

Shao Yang Meridians

Class 8

Review

- Jue Yin
- Liver Meridian
 - ♦ Pathway
 - ♦ Function
 - ♦ Indication
- Pericardium Meridian
 - Pathway
 - Function
 - Indication

Shao Yang Meridian

- SanJiao and Gallbladder
- Between the internal and the external
- Represents the passageway
- Affects all organs and body cavities

Functions of the San Jiao

- Mobilizes the Yuan Qi
- Controls transportation and penetration of Qi
- Controls water irrigations and excretion of fluids
- The SanJiao as:
 - One of the 6 Fu
 - Mobilizer of the Yuan Qi
 - Three division of the body
 - The body cavities

SanJiao and Pericardium

- Both different from other organs
- Connect the 3 Yin and the 3 Yang
- The SanJiao house the organs, the Pericardium house the Heart
- The hinge to the outside world
- Influenced by the MingMen Fire

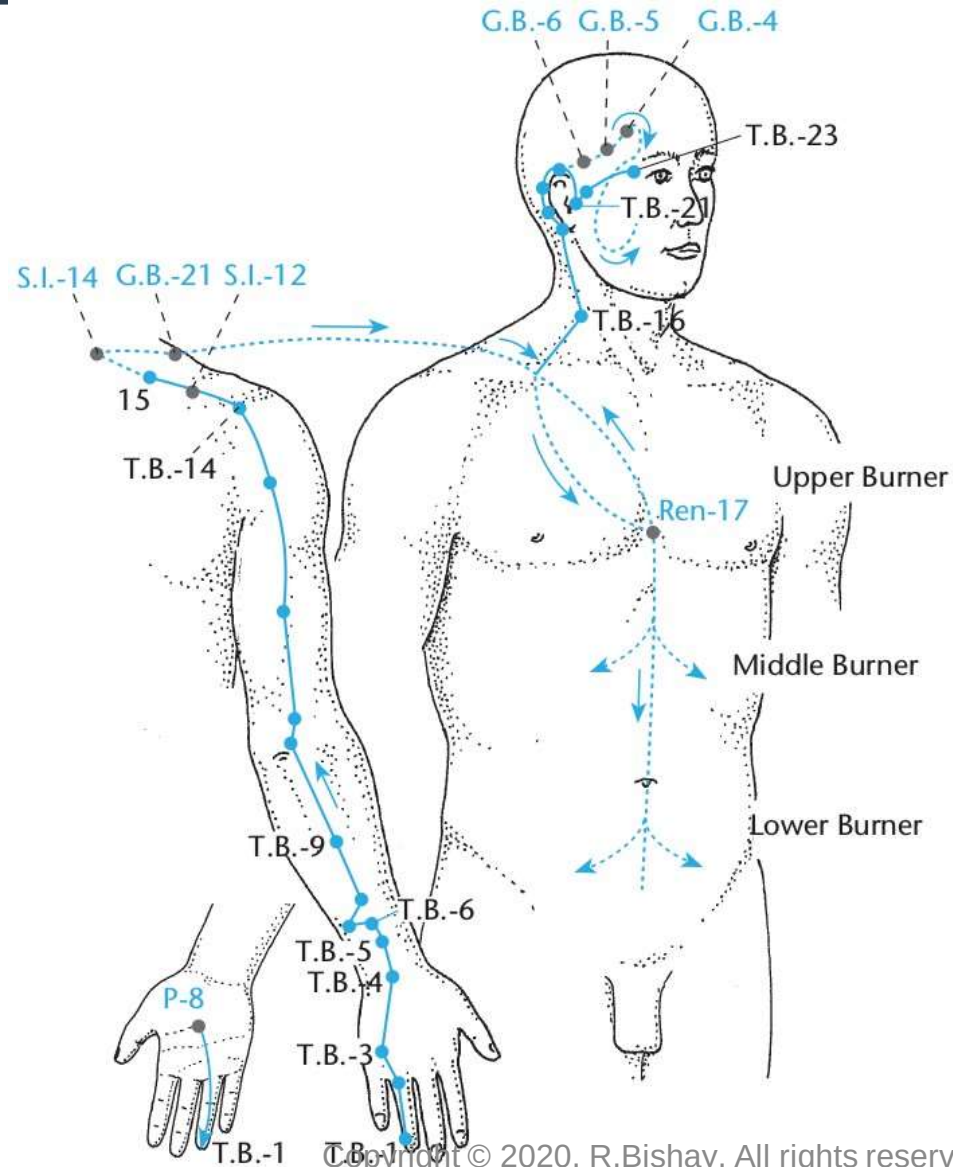
Primary Channel Pathway

- From ulnar corner of ring fingernail
 - SJ-1 GuanChong from PC-8 LaoGong
- Between 4th and 5 metacarpal bones
- Posterior forearm, between ulna and radius
- Pass olecranon, arm, shoulder
- Intersect SI-12 BingFeng and Du-14 DaZhui, then GB-21 JianJing and ST-12 QuePen

Primary Channel Pathway

- Enters deep; connects to **Ren-17** TanZhong and Pericardium
- Descends, connecting 3 Jiao
- One branch from Lower Jiao to UB-39 WeiYang
- Another branch from Ren-17 ascends to supraclavicular fossa, to lateral neck
- **Circles behind ear**, crosses GB channel
- One from from SJ-17 YiFeng, **circles inner ear**, to tragus and near lateral orbit, at front of zygomatic suture

Primary Channel



Primary Channel - Importance

- **Exterior:**

- Neck pain; cheek pain; red and painful eyes; deafness; pain behind the ears; pain on the posterior aspect of the shoulder and the upper arm

