Large Intestine Channel
The primary channel

Index finger (entry point: LI 4)

Forearm, upper arm (anterior, lateral)

DU14

Supraclavicular fossa

Lateral aspect of the neck

Lung

Cheek

Enters the lower gums.

Large Intestine

ST-4,

crosses around the upper lip

crosses to the opposite side of the body

Side of the nose

(Exit point: LI 20)
Luo Connecting channel

Deficiency: cold tooth – sensitive; obstruction of diaphragm = obstruction of chest

Excess: tooth decay, deafness.
Divergent Channel

Diverge
LI channel shoulder (yellow emperor)

enter
Chest → LU, LI not HT or PC

Exit
at neck area (supraclavicular fossa)

Converge
Throat (neck) converges with LI channel
Muscular Region

- **Start:** terminals of meridian – tip of index finger
- **Bundle:** big joints: wrist, shoulder, elbow
- **Distribute:** similar to LI channel, superficial.
- **Unite:** head area around GB13

[Diagram of muscular region with labels and arrows indicating start, bundle, distribute, and unite areas.]
Indications

1. Diseases on pathway of the channel.
   • **Arms, shoulder, neck problems** … (Stiffness, pain, numbness, movement limited, paralysis…) After Stroke, often use Yang-ming points
   • These are divided into excess and deficiency
     Excess: blockage (local Qi and blood stagnation)
     Deficiency: Qi and blood deficiency
   • Yang Ming channels rich of Qi and blood.
   • **Face & head**: headache, nose, allergies, Bell’s palsy, muscle switch, trigeminal neuralgia, even acne. Also problems in throat area, teeth.

2. Clear heat

3. Lung Related
   – Expel wind
   – Skin (usually due to blood problems or heat)

4. LI. Organ
LI-1  Shang Yang 商阳

**Location:**
On the dorsal aspect of the index finger, at the junction of lines drawn along the radial border of nail and the base of the nail, approximately 0.1 cun from the corner of the nail.

**Needling:**
Perpendicular or oblique insertion directed proximally 0.1 to 0.2 cun, or prick to bleed.

**INDICATIONS**

1. **Problems on LI channel pathway**
   - Throat, ear, toothache, deafness, tinnitus (jing-well point treat the uppermost reaches of the channels)
   - Shoulder, arm, finger problems
2. Lung
3. Horary Point
4. jing-well point (see next page)
LI-1 Shang Yang 商阳

4. Jing Well Point

1) The jing-well points are used for clearing heat, restoring consciousness and rescuing collapse: Emergency, unconsciousness (excess cases this is where Yin and Yang channel communicate)

<table>
<thead>
<tr>
<th>Four extremities</th>
<th>excess</th>
<th>Deficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sense organ</td>
<td>Fixed fist, stiffness body</td>
<td>Loose fist, soft or flaccidity extremities</td>
</tr>
<tr>
<td>Urine and B.M.</td>
<td>Retention of urine or constipation</td>
<td>Can not control urine and stool</td>
</tr>
<tr>
<td>sweating</td>
<td>no</td>
<td>Profuse sweating</td>
</tr>
<tr>
<td>pulse</td>
<td>Slippery, wiry,</td>
<td>Deep thin weak</td>
</tr>
<tr>
<td>tongue</td>
<td>White or yellow greasy coating</td>
<td>Flaccidity tongue …</td>
</tr>
</tbody>
</table>

2) Jing-well point treat the uppermost reaches of the channels: **Throat** (Tonsillitis Similar to LU11), toothache, deafness, tinnitus

3) The jing-well points treat fullness below the Heart: fullness of the chest radiating to the lateral costal region, dyspnea and cough.
LI 2 Er Jian 二间 Second Space

**LOCATION**
On the radial border of the index finger, in a depression just distal to the metacarpophalangeal joint.

**NEEDLING**

i. Oblique proximal or distal insertion 0.2 to 0.3 cun;

ii. Perpendicular-oblique insertion towards the palm, 0.5 cun.
LI 2 Er Jian 二间 Second Space

1. **Ying Spring** (child point) clear heat
treat heat disorders affecting the upper portion of the channel in the face and head: tooth, nose, mouth, dry month, Bell's palsy, Eye problems… i.e. Sty (Not commonly used for head problems.)

2. The ying-spring points treat diseases of the yang channels and diseases of the zang (with the shu-stream point)
   - treat disorders in the head and face (see above)
   - Joint problems in shoulder, back, elbow wrist, **fing**er. (indicated for pain and stiffness of the shoulder and back, and cold and pain in the region of the point LI 15.)

