TRADITIONAL CHINESE MEDICINE

OUTLINE

The Theory of Yin and Yang,
Five Element Theory, and
Fundamental Substances (Qi, Blood, and Body Fluids)

HDC 301 Session 1

I. The Theory of YIN AND YANG

A. Introduction
   1. Permeates all Chinese thinking
   2. Defined as early as the “Yi Jing” (Book of Changes)
      a. All things that exist in time are subject to orderly changes (Birth, Growth, Decay, Regeneration)
      b. Understanding and learning to apply these concepts lead to a harmonious life

B. 5 Principles of Yin and Yang
   1. Yin and yang are complimentary opposites and the fundamental categories of all phenomena.
   2. Yin and yang are divisible into further subcategories of yin and yang.
   3. Yin and yang are rooted in each other.
   4. Yin and yang counterbalance each other.
   5. Yin and yang transform into each other.

C. Examples of Yin and Yang Correspondences:

<table>
<thead>
<tr>
<th>Yang</th>
<th>Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light</td>
<td>Darkness</td>
</tr>
<tr>
<td>Sun</td>
<td>Moon</td>
</tr>
<tr>
<td>Brightness</td>
<td>Shade</td>
</tr>
<tr>
<td>Activity</td>
<td>Rest</td>
</tr>
<tr>
<td>Heaven</td>
<td>Earth</td>
</tr>
<tr>
<td>Round</td>
<td>Flat</td>
</tr>
<tr>
<td>Time</td>
<td>Space</td>
</tr>
<tr>
<td>East</td>
<td>West</td>
</tr>
<tr>
<td>South</td>
<td>North</td>
</tr>
<tr>
<td>Left</td>
<td>Right</td>
</tr>
<tr>
<td>Immaterial</td>
<td>Material</td>
</tr>
<tr>
<td>Produces Energy</td>
<td>Produces form</td>
</tr>
<tr>
<td>Generates</td>
<td>Grows</td>
</tr>
<tr>
<td>Non-substantial</td>
<td>Substantial</td>
</tr>
<tr>
<td>Energy</td>
<td>Matter</td>
</tr>
<tr>
<td>Expansion</td>
<td>Contraction</td>
</tr>
<tr>
<td>Rising</td>
<td>Descending</td>
</tr>
<tr>
<td>Above</td>
<td>Below</td>
</tr>
<tr>
<td>Fire</td>
<td>Water</td>
</tr>
</tbody>
</table>
D. Examples of Yin and Yang in the human body

<table>
<thead>
<tr>
<th>Yang</th>
<th>Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Superior</td>
<td>Inferior</td>
</tr>
<tr>
<td>Exterior</td>
<td>Interior</td>
</tr>
<tr>
<td>Posterior-lateral surface</td>
<td>Anterior-medial surface</td>
</tr>
<tr>
<td>Back</td>
<td>Front</td>
</tr>
<tr>
<td>Function</td>
<td>Structure</td>
</tr>
<tr>
<td>Back</td>
<td>Front (chest-abdomen)</td>
</tr>
<tr>
<td>Head</td>
<td>Body</td>
</tr>
<tr>
<td>Exterior (skin-muscles)</td>
<td>Interior (organs)</td>
</tr>
<tr>
<td>Above the waist</td>
<td>Below the waist</td>
</tr>
<tr>
<td>Posterior-lateral surface</td>
<td>Interior-medial surface</td>
</tr>
<tr>
<td>Yang organs</td>
<td>Yin organs</td>
</tr>
<tr>
<td>Function of organs</td>
<td>Structure of organs</td>
</tr>
<tr>
<td>Qi</td>
<td>Blood-body fluids</td>
</tr>
<tr>
<td>Masculine</td>
<td>Feminine</td>
</tr>
</tbody>
</table>

II. FIVE ELEMENT THEORY (Five Elements/Phases in Chinese Medicine, and The Five Elements Chart)

A. Basic elements of the material world (*jing mu shui huo tu*) and their organ/meridian correspondences
   1. Wood (*mu*) (Liver and Gall Bladder)
   2. Fire (*huo*) (Heart and Small Intestine/Pericardium and Triple Warmer)
   3. Earth (*tu*) (Spleen and Stomach)
   4. Metal (*jing*) (Lung and Large Intestine)
   5. Water (*shui*) (Kidney and Urinary Bladder)

B. Categorization of things/Study of physiology and pathology according to 5 Elements
   1. **Wood** represents activities of germination, extension, softness and harmony (wood is young trees that are supple and able to bend in the wind not already cut lumber)
   2. **Fire** involves aspects of heat and flaring
   3. **Earth** involves aspects of growing, nourishing, and changing
   4. **Metal** is associated with cleaning up, killing, strength, and firmness
   5. **Water** is associated with cold, moisture and downward flowing

C. The engendering (generating) cycle (mother-child)
   1. Wood is mother of (engenders) Fire
   2. Fire is the mother of (engenders) Earth
   3. Earth is the mother of (engenders) Metal
   4. Metal is the mother of (engenders) Water
   5. Water is the mother of (engenders) Wood

D. The controlling cycle (grandmother-grandchild)
   1. Wood controls Earth
   2. Earth controls Water
   3. Water controls Fire
   4. Fire controls Metal
   5. Metal controls Wood
III. FUNDAMENTAL SUBSTANCES (Qi, Blood, and Body Fluids)

A. Difficulty in definition – some proposed none of which captures the essence
   - Qi (pronounced chee) (life energy) - More than 5,000 years ago, Chinese physicians understood that all things are composed of the energetic substance called “Qi”. (This is not unique to China as “Prana” is the Ayurvedic counterpart.) Whether organic or inorganic (substantial or insubstantial), everything in the universe is composed of and defined by Qi.
   - Energy, material force, matter, ether, matter-energy, vital force, life force, vital power, moving power
   - Qi is at the basis of all phenomenon in the universe and provides continuity between course, material forms and tenuous, rarefied, non-material energies
   - In the practice of TCM, two aspects of Qi are particularly relevant: (first) Qi is an energy which manifest simultaneously on the physical and spiritual levels, and (second) Qi is in a constant state of flux and in varying states of aggregation. When Qi condenses, energy transforms and accumulates into physical shape

