

Channel Info and Pathways

Specific channel points will be covered in another document.

Lung Channel of the Hand Taiyin

Describe the highlights of the path of the Lung Channel

- Starts at the Middle Jiao
- Goes down to Large Intestine
- Goes back up to Stomach
- Ascends and goes thru both Lungs
- Ascends to Throat

Exit point is LU 7

Where does the Lung Channel start?

In the middle jiao in the region of the stomach.

What organs is the Lung Channel connected to?

Large Intestine, Stomach, Lung.

Why can you use the Lung Channel points to treat throat problems?

Because the Lung channel goes up to the throat. Wherever the channel goes the points will treat.

What is the starting point for the Lung Luo Connecting Channel?

LU 7, the exit point.

Where do the 2 branches of the Luo Connecting Channel of the Lung go?

One branch goes from LU 7 to thumb and thenar eminence

One branch goes from LU 7 to the LI channel at the index finger.

What are the hand symptoms of a Lung Luo Channel excess and of a deficiency?

Excess:

Pain and/or heat in the thumb, wrist, palm

Deficiency:

Frequent yawning

Large Intestine Channel of the Hand Yangming

What are the highlights of the LI channel pathway?

Index finger to Entry point: LI 4
Up forearm to meet DU 14 (@ C7)
Splits at supraclavicular fossa:
 One branch to Lung/LI
 One branch up to Lower Gums
Exits at side of nose, LI 20

Where does the Luo Connecting Channel of the Large Intestine split off (from what point), where does it split to and what is the subsplit?

LI 6 is where it splits.
 One branch goes to LU channel
 One branch goes to cheek and splits again
 One branch to lower gums
 One branch to ear.

What are the signs of deficiency in the Luo Connecting Channel of the Large Intestine?

Tooth: cold, sensitive
Obstructions: diaphragm and chest

What are the signs of excess in the Luo Connecting Channel of the Large Intestine?

Tooth decay
Deafness

Stomach Channel of the Foot Yangming

What is the path of the Stomach Channel?

Nose at LI 20 → Upper teeth/gums → Circles around the lips → Cheeks (ST 5)

Sub-branch from Cheeks to Forehead (near ST 5-ST 8)

From Cheeks around ST 5 → Neck (ST 9-11) → Supraclavicular fossa (ST 12)

From ST 12, 1 branch to Du 14,
1 branch to Breast, Lateral to umbilicus – ST 13 - ST 30

Internally from ST 12 → Diaphragm → Cardiac orifice of ST → ST/SP orgs → Pyloric orifice
→ Abdomen → ST 30

ST-30 → Anteriolateral aspect of legs (ST 31 – 41 at ankle) → Dorsum of foot (ST 42)

From ST 42 there are 3 paths:

1. To lateral side of 2nd toe (ST 43-45)
2. To lateral side of 3rd toe
3. To meet SP channel at medial big toe (SP 1)

Which points on the Stomach Channel are near arteries, expressing the richness of Qi and Blood in this Yangming channel of the Foot?

ST 5, 9, 12, 30, 42.

What 3 dysfunctions can the Luo Connecting Channel of ST address?

1. Rebellious Qi – throat pain/sudden loss of voice
2. Deficiency – lack of leg control
3. Excess – psychoemo due to phlegm retention

What is the best point on the whole body to resolve phlegm, both literal and invisible?

ST 40

Spleen Channel of the Foot Taiyin

What is the entry point of the Spleen Channel?

SP 1 on the medial corner of the big toenail.

Where do the Liver and Spleen channels cross?

8 cun superior to the medial malleolus

Where does the Spleen channel cross the Ren channel (also where all 3 foot Yin channels meet)?

In the lower abdomen at Ren 3 and 4

What 3 organs does the Spleen channel pass through?

Spleen, Stomach, Heart

Where in the mouth does a branch of Spleen go and open to?

Spleen channel spreads over and opens to the lower surface of the tongue

What is the exit point of the Spleen channel?

SP 21

What is the Luo connecting point of the Spleen channel?

SP 4

Where does the Luo Connecting Channel branch to?

From SP 4, goes to 1) Stomach and Intestines and to 2) The ST channel in the foot.

What are the 3 types of Spleen (Cnx) Collateral Channel disorders?

- 1) Rebellious Qi - Sudden Turmoil Disorder
- 2) Excess – cutting pain in the intestines, ab cramps, diarrhea
- 3) Deficiency – Drum distention or abdominal edema

From what point does the Great Luo Connecting Channel of Spleen emerge?

SP 21

Where does the Great Luo Connecting Channel of the Spleen travel?

Chest and hypochondriac region

What are 2 Great Luo Connecting Channel disorders?

- 1) Excess – pain of the whole body
- 2) Deficiency – flaccid of hundred joints

Heart Channel of the Hand Shaoyin

Where does the ♥ channel start?

At the heart organ

Where do the 3 branches of the ♥ Channel go?