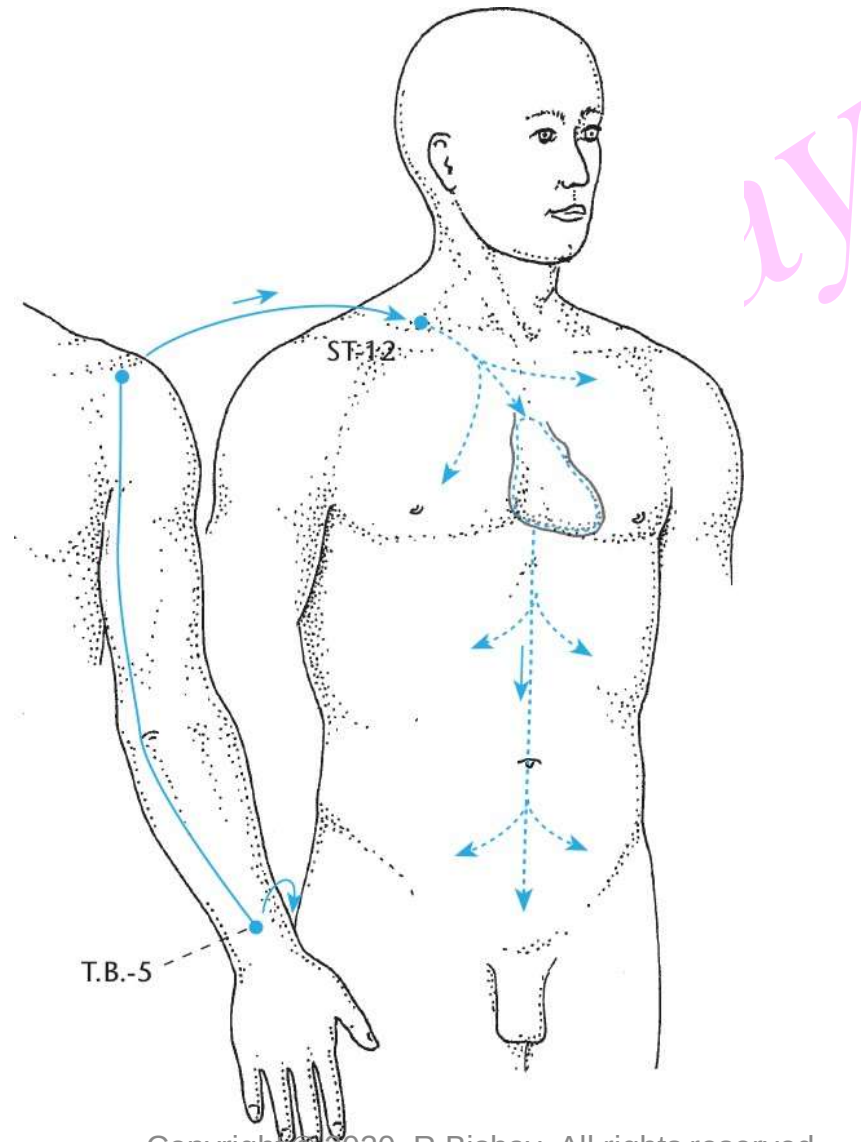
- **Interior:**

- Abdominal fullness and distension; difficult urination; skin oedema and skin swellings; enuresis

Luo Connecting Channel

- From SJ-5 WaiGuan
- One branch to PC-7 DaLing
- Spread locally (Sun, Fu, Xue Luo)
- One branch to ST-12 QuePen
- Enters deep
- Connects to PC channel, and the 3 Jiao

Luo Connecting Channel



Luo Channel-Importance

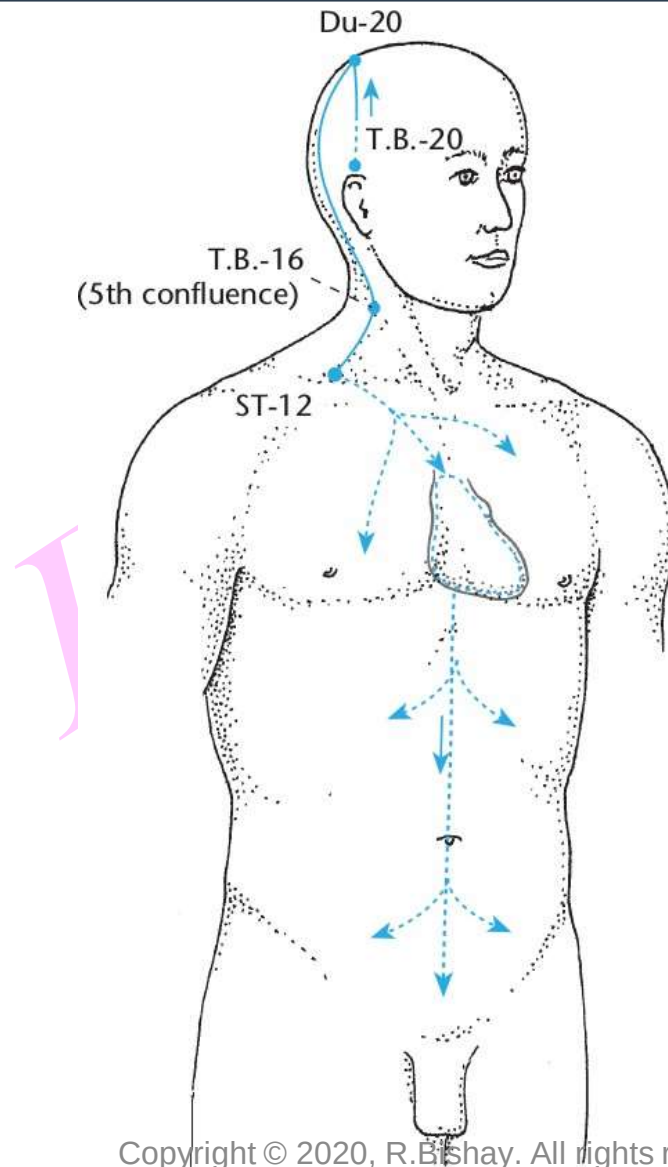
- **Pathology**

- Excess: Tension of the elbow joint
- Deficiency: Muscle weakness in the arm; difficulty flexing the elbow