B. Functions of Qi

   1. Transforming
      a. Spleen Qi transforms food into food Qi
      b. Kidney Qi transforms fluids
      c. Bladder Qi transforms urine
      d. Heart Qi transforms Food Qi into blood

   2. Transporting
      a. Spleen Qi transports food Qi
      b. Lung Qi transports fluids to the skin
      c. Kidney Qi transports Qi upwards
      d. Liver Qi transports Qi in all directions
      e. Lung Qi transports downward

   3. Holding
      a. Spleen Qi holds blood in blood vessels
      b. Kidney Qi and Bladder Qi holds urine
      c. Lung Qi holds sweat

   4. Raising
      a. Spleen Qi raises the organs
      b. Kidney Qi raises upward

   5. Protecting
      a. Lung Qi protects the body from external pathogens

   6. Warming
      a. Spleen Yang
      b. Kidney Yang

C. Pathology of Qi

   1. Qi Deficiency – esp. of Spleen, Lungs, Kidney
   2. Sinking Qi – causing prolapse of organs, mostly related to Spleen Qi
   3. Qi Stagnation – fails to move, mostly related to Liver
   4. Rebellious Qi – flows in the wrong direction (coughing, hiccups, nausea, vomiting)
<table>
<thead>
<tr>
<th>Heaven</th>
<th>Active</th>
<th>Hyperfunction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>Exterior</td>
<td>Collecting Organs – FU</td>
</tr>
<tr>
<td>Light</td>
<td>Back</td>
<td>Bladder</td>
</tr>
<tr>
<td>Hot</td>
<td>Positive</td>
<td>Stomach</td>
</tr>
<tr>
<td>Dry</td>
<td>Outside</td>
<td>Gall Bladder</td>
</tr>
<tr>
<td>Fire</td>
<td>Superficial</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Sun</td>
<td></td>
<td>Large Intestine</td>
</tr>
</tbody>
</table>

**YANG**

**YIN**

<table>
<thead>
<tr>
<th>Earth</th>
<th>Receptive</th>
<th>Hypofunction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matter</td>
<td>Interior</td>
<td>Storing Organs – ZANG</td>
</tr>
<tr>
<td>Dark</td>
<td>Front</td>
<td>Kidney</td>
</tr>
<tr>
<td>Cold</td>
<td>Negative</td>
<td>Spleen</td>
</tr>
<tr>
<td>Wet</td>
<td>Inside</td>
<td>Liver</td>
</tr>
<tr>
<td>Water</td>
<td>Deep</td>
<td>Heart</td>
</tr>
<tr>
<td>Moon</td>
<td></td>
<td>Lung</td>
</tr>
</tbody>
</table>
### Traditional Chinese Medicine Five Element Chart

<table>
<thead>
<tr>
<th>Yin Organ</th>
<th>Yang Organ</th>
<th>Color</th>
<th>Emotion - negative</th>
<th>Emotion - positive</th>
<th>Sense</th>
<th>Smell</th>
<th>Taste</th>
<th>Sound</th>
<th>Indicator</th>
<th>Tissue</th>
<th>Climate</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver</td>
<td>Gall Bladder</td>
<td>Green</td>
<td>Anger</td>
<td>Patience</td>
<td>Sight</td>
<td>Rancid</td>
<td>Sour</td>
<td>Shouting</td>
<td>Nails</td>
<td>Muscles, Sinews/Ligaments</td>
<td>Windy</td>
<td>Spring</td>
</tr>
<tr>
<td>Heart, Pericardium</td>
<td>Small Intestine, Triple heater (warmer)</td>
<td>Red</td>
<td>Hate</td>
<td>Joy</td>
<td>Speech</td>
<td>Burnt</td>
<td>Bitter</td>
<td>Laughing</td>
<td>Complexion</td>
<td>Blood vessels</td>
<td>Hot</td>
<td>Summer</td>
</tr>
<tr>
<td>Spleen</td>
<td>Stomach</td>
<td>Yellow</td>
<td>Anxiety</td>
<td>Empathy</td>
<td>Taste</td>
<td>Fragrant</td>
<td>Sweet</td>
<td>Singing</td>
<td>Lips</td>
<td>Flesh, Muscles</td>
<td>Humidity, Damp</td>
<td>Late Summer</td>
</tr>
<tr>
<td>Lung</td>
<td>Large Intestine</td>
<td>White</td>
<td>Grief</td>
<td>Courage</td>
<td>Smell</td>
<td>Rank</td>
<td>Spicy</td>
<td>Weeping</td>
<td>Skin, body hair</td>
<td>Skin, Body Hair</td>
<td>Dryness</td>
<td>Fall</td>
</tr>
<tr>
<td>Kidney</td>
<td>Bladder</td>
<td>Blue, Black</td>
<td>Fear</td>
<td>Calmness</td>
<td>Hearing</td>
<td>Putrid</td>
<td>Salty</td>
<td>Groaning</td>
<td>Head Hair</td>
<td>Bones, marrow</td>
<td>Cold</td>
<td>Winter</td>
</tr>
</tbody>
</table>

#### Peak Hours and Associated Color

<table>
<thead>
<tr>
<th>Organ/Meridian</th>
<th>Peak Hours</th>
<th>Associated Color</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stomach (earth/yang)</td>
<td>7 AM – 9 AM</td>
<td>Deep Yellow</td>
</tr>
<tr>
<td>Spleen (earth/yin)</td>
<td>9 AM – 11 AM</td>
<td>Orange Yellow</td>
</tr>
<tr>
<td>Heart (fire/yin)</td>
<td>11 AM – 1 PM</td>
<td>Red w/Slight Blue Tint</td>
</tr>
<tr>
<td>Small Intestine (fire/yang)</td>
<td>1 PM – 3 PM</td>
<td>Pink</td>
</tr>
<tr>
<td>Bladder (water/yang)</td>
<td>3 PM – 5 PM</td>
<td>Deep Blue</td>
</tr>
<tr>
<td>Kidney (water/yin)</td>
<td>5 PM – 7 PM</td>
<td>Light Flame Blue</td>
</tr>
<tr>
<td>Pericardium (fire/yin)</td>
<td>7 PM – 9 PM</td>
<td>Purple Red</td>
</tr>
<tr>
<td>Triple Burner (fire/yang)</td>
<td>9 PM – 11 PM</td>
<td>Orange Red</td>
</tr>
<tr>
<td>Gallbladder (wood/yang)</td>
<td>11 PM – 1 AM</td>
<td>Yellow Green</td>
</tr>
<tr>
<td>Liver (wood/yin)</td>
<td>1 AM – 3 AM</td>
<td>Deep Green</td>
</tr>
<tr>
<td>Lung (metal/yin)</td>
<td>3 AM – 5 AM</td>
<td>Pure White</td>
</tr>
<tr>
<td>Large Intestines (metal/yang)</td>
<td>5 AM – 7 AM</td>
<td>Off White</td>
</tr>
</tbody>
</table>
Five Elements/Phases in Chinese Medicine

