

Heart Constrictor and Triple Heater Meridians—Circulatory and Protective Functioning

Function of the Heart Constrictor Meridian		Supplemental function of the heart related to circulatory system including heart sac, cardiac artery; system of arteries and veins. Also controls total nutrition as well as circulation.	
		Psychological	Physical
Heart Constrictor Meridian	<i>Kyo</i>	Restless but immobile; absent-minded; lack of sleep and frequent dreaming; palpitations and shortness of breath, squeezing sensation around the chest.	Difficulty in swallowing; prone to tonsillitis, malfunctioning of the heart organ, strong palpitations, easily fatigued; low blood pressure; dropsy, poor circulation, pain in the stomach and duodenum; abnormal blood pressure, pain in the chest and rib cage.
	<i>Jitsu</i>	Restless when asleep or awake, nervous in social situations, abnormal concentration on work, abnormal emotions, hypersensitivity.	Strong palpitations; high blood pressure; dizziness, easily fatigued; poor circulation; headache; stiffness in the solar plexus; tightness in the hara area; pain in the stomach; cardiac malfunctioning, tingling in the fingers; feverish palms; colitis due to diarrhea or constipation; coated tongue.
Function of the Triple Heater Meridian		Supplemental function of the small intestine. Also controls spirit and visceral organs circulating energy to entire body. Protects function of lymphatic system. Upper heat related to chest, middle heat to solar plexus, heat above the navel and below related to peritoneum and intestinal peritoneum as well as circulation to the extremities.	
		Psychological	Physical
Triple Heater Meridian	<i>Kyo</i>	Mental obsessions; pampered when he was a child, headaches; ringing in the ears; heaviness and dizziness in the head; sensitive to heat, cold and dampness.	Weak mucus tissues and lymphatic system; prone to tonsillitis, nasal problems; swollen lymphatic glands of the cervical vertebrae; sensitive to humidity and temperature change, easily catches cold; tired eyes; sensitive skin; allergic, dizziness in the head; tightness in the chest and hara; liquid stagnation in the hara; abnormal blood pressure, tendency for whiplash conditions to worsen, pain in back of head and temples, abnormal cervical vertebrae.
	<i>Jitsu</i>	Extremely cautious, hypertense, tendency to clench the palms, tightness in the arms, heaviness in the head, nervous reaction to external changes in heat, cold, humidity, heaviness in chest (upper heater) stomach (middle heater) and lower hara.	Overly cautious, sensitive, unconscious tension in the arms, stagnation in the brain causing heavy feeling; abnormal eye pressure; pain in the neck, shoulder, and arms. Lymphatic inflammations; inflammation of nasal mucus skin, prone to inflammations; itchy skin, tightness in the chest, poor circulation in the legs, pain in the rib cage, loose gums, susceptible to humidity, ticklish, inflammation in the mouth and womb; rash.