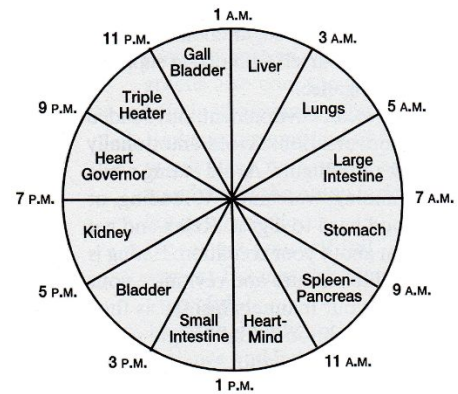


MERIDIAN DIAGNOSIS

Nathaniel Whitmore, Herbalist

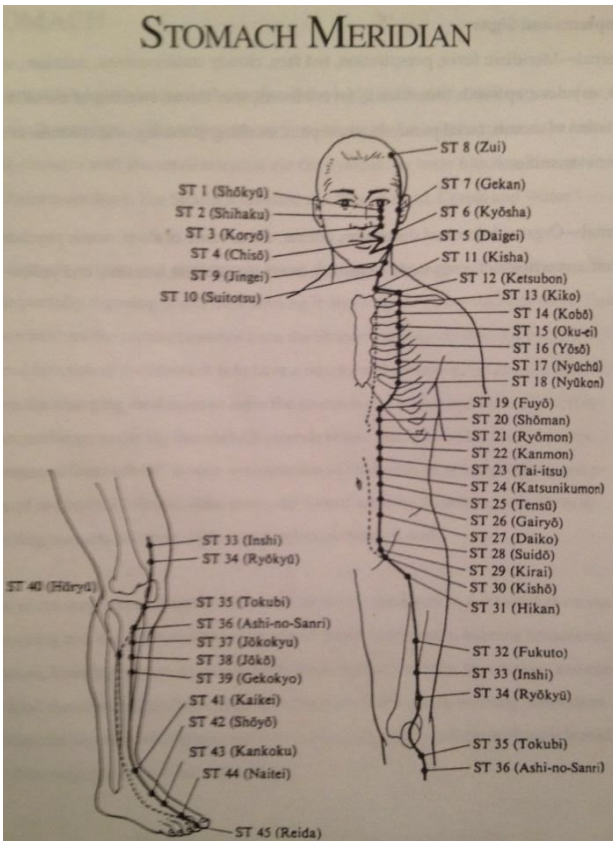
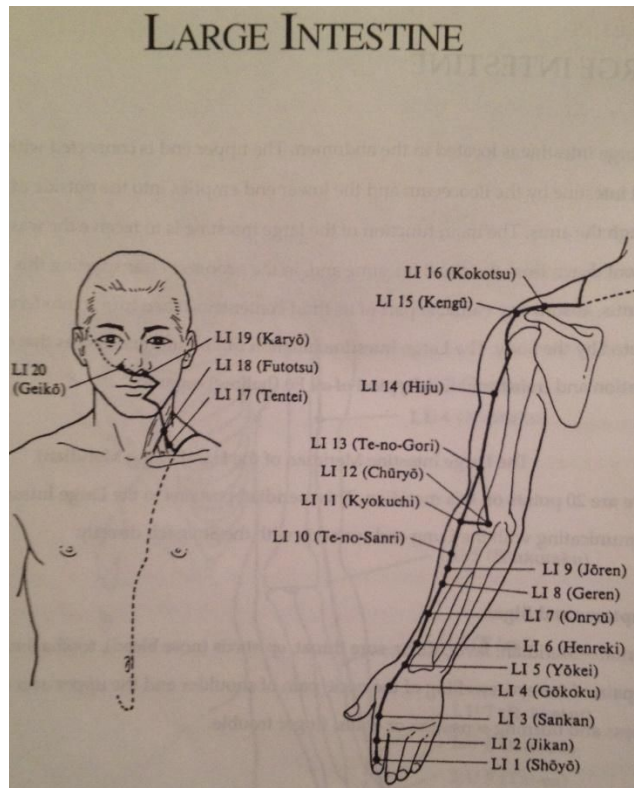
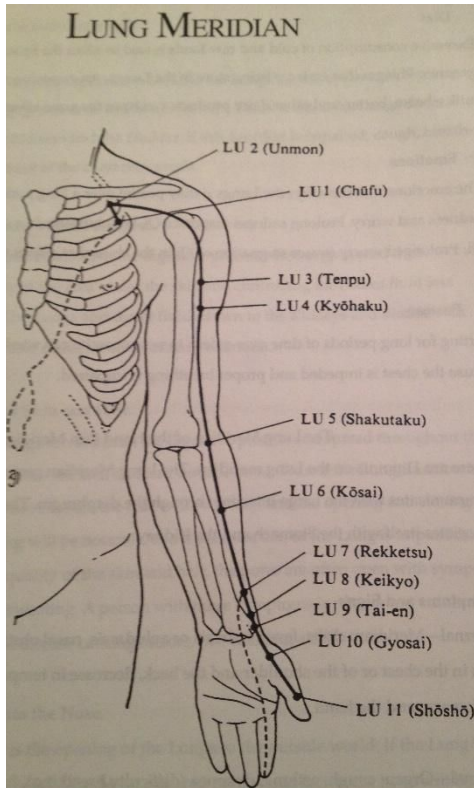
Meridians are energy channels in which the flow of chi is concentrated. We can organize our discussion of the meridians according to the natural flow illustrated in the “Chinese clock” (to the right). The meridians are paired according to the Five Element Theory, with each element relating to a “solid” and a “hollow” organ, or yin and yang organs (with the Fire element relating to an additional pair). The general area of flow for each meridian should be understood, along with at least a couple “diagnostic points” of each meridian. Visual assessment (such as location and qualities of rashes) of the channels can then be combined with palpation of the channel or of particular points. Additionally, basic Five Element correspondences should be understood so that when a certain point or meridian is symptomatic one can come to an understanding of to what it relates. In addition to “organ” affinities, meridian and point diagnosis can help one understand the qualities of hot, cold, damp, and dry; wind; the condition of the bodily tissue; and the condition of the mind. See: Yamamoto, Masunaga, Ohashi, Cooke...



