Tai Yin Meridians

Class 3

Copyright © 2022 Ragy Bishay.
All rights reserved.

Review

- Primary Channels
- Divergent Channels
- Luo Connecting Channels
- Sinew Channels
- Cutaneous Regions
- Extraordinary Channels

R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Tai Yin Meridian

- Lung and Spleen
- Paired with Yang Ming
  - Large Intestine and Stomach
- Represents Qi production in the body
- Most exterior of the Yin organs
  - *Gateway into the interior of the body*
- Lung above, Spleen below

Copyright © 2022 Ragy Bishay.
All rights reserved.

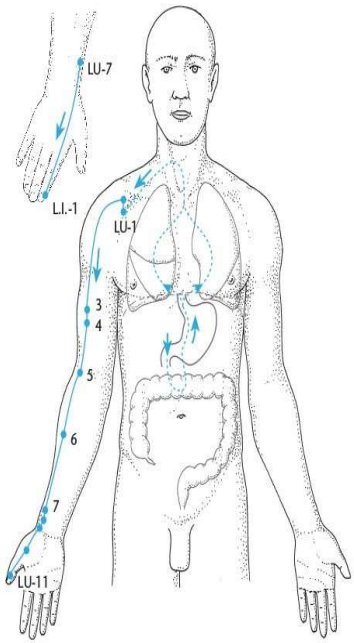
Functions of the Lung

- Governing Qi and controlling respiration
- Control channels and blood vessels
- Controlling disseminating and descending
- Regulate all physiological activities
- Regulating water passages
- Controlling the skin, cou li and the body hair
- Opening into the nose and control nasal mucus
- House the Po (Corporeal Soul)
- Affected by(loathes) worry, grief, sadness

Copyright © 2022 Ragy Bishay.
All rights reserved.

Primary Channel Internal Passage

- Begins in Middle Jiao *Descends*
- *to LI*
- *Up to ST*
- Penetrate diaphragm *Enter LU*
- Ascends to throat (voice, breath)
- Emerges (start point) at LU-1which is ZhongFu (2nd intercostal space)

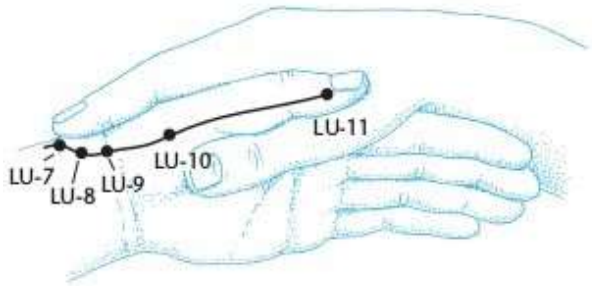


R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Primary Channel External Passage

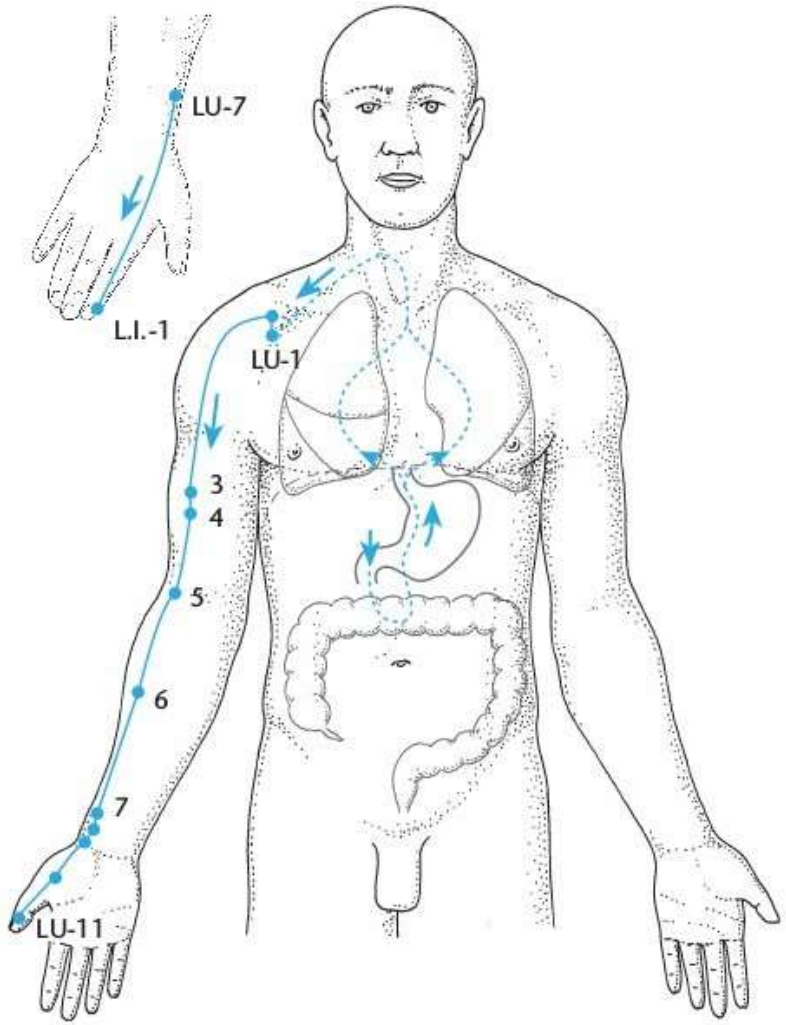
- Ascends one rib space to LU-2 YunMen
- Travels antero-lateral aspect of upper arm and forearm
  - Radial (lateral) to Heart and Pericardium channels
- Terminates at radial corner of the nail of the thumb