3. Child point large intestine Fu: bloody stool, bloat, indigestion

4. Lethargy Mentioned in ancient times
LI3 San Jian 三间 Third Space

**LOCATION**
On the radial side of the index finger, in the substantial depression proximal to the head of the second metacarpal bone.

**NEEDLING**
Perpendicular insertion 0.5 to 2 cun, directed towards Houxi SI-3. Note: needle with the hand in a loose fist position.

1. **Shu-stream point**
   1) Heaviness of the body and pain of the joints: LI 3 is important points for disorders of the finger joints (*local problems*); also indicated for shoulder and back pain from chronic painful obstruction leading to exhaustion of qi and blood,
   2) Disorders of the yang channels: LI 3 clears wind and heat from the head, throat, teeth, eyes and mouth;

2. Fu organ Problems-less used
3. Lethargy Mentioned in ancient times
LI 4 Hegu 合谷Joining Valley

**LOCATION**
On the dorsum of the hand, between the first and second metacarpal bones, at the midpoint of the second metacarpal bone and close to its radial border.

**NEEDLING**
i. Perpendicular insertion 0.5 to 1 cun;

ii. Oblique insertion directed proximally 1 to 1.5 cun.

**Caution**
contraindicated in pregnancy.
LI 4 Hegu 合谷 Joining Valley

1. Yuan Source point
   • Used for meridian problems. (Good for moving Qi and blood)

1) **Regulates the whole course of the Large Intestine channel**
   treats contraction, stiffness and pain along the entire length of the Large Intestine channel:
   - **Elbow, arm, shoulder, neck and back**
   - **Face, mouth** – (Gaowu Command point) **LI 4 for disorders of the face and mouth.** Lower gum, acne, bells palsy, tooth problems… (dental work pain, and dental anesthesia)

2) **Move Qi**: 4 gates=LI4, LIV 3 (Qi stagnation)
   I.e. PMS, Depression with Sighing a lot, hypochondria pain. Also not during menses, when heavy flow.

3) **Move blood**: induce labor good after childbirth LI4, SP6, good for pain
   **Caution**: contraindicated in pregnancy.
LI 4 Hegu 合谷Joining Valley

2. Balance yang
   - Excess heat: mainly used when the pathogenic factors are still on the exterior in the form of wind-cold or wind-heat, when the fever is moderate, and when chills are still present.
     such as Hypertension due to heat (Clear heat with LI11 and Du-14);
   - skin Problems: hives, acne (heat related)
   - loss of yang-chi, fainting, sweating: such as Hypotension, hypoglycemia (Rescue yang)

3. entry point: (Lung related problems)
   - Dispels exterior wind pathogen (external wind)
   - Expels internal wind: tremors…
   - Sweating:
     - Little (no) sweating: reinforce Hegu LI 4, reduce Fuliu KID 7.
     - Copious sweating: first reduce Hegu LI 4 then reinforce Fuliu KID7 (Great Compendium).

4. LI organ problems (constipation, diarrhea etc) with points on abdomen or legs ST25,37,SP15

Yuan source and Luo-connecting combination:
LI 4 + LU 7: exterior pathogenic wind invades the exterior of the body.
   LI 4 is able to expel the pathogen while LU 7 both assists in expelling the pathogen and restores the descending and disseminating functions of the Lung.
LI5 Yang Xi 阳溪 Yang Stream

**LOCATION**
On the radial side of the wrist, in the centre of the hollow formed by the tendons of extensor pollicis longus and brevis (anatomical snuffbox).

**NEEDLING**
Perpendicular insertion 0.5 to 1 cun.
LI5 Yang Xi 阳溪 Yang Stream

1. Jing-River Point -fire

1) **Clear heat:**

**A. along LI channel heat** flaring up so can be used for heat in upper part of body.
- nose-bleeding, allergies due to wind heat, yellow discharge
- ear problems (excess)
- eye
- tooth sore and swollen
- throat -sore and swollen
- headache better for frontal-Yangming headache

**B. clear yangming fire which transmits to the Heart and spirit (Psycho-emotional problems):** agitation and oppression of the chest, mania disorder and tongue thrusting, panic attack, dream disturbed sleep, insomnia, bi-polar, manic, irritability, hallucinations

Used to helps **stop smoking**. Best is line LU 7 to LI 5 palpate tender points (combine with ear points)
2) Cough and dyspnea, chills and fever
cold cough, fever with absence of sweating.