Divergent Channel

- Separates at SJ-20 JiaoSun
- To Du-20 BaiHui
- *Behind ear down neck*
- Enters at supraclavicular fossa, ST-12
QuePen
- Connects to Pericardium and 3 Jiao

Divergent Channel



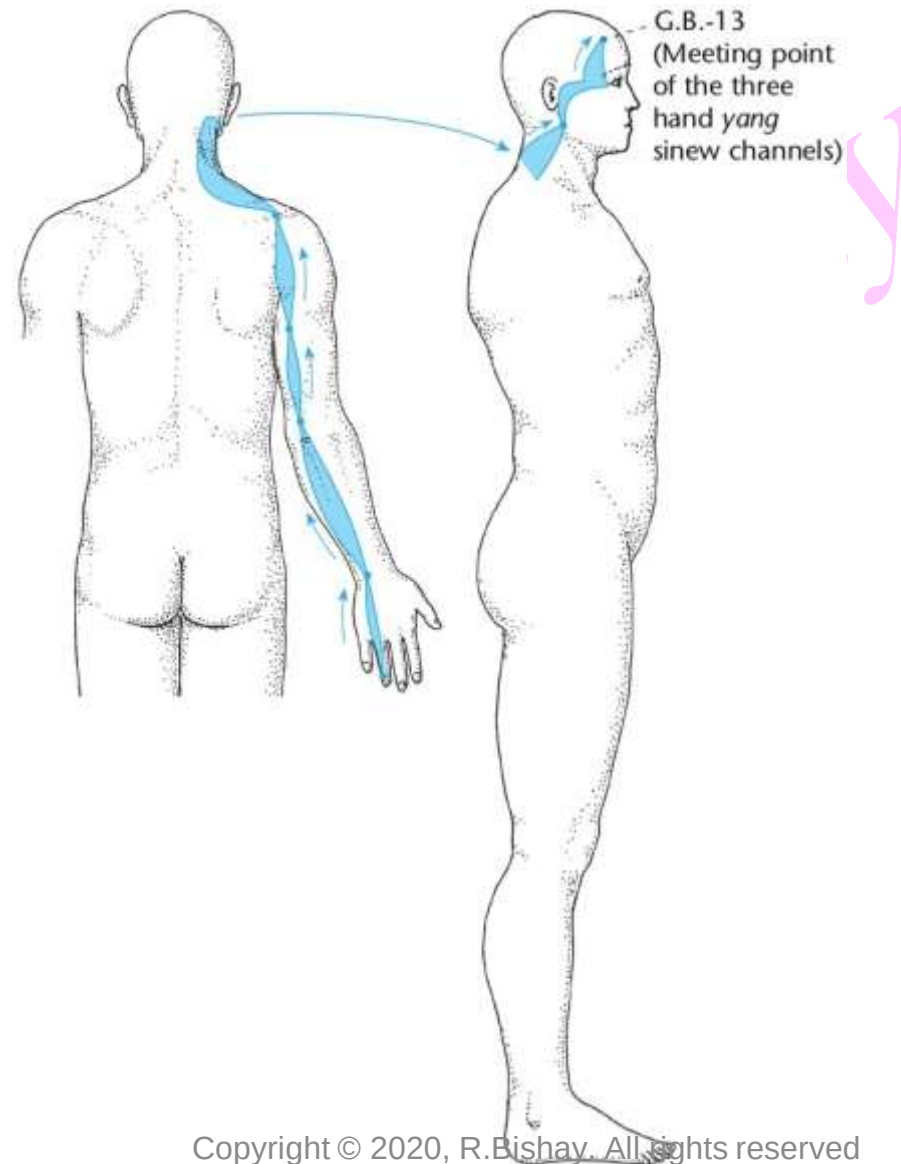
Divergent Channel Importance

- Connects the 3 Jiao and the Organs
- Connects to the vertex of the head from the Lower Jiao
 - Raises Yang Qi

Sinew Channel

- Ring finger to wrist, between 4th and 5th metacarpals
- Forearm to bind at olecranon
- Arm to bind at posterior acromion
- Posterior shoulder and lateral occiput
- Meets SI sinew channel
- To mandibular angle
- One branch to **root of tongue**
- One branch to ear, outer cantus, and to GB-13 BenShen (meeting other Yang Sinew Channels)

Sinew Channel



Sinew Channel Importance

- **Pathology:**

- Stiffness, swelling, distension of channel
- Curling or contraction of the tongue

- **Indication:**

- Pain, stiffness, spasms, tension, distension of channel, including the lateral aspects of the head/body/extremities
- Muscle tension caused by emotional disorders
- **Motor disorders of the tongue**

Functions of the Gallbladder

- Stores and excretes bile
 - Digestive fire from MingMen
- Controls decisiveness
 - Gives courage to the Heart
 - Gives movement to the Shen
- Controls the sinews

Gallbladder and Liver

- Receives and excretes from the Liver
- The Gallbladder ascends Qi to the Liver
 - Allows the Hun to wander

Primary Channel Passage

- Outer cantus of eye GB-1 TongZiLiao
- To front of ear then corner of head (ST-8 TouWei)
- Towards top of ear, **circling behind**
- Cross lateral head to anterior, GB-13 BenShen, GB-14 YangBai
- Lateral head, medial to first line, to posterior head, GB-20 FengChi
- Cross shoulder and DU-14 DaZhui
- Connect at **ST-12** QuePen