1. To Small Intestine
2. Alongside the esophagus, to tissues surrounding the eye (canthus')
3. To ♥ system, entering the Lung, travelling down the medio-posterior aspect of the upper arm.

What 3 organs are included along the Heart Channel?

1. Heart
2. Lung
3. Small Intestine

What is the Luo Connecting point of the ♥ and where does it go from there?

Heart 5

Two branches:

- 1) Along ♥ channel → root of tongue → eye
- 2) To SI channel

What are the two disorders found in the Luo Connecting Channel of the ♥?

- 1) Excess – Qi or blood stagnation, expressed as fullness or pain in the chest area
- 2) Deficiency – speech difficulties like post-stroke patients.

Small Intestine of the Hand Taiyang

What is the path of the SI up to the face?

Ulnar corner of pinkie nail → posterior arm → scapula → Du 14 → ST 12 → face

The SI channel splits into 3 branches. Where are the splits and where do they go from there?

1. From St 12 → Esophagus/throat → Heart → Stomach → Small Intestine
2. From face (SI 18) → outer canthus of the eye → enter the ear
3. From face (SI 18) → inner canthus of the eye → cheek

What is the exit point of the SI channel?

SI 19

What is the Luo connecting point of the SI channel? From what 2 disorders could it suffer?

SI 7 is the Luo connecting point.

1. Excess – slack joints, can't move elbow.
2. Deficiency – (warts—an old theory)

Kidney Channel of the Foot Shaoyin

What is the meeting point of the Kidney and Spleen channels?

Spleen 6

Where on the leg and thigh does the Kidney channel run?

Postero-medial aspect of the leg and thigh.

Where does the Kidney channel intersect with the spine? Where does it go from there?

Enters the spine at Du 1, the coccyx. Threads through the spine, just as the Du channel does.

Trace the path of the Kidney channel from the entry point to the chest.

Entry at K1 on sole of foot → SP 6 intersection with spleen channel → postero-medial aspect of leg → coccyx and through the spine → Kidney → Bladder → Ren 3 and 4 (where Ren meets 3 foot yin channels) → abdomen/chest.

Where along the path above does the Kidney channel branch off and where does it go from there?

Include the 2nd sub-branch in this pathway.

From the Kidney organ → Liver, Lung and throat, terminating at the root of the tongue. From the Lung the channel branches to the Heart and Pericardium.

What is the only Zang organ that the Kidney channel does *not* connect with?

Spleen

What is the only yang organ to which Kidney channel connects?

Bladder, the paired Kidney organ.

What is the Luo Connecting point of the Kidney channel and where does the collateral channel travel after this point (2 different paths)?

K 4

- 1) Encircles the heel and goes to the Bladder channel,
- 2) travels along the Kidney primary channel to the Pericardium and spreads into the lumbar vertebrae

What 3 dysfunctions can the Luo Connecting channel of the Kidney suffer and what are the symptoms of each?

1. Rebellion of Qi
Irritability, oppression in the chest
2. Excess
Retention of urine and dripping of urine
3. Deficiency
Lumbar pain. (K4 used for this purpose)

Bladder Channel of the Foot Taiyang

Where does the Bladder channel begin? Trace the important points to remember about the path of this channel on the head.

Begins at the inner canthus of the eye around BL 1. From here it travels up to the forehead and then to the vertex where it enters the brain. It emerges from the brain onto the nape of the neck.

Where is the meeting point for the Bladder and Gallbladder channel? What type of pain is this used for?

GB 30 is the meeting point for these channels. It is important in the treatment of sciatica pain.

What paired zangfu organs does this channel connect with?

Kidney and Bladder

What is the Luo connecting point of the Bladder channel?

BL 58

What 2 problems can the Luo channel of the Bladder experience?

1. Excess: Rhinitis with obstruction, running nose and pain in the head/back
2. Deficiency: Rhinitis with running nose and nosebleed.

Pericardium Channel of the Hand Jueyin

Where is the beginning of the Pericardium Channel?

Center of the chest.

Where do the 2 branches of the Pericardium Channel travel?

1. From center of chest → Pericardium → Sanjiao.
Connects only with internal organs – past diaphragm, connecting with all Jiaos
2. To P1, axilla. Runs down midline of the arm between tendons of palmaris longus and flexor carpi radialis muscles.

What is the exit point of the Pericardium channel?

P8

What 2 systems does the Luo Channel of the Pericardium reach?

Heart and Pericardium

What is the Luo connecting point on the pericardium channel?

P6

From what 2 dysfunctions can the Luo channel of the Pericardium suffer?

1. Excess: sudden heart pain
2. Deficiency: irritability

Where does the Divergent Pericardium channel diverge, enter, exit and converge?

Diverge: hypochondriac area around GB 22 or P 1

Enter: Chest → SJ → throat

Exit: back of the ear

Converge: with SJ channel at SJ 16

San Jiao Channel of the Hand Shaoyang

Where does the San Jiao Channel originate?

From the jing well point, which is also the entry point, SJ 1 on the ring finger.

Where does the primary San Jiao channel travel from the origin? Describe the splits in the channel as well.