R. Bishay

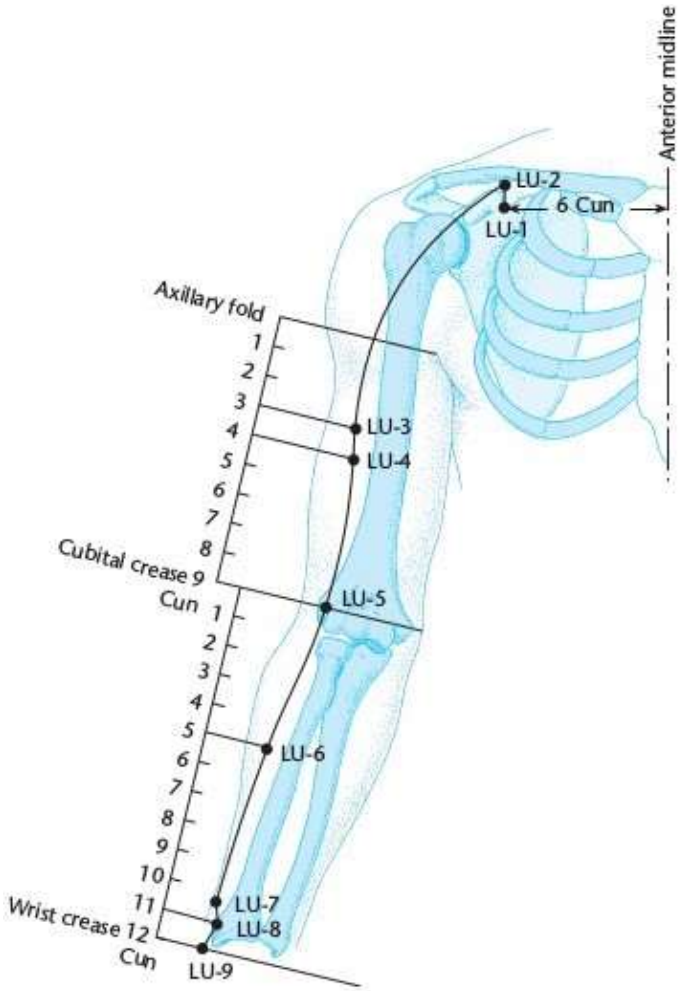
Copyright © 2022 Ragy Bishay.
All rights reserved.

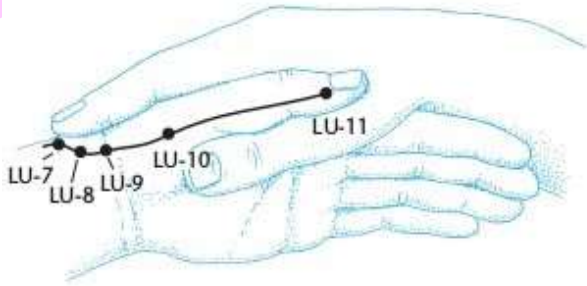
Primary Channel



Copyright © 2022 Ragy Bishay.
All rights reserved.

Primary Channel





R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Primary Channel - Importance

- **Exterior (Biao)**
  - Wind-cold, wind-heat, wind-dry
- **Interior (Li)**
  - Heat, cold, deficiency, dryness, phlegm
- **Excess (Shi)**
  - Wind-cold, cold, heat, phlegm
- **Deficiency (Xu)**
  - Qi, dryness

R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

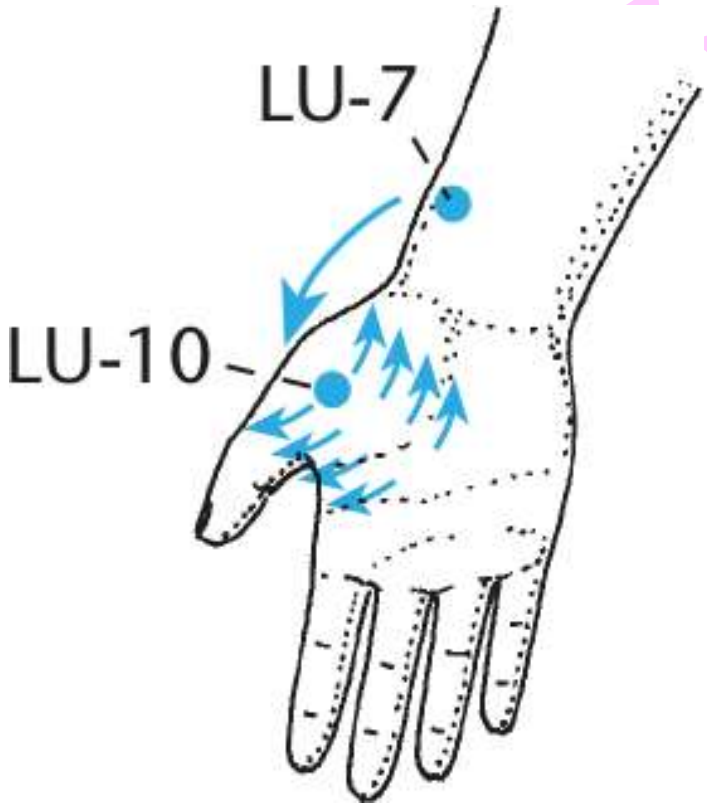
Luo Connecting Channel

- Splits from *Lu-7* LieQue
- One branch spread on thenar eminence
- Another branch travels to *LI-4* HeGu, *the Yuan source point of the pair*
- Connects the Yin-Yang pair, Large Intestine

R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Luo Connecting Channel



Copyright © 2022 Ragy Bishay.
All rights reserved.