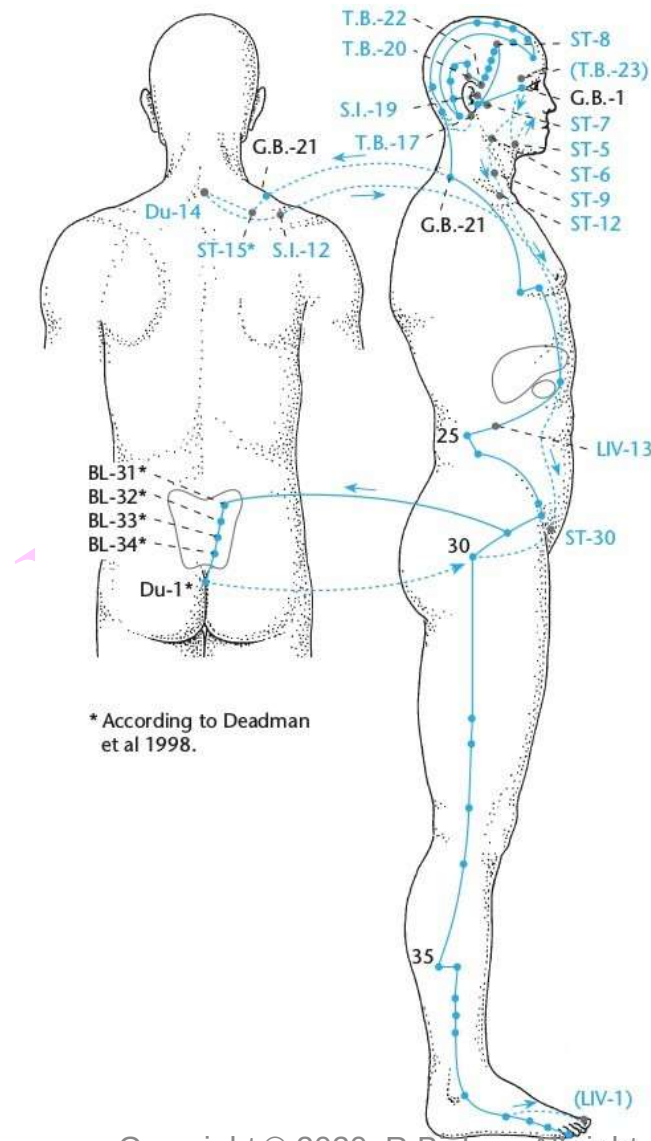
Primary Channel Passage

- One branch from GB-20 FengChi to SJ-17 YiFeng
- Zig-zag on cheek, up and down
- Meets main pathway at ST-12 QuePen
- Divides to two branches
- Inner branch meets PC-1 TianChi
- Crosses diaphragm, connecting Liver and then Gallbladder
- Down hypochondrium, then lumbar region, to reach hip

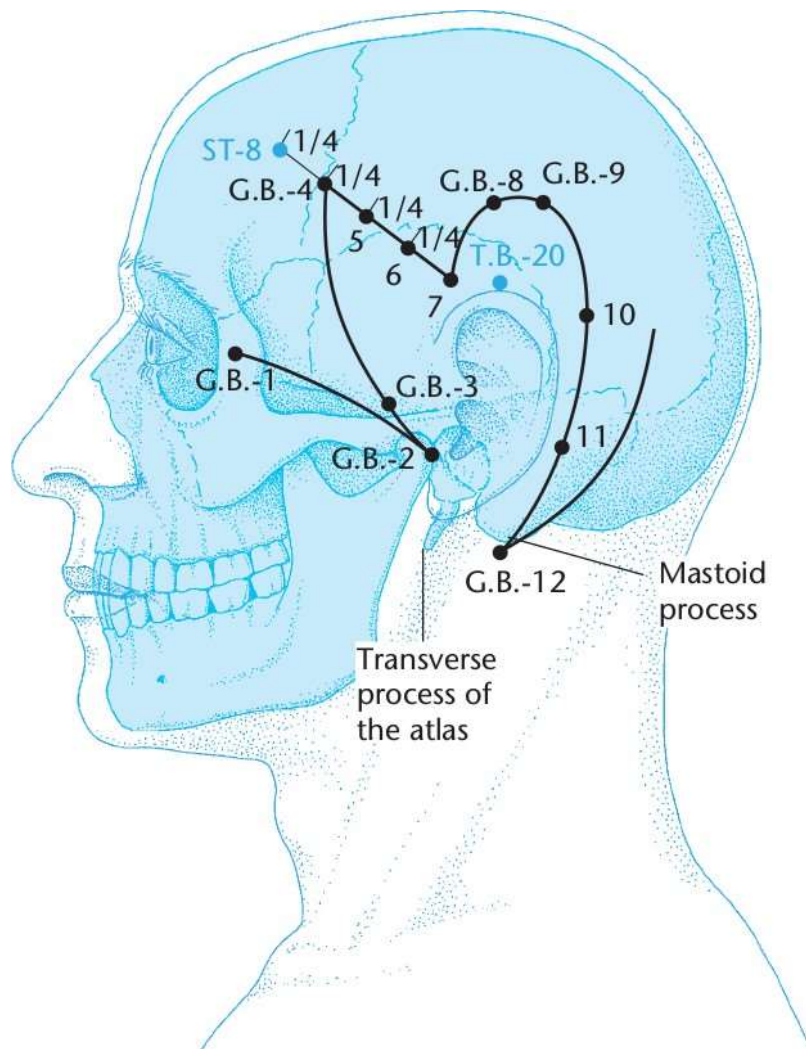
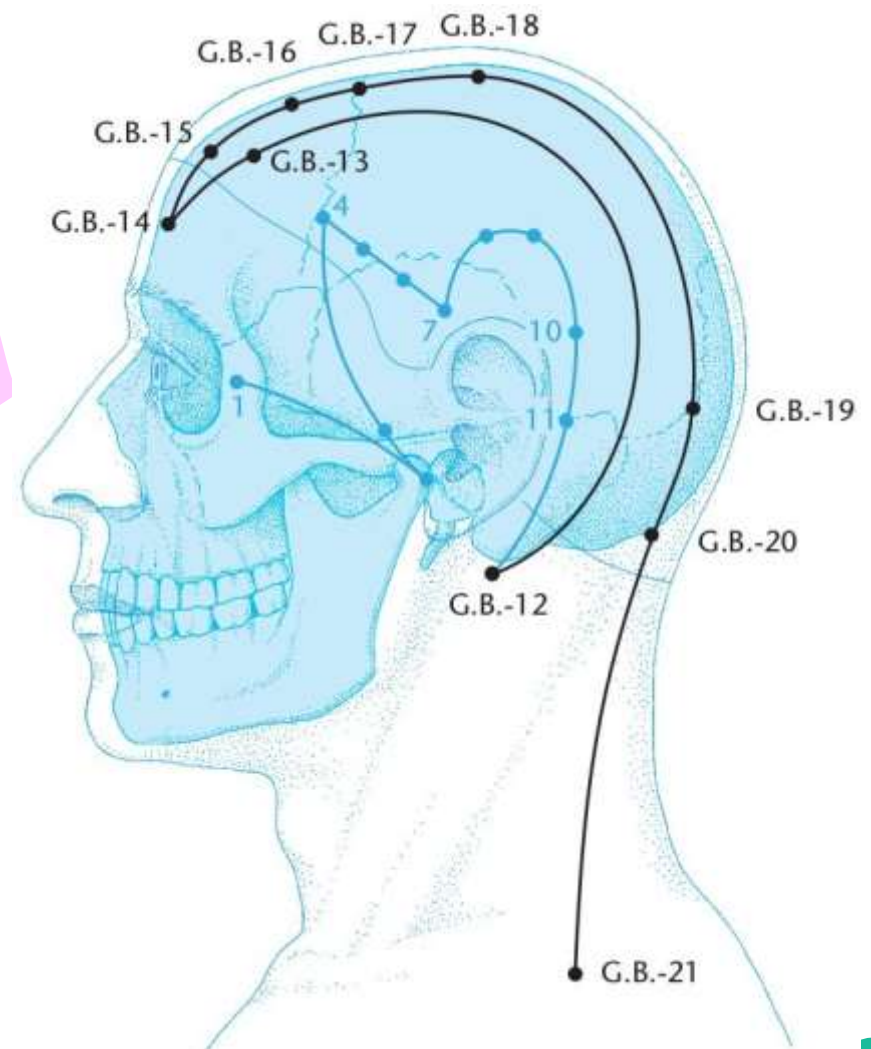
Primary Channel Passage