Traditiona

Five Elements/Phases in Chinese Medicine

Engendering (generating cycle)

Controlling Cycle

HT = Heart
PC = Pericardium
SP = Spleen
LU = Lung
KD = Kidney
LIV = Liver
SI = Small Intestine
TB = Triple Burner
ST = Stomach
LI = Large Intestine
BL = Bladder
GB = Gall Bladder
24-Hour Organ Clock

- **11:00 PM – 1:00 AM**
  - Gallbladder

- **1:00 AM – 3:00 AM**
  - Liver

- **3:00 AM – 5:00 AM**
  - Lung

- **5:00 AM – 7:00 AM**
  - Large Intestine

- **7:00 AM – 9:00 AM**
  - Stomach

- **9:00 AM – 11:00 AM**
  - Small Intestine

- **11:00 AM – 1:00 PM**
  - Spleen

- **1:00 PM – 3:00 PM**
  - Heart

- **3:00 PM – 5:00 PM**
  - Bladder

- **5:00 PM – 7:00 PM**
  - Kidney

- **7:00 PM – 9:00 PM**
  - Pericardium

- **9:00 PM – 11:00 PM**
  - Triple Burner
I. Introduction to the Zang (Organs) and Fu (bowels) – their main role is to ensure the production, maintenance, replenishment, transformation and movement of the Vital Substances (each Vital Substance is related to one or more of the organs). Vital substances include blood, qi, fluids and jing (essence).

   A. Yin (Zang) – Store the vital substances (only pure, refined substances which is received from the yang organs after transformation of food)
      1. Heart (HT) – “The Heart stores the Spirit”
      2. Liver (LIV) – “The Liver governs free coursing”
      3. Lungs (LU) – “The Lungs govern Qi (refers to respiration) and the exterior”
      4. Spleen (SP) – “The Spleen governs transformation and transportation”
      5. Kidneys (KD) – “The Kidneys store essence Qi and is responsible for growth, development and reproduction”
      6. Pericardium (PC) – “The Pericardium is the protector of the Heart”

   B. Yang (Fu) – Deal with extraction of vital substances from food and elimination of waste (they do on store, rather are constantly filled and emptied)
      1. Small Intestine (SI) – “The Small Intestine controls receiving and transformation”
      2. Gall Bladder (GB) – “The Gall Bladder stores and excretes the Bile”
      3. Large Intestine (LI) - “The Large Intestine governs transformation and conveyance of waste.
      4. Stomach (ST) – “The Stomach controls the ripening and rotting of food”
      5. Bladder (BL) – “The Bladder removes water by Qi transformation”
      6. Triple Burner (TB) – “The Triple Burner is the official in charge of irrigation and it controls the water passages”
II. Meridian Functions, Pathways, and Important Points:
- 12 primary meridians plus 8 extraordinary meridians
- 6 leg meridians, 6 arm meridians
- Anatomical position
- Qi and blood flow in meridians
- Acupuncture points are on meridians
- 365 acupuncture points, more or less

➤ METAL: Lung and Large Intestine

A. The Lung Channel
1. The function of the Lung according the TCM
   a. Governs the Qi and respiration
   b. Controls the channels and blood vessels
   c. Controls dispersing and descending
   d. Regulates water passages
   e. Controls skin and hair
   f. Opens into the nose
   g. Houses the corporeal soul (po) (most physical aspect of the soul)
2. The Pathway of the Lung channel (see Lung & Large Intestine Figure)
   a. It travels along the anterior-medial aspect of the upper arm
   b. Passing through the cubital region and arriving at Cunkou, the radial pulse of the wrist
   c. Passing the thenar eminence, it travels along the radial border of the palm
   d. Ending the medial side of the tip of the thumb
   e. A branch separates at Lung 7 and goes directly to the radial side of the tip of the index finger
3. Important points on the Lung Meridian: The Lung Meridian is a Zang (yin) organ and therefore runs on the ventral side of the upper limb and runs from the chest out to the fingertip.
   a. LU 1: On the upper chest, just inferior to the delto-pectoral triangle.
      - Strengthens lung qi, clears cough, opens lung channel.
   b. LU 5: At cubital fold. In depression on radial side of biceps tendon
      - Clears Lung heat: febrile disease
   c. LU 7: Near wrist: on radial edge of radium, proximal to styloid process
      - Stops smoking.
      - Regulates Waterways – frequent urination, edema.
   d. LU 9: At wrist: at radial edge of wrist fold in the space between the flexor carpi radialis and the abductor pollicis longus.
      - Source point for Lung Qi. Supplements and strengthens lung qi and lung yin (fluids) – weak cough, chronic dry cough, weak voice.
B. The **Large Intestine**

1. The function of the Large Intestine according to TCM
   a. Receives food and drink from the small intestine
   b. Converts waste material to feces
   c. Absorbs part of the fluid from the feces
   d. Transports the feces to the anus

2. The pathway of the LI channel *(see Lung & Large Intestine Figure)*
   a. Starts from the tip of the index finger
   b. Running upward along the index finger, it passes through the inter-space on the 1<sup>st</sup> and 2<sup>nd</sup> metacarpal bones and ascends along the lateral anterior aspect of the upper arm to the highest point on the shoulder
   c. It then travels along the anterior border of the acromion up to the 7<sup>th</sup> cervical vertebrae
   d. It descends to the supraclavicular fossa and enters the thoracic cavity to connect with the Lungs
   e. It passes through the diaphragm and enters the Large Intestine forming the LI system
   f. A branch from the supraclavicular fossa travels upward to the neck and to the cheek
   g. It enters the lower teeth and curves around the upper lip and exits at the corner of the mouth
   h. It crosses the opposite LI channel at the philtrum ending up at the side of the nose (LI 20)
   i. Where it connects with the Stomach channel

