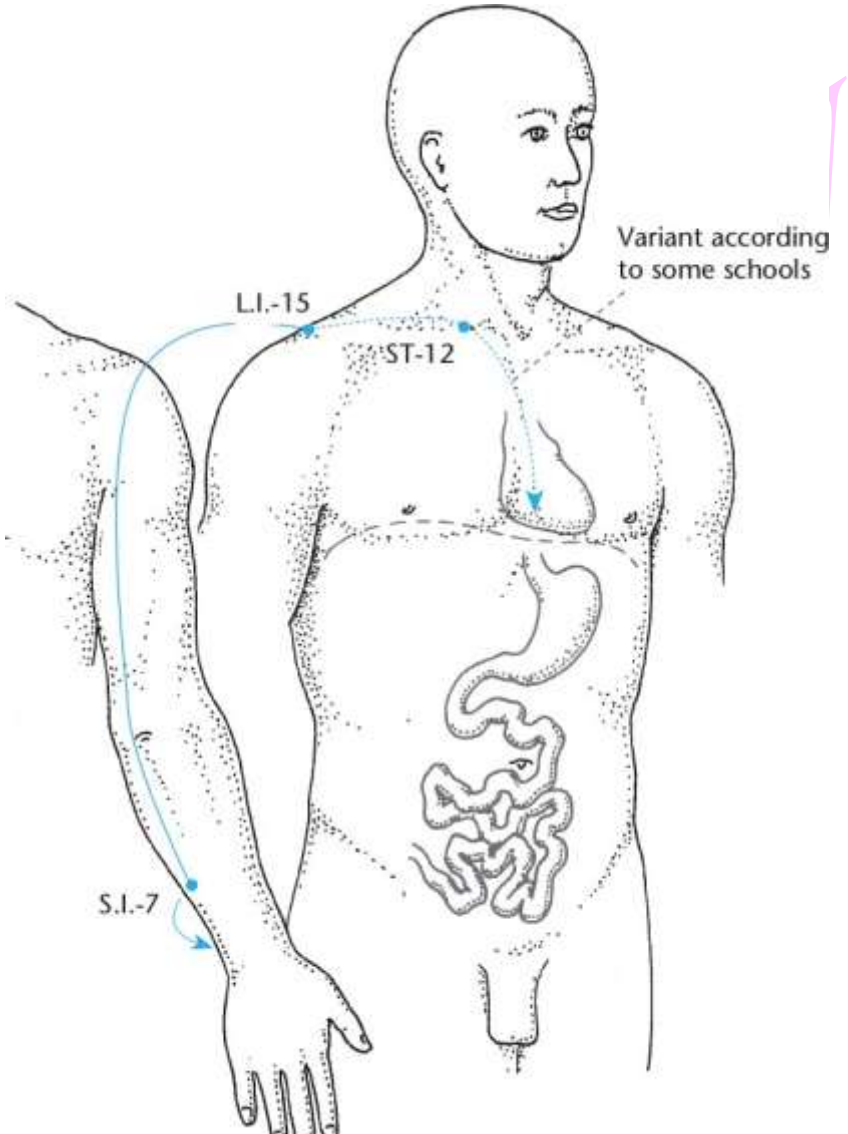
Luo Connecting Channel



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Luo Channel-Importance

- **Excess**
  - Weak and unstable joints; weakness and paralysis of the elbow and the arm
- **Deficiency**
  - Warts

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Divergent Channel

- Splits off from Primary at shoulder, around SI-12 BingFeng, or SI-10 NaoShu
- Descends to axilla, then GB-22 YuanYe
- Penetrate thorax
- Connects to Heart
- Penetrates diaphragm
- Connects to Small Intestine

