

Meridians and Acupoints I

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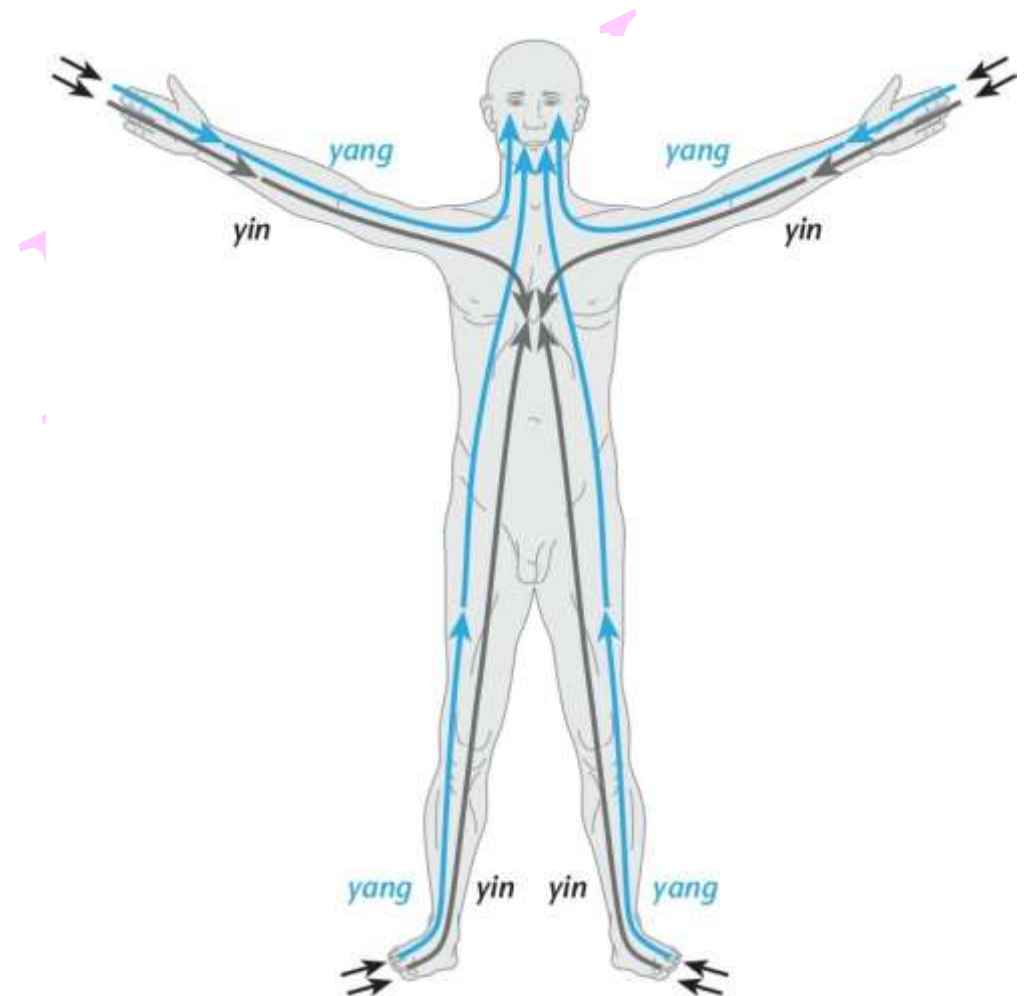
Class 1