3. **Important points of Large Intestine Meridian:** The Large Intestine is the Fu (yang) organ paired with the lung. Its path runs on the dorsal side of the upper limb from the fingertip to the nose.
   a. **LI 4:** on hand. Between the thumb and forefinger at the midpoint of the second metacarpal.
      - Panacea. Contraindicated in pregnancy.
      - Releases Exterior (with Lung 7)
      - Source point: Tonifies Qi and Blood – in the Nei Jing (yang ming is the source of all qi and blood)
      - Circulates qi and blood – recall moving action of large intestine. With Ir3, 4 gates – pain killer for the whole body.
      - Ruler of face and mouth – benefits head and senses – frontal headache, etc.
   b. **LI 11:** at elbow. To locate, bend the arm at 90 degrees. Midway between the lateral epicondyle and cubital crease.
      - Clears heat
      - Skin Disorders – rashes and itching of all types
      - Clears channel – impairment of arm, elbow, shoulder
   c. **LI 20:** at nose. In naso-labial groove, level with the midpoint of the ala-nasi.
      - All nose/nasal problems.
Lung and Large Intestine Meridians

Lung—11 points
The lung meridian begins at the upper chest just below the clavicle and goes onto the arm, running along the thumb side of the palm surface of the arm and forearm. It continues over the pulse at the wrist and ends at the thumbnail.

Large Intestine—20 points
The large intestine meridian begins by the index fingernail, goes between the thumb and index finger, travels along the outside of the forearm and arm, onto the shoulder and the neck, then along the face and ends at the side of the nostril.
EARTH: Stomach and Spleen

C. The Stomach Channel

1. The function of the Stomach according to TCM
   a. Controls the rotting and ripening of food
   b. Controls the transportation of food essences
   c. Controls the descending of Qi
   d. Is the origin of fluids

2. The pathway of the Stomach channel (see Spleen & Stomach Meridian Figure)
   a. Starts at the lateral side of the nose (LI 20) and flows up to the bridge to the nose
      where it meets the BL channel
   b. Turning downward along the lateral side of the nose it enters the upper gum
   c. Curving around the lips and links with the Conception Vessel at Ren 24
      (mentolabial groove)
   d. Then it runs posterolaterally across the lower jaw and ascends in front of the ear
      to reach the forehead
   e. The facial branch deviates from the lower jaw, running down the throat to the
      supraclavicular fossa
   f. It then descends through the diaphragm and enters the Stomach and Spleen
   g. From the supraclavicular fossa, a branch follows the superficial channel running
      downward through the nipple
   h. At the level of the diaphragm, it moves closer to the midline descending the
      abdomen past the umbilicus
   i. It then moves laterally at the thigh to traverse the anterolateral aspect of the thigh
      to the knee
   j. It continues downward along the anterior border of the lateral aspect of the tibia
   k. It passes through the dorsum of the foot and terminates on the lateral side of the
      2nd toe

3. Important points on the Stomach Meridian: The Stomach meridian is a fu (yang)
   organ and therefore runs on the lateral side of the leg and runs downward, from the face
to the second toe.
   a. ST 6: locate by clenching jaw; at the high point of the masseter.
      • Masseter spasm, facial paralysis, TMJ, toothache
   b. ST 13: inferior to clavicle on the mid-clavicular line
      • Called “Doorway to the Qi”, massage for phlegm or cough
      • Good point for hiccups
   c. ST 36: In anterior tibialis muscle, one-finger width lateral to tibia 3 cun from the
      lateral eye of the knee
      • Panacea function
      • Benefits the digestive functions of SP and ST, strengthens digestion,
        builds muscle
      • Tonifies qi and blood – all deficiency syndromes
      • General enhancement of health and resistance to disease
      • Brings qi down, good for counterflow of qi: hiccups, n/v, belching, reflux
   d. ST 40: on the lateral edge of the tibialis anterior, 8 cun from the eye of the knee.
      There are 16 cun between the lateral popliteal creases and the lateral malleolus
      • Major point for clearing phlegm
      • Clears cough with copious sputum
      • Calms spirit – insomnia, mania, fears, phobias, anxiety
D. The Spleen Channel

1. The Function of the Spleen according to TCM
   a. Governs transportation and transformation
      i. Transforms ingested food to extract Qi
      ii. Separates the turbid clear
      iii. Transports Food Qi and essences to various organs
      iv. Transports the clear upward
      v. Transforms and transports fluids for the stomach (origin of fluids)
   b. Controls Blood
      i. Keeps blood in the blood vessels
      ii. Plays an important role in making Blood
   c. Controls (dominates) the muscles and the 4 limbs (creating and getting Qi to them) Coldness of the limbs indicates Spleen weakness
   d. Opens into the mouth and manifests in the lips (lips complexion)
      i. Sense of taste
      ii. Lips are moist and rosy
   e. Controls the raising of the Qi
      i. Upholds the organs
      ii. Coordinated with the downward movement of Stomach Qi
   f. Houses thought residence of thought (yi)
      i. Thinking, studying, concentrating, focusing, and memorizing
      ii. Hearts – long-term memory, ability to think clearly when facing life’s problems
      iii. Kidney – nourishes the brain and influences short-term memory

2. The pathway of the Spleen channel (see Spleen & Stomach Meridian Figure)
   a. Starts from the tip of the great toe
   b. It runs along the medial aspect of the foot at the junction of the red and white skin
   c. It ascends in front of the medial malleolus up to the medial aspect of the leg
   d. It follows the anterior aspect of the tibia, crosses and goes in front of the Liver meridian
   e. Passing through the medial aspect of the knee and thigh, it enters the abdomen
   f. It enters the Spleen (its pertaining organ) and connects with the Stomach