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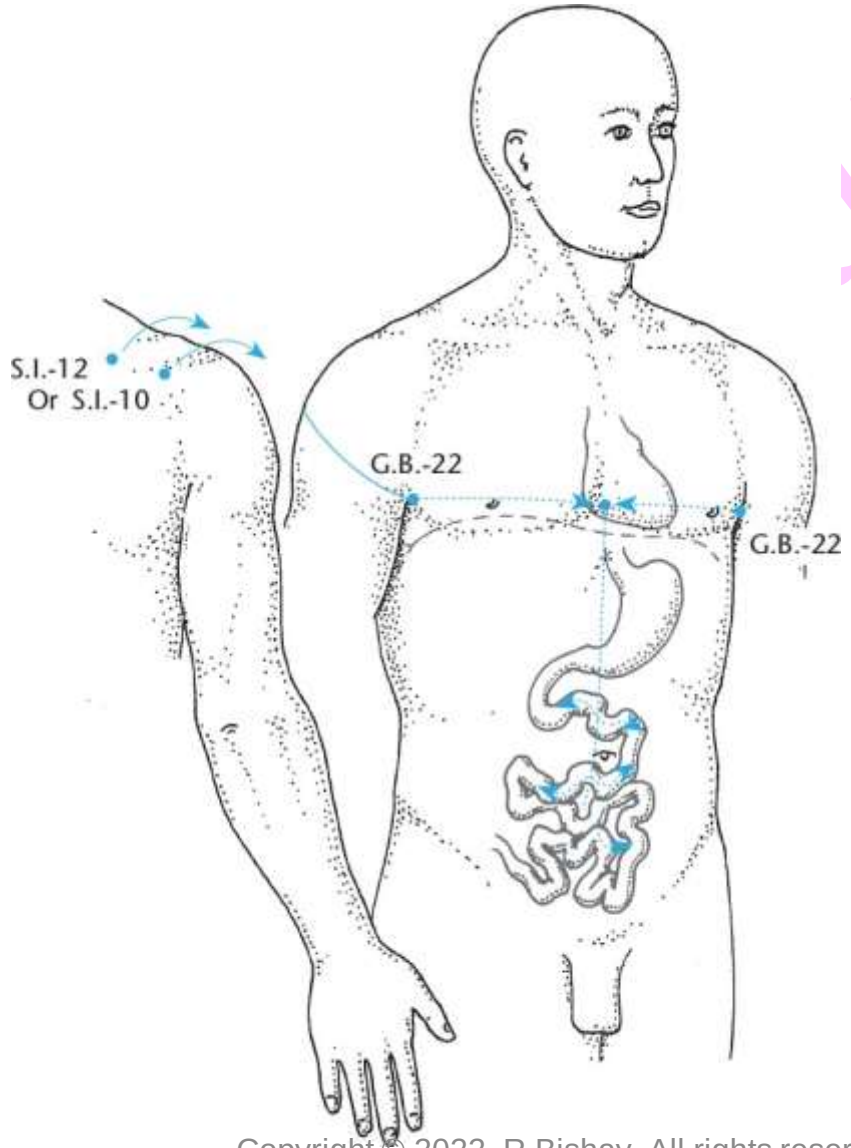
Divergent Channel



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Divergent Channel Importance

- **Strengthen Yin-Yang organ relationship**
  - Explains the pathogenesis of Heart-Fire entering Small Intestine and Bladder

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Sinew Channel

- From little fingers
- Medial aspects of forearm and arm
- Branches at axilla
- One branch spreads across scapula, connecting to GB and UB Sinew Channels
- One branch lateral to LI Sinew on neck
- Anterior neck, to mandible angle, to ear, to zygomatic bone, to lateral orbit
- Posterior neck, behind ear, circles *around, to cheeck, binds masseter, lateral orbit, to* ***GB-13*** *BenShen*

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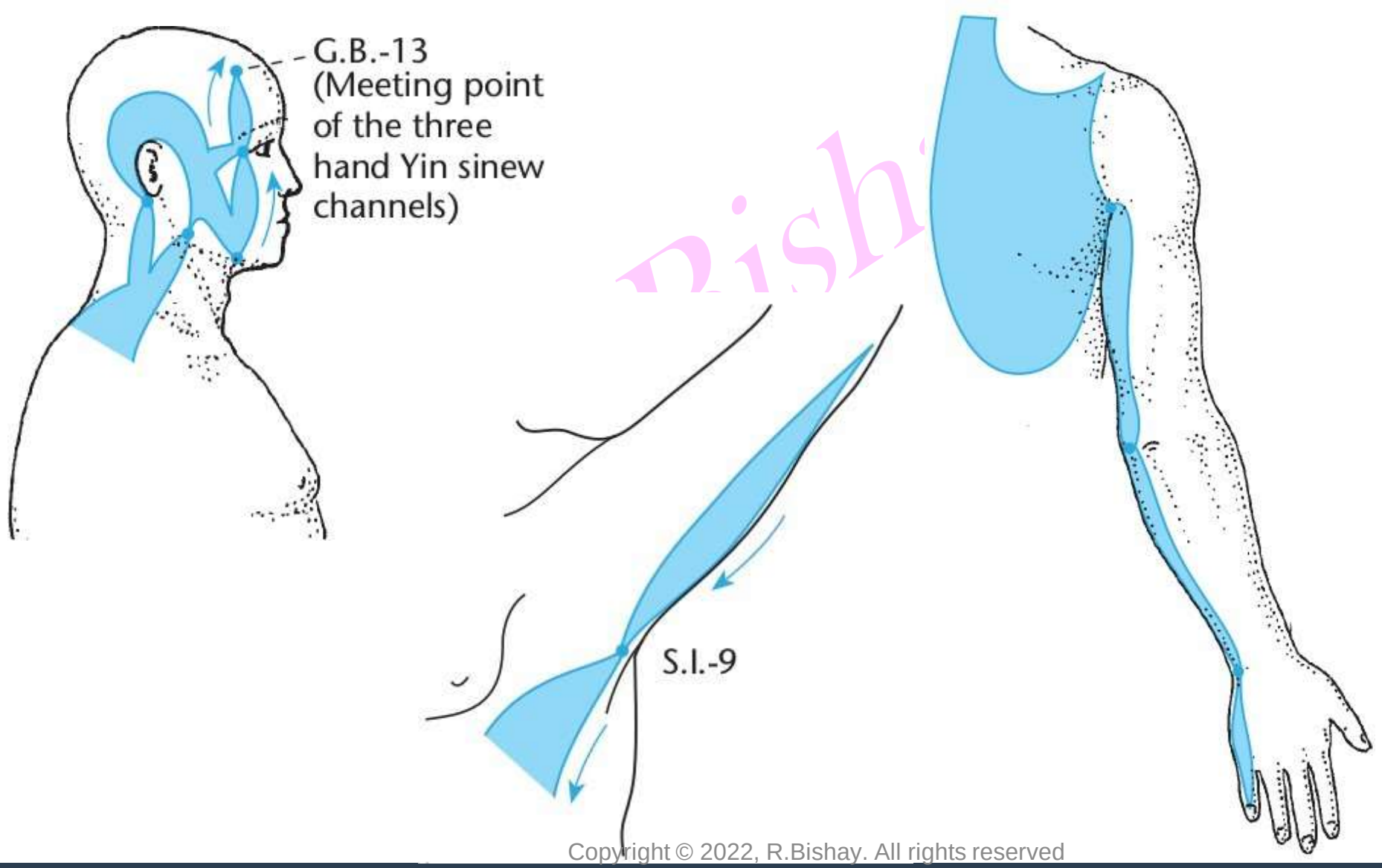
Sinew Channel