Luo Channel-Importance

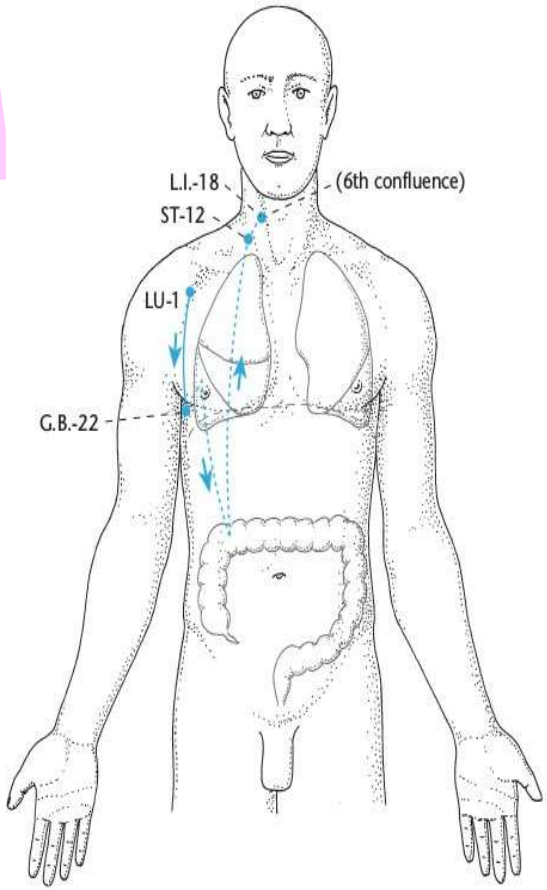
- **Excess**
  - Local: hot burning sensation
- **Deficiency**
  - Systemic: yawning, SOB, frequent urination, enuresis with asthmatic attacks

R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Divergent Channel (related Zang Fu)

- Travels to GB-22 YuanYe
- Enters thoracic region
- Connects with *Lung*
- Disperses in *Large Intestine*
- Ascends to ST-12 QuePen
- Transverses to LI-18 FuTu

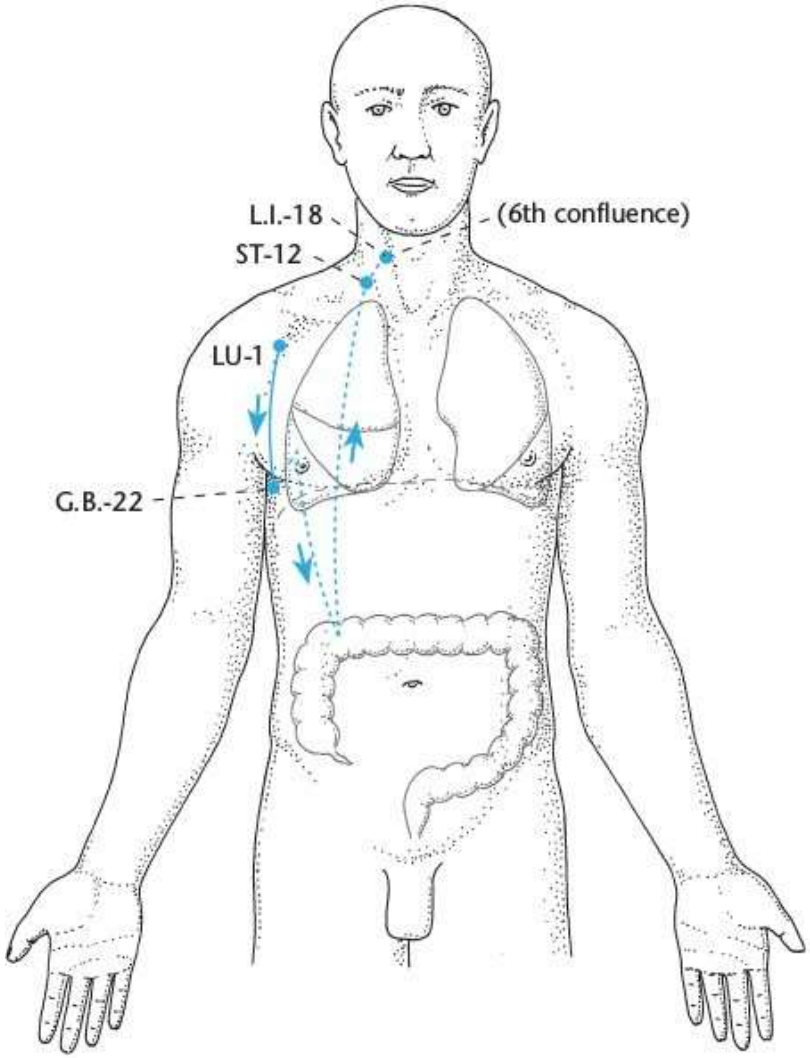


- Strengthens the *Yin-Yang pair*

R. Bisha

Copyright © 2022 Ragy Bishay.
All rights reserved.

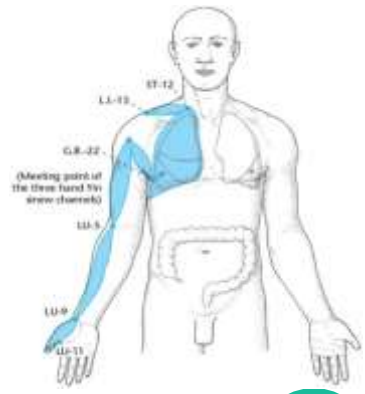
Divergent Channel



Copyright © 2022 Ragy Bishay.
All rights reserved.