3. Important points on the Spleen Meridian: The Spleen meridian is a zang (yin) organ and therefore starts at the foot and runs upward on the inside of the leg.
   a. SP 6: There are 15 cun between the high point of the medial malleolus and the medial popliteal crease. Spleen 6 is located 3 cun (one hand width) superior to the high point of the medial malleolus. It lies along the groove between the posterior edge of the tibia and the gastrocnemius. This point is where all 3 yin meridians of the leg connect – kidney, liver and spleen
      • All yin deficiency syndromes
      • Strengthens spleen, raises middle qi
      • Regulated Liver qi, tonifies LR yin, subdues liver yang
      • Tonifies kidneys
      • Calms mind
b. **SP 9**: located 2 cun inferior to medial popliteal crease between the tibia and the gastrocnemius.
   - Strengthens the function of the SP to transform and transport in order to transform dampness – edema, abdominal distension, leeches excess moisture from tissue
   - 

c. **SP 10**: Bend the knee to locate: the point is located in the bulge of the vastus medialis, 2 cun superior and slightly medial to superior-medial corner of the patella.
   - Called the “Sea of Blood”
   - Moves blood – irregular menses, amenorrhea, pain with menses
   - Cools blood (with LI11) – stops itching, stops bleeding
   - Builds blood - anemia
I. Meridian Functions, Pathways, and Important Points:

   ➢ IMPERIAL FIRE: Heart and Small Intestine

   A. The Heart Channel
      1. The function of the Heart according to TCM
         a. Governs the Blood
            i. The transformation of Food Qi to Blood takes place in the Heart
            ii. Responsible for the circulation of Blood (Lungs, Spleen and Liver also play roles
         b. Controls the blood vessels (depend on the Heart’s Qi and Blood)
         c. Manifest in the complexion (secondary to Blood & blood vessels)
         d. Houses the Mind (shen) – mental activity and consciousness
         e. Opens into the tongue
            i. Controls the color, form and appearance
            ii. Speech (stuttering or aphasia are indicative of Heart problems)
      2. The pathway of the Heart channel (see Heart & Small Intestine Meridian Figure)
         a. Turning downward, it emerges at the axilla
         b. It goes along the posterior border of the medical aspect of the upper arm (behind the Lung)
         c. It travels down the cubital fossa
         d. It descends along the posterior border of the medial aspect of the forearm to the pisiform region proximal to the palm and enters the palm
         e. It then follows the medial aspect of the little finger to its tip and links with the Small Intestine meridian
3. **Important points of the Heart Meridian:** The Heart meridian is a zang (yin) organ and therefore is on the ventral side of the arm. It starts centrally (in the axilla) and flows upward to the fingertips.
   a. **HT 3:** at the elbow. Located between the ulnar end of the cubital crease and the medial epicondyle.
      - Calms the shen
      - Clears the vessels – cardiac pain, pain in axilla or distribution of meridian
   b. **HT 5:** on the forearm. Located 1 cun proximal to the wrist, in the groove on the radial side of the flexor carpi ulnaris tendon.
      - Calms the shen
      - Regulates Heart qi – palpitations, dizziness
   c. **HT 7:** at the ulnar end of the wrist fold, radial to the pisiform and the flexor carpi ulnaris.
      - Calms the shen
      - Pacifies the heart – insomnia, irritability, palpitation

B. The **Small Intestine Channel**
   1. The function of the Small Intestine according to TCM
      a. Controls receiving and transforming – turbid from the Stomach is further refined.
      b. Separates fluids – further separates fluids received from the Stomach via Kidney Yang
         i. Clear fluid goes to LI for reabsorption
         ii. Turbid fluid goes to BL from excretion
   2. The pathway of the SI channel (see Heart & Small Intestine Meridian Figure)
      a. Starts on the ulnar side of the tip of the little finger
      b. Following the ulnar side of the dorsum of the hand, it reaches the wrist where it emerges at the styloid process of the ulna
      c. It ascends the posterior aspect of the forearm
      d. Passes between the olecranon of the ulna and the medial epicondyles of the humerus and runs along the posterior border of the lateral aspect of the upper arm to the shoulder
      e. Circling around the scapular region, it connects with the Governing Vessel at GV 14
      f. It then turns downward to the supraclavicular fossa where it connects with the heart
      g. From there it descends along the esophagus, passes through the diaphragm, reaches the stomach and finally enters the small intestine, its pertaining organ
      h. The branch from the supraclavicular fossa ascends to the neck and up to the cheek
      i. It enters the ear via the outer canthus
      j. The branch from the neck runs upward to the infraorbital region and further to the lateral side of the nose
      k. It then reaches the inner canthus where it connects with the Bladder Meridian
3. **Important points on the SI meridian:** The Small Intestine meridian is a fu (yang) organ. It is on the dorsal side of the arm and runs from the fingertip towards the body.
   a. **SI 3:** on the hand. On the ulnar side of the hand, proximal to the head of the fifth metacarpal.
      - Relaxes the muscle channels – pain/rigidity of neck, pain in shoulder and elbow.
      - Opens the Du meridian (governing vessel – runs along spine)
      - Clears the shen - mania
   b. **SI 11:** on the scapula, in the infraspinatous fossa at about the level of T4. Can also be located midway between the axillary fold vertical and vertebral border of the scapula.
      - Activates channel, alleviates pain – heaviness and pain of shoulder, inability to raise elbows and arm
   c. **SI 12:** on the scapula, in the supraspinatous fossa, directly superior to SI 11, in depression when arm is raised.
      - Benefits the shoulder and scapula – stiff neck with inability to turn head, pain and numbness of upper arm.
Traditiona Chinese Medicine

HEART MERIDIAN

Outer Shoulder Shu

Watching Wind
Heavenly Attribution

Heart Branch

Wrist Bone 4
Back Stream

3 Lesser Yin Sea

5 Reaching Inside
7 Mind Door
8 Lesser Yin Mansion

SMALL INTESTINE MERIDIAN
C. The Pericardium Channel

1. The function of the Pericardium according to TCM (Same as Heart)
2. The pathway of the PC channel (see Triple Burner & Pericardium Meridian Figure)
   a. A rising from the chest emerges from the costal region at a point 3 inches below
      anterior axillary fold (PC 1) and ascends to the axilla
   b. It then follows the medial aspect of the upper arm running downward to the
      cubital fossa between the Lung and Heart meridians
   c. It descends further down the forearm between the tendons of m. palmaris longus
      and m. flexor carpi radialis to the palm
   d. It passes along the middle finder to its tip
   e. Another branch arises from the palm and runs along the ring finger to its tip
      where it links with the Triple Burner Meridian