- Other branch from St-12
- Down lateral thoracic wall, crossing ribs
- To hip then sacral region
- Crosses BaLiao and Du-1 ChangQiang
- Meets inner branch at GB-30 HuanTiao
- Descends lateral thigh and leg
- Pass lateral malleolus to lateral corner of 4th toe
- One branch from GB-41 ZuLinQi to LV-1 DaDun

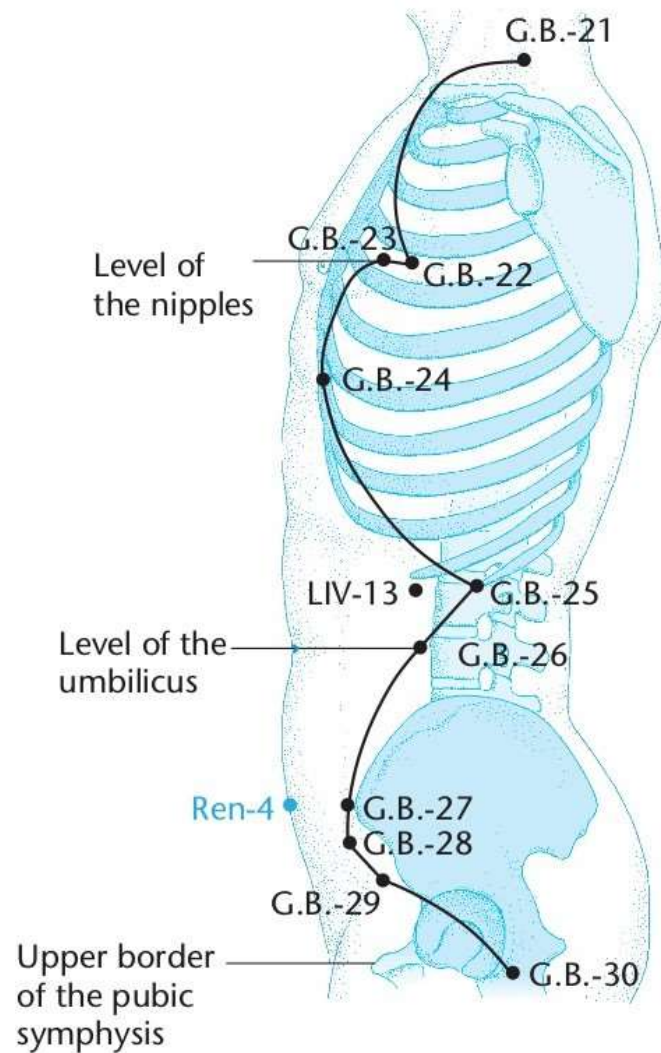
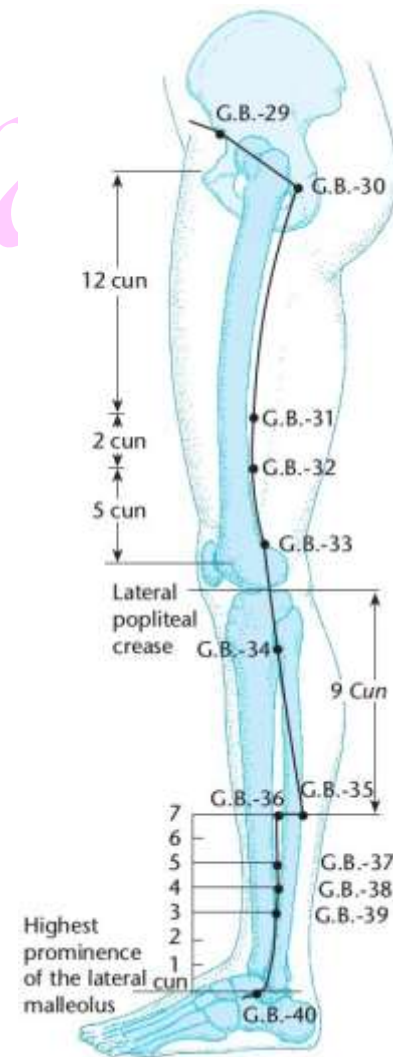
Primary Channel