Sinew Channel (Binding points)

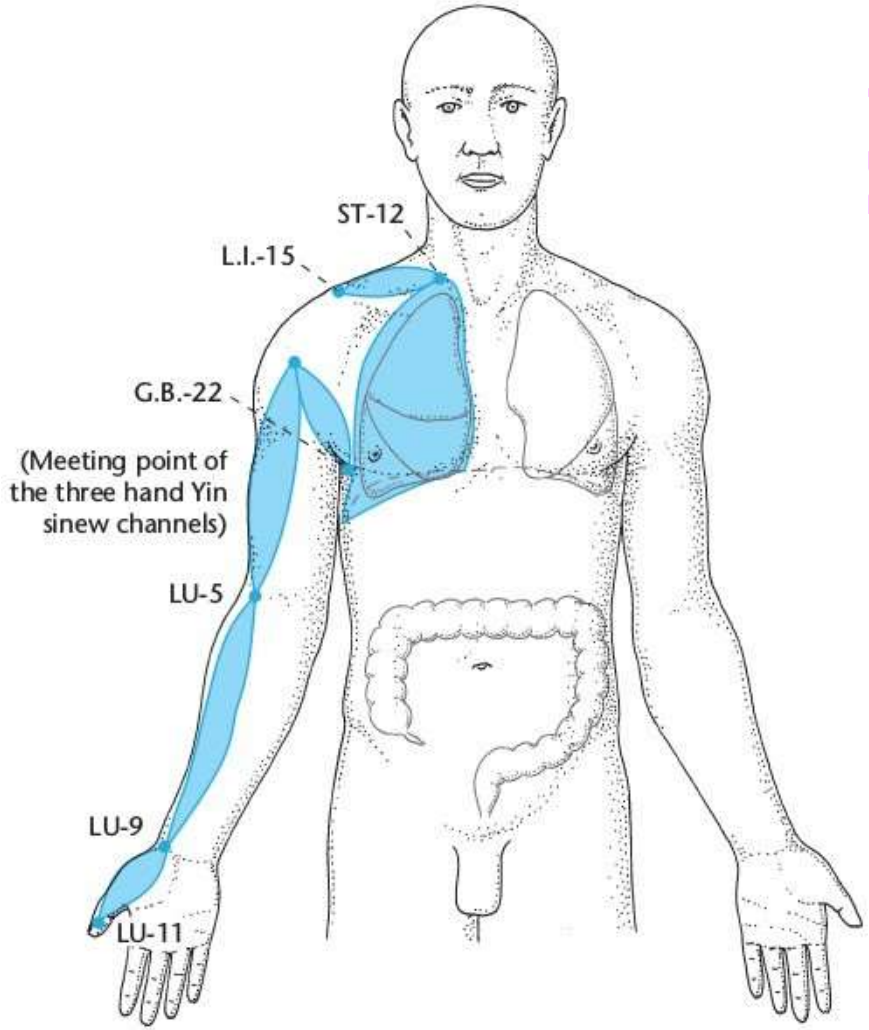
- Begin at LU-11 ShaoShang
- Spread on thenar eminence, binds at LU-9 TaiYuan
- Travels antero-lateral forearm, binds at LU-5 ChiZe
- Follows brachii and lateral deltoid, binds at acromio-clavicular joint
- Spreads to bind at GB22 YuanYe
- Spread across chest, binding at ST-1 QuePen, and LI-15 JianYu



R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Lung Sinew



Copyright © 2022 Ragy Bishay.
All rights reserved.

Sinew Channel Importance

- **Pathology:**
  - ***Stiffness***, *cramping, pain along channel*
  - Spasm pain in thorax and hypochondriac
- **Indication:**
  - *Bi-syndrome*
  - **Lumps** along channel and region
  - Spitting of blood

R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Functions of the Spleen

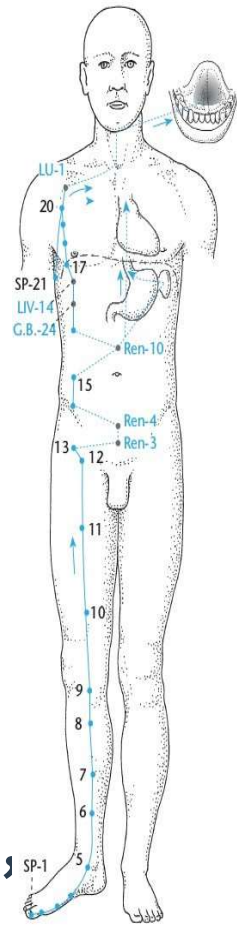
- Govern transformation and transportation(T & T)
- Controls the ascending and raising of Qi
- Controls Blood
- Controls the muscles and the four limbs
- Opens into the mouth, tongue, and lips, controlling saliva
- Houses the Yi (Intellect)
- Affected by pensiveness

R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Primary Channel External Pathway

- Medial corner of big toe nail
- Medial aspect of foot
- Ascends to medial malleolus, along *posterior border of medial crest of tibia*
- Through antero-medial knee and thigh
- Ascend abdomen, lateral to mid-line, to second intercostal space
- Intersects Ren-3 ZhongJi, Ren-4 GuanYuan, Ren-10 XiaWan, GB-24 RiYue, LV-14 QiMen
- Down to 6 cun below axilla, at SP-21 DaBao



R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Primary Channel Internal Pathway