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Sinew Channel Importance

- **Pathology**
  - Distension, stiffness, pain of little finger; ROM of upper limb and shoulder; pain, stiffness, impair ROM of cervical spine and occiput; tinnitus and ear pain radiating to mandible
- **Indication**
  - Bi syndromes; cervical and thoracic spine; while face issues; frontal, lateral headache

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Functions of the Urinary Bladder

- Removes water by Qi transformation

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Kidney and Urinary Bladder

- UB uses Qi from Kidney and MingMen
- Kidney remains pure by UB's excretion of the impure

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Primary Channel Pathway

- Inner cantus of eye
- Ascends, intersects Du-24 ShenTing, and GB-15 TouLinQi
- Intesects Du-20 BaiHui
- One deep branch to brain, then to Du-17 NaoHu
- Another deep branch to temporal region, **intersecting GB channel ear points**

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Primary Channel Pathway

- External branch from DU-20 BaiHui continues back
- To UB-10 TianZhu
- Splits to medial and lateral external pathways
- ***Medial pathway: To DU-14 DaZhui, meeting all other Yang Channels***
- Lateral to spine, 1.5cun
- Enters deep at level of L2
- To Kidneys and Urinary Bladder

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Primary Channel Pathway

- External continues over sacrum, past gluteal
- Down thing to popliteal fossa at UB-40 WeiZhong
- Lateral pathway: from UB-10 TianZhu to UB-41 FuFen
- 3 cun lateral to spine
- To level of 4th sacral foramen
- Connects with GB-30 HuanTiao
- Continues on posterolateral thigh
- Meets at popliteal fossa, at UB-40 WeiZhong

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Primary Channel Pathway

- From UB-40 WeiZhong
- Posterolateral aspect of foreleg
- Passes lateral malleolus
- Lateral border of foot
- Lateral corner of little toe nail, UB-67 ZhiYin
- Branch connects to KD-1 YongQuan

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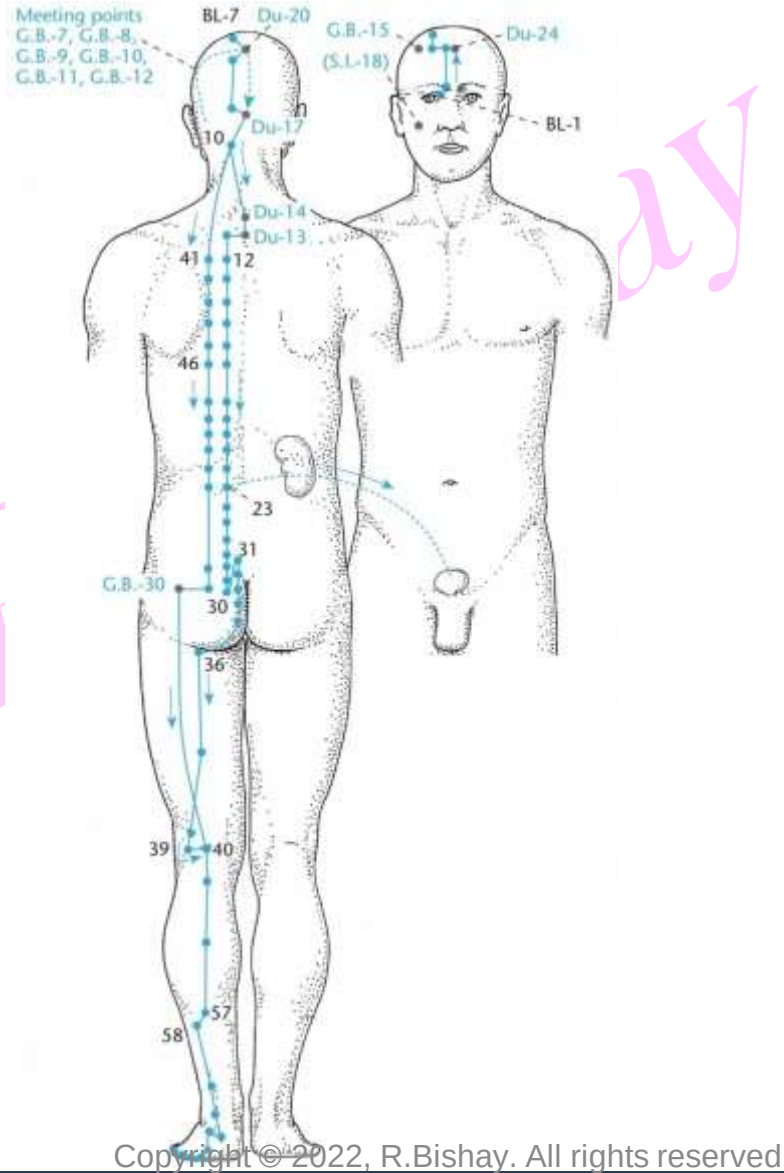
Primary Channel