Overview

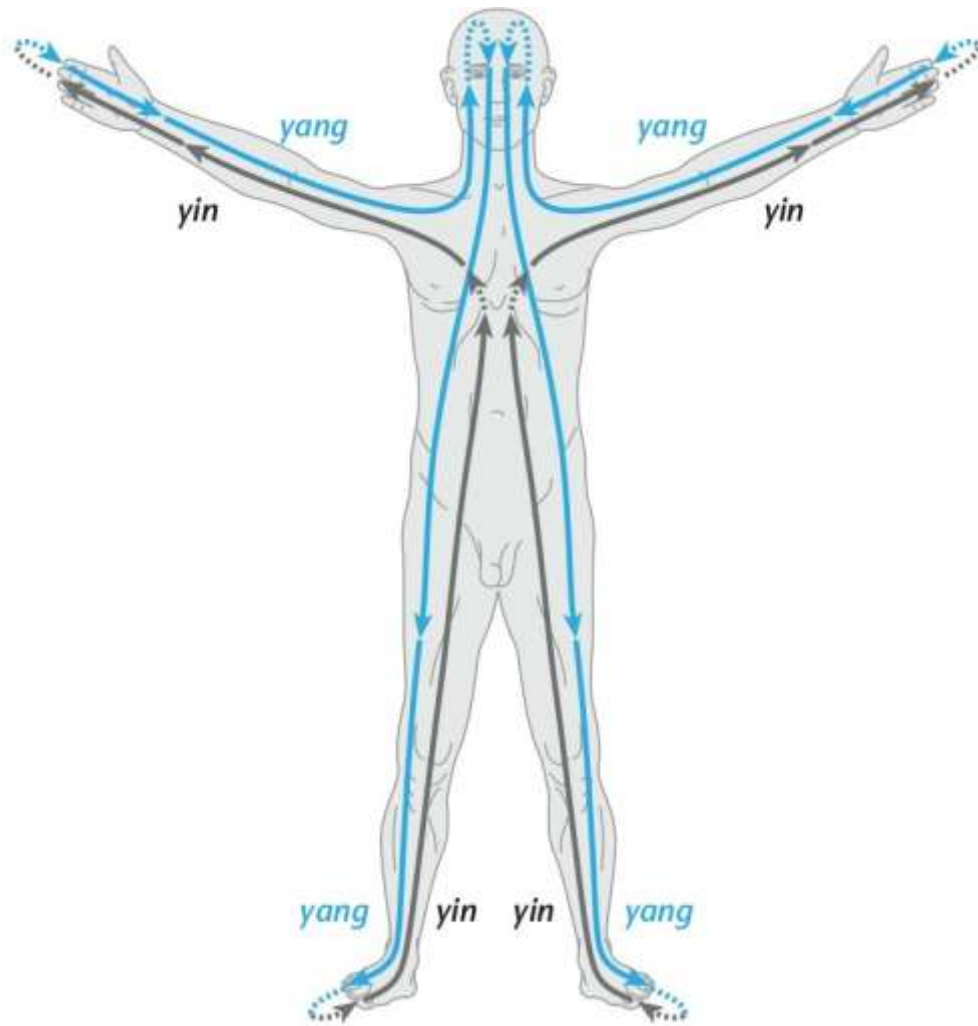
- What are meridians?
- The functions of meridians
- Superficial to deep
- Forms of Qi
- The flow of Qi

Centripetal Model

- Man between Heaven and Earth
- Enter from extremities
- Yang Qi to head
- Yin Qi to torso
- 5-shu points
- 12 stems 10 branches
- Five phases; Ba Gua