- Break off at *Ren-10* XiaWan
- Enter *Spleen, then Stomach*

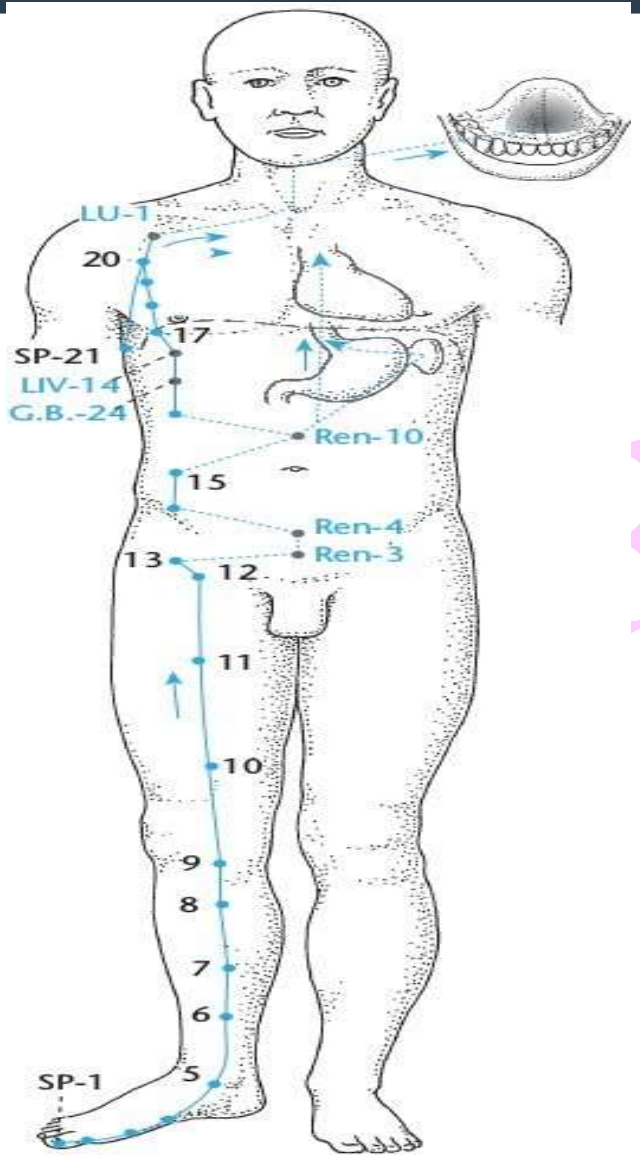
- Branch from Stomach to diaphragm
- Up oesophagus
- Enters heart channel

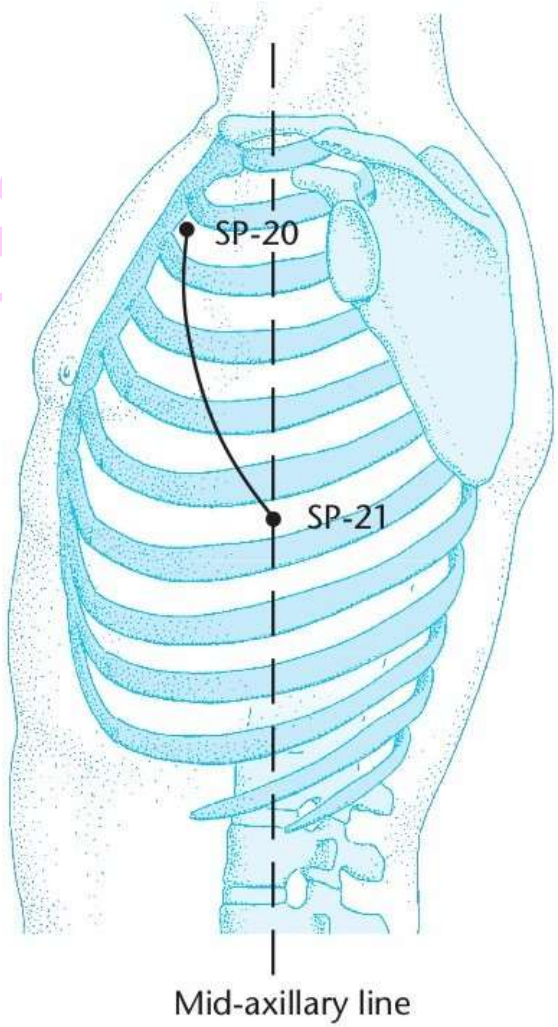
- Branch from SP-20 ZhouRong ascends to LU-1 ZhongFu