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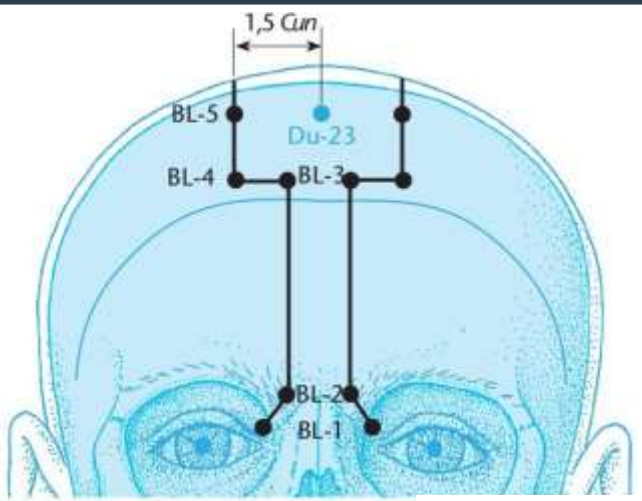
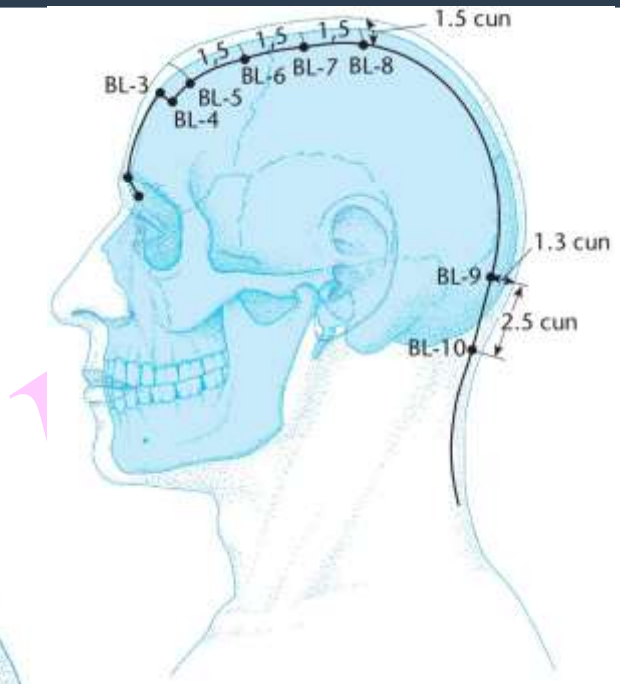
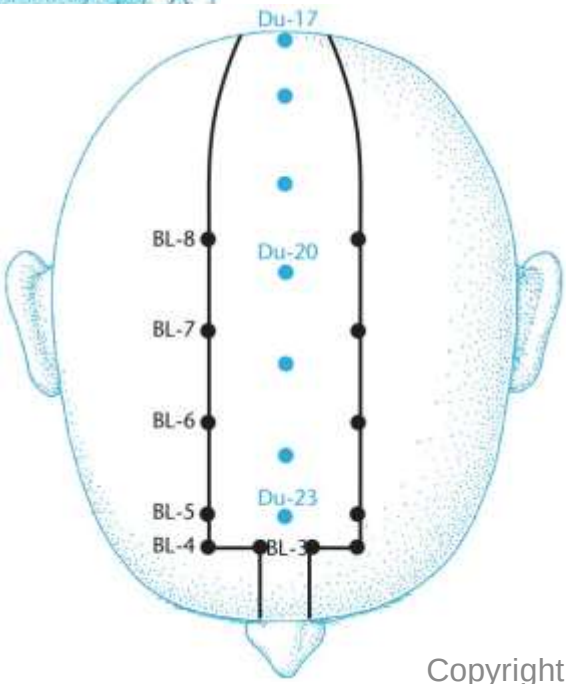
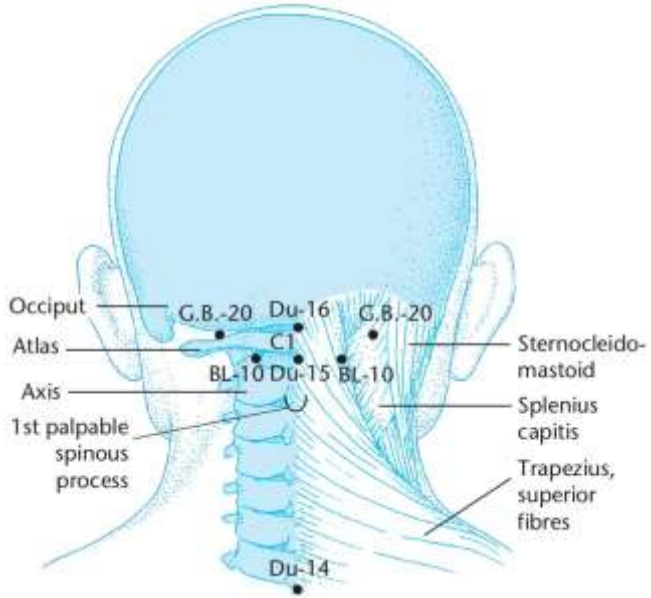
Primary Channel









