When a patient is in front of you pay attention to 1) chief complaint and to 2) differentiation. That’s how you choose the points. Tests and case discussions, it’s the same.

Might be helpful to group points: what’s good for heat, for wind, etc.

Stomach Meridian of the Foot Yangming

Pathway of the stomach channel. Channel only connects with Spleen and Stomach.

Again, pay attention to the **Bold and Blue stuff on the handouts**.

When LI channel ends, stomach channel picks up. Starts beside nose then goes up a little bit under the eyes, then downward in a line to ST 4. Stomach is related to the upper teeth, circles around the lips…on the OUTSIDE. Liver circles around on the inside---hence stress cold sores and ulcers. Hmmm! After this goes to the face.

The best points for face problems: stomach channel and li channel for bell’s palsy, facial paralysis, etc.

Stomach on the face meets GB 3, 4, 5, 6. Important: channel keeps going after ST 8 to frontal area. Important for clinical manifestations. Frontal area headache related to Yangming channel. Yangming not so much related to LI, but to Stomach. Choose distal stomach points, for herbs choose that guide to the yangming channel. Why does this help? Because there’s a branch of ST that goes to this frontal lobe area. Use Bai Zhi for sinus infection, catch cold, etc. to guide to yangming channel.

There are different types of headaches – you will need to know the distal points to treat headaches in the different areas. ST 36 and 40 for sinus problems, sinus headaches. Again, all about the yangming of the foot. Could also choose LI 4.

Temporal headaches = Gallbladder

Don’t choose points only on the head for headaches – balance them out with distal points or the ache will get worse.

In clinic, sinus problems can express in forehead or in the anterior zygomatic area. Be aware some allergies express in toothache. Huh!

Another branch from about ST 5, descending to supraclav fossa. Mostly not used: goiter, lymph node swelling. Too dangerous puncturing here. Occasional usage.

From supraclav fossa = 3 branches
1. One back to Du 14. All yangs meet at Du 14. Du 14 therefore good to balance the yang.

The following 2 are important in clinic.

2. Internally: stomach channel directly descend thru diaphragm to Stomach. Cnx with the cardiac sphincter and pyloric orifice. Any stomach problem or cardiac sph problem good with Stomach problems. Best is ST 36 for stomach problems. Can be used for upper, middle and lower Stomach problems. Stomach is connected with Spleen here too.

3. Descending from subscap fossa. 1 point at each intercostal space Know: 1) one part on chest area so some patients say chest muscle pain due to cough, wheeze – choose ST local points and distal points, 2) breast problems – nodules not tenderness/distention (that’s liver). Distal points are best for breast nodules. Nodules usually due to phlgm retention, related to spleen or stomach not transforming the dampness. Herbs for this revolve around guide to spleen/stomach.

ST 40, 36, 34 best for nodules.

Mastitis: usually happens in breast feeding or late stage preg. Local area will be swollen, red, painful. Sometimes pt has fever too. Etiology is stomach channel heat. ST 34, the Xicleft on Stomach is the most often used. Don’t see these in the clinic much – usually go for antibiotics. Breast pump to get milk out is a good thing to do—clears out the crud in the milk ducts.

Goes to breast area – for breast problems use ST channel problems. Nodules, infections, not just breast tenderness alone. If breast tenderness alone, use LIV channel points for liver qi stagnation.

Descends to umbilicus area, more related to stomach problems here – ab cramps, etc.

Both branches meet at ST 30 on groin area. From ST 30, descends anterio-lateral part of legs, ending at 2nd toe on lateral side around ST 45. Most important branch

Another branch frm ST 36: goes lateral side of mid toe.

Another branch from ST 42 goes to big toe. Dorsum of foot. Where you palpate you can feel the artery. Sends qi to next meridian, Spleen, which starts at big toe.

ST 5, 9, 12, 30, 40, 42: These areas have arteries close in the area. Thus Yangming channel rich in Qi and Blood.

Important clinical applications. When there is imbalance of qi/blood, whether defic or stag, first choose points on the Yangming channel. Ancient wisdom: atrophy and paralysis, though was due to qi/blood deficiency insufficient to nourish muscles. Atrophy on legs: stomach channel. Atrophy on arms: LI channel. Can also choose Ashi points, combined with appropriate yangmings.

Highlights of the channel: see Slide 2.