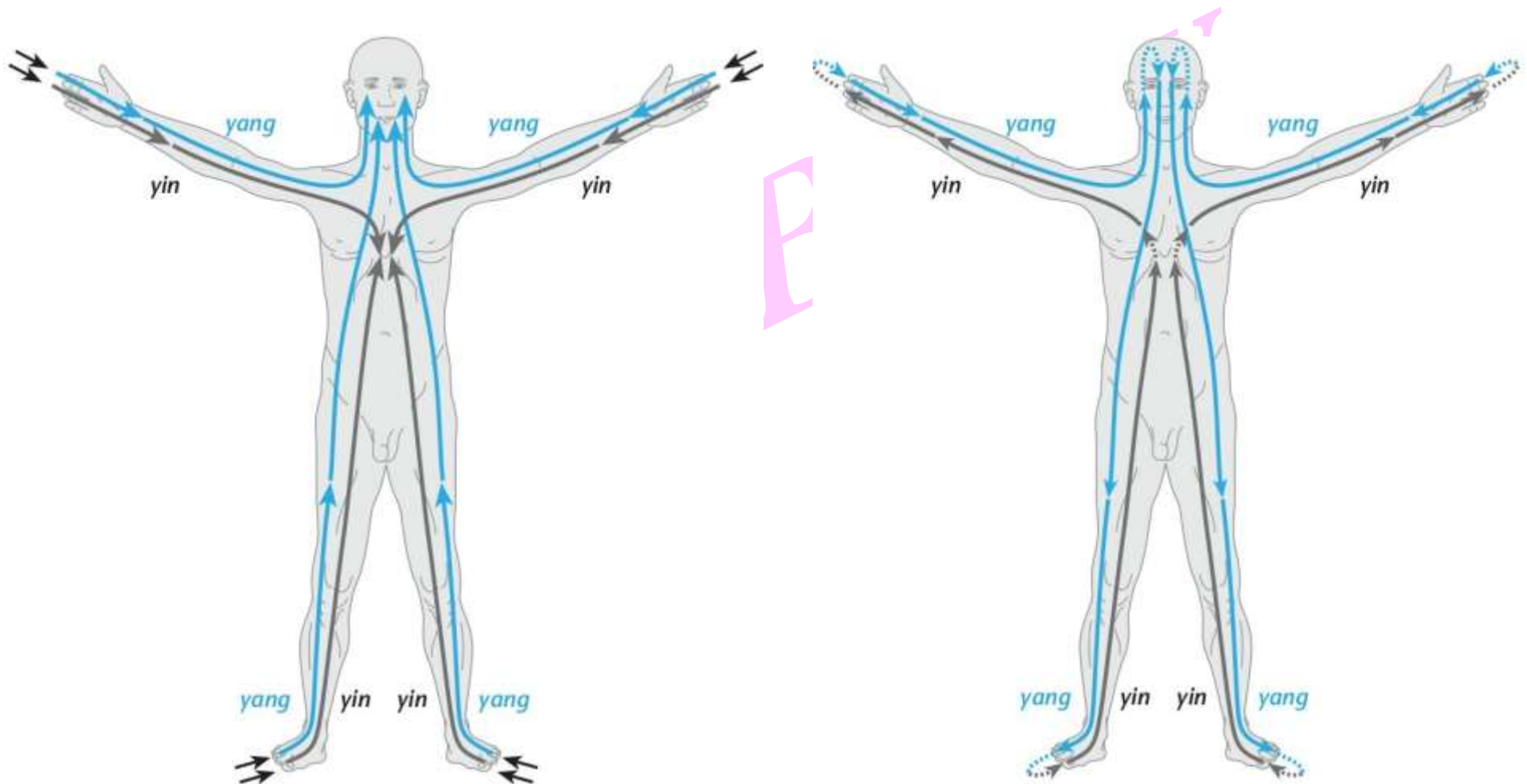


Self-Contained Model



- Canals and drainage ditches
- Independence and self-contained
- Dual directional flow/circulation
- Water control and storage
- Basis of modern acupuncture naming
- Supplemented by secondary channels

Comparison



Comparison

	Centripetal model	Self-contained model
Direction of Qi-flow	Always from distal to proximal	Either from proximal to distal or vice versa, depending on the polarity of the channel (Yin/Yang)
Origin of Qi	From outside the body. The distal end of the channel is open in order to receive cosmic Qi	Originates in the inside of the body. The distal end of the channels is connected to the channel that follows next.
Function of the channels	Transporting the Qi from the outer cosmos to the Interior of the body. Supporting the relationship between man and nature/ cosmos	Circulation of the Qi inside the body. Supporting man's relationship with himself