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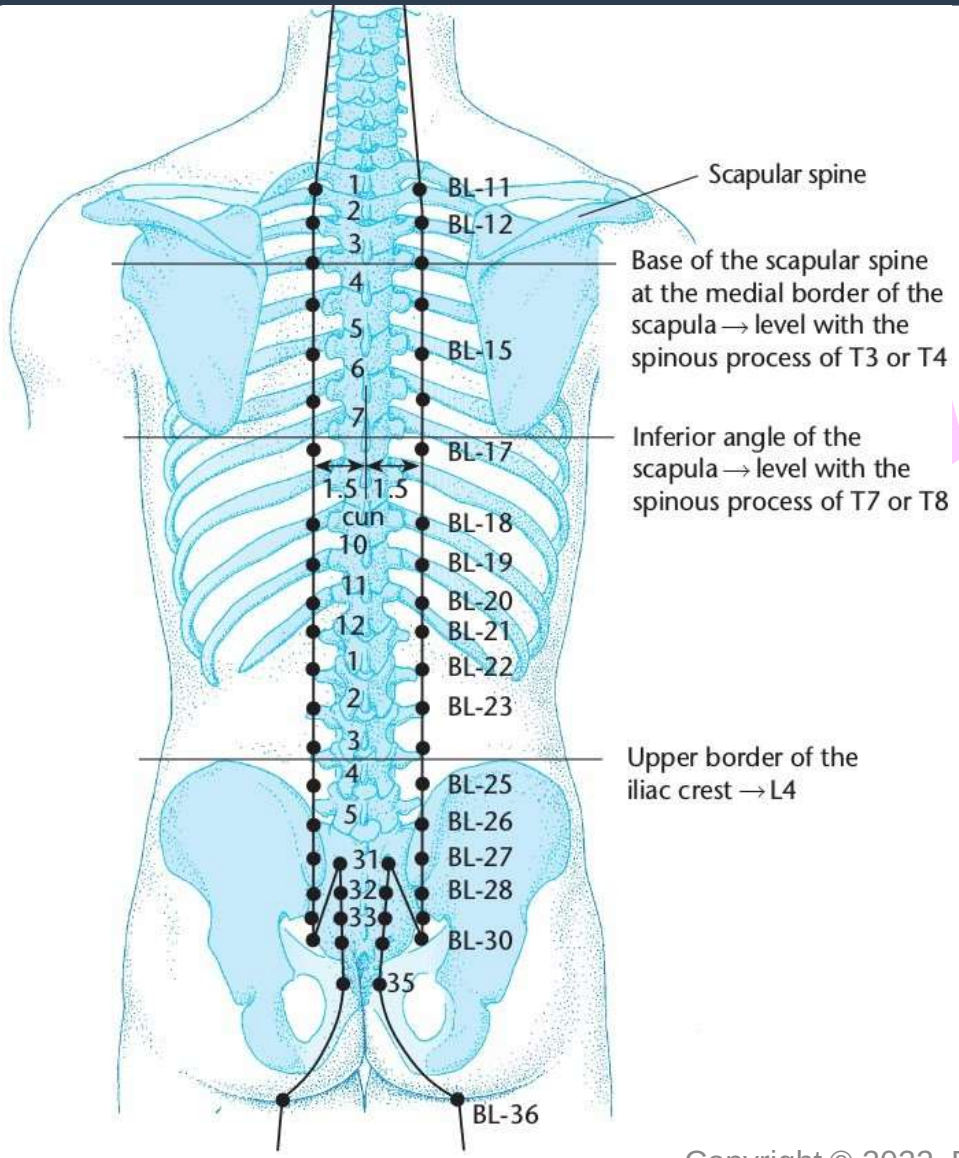
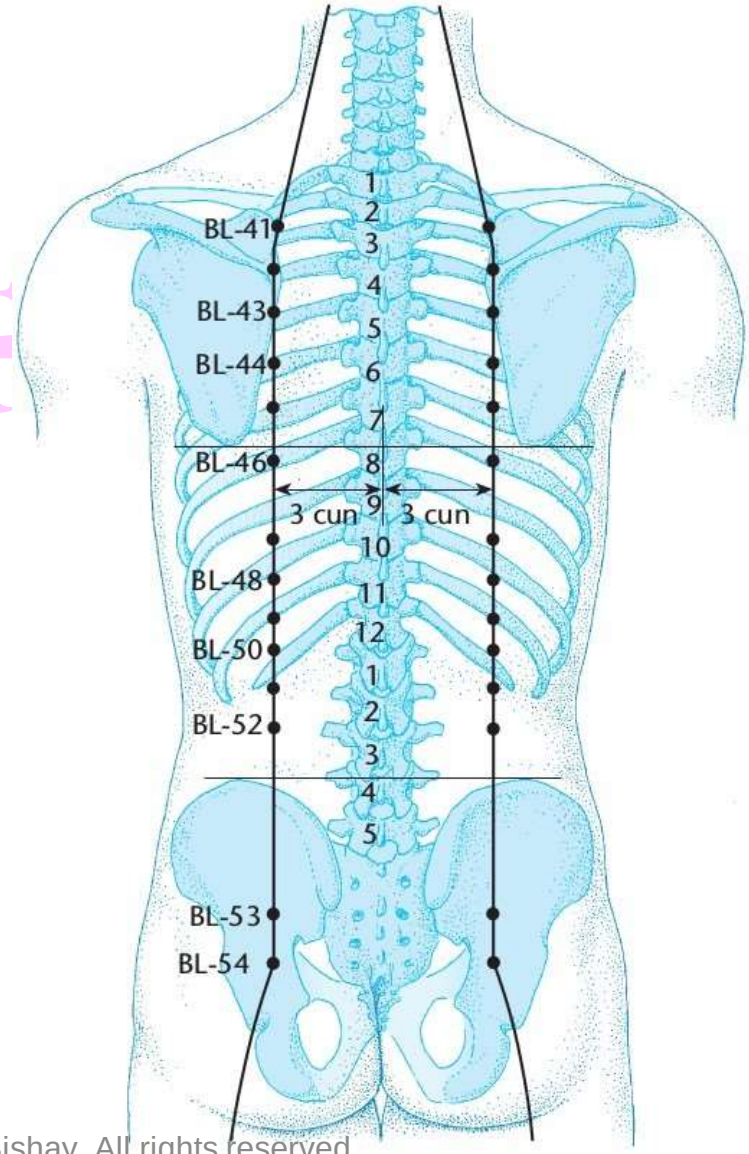
Primary Channel