3) Diseases manifesting in the patient’s voice
manic raving, propensity to laughter

3. **Local Problems**  wrist problems (*pain, movement limited, paralysis, muscle atrophy ...*)
LI 6  Pian Li  偏历  Veering Passage

**LOCATION**
3 cun proximal to LI 5 on the line connecting LI 5 with LI 11.

**NEEDLING**
Transverse oblique insertion, 0.5 to 1 cun.
1. **Luo collecting Point:**

1) *Treating disorders of their interiorly-exteriorly related channel or zangfu.*

- **Lung meridian:**
  - **Acute edema:** (wind disrupts the function of the Lung in regulating the water passages) acute edema, *especially of the upper part of the body*, accompanied by absence of sweating and difficult urination
  - Throat: Clinically excess: LU 10, 11, LI 1; Deficiency: LU7 and KI 6.
  - cough: also not used a lot clinically

- **LI meridian:**
  - head: headache, frontal region
  - eyes: red eyes (excess), blurred vision
  - Face area: Bell’s palsy, facial puffiness, trigeminal neuralgia. (LI-4 is better clinically, usually. Deviation of mouth)
  - **Shoulder, arm, finger problems (usually as an Ashi point)**
LI 6 Pian Li 偏历 Veering Passage

2) Treating disorders in regions reached by the luo-connecting channel

- (luo-connecting channel ascends to the ears) ear disorders such as tinnitus and deafness.
  
  Yellow emperors describes:
  - excess: tooth decay, ear problems, deafness
  - Deficiency: cold tooth (sensitivity to cold or hot); Obstruction of diaphragm (= obstruction of the chest)

- Yuan-source and Luo-connecting combinations:
  - **LU 9 + LI 6**: LI 6 is an important point to open and regulate the water passages and is indicated when pathogenic wind disrupts the function of the Lung resulting in acute edema, especially of the upper part of the body, accompanied by absence of sweating and difficult urination. Since the root of this pattern is Lung deficiency, its combination with LU 9 is able to treat both the root and branch of this disorder.
LI 7 Wen Liu 温溜 Warm Flow

**LOCATION**
5 cun proximal to Yangxi LI 5 on the line connecting Yangxi LI 5 with Quchi LI 11.

**NEEDLING**
Transverse oblique insertion, 0.5 to 1 cun.
1. **Xi cleft Point**
   1) **acute disorders and pain affecting the Large Intestine channel:**
      - Tooth ache and tooth problems puffy face;
      - Also acute pain and swelling along arms.

2) **clear heat and detoxify poison (skin, face)** in cases of clove sores, carbuncle and furuncle, throat painful obstruction, and heat and swelling of the face. Also used to treat mumps.

2. **Skin:** carbuncle, furuncle… from toxic heat.

3. **Psycho emotional Problems** manic not depressive

4. **LI Organ problems.** Constipation, abdominal pain. Not good alone. Need local points or abdomen or points on legs.

5. **Local problems**
LI 8 Xia Lian 下廉 Lower Angle

**LOCATION**
On the radial side of the forearm, 4 cun distal to Quchi LI 11, on the line connecting Quchi LI 11 with Yangxi LI 5.

**NEEDLING**
Perpendicular or oblique insertion 0.5 to 1.5 cun.
Comparison of LI and ST points with similar functions

<table>
<thead>
<tr>
<th>LI</th>
<th>ST</th>
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<tbody>
<tr>
<td>LI 10 Shou (hand) San Li</td>
<td>ST 36 Zu (foot) San Li</td>
</tr>
<tr>
<td>LI 10 2 cun below elbow</td>
<td>St-36 3 cun below knee</td>
</tr>
<tr>
<td>LI 9 1 cun below LI 10 (3 cun below elbow)</td>
<td>ST-37 3 cun below ST 36 (6 cun below knee)</td>
</tr>
<tr>
<td>LI 8 1 cun below LI 9 (4 cun below elbow)</td>
<td>ST-39 3 cun below ST 37 (9 cun below knee)</td>
</tr>
</tbody>
</table>

**Lower He-sea point of LI**

**Lower He-sea point of SI**
LI 8 Xia Lian 下廉 Lower Angle

1. **SI problems**: need to be combined with local points and lower extremity points: ST 39 and RN4
   - Digestive: abdominal distention, pain around umbilicus, indigestion.
   - Urinary (heart heat to SI): frequent and burning urination