R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Primary Channel

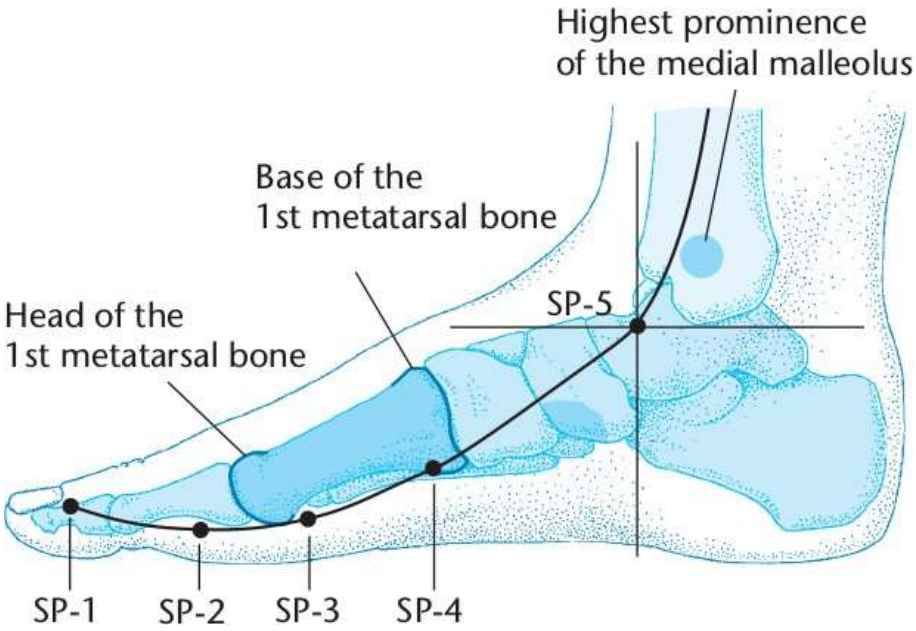




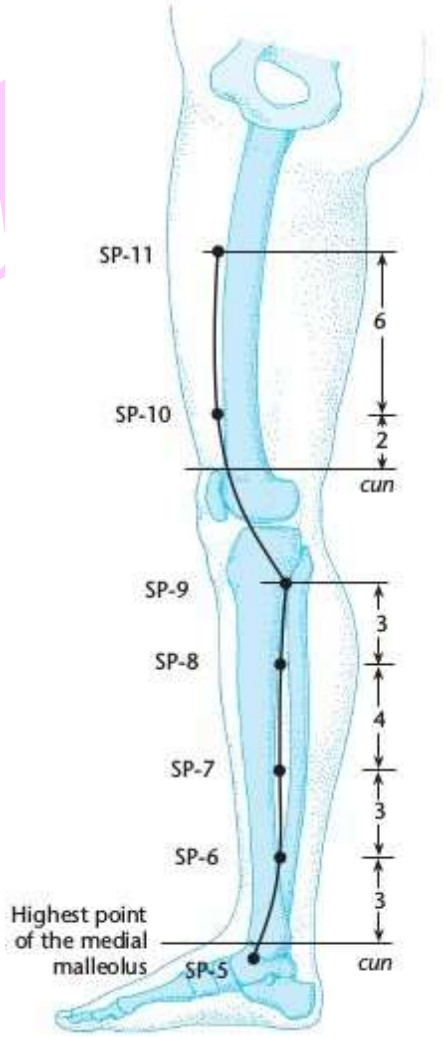
R. Bis

Copyright © 2022 Ragy Bishay.
All rights reserved.

Primary Channel

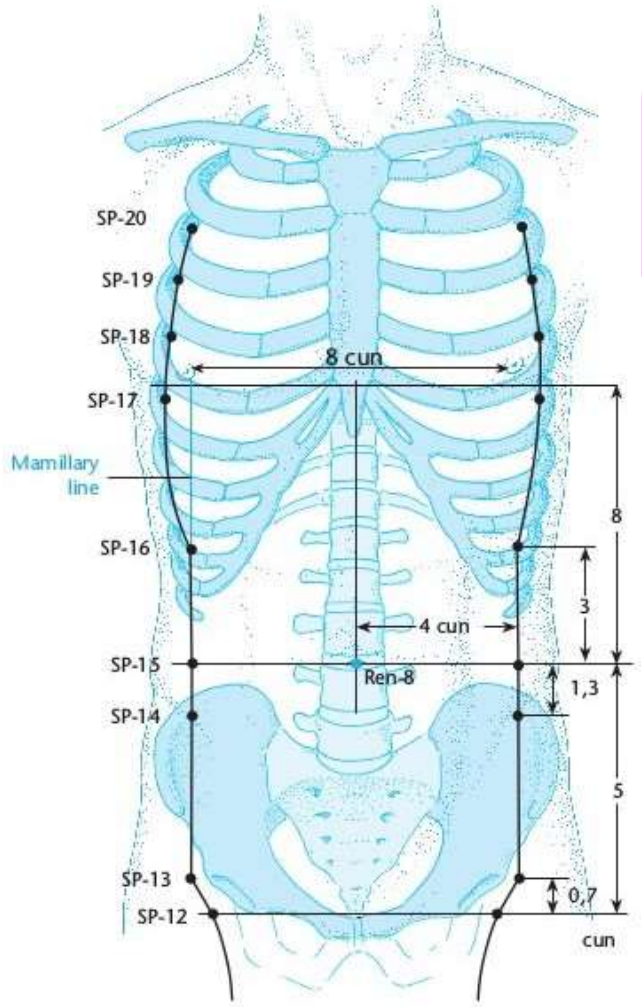


Bis!



Copyright © 2022 Ragy Bishay.
All rights reserved.

Primary Channel



Copyright © 2022 Ragy Bishay.
All rights reserved.

Primary Channel Importance

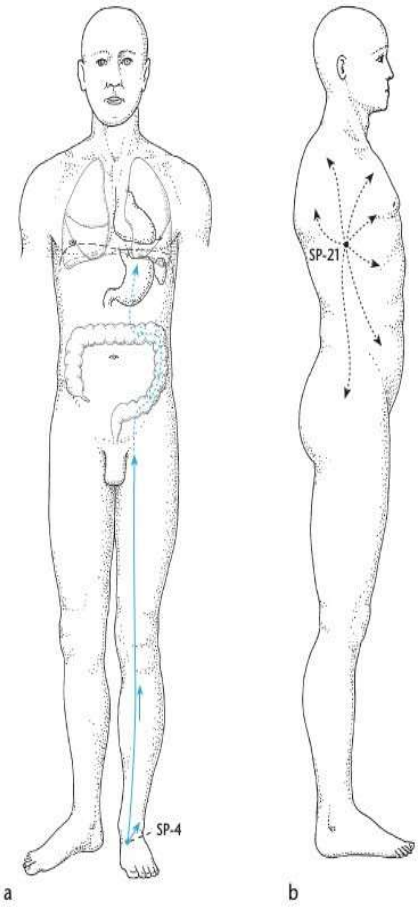
- **Exterior:**
  - Heaviness of head, body; weakness of legs; general fever; pain; weakness and atrophy along channel; cold knees, feet, legs; oedema
- **Interior:**
  - Abdominal pain; diarrhoea or loose stools with undigested food; borborygamus; belching; dizziness; abdominal mass; low appetite; sallow complexion; retention of urine
- **Excess:**
  - Spasms, foot pain
- **Deficiency**
  - Abdominal fullness; borborygamus; diarrhoea with undigested food