From SJ 1 travels up the Yang aspect of the arm and over the shoulder to the Pericardium and then to upper, middle, and lower jiao.

One split comes from the Pericardium, traveling up the neck and to the back of the ear.

From the back of the ear it separates and enters the ear, emerging in front of the ear and terminates at the outer canthus of the eye.

What are the 2 disorders of the Luo connecting channel?

1. Excess: contraction of the elbows
2. Deficiency: flaccidity of the elbows

From where does the Divergent Channel of the San Jiao diverge, enter, and exit?

Unlike other divergents, this one goes top down, not lower to upper.

- Diverges: at the head, Du 20 (*doesn't* diverge from SJ channel!)
- Enters: chest
- Exit: Back of the ear

With what does the San Jiao muscular region link?

Root of the tongue.

What is the primary symptom for which the San Jiao points are indicated?

Alternating fever and chills

Gallbladder Channel of the Foot Shaoyang

Which point is the entry point for this channel and where is that located?

GB 1 is the entry point, located about ½ cun lateral to the outer canthus in a depression on the orbital ridge.

Where does the GB channel go on the head after it leave the entry point?

To the back of the ear.

Where else does the GB channel travel regarding the ear after it leaves the back of the ear?

Center and anterior of the ear.

The GB channel splits in two at the supraclavicular fossa. What major landmarks does it traverse before it reunites? Where does it reunite?

1. Branch 1:
 - a. To Liver and GB organs
 - b. Encircles the genitals
 - c. Emerges on the sacrum

2. Branch 2:
 - a. Hypochondriac region

Reunites at the hip

To what organs does the Gallbladder main channel connect?

Liver and Gallbladder organs

What is the exit point of the GB channel?

GB 41

What 2 dysfunctional conditions can the GB Luo Connecting Channel suffer from?

1. Excess: cold sensations of the lower leg and foot
2. Deficiency: atrophy of the legs with difficulty standing

Where does the GB divergent channel diverge, what organs does it enter, and where does it exit?

Diverges: pubic hairline

Enter: Liver, Gallbladder and Heart

Exit: On the face, connecting with the eye

Liver Channel of the Foot Jueyin

Trace the important points of the Liver Channel with the 2 (small) splits

From the big toe, lateral side. → From 8 cun superior to med mal is posterior to Taiyin(SP) channel.

Encircles/enters genitals

Curves around ST

Enters Liver,

1 branch splits to Lung.

Other branch after Liver goes to GB then to hypochondriac.

Ascends thru throat to nasopharynx → eyes.

Branch from eyes goes to cheek/encircles *inner* surface of lips

Other branch to Du 20/vertex

What is the Luo connecting point on the Liver channel?

Liver 5

What 3 disorders can the Luo Channel of the Liver suffer from?

1. Qi rebellion – swollen genitals, hernia
2. Excess – persistent erection
3. Deficiency – sudden itching of genitals

Where does the Liver muscular region bundle?

At the genitals with the 3 foot yin muscular regions as well as the foot Yangming region.

Chong Channel

Where does the Chong Channel begin, what are the 2 branches from here?

Uterus in lower abdomen.

1. 1 branch ascends inside of Spine.
2. Another branch goes to ST 30

From ST 30, where does Chong channel travel?

Kidney channel → Throat → Curves around lips → Terminates below the eye

Indications for the Chong Channel

1. Disorders of reproductive systems
 - a. Spasms and pain in the abdomen
 - b. Irregular menstruation
 - c. Infertility
2. Adverse flow of qi in ab and chest
3. Abdominal pain
4. Asthmatic breathing

What are the 12 points of the Chong Channel?

Ren 1
Kidney 11-21
ST 30

Ren Channel

Pathway of Ren:

Starts at Lower ab/Uterus

1. One branch goes to spine, DU and KI
2. One branch to perineum, genitals → midline ab/chest → Throat (chong) → winds around mouth → ends below eye

LU 7 is convergent point

Indications for Ren Channel

1. Uterus and lower ab problems: retention of lochia, dead fetus, pain of genitals and penis, seminal emissions, post-partum inability to speak.
2. Bladder disorders: blood in urine, hot/painful/difficult urination.
3. Throat pain – rebellion and blockage of phlegm and dry throat

Yin Qiao Channel

Pathway:

Medial malleolus → posterior thigh to external genitals → chest and supraclav fossa to throat → through zygoma area to inner canthus where it meets the Yang Qiao channel at about BL 1.

Yin Qiao Indications

Lethargy
Pain in lower ab, lumbar, hips, pubic area
Dysuria

Epilepsy
Inversion of the foot
Spasm of lower limb

Yang Qiao Channel

Pathway:

Lateral ankle up lateral body/head. Meets the Yin Qiao vessel at BL 1. Continues over scalp to GB 20, enters brain at Du 16.

Yang Qiao Indications

Exterior wind
Interior wind

Epilepsy
Insomnia
Eversion of the foot
Spasms of the lower limbs