2. LI pathway
   - **Arm**: paralysis, numbness, restricted motion
   - Head: not as effective as more distal points

3. Psycho emotional

4. **Mastitis**: breast swelling, pain also used with LI 11 excess heat.
LI9 Shang Lian 上廉 Upper Angle

**LOCATION**
on the line connecting LI 11 with LI 5, 3 cun distal to LI 11.

**NEEDLING**
Perpendicular or oblique insertion 0.5 to 1.5 cun.

**INDICATIONS**
1. **LI organ**: (theoretical) constipation, diarrhea best combined with ST 25, ST 37
2. LI channel
   - **Arm**: numb, tennis elbow, limited movement
     With Excess, more needles should be used.
     With deficiency, less
   - **Head**: headache, red eyes—not as good as distal
3. **Respiratory problems**: cough, SOB, dyspnea but not first choice
LI 10 Shou San Li 手三里 Arm Three Miles

LOCATION
On the radial side of the forearm, 2 cun distal to Quchi L.I.-11, on the line connecting Quchi L.I.-11 with Yangxi L.I.-5.

NEEDLING
Perpendicular or oblique insertion 0.5 to 1.5 cun.
LI 10 Shou San Li 手三里 Arm Three Miles

• (similar to St36 but not as strong)

1. **Tonify Qi & blood:** combine w/ St36 (increase white blood cells: LI 10, ST 36)

2. **Move Qi & blood**
   - Local: **tennis elbow**
   - **Acute lumbar muscle strain** – usu. due to Qi stagnation, back pain medial or lateral in nature due to muscle strain
     • Needle bilaterally (must get Qi sensation) the have patient perform lt. exercise movements for 5-10 min, it should start to feel better
     • May need to add needles to ashi pts and/or follow with local massage

3. Digestive Problems

4. Head – sore throat, tooth ache, swelling
LI 11 Qu Chi 曲池 Pool at the Crook

**LOCATION**
At the elbow, midway between Chize LU-5 and the lateral epicondyle of the humerus, at the lateral end of the transverse cubital crease.

**NEEDLING**
Perpendicular insertion 1 to 1.5 cun, or joined by through-needling to HT3.
LI 11 Qu Chi 曲池 Pool at the Crook

1. **Clear Heat** (yang ming channel) one of the foremost points on the body, to clear heat and fire.
   - Heat: rapid pulse, red tongue
   - “Shen” – psycho-emotional problems, manic type, irritability, hyperactive, also considered Ghost pt.
   - Hypertension
   - Mastitis…

2. **He-sea point:**
   1) Counter flow qi and diarrhea, disease of the Stomach disorders resulting from irregular eating and drinking: indicated for distention and pain of the abdomen, vomiting and diarrhea and dysenteric disorder.
   2) **Diseases of the skin**: erysipelas, urticaria, wind rash, dry skin, scaly skin, itching of the skin, shingles, pain and itching of the whole body as if bitten by insects, clove sores on the back. not like (LI-7 carbuncle, furuncle… from toxic heat) this is good for ANY KIND OF SKIN PROBLEM where REDDNESS is seen (heat)
   3) mother point (earth point): the flow of qi and blood in the upper limb: **LI channel – shoulder pain, face, head**

3. **Local problems** – esp. elbow pain, most important pt for tennis elbow
LI 12 Zhou Liao 肘髎 Elbow Crevice

**LOCATION**
When the elbow is flexed, this point is located in the depression 1 cun proximal to and 1 cun lateral to LI11.

**NEEDLING**
Perpendicular insertion 0.5 to 1 cun.

1. **Local problems:**
   - Upper arm: contraction, numbness and immobility
   - Elbow: pain and stiffness

2. Raise up Yang Qi
LI 13 Shou Wu Li 手五里 Arm Five Miles

**LOCATION**
On the lateral side of the upper arm, 3 cun proximal to Quchi L.I.-11, on the line connecting Quchi L.I.-11 with Jianyu L.I.-15.

**1. Local problems**
2. Respiratory problems: Cough blood, SOB..
3. Digestive problems
4. Scrofula & goiter (LI 13- LI 18)
5. Lethargy – sleepiness, malaria; regulate Yang Qi

**NEEDLING**
Perpendicular insertion 1 to 1.5 cun.
**LI 14 Bi Nao 臂臑 Upper Arm**

**LOCATION**
On the lateral side of the upper arm, in the visible and tender depression formed between the distal insertion of the deltoid muscle and the brachialis muscle, approximately three fifths of the distance along the line drawn between LI11 and LI15.