Channel Types

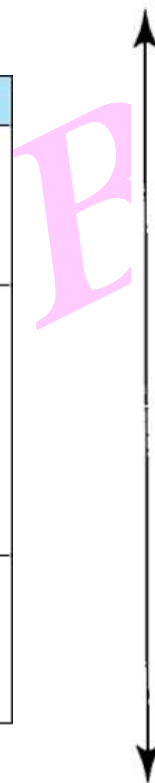
jing luo (channel and network vessels)	jing mai (channels)	12 <i>jing zheng</i> (primary channels)	<div> <div>shou (Hand)</div> <div>3 yin</div> <div> <i>tai yin</i> LU channel <i>shao yin</i> HE channel <i>jue yin</i> P channel </div> </div> <div> <div>3 yang</div> <div> <i>tai yang</i> S.I. channel <i>shao yang</i> T.B. channel <i>yang ming</i> L.I. channel </div> </div> <div> <div>zu (Foot)</div> <div>3 yin</div> <div> <i>tai yin</i> SP channel <i>shao yin</i> KID channel <i>jue yin</i> LIV channel </div> </div> <div> <div>3 yang</div> <div> <i>tai yang</i> BL channel <i>shao yang</i> G.B. channel <i>yang ming</i> ST channel </div> </div>
		12 <i>jing bie</i> (divergent channels)	
		12 <i>jing jin</i> (sinew channels)	
		8 <i>qi jing ba mai</i> (extraordinary vessels)	<div> <i>ren mai</i> <i>du mai</i> <i>chong mai</i> <i>dai mai</i> <i>ying qiao mai</i> <i>yang qiao mai</i> <i>yin wei mai</i> <i>yang wei mai</i> </div>
	Luo mai (luo-vessels)	12 <i>luo</i> -connecting vessels (begin at the extremities)	Spread from the primary channels
		4 <i>luo</i> -connecting vessels (begin at the torso)	<div> 1 spreads from the SP primary channel (great <i>luo</i>-connecting vessel of the Spleen) 2 spread from the extraordinary vessels (<i>ren mai</i> and <i>du mai</i>) 1 spreads from a <i>fu</i>-Organ (great <i>luo</i>-connecting vessel of the Stomach) </div>
		Small <i>luo</i> -connecting vessels (superficial <i>luo</i>)	<div> <i>sun luo</i> Vertical branches of the <i>luo mai</i> <i>fu luo</i> Sub-branches of the <i>sun luo</i> <i>xue luo</i> Horizontal branches of the <i>fu luo</i> </div>
		12 <i>pi bu</i> (cutaneous zones)	Superficial aspect of the <i>jing luo</i> system (channel and network vessel system), covering it towards the Exterior (outer layer)

Functions of the Channels

- 1) Transporting qi and blood throughout the body, rendering the body an integrated whole
- 2) Protecting the body
- 3) Responding to dysfunction in the body
 - a) Disease of the channels themselves
 - b) Disease of the zang-fu reflecting onto the channels
 - c) Disease transmitting via the channels
 - d) Visibly showing the disease
- 4) The channels serve to transmit qi to the diseased area

Levels

Levels	Channel system
Superficial levels (skin and muscles)	<ul style="list-style-type: none"> • 12 cutaneous regions • Superficial <i>luo</i>-connecting vessels (<i>xue luo</i>, <i>fu luo</i>, <i>sun luo</i>) • 12 sinew channels (<i>jing jin</i>)
Mid-levels	<ul style="list-style-type: none"> • 15/16 <i>luo</i>-connecting vessels (<i>luo mai</i>) • External pathways of the 12 primary channels • External pathways of the 12 divergent channels (<i>jing bie</i>) • Eight extraordinary vessels
Deep levels (<i>zangfu</i> -Organs)	<ul style="list-style-type: none"> • Deep (internal) pathways of the 12 primary channels • Deep (internal) pathways of the 12 divergent channels