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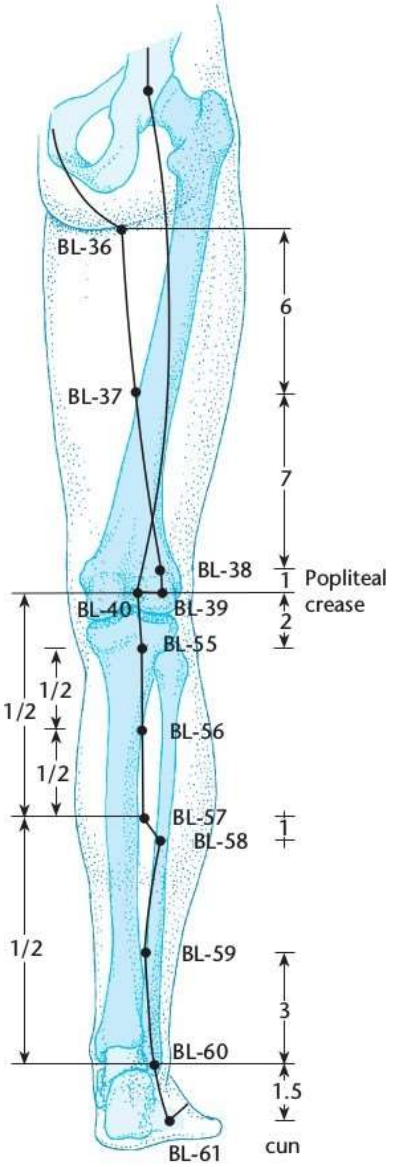
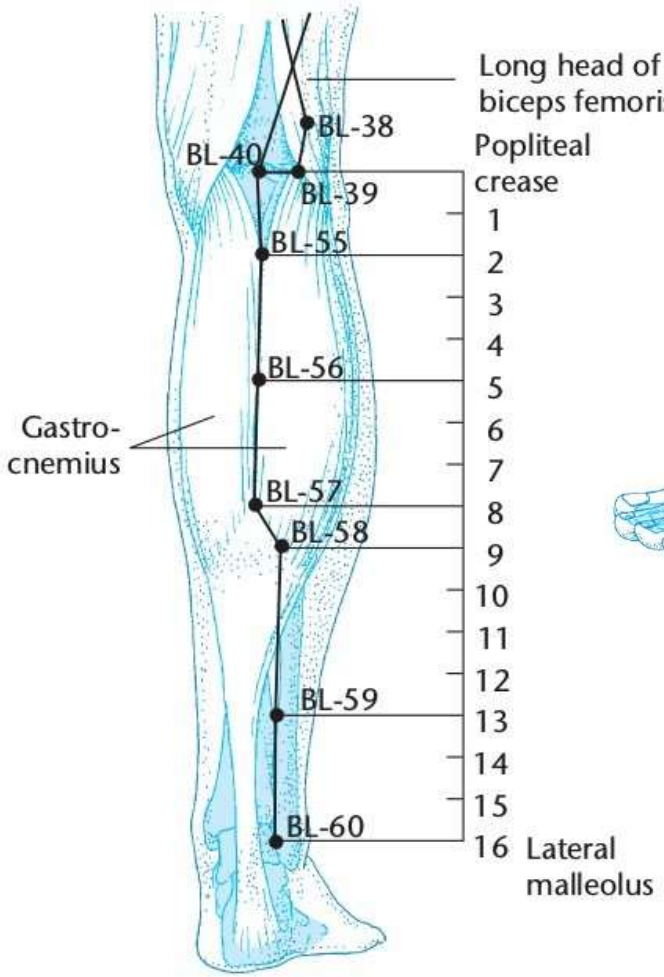
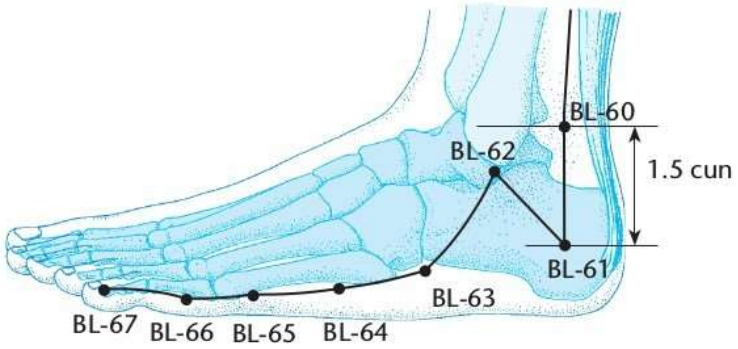
Primary Channel