**NEEDLING**
Oblique insertion 1 to 1.5 cun.

1. Eyes (meeting pt of LI and SI channels)
2. *Local problems and shoulder pain*
3. Problems around the neck: scrofula and goiter
LI 15 Jian Yu 肩髃 Shoulder Bone

LOCATION
In the depression which lies anterior and inferior to the acromion, at the origin of the deltoïd muscle.

NEEDLING
i. With the arm abducted, perpendicular insertion directed towards the centre of the axilla, 1 to 1.5 cun;

ii. Transverse-oblique insertion directed distally towards the elbow, 1.5 to 2 cun.
LI 15 Jian Yu 肩髃 Shoulder Bone

1. **Shoulder** – any kind of shoulder pain (deficiency or excess)
   - Usually anterior shoulder
   - Usually use three needles LI-15, SJ-14 (back side → SI-9) (front side → Jian Qian: midway between the anterior axillary crease and Jianyu L.I.-15.)

2. Scrofula & goiter

3. Skin – mostly in regard to WH Invasion
LI 16 Ju Gu 巨骨 Great Bone

**LOCATION**
On the upper aspect of the shoulder, in the depression medial to the acromion process and between the lateral extremity of the clavicle and the scapular spine.

**NEEDLING**
Perpendicular or oblique (lateral) insertion 0.5 to 1 cun.

Caution: *deep medial insertion carries a risk of causing a pneumothorax*, particularly in thin patients.

1. **Local problems**
2. **Neck: Scrofula & goiter (ancient)**
3. **Epilepsy, convulsion (ancient)**
LI 17 Tian Ding 天鼎 Heaven’s Tripod

LOCATION
On the lateral side of the neck, 1 cun inferior to Futu L.I.-18, on the posterior border of the sternocleidomastoid muscle.

NEEDLING
i. Perpendicular insertion 0.3 to 0.5 cun;
ii. Oblique insertion 0.5 to 0.8 cun.
Caution: deeper needling may puncture the carotid artery or jugular vein.

INDICATIONS
1. Local problems
   • throat: pain
   • neck: scrofula and goiter
2. Hiccups – use acupressure during attack


LI 18 Fu Tu 扶突 Support the Prominence

**LOCATION**

On the lateral side of the neck, level with the tip of the laryngeal prominence, between the sternal and clavicular heads of the sternocleidomastoid muscle.

**NEEDLING**

i. Perpendicular insertion 0.3 to 0.5 cun;

ii. Oblique insertion 0.5 to 0.8 cun.

Caution: **deeper needling may puncture the carotid artery or jugular vein.**
LI 18 Fu Tu 扶突 Support the Prominence

1. **Local problems**
   - throat: pain
   - neck: scrofula and goiter; thyroid problems
     - Hyperthyroid – Heat, Yin Defic.
     - Hypothyroid – Feeling tired & cold, (Qi def.; Yang def.; LIV Qi stagnation)
   - Hiccups

2. Acupuncture anesthesia – surgery for thyroid or chest

3. Arm problems along the meridian pathway

4. **Window of the Sky pt** – psycho-emotional problems
LI 19 He Liao 禾髎 (Mouth) Grain Crevice

**LOCATION**
Below the lateral margin of the nostril, 0.5 cun lateral to Renzhong DU-26.

**NEEDLING**
Oblique insertion 0.3 to 0.5 cun. Note: according to some classical and modern texts, this point is contraindicated to moxibustion.

**INDICATIONS**
1. **Local problems**
   Use as Ashi pts (excess or deficiency, cold or heat)
   - **Nose** – congestion, sores, allergies, small polyps
   - **Mouth** – Bell’s palsy, facial paralysis, twitching
LI 20 Ying Xiang 迎香 Welcome Fragrance

LOCATION
In the naso-labial groove, at the level of the midpoint of the lateral border of the ala nasi.

NEEDLING
Transverse insertion medio-superiorly 0.3 to 0.5 cun or join to Bitong (M-HN-14) at the highest point of the naso-labial groove.

Note: according to some classical and modern texts, this point is contraindicated to moxibustion.
LI 20 Ying Xiang 迎香 Welcome Fragrance

1. **Local problems**
   Use as Ashi pts (excess or deficiency, cold or heat)
   - **Nose** – congestion, sores, allergies, small polyps
   - **Mouth** – Bell’s palsy, facial paralysis, twitching

2. Parasite