R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Luo Connecting Channel

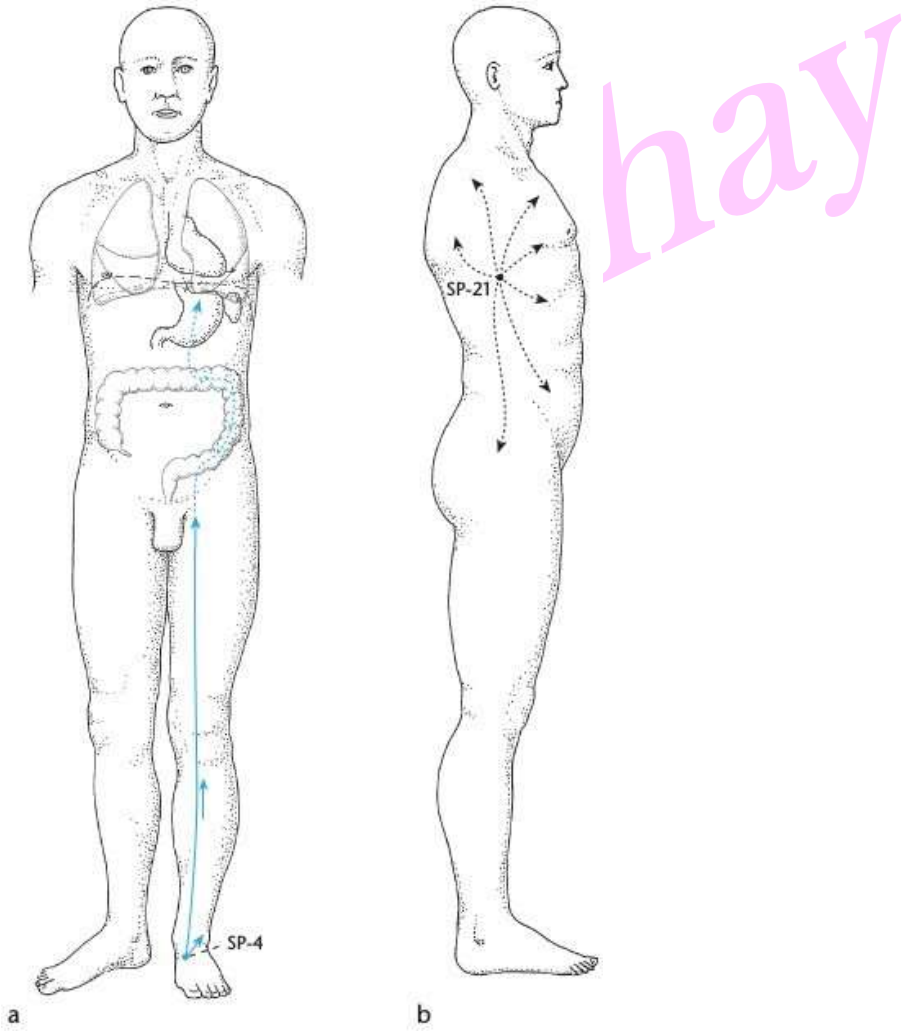
- Separates at ***SP-4*** GongSun
- Spreads locally
- A branch connects to Stomach
- Channel locally
- A branch ascends to inguinal regions; connects with Large Intestine, and then the Stomach
- Great Luo of Spleen:
  - Begins at SP-21
  - Disperses to all luo vessels of the body



R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Luo Connecting Channel



hay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Luo Connecting Channel Importance

- **Excess:**
  - Colicky pain in Stomach and Large Intestine
- **Deficiency:**
  - GuZhang (drum-like distension); abdominal fullness, distension, ascites
- **Counterflow Qi:**
  - Vomiting; diarrhoea; abdominal pain

R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Great Luo Vessel Importance

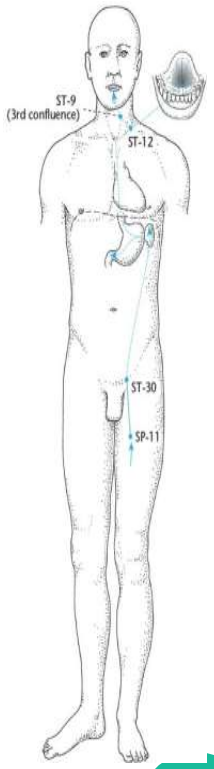
- **Excess:**
  - ***Whole body pain***; polyarthritis; Bi-syndrome
- **Deficiency:**
  - Muscular atrophy, weakness; weak joints; **whole body weakness**