Stroke and paralysis: yangmings easy to get to and effective for this kind of treatment. Good for muscle atrophy, hemiparalysis because of Qi/blood richness.
Qi/blood richness: tonify qi/blood. Best points for this: ST 36.

**Stomach Luo Connecting Channel**

One branch: Begins, ST 40. One branch cnx to spleen channel. ST 40 treats a lot of spleen problems.

Other branch: side of body along meridian, splits again

1. Front: throat

Applications:

- **Rebellious Qi**: throat pain, sudden loss of voice/hoarseness, cough a lot of phlegm. Acid reflux too.
- **Deficiency**: Lack of control of legs, paralysis, limited movement, atrophy. Again, yangming rich in qi/blood is the reason: st 36, 34.
- **Excesses**: psycho-emotional (mania to depression) often cnx w/phlegm retention. Phlegm misting the mind or blocking the orifices. Depression, foggy mind, lack of concentration, confused talking. Phlegm blocking the heat orifice. Often pts have other forms of phlegm manifestations – mania is phlegm plus heat.
  - Mania herbs always about clearing phlegm. Goiter is also related to phlegm.
  - **ST 40 best point on whole body to resolve phlegm**.

Know: related to throat area – loss voice, acid reflux.

**Divergent channel**

Diverges from Stomach channel, enters the abdomen, connects to ST and SP, diaphragm, up to Heart. Exits above the neck – mouth. Converges w/the primary Stomach channel.

**Muscular region**

Related to muscle paths.

Starts: **middle 3 toes**, not the jingwell.

Bundle: ankle, knee, hip, above **genital organs**. Emphasized because:

- Impotence can be kidney defic, but also related to damp retention and heat blockage. This is muscular and related here – and since spleen controls muscles….

Distributed: Along Stomach primary channel superficially, **connects with the spine** and/or lumbar spine. Helps us understand sciatica pain not only on back, but on front too. Can choose Jiaji point for Stomach.

**Units: Face, ST 3, SI 18.**

Facial paralysis is the muscle not being controlled – can also choose distal ST points in addition to face points, LI 4. ST 36 often used for Bell’s Palsy, post-stroke.

Clinically, usually choose ashi points or distal points.,

**Know: stomach muscular bundled above genital organs.**

**Indications of this Channel:**
1. Diseases on the pathway of the channel
   a. **5 sense organs: mouth, face, jaw** emphasis. Related to meridian pathway on the face starting at ST 1 – where channel path goes. Can also be used for eye, nose, teeth, gums, cheeks, ears.
   b. **Headache**: frontal.
   c. Neck, throat (luo connecting); scrofula (swollen lymphs), goiter (thyroid swelling)
   d. Chest: chest tightness
   e. **Breast**: breast tenderness (not so good result), nodules (better result), mastitis.
   f. **Abdomen**: pain, gas, bloating. Digestive problems. In TCM, Spleen is in charge of digestion: transport/transform food/water. Also, meridian goes to abdominal area, thus treat with points like ST 25.
   g. **Leg, foot**: pain, numbness, limited movement
   h. Genital organs/muscular region: pain, impotence.
      i. Best for genital pain is on the liver channel, not on the stomach channel.
      ii. Impotence: kidney, liver, spleen, st channels.

2. **Digestive disorders**: poor app, nausea, vomit, stomachache, acid reflux, gas, bloating, diarrhea, constip, abdom pain.
   Even with SI/LI problem history, this is treated as a Spleen Qi deficiency. Functions of SI channel more given to Spleen’s functions.

   Note: can have spleen removed (biomed) and still not be Spleen Qi deficient!
   ST 36, 25 often used.

3. **Transform dampness/resolve phlegm**
   Actually, this is SP function. Shen disorders, dizziness, cough with profuse phlegm, borborygmus, profuse vag discharge (clr or yellow). (Profuse vag dischg can be dx by western med as staph and other infections. Might try probiotics.)

   Gain weight easily? Tonify Spleen.

4. **Tonify Qi and Blood**: fatigue, shortness of breath. ST 36! As long as spleen is strong, qi and blood will be strong.

5. **Clear heat**: mastitis, fever, “shen” disorder. Not all that often used—though ST channel does pass thru here so used for this. Fever = LI channel, not stomach channel.

Final Exam will look a lot like today’s quiz!!!