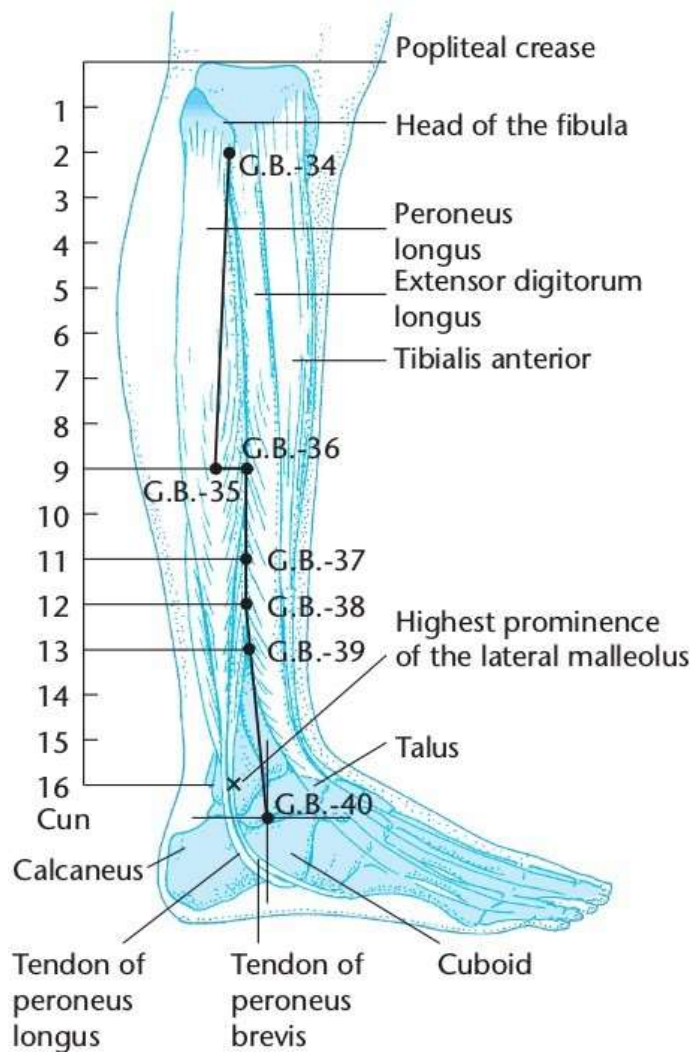
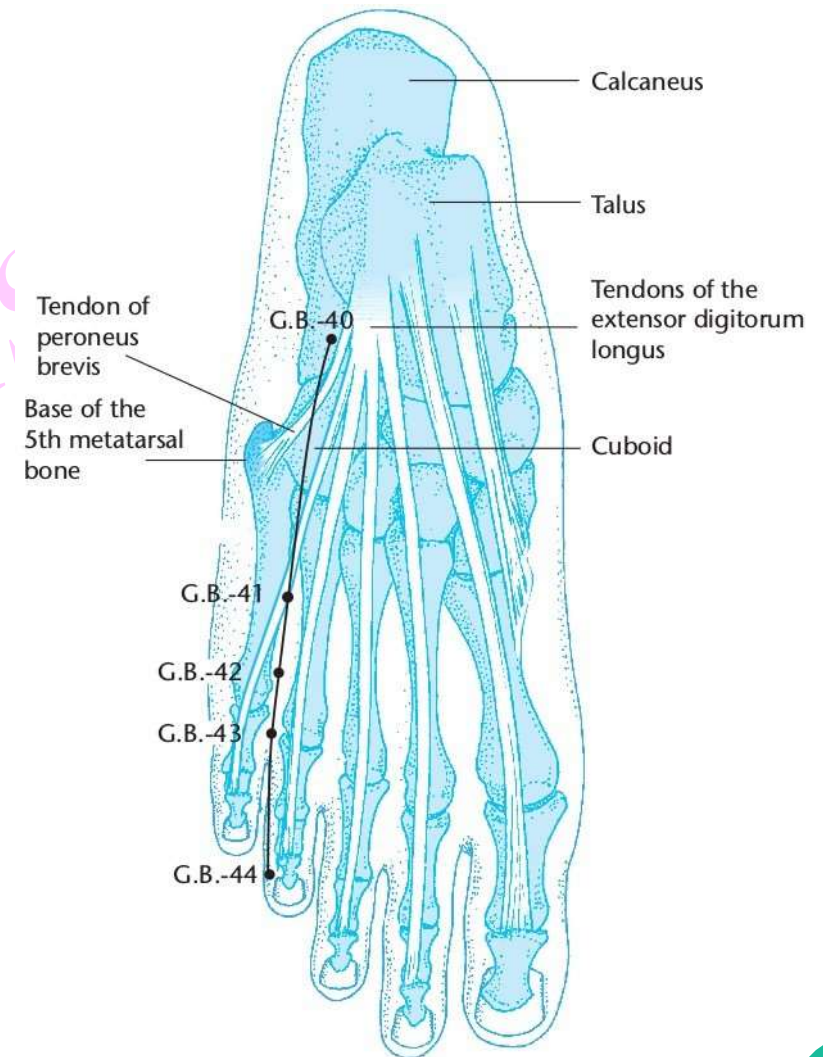
Primary Channel