Most superficial

Cutaneous regions

Minute collaterals

Sinew channels

Luo-connecting channels

Primary channels

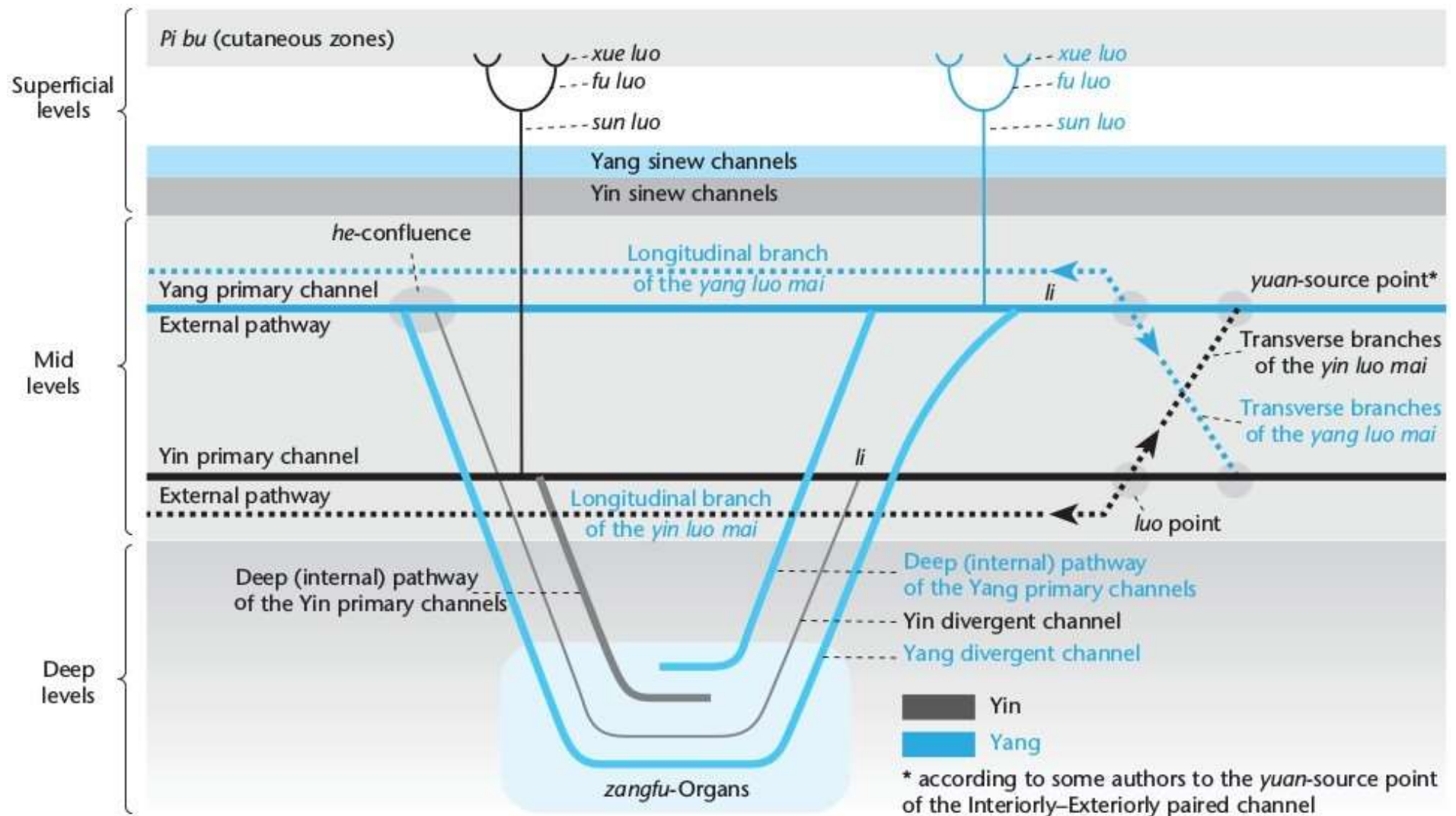
Divergent channels

Extraordinary channels

Deep pathways of the primary
and divergent channels

Deepest

Levels



Types of Qi

- Jing Qi - essence qi
- Yuan Qi - original qi
- Zong Qi - gathering qi
- Zhen Qi - true qi
- Wei Qi - defensive qi
- Ying Qi - nutritive qi
- Gu Qi - grain qi
- Qing Qi - clear qi
- Zheng Qi - upright qi
- Xie Qi - evil qi

How the Qi Flows

- Wei Qi in cou li
- Ying Qi in channels
- Divergent channels connect organs and channels
- Luo channels spread superficially to connect
- Sinew channels flow along lines of muscles
- Minute collaterals just under skin
- Cutaneous regions overlay broad regions
- Extraordinary channels act as deep reservoirs