3. Important points on the PC channel: Recall the Pericardium is a zang (yin) organ. Its
   channel runs on the ventral side of the arm, from the chest out to the fingers.
   a. PC 6: (Inner Gate) – at the wrist: located 2 cun above wrist crease, between the
      tendons of the palmaris longus and flexor radialis
      • Calms the heart – cardiac pain, palpitations
      • Settles the shen – insomnia, irritability
      • Regulates the qi – nausea, vomiting, hiccup
   b. PC 8: on hand: on the transverse crease of the palm, between the 2\textsuperscript{nd} and 3\textsuperscript{rd}
      metacarpal bones. When the fist is clenched, the point is just below the tip of the
      middle finger.
      • Cools the heart – mental disorders, convulsions, insomnia

D. The Triple Burner Channel

1. The function of the Triple Burner according to TCM
   a. The upper burner is like a mist
   b. The middle burner is like a bubbling cauldron
   c. The lower burner is like a ditch
2. The pathway of the TB channel (see Triple Burner & Pericardium Meridian Figure)
   a. The Triple Burner meridian begins at the tip of the ring finger
   b. It runs between the 4\textsuperscript{th} and 5\textsuperscript{th} metacarpal bones
   c. Along the dorsal aspect of the wrist
   d. Along the lateral aspect of the forearm between the ulnar and radius
   e. It passes through the olecranon and runs along the lateral aspect of the upper arm
   f. It reaches the shoulder where it goes behind the GB meridian
   g. It winds over the supraclavicular fossa and spreads to the chest to connect with
      the pericardium
   h. It descends through the diaphragm and connects with the upper, middle and lower
      burner
   i. A branch begins in the chest and runs upward
   j. It emerges from the supraclavicular fossa and ascends lateral aspect of the neck
   k. It continues to ascend, running just behind ear and reaching the anterior hairline
   l. It then turns downward to the cheek and terminates in the infraorbital region
   m. An auricular branch arises just below the ear and enters the ear
   n. It emerges in front of the ear, crosses over the previous branch at the cheek and
      reaches the outer canthus of the eye where it links with the Gall Bladder Meridian
3. **Important points on the Triple Burner channel:** Recall the Triple Burner is a fu (yang) organ. Its channel runs on the dorsal side of the arm from the fingertip to the face.
   a. **TB 1:** on the lateral side of the ring finger, about 0.1 cun posterior to the corner of the nail.
   b. **TB 5:** (Outer Gate) – near wrist: 2 cun above transverse crease of the dorsum of the wrist, between the radius and the ulna.
      - Relieves exterior and hot conditions – febrile disease, headache
      - Moves stagnant Qi in all channels
Pericardium – 9 points
The Pericardium meridian begins just lateral to the nipple, goes onto the arm and down the center of the palm surface of the arm and forearm, onto the hand and ends by the nail of the middle finger.

NOTE: “Three Heater” is the same as “Triple Burner”
E. The Bladder Channel

1. The function of the Bladder according to TCM
   a. Removes water (turbid) by Qi transformation – uses Qi and heat provided by Kidney Yang

2. The pathway of the BL channel (see Bladder & Kidney Meridian Figure)
   a. The Urinary Bladder Channel originates at the inner canthus of the eye
   b. Passing through the forehead, it meets the DU meridian at DU 20 (crossing point of all yang)
   c. A branch splits from the vertex and goes to the upper corner of each ear
   d. The main portion of the meridian enters and communicates with the brain from the vertex
   e. It emerges and bifurcates to descend along the back of the neck
   f. The inner and outer branch runs down the back, parallel to each other between the spine and the medial aspect of the scapular region
   g. They continue through the lumbar and gluteal regions to reunite in the popliteal fossa
   h. In the lumbar region and internal branch arises from the inner branch to connect with the Kidney and Bladder
   i. From the popliteal fossa, the meridian descends the lower leg to the posterior aspect of the external maleolus
   j. The running along the tubersotiy of the 5th metatarsal bone, it reaches the tip of the little toe
   k. It is at this point that it links with the Kidney Meridian

3. Important points on the Bladder Meridian: The Urinary Bladder meridian is the longest meridian in the body, with 67 points total. The Bladder is a fu (yang) organ and the channel begins at the corner of the eye and runs down the back to the little toe. The portion of the Bladder channel that runs bilateral to the spine has an extra special function. These points are called “shu” points and have functions specific to specific organs.
   a. **BL 2:** on face. In the bony depression at the medial end of the eyebrow.
      - Indicated for headaches
      - All eye conditions: blurriness, lacrimation, redness, itchiness, swelling and pain
   b. **BL 12 (Lung Shu):** on back. Located 1.5 cun lateral to midline along the crest of the erectors, level with T2.
      - Lung Shu: opens lungs, expels wind (common cold), regulates the qi.
   c. **BL 15 (Heart Shu):** on back. Located 1.5 cun lateral to midline along the crest of the erectors, level with T5
      - Heart Shu: calms the heart, settles the spirit, regulates the blood and qi.
   d. **BL 18 (Liver Shu):** on back. Located 1.5 cun lateral to midline along the crest of the erectors, level with T9
      - Liver Shu: clears damp-heat in the liver (jaundice, pain under ribs), redness of the eyes, blurry vision
   e. **BL 20 (Spleen Shu):** on back. Located 1.5 cun lateral to midline along the crest of the erectors, level with T11.
      - Spleen Shu: Regulates the transportation and transformation function of the spleen (abdominal distention, diarrhea, vomiting, abdominal pain, edema)
f. **BL 23 (Kidney Shu):** on back. Located 1.5 cun lateral to midline along the crest of the erectors, level with L2
   - Kidney Shu: Regulates the Kidney Qi (impotence, edema, weakness), strengthens the lumbar spine, benefits the eyes and ears.

g. **BL 40:** at knee. Located at the midpoint of the transverse crease of the popliteal crease of the popliteal fossa, between the tendons of the biceps femoris and semitendinosus.
   - Ruler of the low back – relieves low back pain
   - Opens the channel – numbness/pain of the hip joint, knees, lower extremities.