R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Divergent Channel

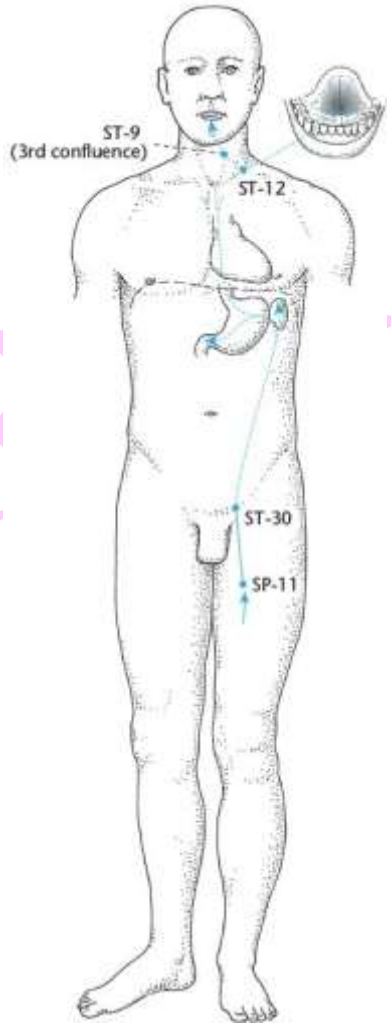
- Separates near *SP-11* JiMen
- Penetrates abdomen at *ST-30* QiChong
- Connects to *Stomach*, *Spleen*, and then *Heart*
- Along *oesophagus*
- To ST-12 QuePen
- Across ST-9 RenYing
- Connects to *tongue*



R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Divergent Channel



Copyright © 2022 Ragy Bishay.
All rights reserved.

Divergent Channel Importance

- Strengthen Yin-Yang connection
- Meet with ST-30
- Used for Qi, Blood, and Shen disorders
- Used for neck issues
- Disorders of the tongue and mouth

R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Sinew Channel

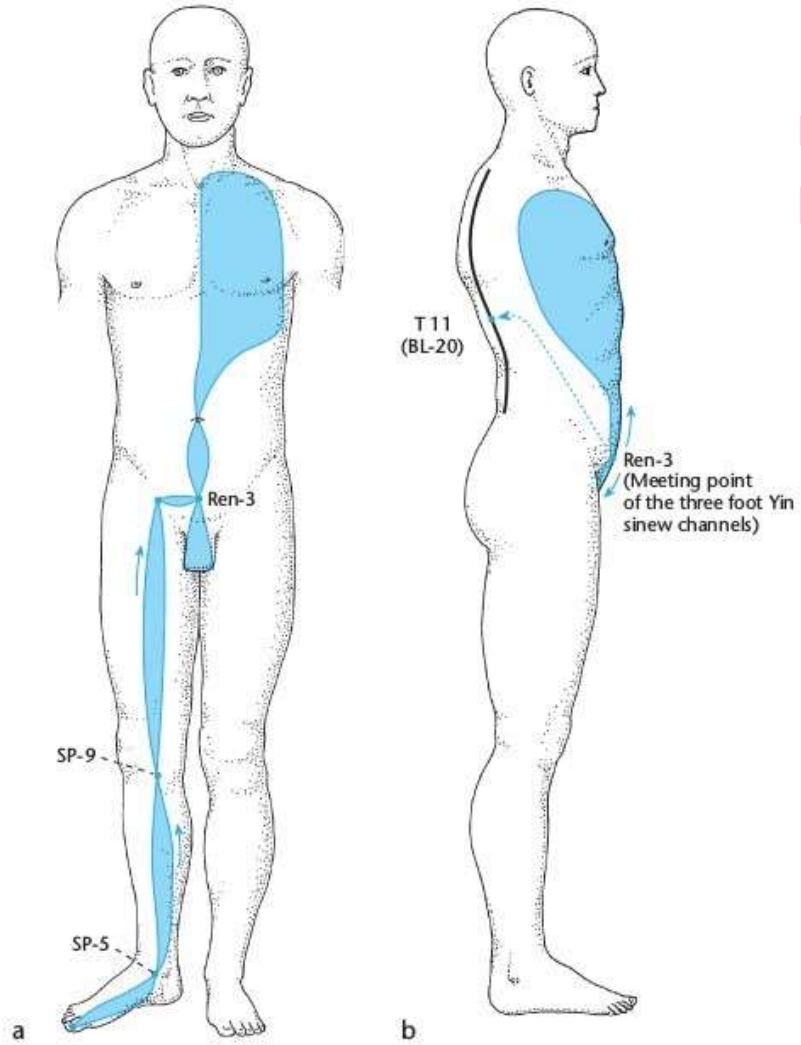
- Begin at SP-1 YinBai
- Medial border of foot, binds at SP-5 ShangQiu
- Medial tibia to SP-9 YinLingQuan
- Medial thigh, binding at medial inguinal area
- To Ren-3, meeting other sinew channels
- One branch to genital area
- Another branch to bind at umbilicus, spreading to contralateral costal and thoracic region

  Third branch to BL-20 PiShu
-

R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Sinew Channel



Copyright © 2022 Ragy Bishay.
All rights reserved.

Sinew Channel Importance

- **Pathology:**
  - Pain of big toe, medial malleolus; cramp and pain of calf; pain of medial knee and thigh; pain in inguinal or genital area (radiates along channel to back)
- **Indications:**
  - Bi-syndrome & Wei-syndrome (weakness, flaccidity and muscles atrophy esp. along channel); genital disorders; umbilical pain

R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.

Meeting points

- GB- 22 Lung divergent channel starting point & Spleen sinew channel binds to
- ST- 12 Lung divergent channel passing by
- LI-18 Lung divergent channel passing by
- ST-1 Lung sinew channel binds to
- LI-15 Lung sinew channel binds to
- REN- 3/4/10 Spleen primary channel passing by
- REN- 3 Spleen sinew meeting other sinew channels
- REN- 10 Spleen primary channel breaks off a branch
- GB- 24 Spleen primary channel passing by
- LI- 15 Spleen primary channel passing by
- ST- 30 Spleen divergent channel penetrates abdomen
- ST- 9 Spleen divergent channel passing by
- BL- 20 Spleen divergent channel passing by

R. Bishay

Copyright © 2022 Ragy Bishay.
All rights reserved.