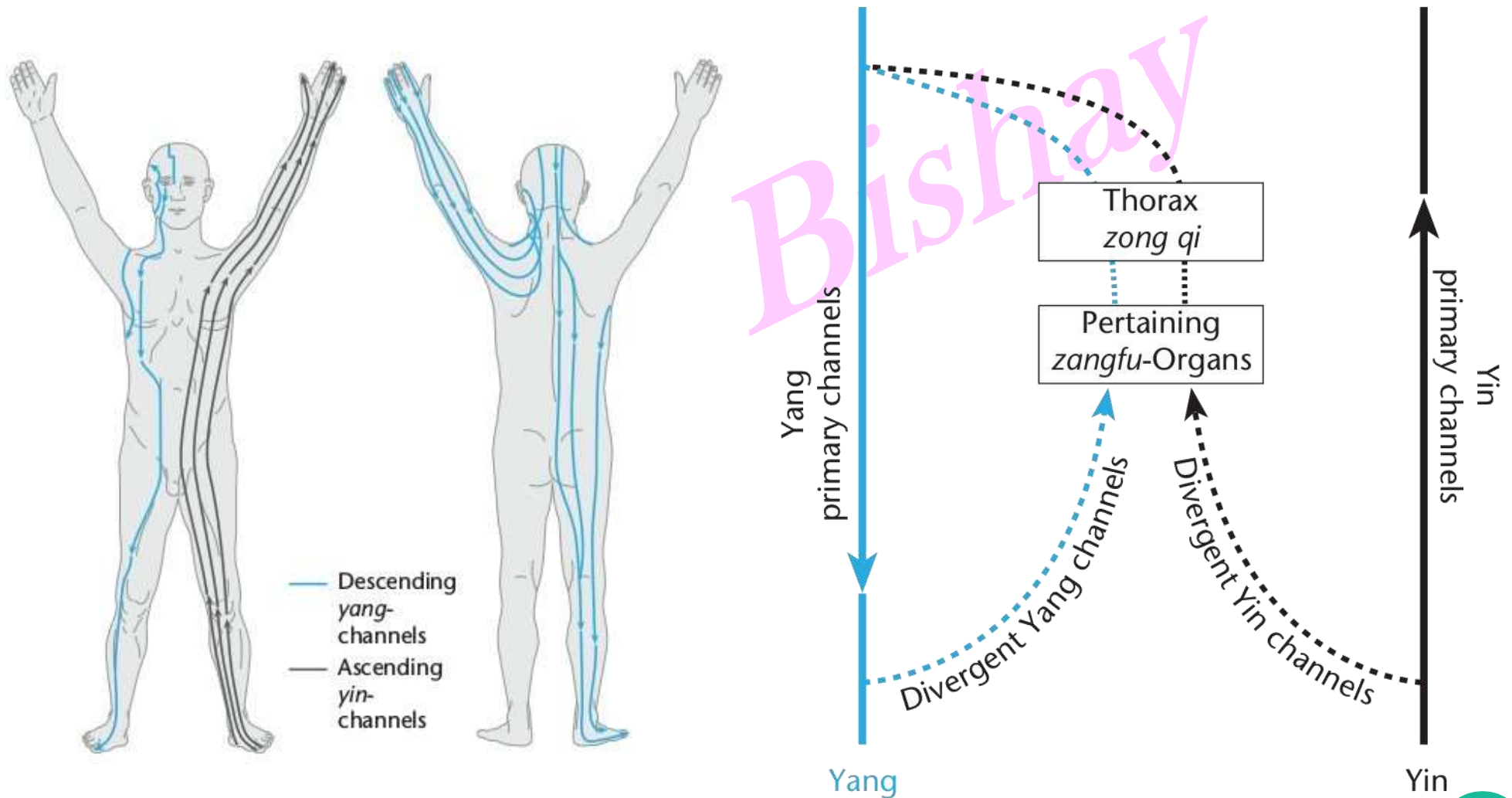
Wei Qi Flow

- Flow outside of the channels and vessels
- Between the skin and the muscles - cou li
 - often translated as 'pores'
 - Outermost wrapping of sanjiao
 - Connect surface of the body to inner organs
- **Superficial layers:**
 - Skin and musculature - warm, nourish, strengthen
 - Defense against pathogens
 - Sinew channels
- **Deep layers:**
 - Diaphragm; peritoneum; pluera; pericardium
 - Inner aspect of the sanjiao - mesenteric defense