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Primary Channel Importance

- **Exterior**
  - Chills and fever; headache; **occipital stiffness**; pain in the lumbar region; *obstruction of the nasal passages*; eye pain with tearing; pain along the posterior aspect of the hip, knee and foreleg; foot pain
- **Interior**
  - Pain and tension in the lower abdomen; retention of urine; enuresis; psycho-emotional disorders; opisthotonus
- **<<Back Shu Points>>**

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Luo Connecting Channel

- From Luo Connecting Point UB-58 FeiYang
- Spread locally
- One branch enters Yuan Source Point KD-3 TaiXi
- Another branch follows primary channel to head
- Penetrates nose

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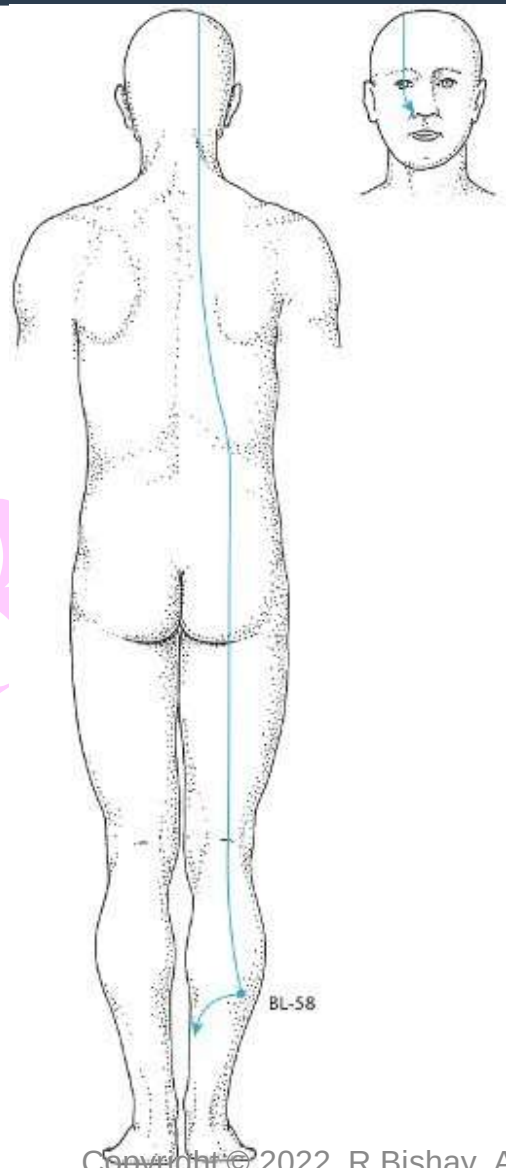
Luo Connecting Channel



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Luo Connecting Channel Importance

- **Excess**
  - *Obstruction of the nasal passages*; clear watery nasal discharge; headaches; back pain
- **Deficiency**
  - Nosebleeds; chronic clear nasal discharge; sinusitis