h. **BL 57:** Directly below the belly of the gastrocnemius, on the line joining BL 40 and BL 60.
   - Relaxes the muscle channels
   - Benefits hemorrhoids
   - Regulated the Qi of the Yang (fu) Organs

i. **BL 60:** at the ankle. In the depression between the external malleolus and Achilles tendon.
   - Expels internal wind (epilepsy, neck rigidity) and external wind (headache, blurry vision) and clears channel
   - Relaxes the sinews and muscles
   - Benefits the lower back

---

F. **The Kidney Channel**

1. **The function of the Kidney according to TCM**
   a. Stores Essence & Governs Birth, Growth, Reproduction & Development
   b. Produces Marrow (bones, bone marrow, spinal cord, brain), Fills the Brain, Controls Bones
   c. Governs Water (coordinates with Lungs and Spleen)
   d. Controls the reception of Qi (Lung and Kidney working together)
   e. Opens into the ears
   f. Manifest in the hair
   g. Controls the lower orifices (sexual and excretory)
   h. Houses the will (Will power)

2. **The pathway of the Kidney channel (see Bladder & Kidney Meridian Figure)**
   a. The Kidney Meridian begins at the inferior aspect of the small toe
   b. It runs obliquely towards the sole (KD 1)
   c. Emerging from the tuberosity of the navicular bone and running behind the medial malleolus, it enters the heel
   d. It ascends along the medial side of the leg to the medial aspect of the popliteal fossa
   e. It ascends further along the postero-medial aspect of the thigh towards the vertebral column
   f. Where it enters the Kidney, its pertaining organ and connects with the Bladder
   g. The straight portion of the meridian reemerges from the Kidney inferior and lateral to the umbilicus
   h. It ascends further, passing through the liver, diaphragm, and Lung,
   i. It runs along the throat, terminating at the root of the tongue
   j. A branch springs from the Lungs, joins the Heart and runs into the chest to link to the Pericardium Meridian
3. **Important points on the Kidney Meridian:** Recall the Kidney is a zang (yin) organ and therefore runs on the inside of the leg and from the toes upwards towards the thorax.
   a. **KD 1:** on the sole of the foot, in the depression when the foot is in plantar flexion, approximately at the junction of the anterior 1/3 and posterior 2/3 of the sole.
      - Opens the senses – headache, dizziness. Loss of consciousness.
   b. **KD 3:** ankle. In the depression between the medial malleolus and Achilles tendon, level with the tip of the medial malleolus
      - Benefits the kidneys
      - Strengthens the lower back and knee
   c. **KD 10:** and knee. Flex knee to locate, the point is on the medial side of the popliteal fossa, between the tendons of the semintendonosus and semimembranosus, level with BL 40
      - Pain of the knee and popliteal fossa
      - Hernia, Impotence
Traditiona\n
Traditional Chinese Medicine

BLADDER MERIDIAN

KIDNEY MERIDIAN
TRADITIONAL CHINESE MEDICINE

OUTLINE

Meridian Functions, Pathways, and Important Points:
Gall Bladder, Liver, Conception Vessel, Governing Vessel

I. Meridian Functions, Pathways, and Important Points:

➢ WOOD: Gall Bladder and Liver

A. The Gall Bladder Channel

1. The function of the Gall Bladder according to TCM
   a. Stores and excretes bile
   b. Controls judgment (including courage and initiative) (works with the Liver’s planning function to make decisions and carry them out)
   c. Controls the sinews (GB is more Qi related, Liver is more Blood related)

2. The pathway to the GB channel (see Liver & Gall Bladder Meridian Figure)
   a. The Gall Bladder Meridian begins at the outer canthus of the eye
   b. They pathway of the meridian on the side of the head is confusing (know that it traverses the temporal region and reaches the occipital region as well as the high point of the shoulder)
   c. An internal branch begins at the outer canthus and down through the cheek
   d. It the descends the neck and enters the supraclavicular fossa to meet the main meridian
   e. From there it descends into the chest, passing through the diaphragm to connect with the Liver and its pertaining organ, the Gall Bladder
   f. The branch continues downward running inside the hypochondriac region
   g. It comes out at the lateral side of the lower abdomen near the femoral artery in the inguinal area
   h. It then continues superficially along the border of the pubic hair and gores transversely to enter the hip
   i. The main meridian runs downward from the supraclavicular foss
   j. It passes in front of the axilla along the lateral aspect of the chest
   k. It passes along the free ends of the floating ribs to the hip region where it meets the branch
1. It descends along the lateral aspect of the thigh (IT Band) and passes through the lateral aspect of the knee
m. In the lower leg it runs along the anterior aspect of the fibula all the way to its lower end
n. It reaches the anterior aspect of the external malleolus
o. It then follows the dorsum of the foot to the lateral side of the tip of the 4th toe
p. A branch on the dorsum of the foot runs between the 1st and 2nd metatarsal bones to the distal portion of the great toe and terminates and links with the Liver Meridian

3. **Important points on the Gall Bladder Meridian:** The yang (fu) organ of the Wood Element pair.
   a. GB 14: on the forehead, 1 cun superior to the eyebrow. Note: the distance from the eyebrow to the hairline is 3 cun.
      - Frontal headache, facial paralysis
      - Benefits eyes – eye pain or inflammation
   b. GB 20: immediately inferior to the occiput, in the large depression between the SCM and the trapezius muscle.
      - Common cold, stiff neck
      - Benefits senses – poor memory, dizziness, eye problems, ear problems, nose or sinus problem
   c. GB 21: on the crest of the trapezius, midway between C7 and the acromial end of the calcivle.
      - Facilitates labor – contraindicated for pregnancy
      - Clears channel/opens sinews, benefits shoulder, neck and back
   d. GB 34: on the leg, anterior and inferior to the head of the fibula.
      - Relaxes and strengthens sinews – circulates qi and blood
   e. GB 38: on the leg, 4 cun superior to the lateral malleolus. Note: there are 16 cun between the popliteal creases and the lateral malleolus, this point is therefore ¼ of the distance.
      - Unilateral headache
      - Hemiplegia of the lower limb
      - Chest, rib and flank pain, general aches and stiffness