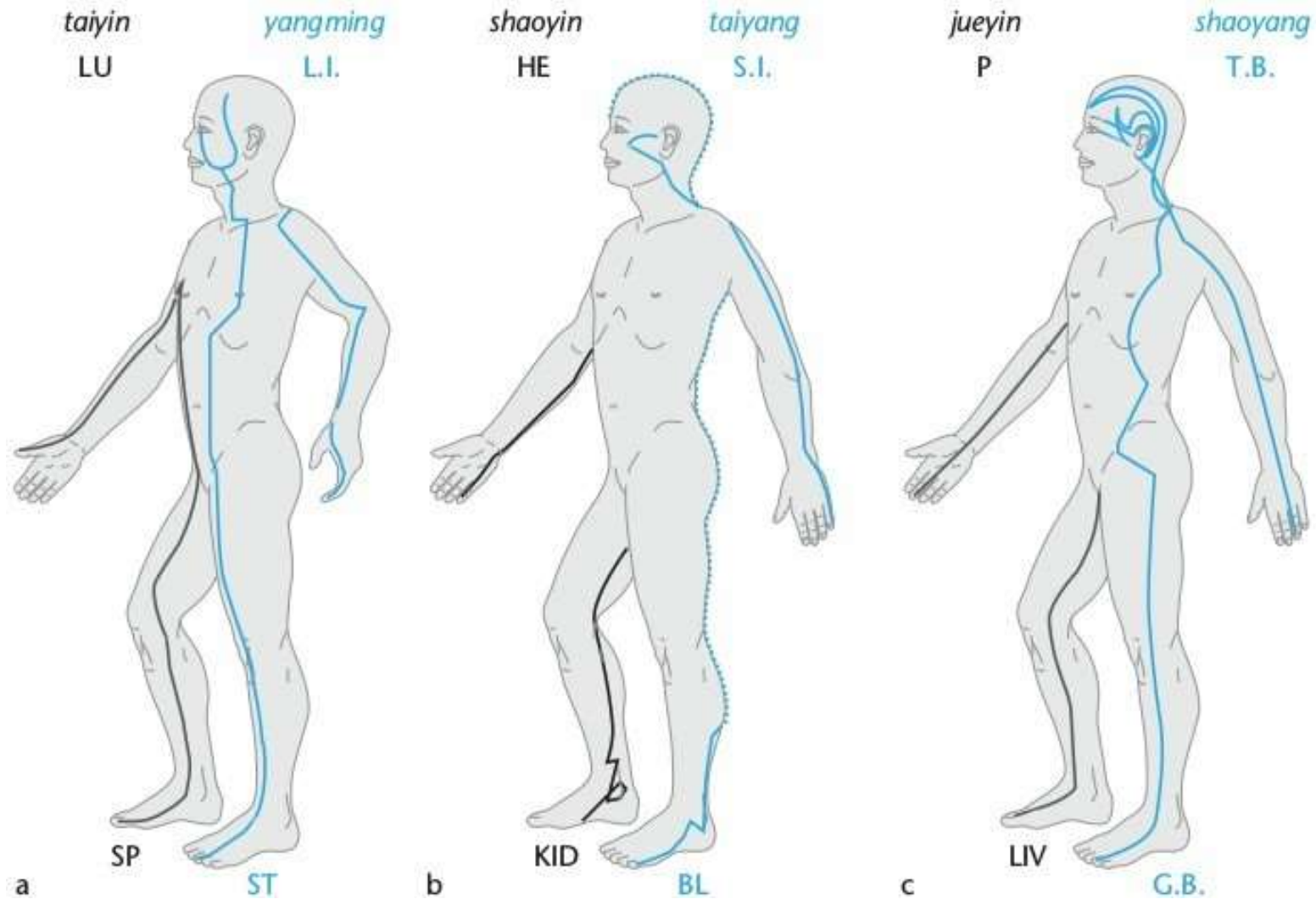
Wei Qi Flow

- **Dawn:**
 - Qi from Yin Qiao Mai flows to eyes
 - Follows the six great yang channels
 - 25 times through the yang
- **Dusk:**
 - 25 times through the yin
 - Ke (controlling) cycle starting at Kidneys
- **Related to the Yin and Yang Qiao Mai**
 - Both meet at eyes
 - Excess in either will create somnolence or insomnia