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Divergent Channel

- From UB-40 WeiZhong
- Ascends to UB-36 ChengFu
- Penetrates anus
- To Urinary Bladder
- To Kidney
- Along spine to Heart
- Terminates at UB-10

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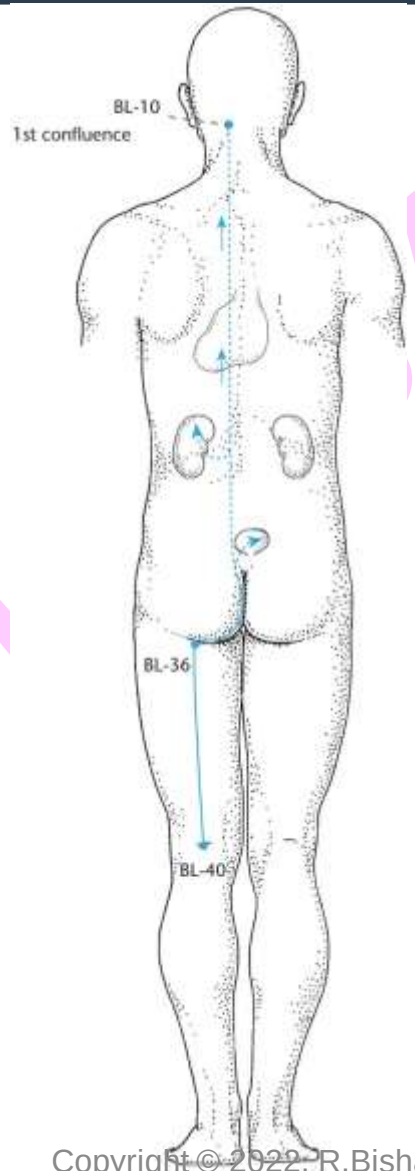
Divergent Channel



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Divergent Channel Importance

- Strengthens Yin-Yang organ relationship
- Connects Urinary Bladder Channel to the Heart
- Connects to the anus
- Connects popliteal and sacral region, as well as occipital region (UB-10)

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Sinew Channel

- **Follows primary channel external pathway**
- **Splits to three at ankle:**
  - one main
  - another to GB-34
  - third to calcaneus and heel
- **Branches at axilla:**
  - one to LI-15 JianYu
  - one anteriorly, splitting to GB-12 WanGu and SI-18 QuanLiao
- **Two branches at UB-10 TianZhu:**
  - One deep to *root of tongue*
  - Other to inner canthus of eye and splits: one to lateral nose and cheek; other to upper eyelid, around eye

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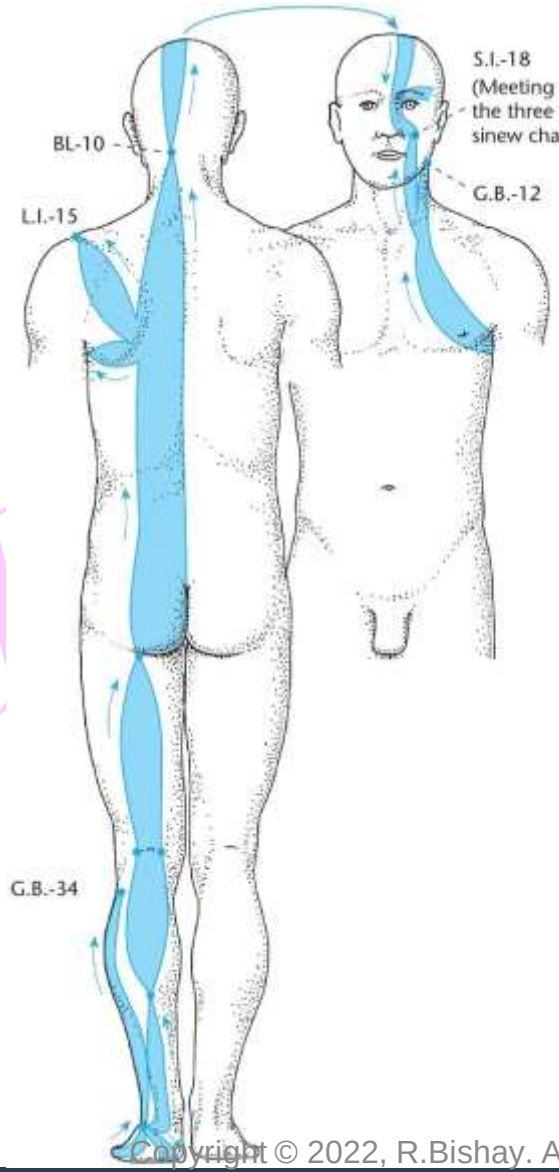
Sinew Channel



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Sinew Channel Importance

- **Pathology**
  - Muscular cramping along channel; tension and pain; stiffness and limited ROM of joints; difficulty bending forward; frozen shoulder; distending pain in axillary region; cervical spine stiffness
- **Indications**
  - Bi syndromes along channel; disorders of scapula, shoulder, lower eyelid, nasal region

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