B. The Liver Channel
   1. The function of the Liver according to TCM
      a. Stores the Blood (Blood goes to Liver when the body is at rest)
      b. Ensures the smooth flow of Qi
      c. Controls the sinews
      d. Manifests in the nails (nails are byproduct of the sinews)
      e. Opens into the eyes
      f. Houses the Ethereal Soul (Hun represents the link of body and spirit)
   2. The pathway of the Liver channel (see Liver & Gall Bladder Meridian Figure)
      a. The Liver Meridian originates in the dorsal hairy region of the great toe
      b. It runs upward along the dorsum of the foot to the ankle 1 inch anterior to the medial malleolus
      c. It runs up the medial aspect of the lower leg along the medial aspect the tibia (It crosses behind the Spleen meridian near the midpoint of the lower leg)
d. It continues to ascend the medial aspect of the thigh to the inguinal groove of the pubic region

e. It then goes downward and curves around the external genitalia

f. It ascends the center line of the lower abdomen to a point about 3 inches below the umbilicus

g. It then angles toward the lateral side of the abdomen

h. An internal branch moves inward and upward going around the stomach

i. It then connects with the Liver and Gall Bladder

j. The branch continues to ascend passing through diaphragm

k. It branches out in the costal and hypochondriac regions

l. It ascends the posterior aspect of the throat and connects with the eye system

m. It then runs further upward to connect with the Governing Vessel at DU 20

n. Another branch arises from the eyes and wraps around the inner surface of the lips

o. Another branch that arises from the liver to connect with the Lung Meridian

3. **Important points on the Liver Meridian:** the yin (zang) organ of the Wood Element pair.

   a. **LR 3:** between the 1st and 2nd metatarsals, midway between their heads and their bases.
      - Regulates liver qi – promotes the smooth flow of liver qi
      - Used with LI4: The 4 gates, basic protocol for pain
      - Tonifies qi and blood

   b. **LR 5:** 5 cun proximal to medial malleolus, in a small vertical groove in the middle of the shaft of the tibia
      - Uro-genital problems, genital itch, discharge, hernia
Liver and Gall Bladder Meridians

Gall Bladder—44 points
The gall bladder meridian begins at the outer corner of the eye, runs over the top of the ear, then onto the head to the forehead and back over the head, onto the neck and shoulder, then to the front of the body, continues down the side of the torso to the hip; it then goes down the side of the thigh and calf, along the top of the foot and ends at the 4th toenail.

Liver—14 points
The liver meridian begins at the edge of the big toenail, goes along the top of the foot between the big and second toes, then runs along the inside of the calf and thigh and groin, onto the torso and ends just under the rib cage at the tip of the 9th rib.
- Two Extraordinary Meridians:

C. The Conception Vessel (Ren Mai) Channel
1. The function of the Conception Vessel according to TCM
   a. Controls all the Yin Meridians (Sea of Yin)
   b. Responsible for pregnancy and fetal nourishment
2. The pathway of the CV channel (see Conception Vessel Meridian Figure)
   a. The Conception Vessel begins in the lower abdomen and emerges from the perineum
   b. It ascends the front midline of the body to the throat
   c. It further ascends and curves around the lips where it connects with the Governing Vessel
   d. It then passes through the cheeks and entering the infraorbital region where it connects with the Stomach meridian
3. Important points on the Conception Vessel Meridian: One of the 8 Extraordinary Meridians.
   a. CV 3: 4 cun inferior to umbilicus. Note: There are 5 cun between the umbilicus and the pubis.
      - Major point for the bladder and all uro-genital points
      - “Bladder mu point”
   b. CV 4: 3 cun inferior to the umbilicus
      - Strengthens lower burner, supplements qi and yang (especially KD and SP yang)
      - Sexual dysfunction and reproductive problems
      - “SI mu point”: regulates waterways, separates pure from impure (urinary tract, prostate, intestines)
   c. CV 6: 1.5 cun inferior to the umbilicus
      - Supplements and circulates qi – especially kidney qi and kidney yang
   d. CV 12: 4 cun superior to the umbilicus. Note: there are 8 cun between the umbilicus and the xiphoid-ternal junction
      - Major point for upper abdomen and all digestive problems
   e. CV 17: on the sternum, level with the 4th intercostal space, about level with the nipples
      - Expands chest, benefits diaphragm and esophagus
      - Pericardium/Upper Burner mu point
   f. CV 22: Immediately superior to the sternal notch
      - Regulates lung qi – cough, wheezing, difficulty swallowing
D. The **Governing Vessel** (Du Mai) Channel

1. The function of the Governing Vessel according to TCM
   a. Controls all the Yang Meridians (Sea of Yang)
   b. Contains the consciousness that controls the body

2. The pathway of the GV channel (*see Governing Vessel Meridian Figure*)
   a. The Governing Vessel begins in the lower abdomen and emerges from the perineum
   b. It runs posteriorly along the interior of the spinal column
   c. Twin branches connect the Urinary Bladder meridian at the lower border of the second thoracic vertebrae
   d. The main meridian continues upward through the nape of the neck to the occipital area
   e. A branch enters the brain
   f. The main meridian continues to ascend to the vertex
   g. It then continues anteriorly to the forehead where it descends to the columella of the nose
   h. It descends further through the philtrum
   i. It penetrates the upper lip and gum to connect with the Conception Vessel

3. **Important points on the Governing Vessel Meridian:** One of the 8 Extraordinary Meridians.
   a. **GV 3:** Inferior to the spinous process of L4
      - Strengthens back and spine
      - Strengthens legs
      - “LI shu point” – strengthens intestines
   b. **GV 4:** Inferior to spinous process L2
      - Strengthens kidney qi and yang
      - Strengthens back and knees
      - “KD shu point”
   c. **GV 14:** Inferior to spinous process of C7
      - Junction point of all yang channels – clears heat of all types
      - Supplements yang
   d. **GV 20:** 7 cun superior to the posterior hairline or 5 cun from anterior hairline.
      - Strong raising function – raises the clear yang (organ prolapse, chronic diarrhea)
      - Clears the brain, awakens the senses (loss of consciousness, seizures)
      - Lifts the spirit – depression
GOVERNING VESSEL - DU MAI