Ying Qi Flow



Ying Qi Flow

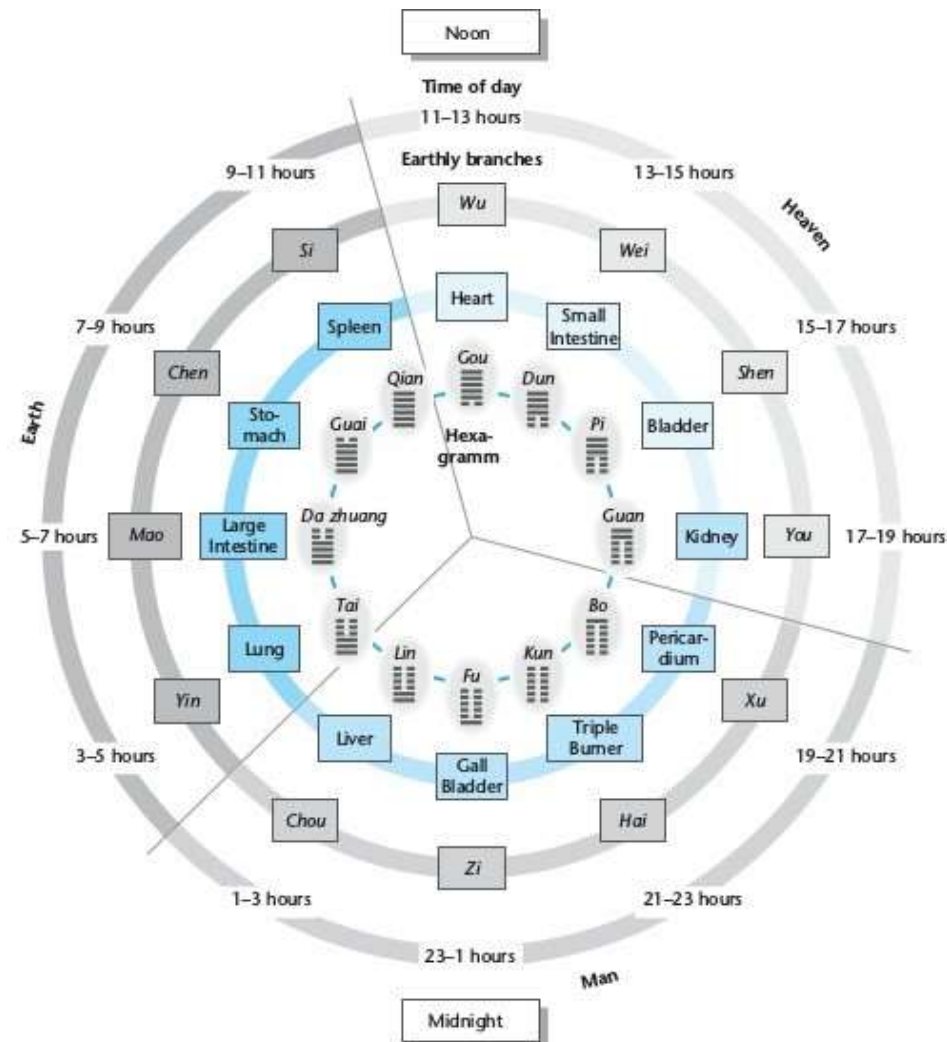


Ying Qi Flow

		First circuit			
Channel	Time	Starts	Terminates	Hand/foot	
LU	3–5 a.m.	Thorax	Finger tips	Hand (<i>shou</i>)	<i>taiyin</i>
L.I.	5–7 a.m.	Finger tips	Face	Hand (<i>shou</i>)	<i>yangming</i>
ST	7–9 a.m.	Face	Tips of the toes	Foot (<i>zu</i>)	<i>yangming</i>
SP	9–11 a.m.	Tips of the toes	Thorax (Heart)	Foot (<i>zu</i>)	<i>taiyin</i>
		Second circuit			
H	11 a.m.–1 p.m.	Thorax	Finger tips	Hand (<i>shou</i>)	<i>shaoyin</i>
S.I.	1–3 p.m.	Finger tips	Face	Hand (<i>shou</i>)	<i>taiyang</i>
BL	3–5 p.m.	Face	Tips of the toes	Foot (<i>zu</i>)	<i>taiyang</i>
KID	5–7 p.m.	Tips of the toes	Thorax (Pericardium)	Foot (<i>zu</i>)	<i>shaoyin</i>
		Third circuit			
P	7–9 p.m.	Thorax	Finger tips	Hand (<i>shou</i>)	<i>jueyin</i>
T.B.	9–11 p.m.	Finger tips	Face	Hand (<i>shou</i>)	<i>shaoyang</i>
G.B.	11 p.m.–1 a.m.	Face	Tips of the toes	Foot (<i>zu</i>)	<i>shaoyang</i>
LIV	1–3 a.m.	Tips of the toes	Thorax (Lung)	Foot (<i>zu</i>)	<i>jueyin</i>

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Ying Qi Flow



Ying Qi Flow

- Secondary Flow:
 - Deep pathway of Liver channel
 - From LV14 to Du20
 - Flow through Du, then Ren
 - Ren22, enters Lung channel via ST12