Primary Channel



Primary Channel



Primary Channel Importance

- **Exterior:**

- Alternating fevers and chills; headaches; eye pain; pain in the cheek and on the chin; subaxillary swellings; deafness; lateral knee and leg pain

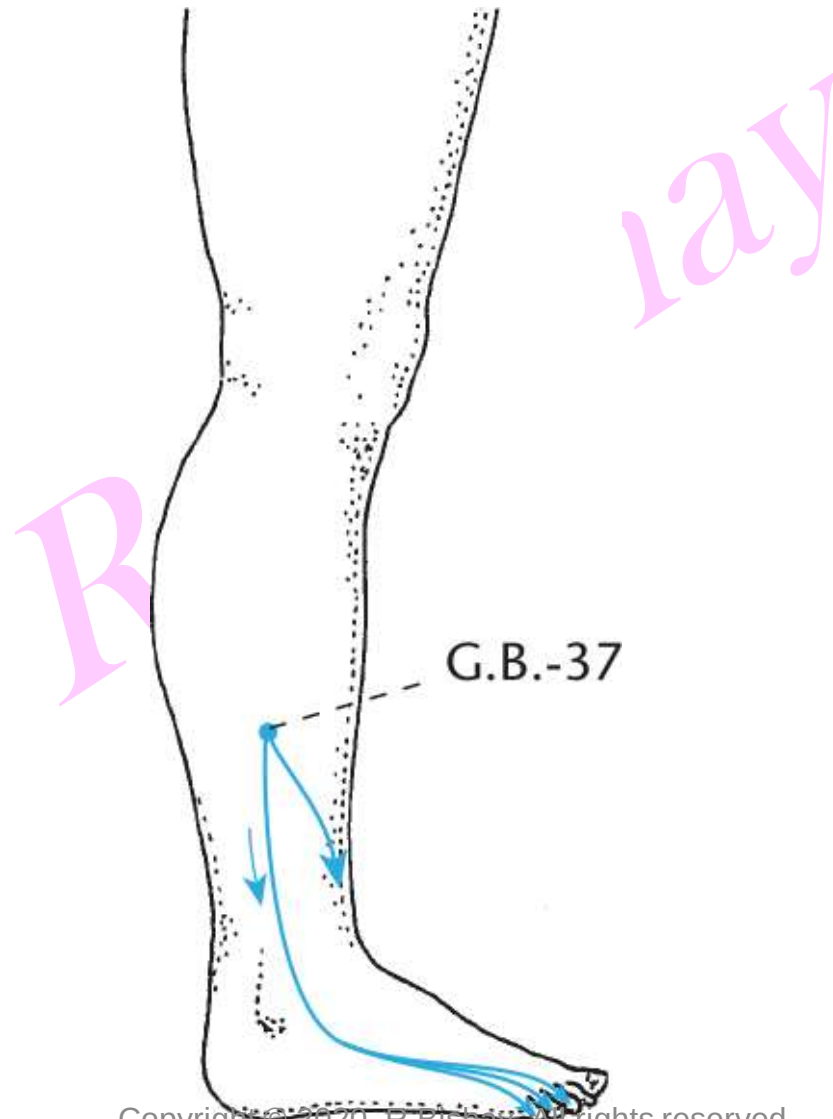
- **Interior:**

- Pain in the lateral costal region; vomiting; bitter taste in the mouth; thoracic pain

Luo Connecting Channel

- From GB-37 GuangMing
- One branch to LV-3 TaiChong
- Spreads locally (Sun, Fu, Xue)
- Spreads to 3rd, 4th, and 5th toe

Luo Connecting Channel



Luo Connecting Channel Importance

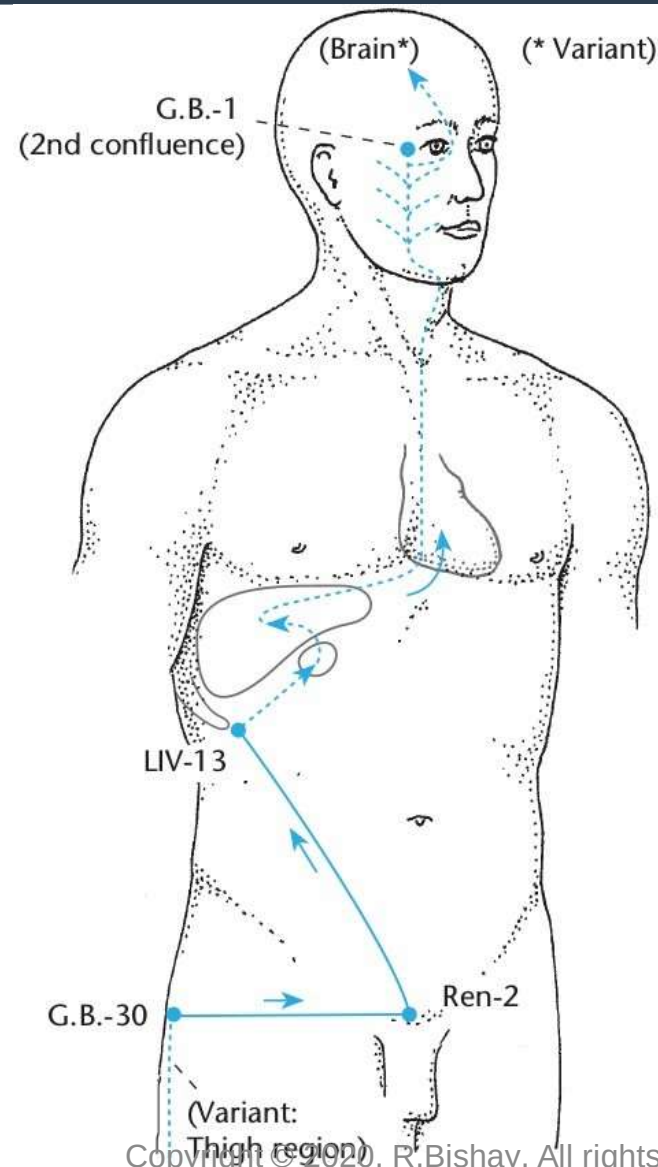
- **Pathology:**

- Excess: Cold sensations in the feet
- Deficiency: Weakness; weak musculature of the foot, including difficulty in standing; paralysis of the lower extremity

Divergent Channel

- From **GB-30** HuanTiao (or thigh)
- To Ren-2 QuGu
- Enters at LV-13 ZhangMen
- Connects to Gallbladder, then Liver
- Connects to Heart
- Ascends neck to lower jaw
- Spread on face
- Enters eye and brain

Divergent Channel



Divergent Channel Importance

- Strengthen relationship between Liver and Gallbladder
- Connects the oesophagus and Heart
- Connects to the eyes

Sinew Channel

- From 4th toe, across lateral leg
- Binds at malleolus, fibula, and lateral knee
- One branch to knee
- Other branch to ST-32 FuTu
- To greater trochanter
- One branch spread to gluteal and sacral region

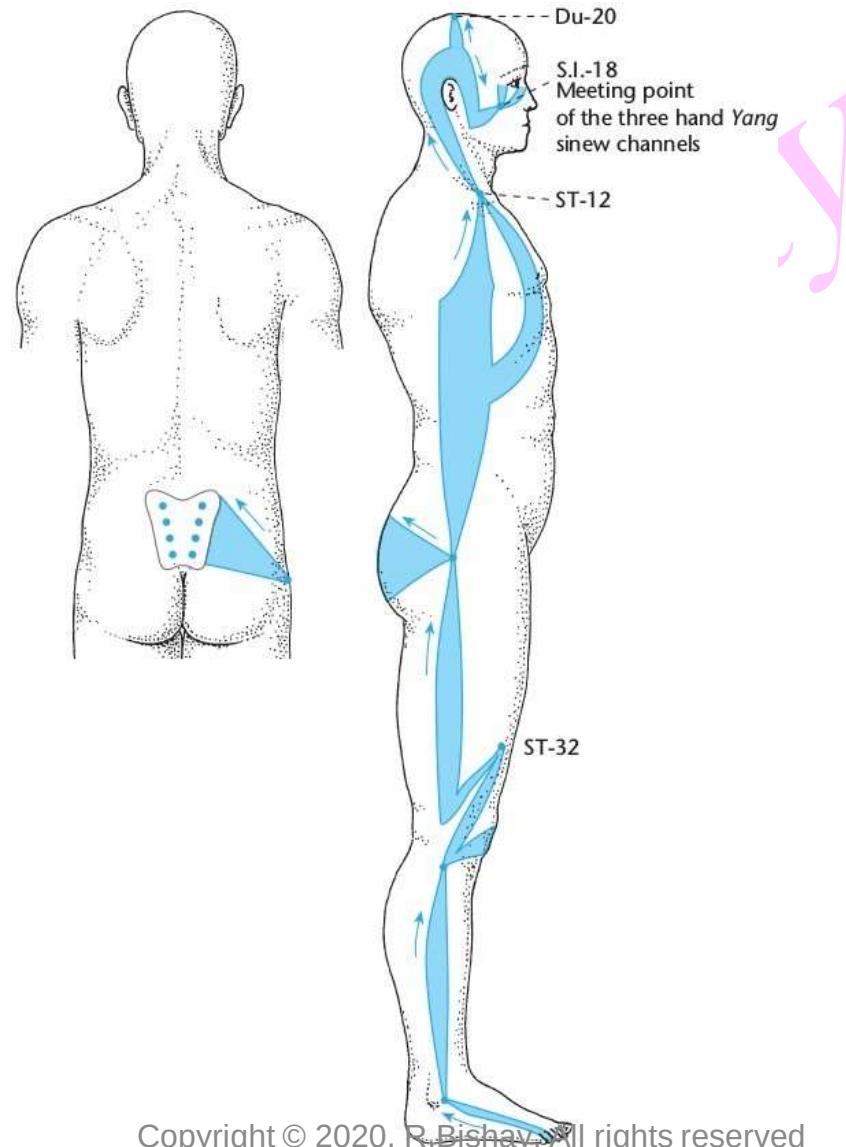
Sinew Channel

- One branch from greater trochanter to lower costal regions
- Splits to two branches
- One to lateral thorax, to supraclavicular fossa
- Other across midaxillary line to supraclavicular fossa
- From **ST-12** QuePen across lateral neck

Sinew Channel

- Circles **behind ear**
- One branch from apex of ear to Du-20 BaiHui
- Other branch descends to lower jaw
- Splits to spread across to outer cantus, and medially to root of nose

Sinew Channel



Sinew Channel Importance

• Pathology:

- Stiffness and distension of 4th toe and lateral aspect of the knee; Limited ROM of the knee joint;
- Pain, tension, distension: between popliteal crease to thigh/sacral region; between sacral region/hypochondrium
- Pain/tension of supraclavicular fossa, thorax, breast, neck region
- Pain along the left side of the channel and inability to open the right eye and vice versa.

Sinew Channel Importance

Indication:

- Pain, muscle tension, stiff joints, distension sensations
- Disorders of the anterior, lateral and posterior aspects of the legs, esp. knees/thighs
- Disorders of thorax and breasts
- Headaches on the vertex and temporal regions
- Chronic nasal disorders, chronic sinusitis, etc.