MERIDIAN	GENERAL AREA COVERED	MAJOR ASSOCIATIONS	DIAGNOSTIC POINTS	HERBS
Lung	Chest to thumb.	Dryness, grief, skin...	LG2, LG10	Coltsfoot, Hyssop, Pine
Large Intestine	Index finger to nostril.	Airways, depression...	LI4, LI11, LI15	Aloe, Raspberry
Stomach	Cheek, nipple, shin, to toes	Endurance, nausea...	ST2, ST36	Ginger, Osha
Spleen	Big toe, inside leg, to side	Dampness, digestion...	SP6, SP9, SP10	Dang Shen, Maca, Yam
Heart	Armpit to little finger.	Circulation, mind...	HT1, HT3, HT7	Dan Shen
Small Intestine	Little finger, scapula, to ear.	Shoulders, thinking...	SI11	Nutmeg, Passionflower
Bladder	Inside eye, back, to little toe.	Back, jing, whole body...	Yu/Shu Points	Gravel Root
Kidney	Ball of foot to clavicle.	Jing, cold, adrenals...	KD1, KD3	Dodder, He Shou Wu
Heart Governor	Side of chest to middle finger.	Circulation, palm...	HG8	Hawthorn, Ginseng
Triple Heater	Ring finger to eyebrow.	Metabolism, eyes...	TH23	Bupleurum
Gall Bladder	Temple, neck, side, to 4 th toe.	Wind, tendons, eyes...	GB20, GB21, GB34	Dandelion, Celandine
Liver	Big toe, shin, groin, to ribs.	Wind, energy flow...	LV2, LV3, LV14	Mum, Hibiscus

The Lung Meridian - The Lung meridian begins in the chest below the bend in the clavicle. It is often very sore there, indicating lung stagnation. One also might find skin irritation or soreness along the channel. Lung 10 (Fish Boarder) is a particularly important point- feel for stiffness and soreness. In addition to indicating the condition of the lungs, Lung 10 is an important diagnostic area for women. Purple color and especially green color in the area indicates stagnation in the breasts.

The Large Intestine Meridian – This channel runs from the nail of the index finger to the corner of the nostril. Large Intestine 4 (Union Valley) in the web between the thumb and hand is one of the best-known points for self-care, often used for headaches. It is also treated for constipation, menstrual problems, lung problems, and tooth problems and tension here indicates such problems. LI 11 (Pool at the Bend) is a “local point” indicating stagnation in the arm. Likewise LI 15 (Shoulder Bone) is related to blockage in the shoulder. LI 20 (Welcome Fragrance) is related to the lungs. For instance, redness around the nostrils indicates inflammation in the lungs.

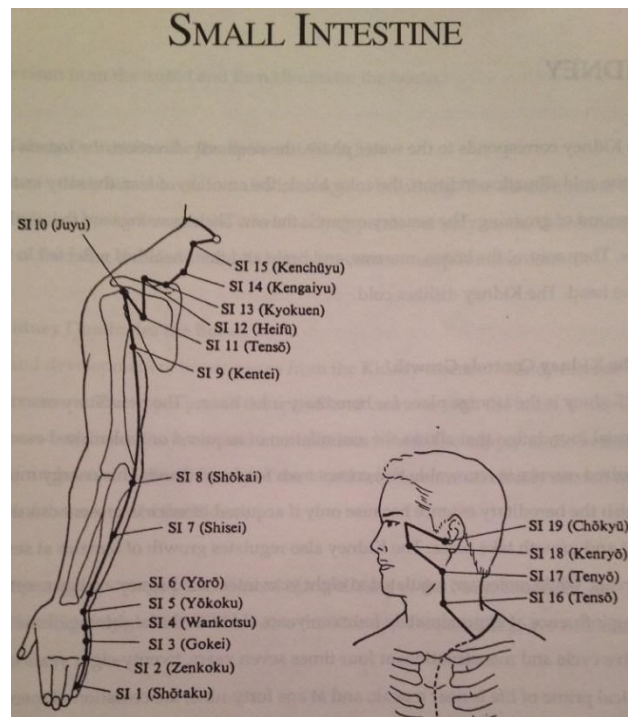
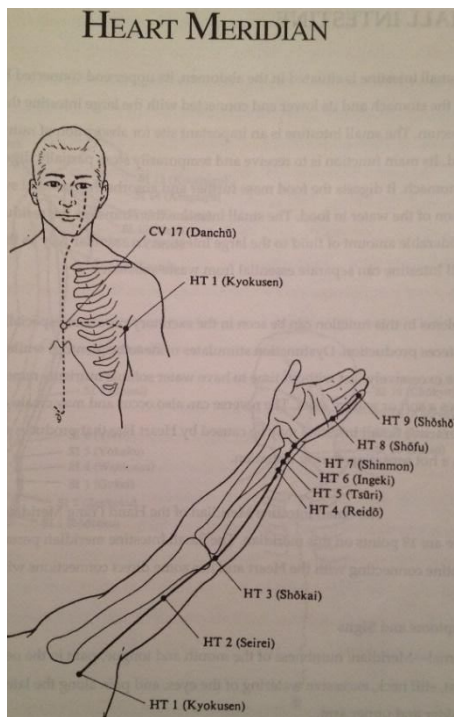
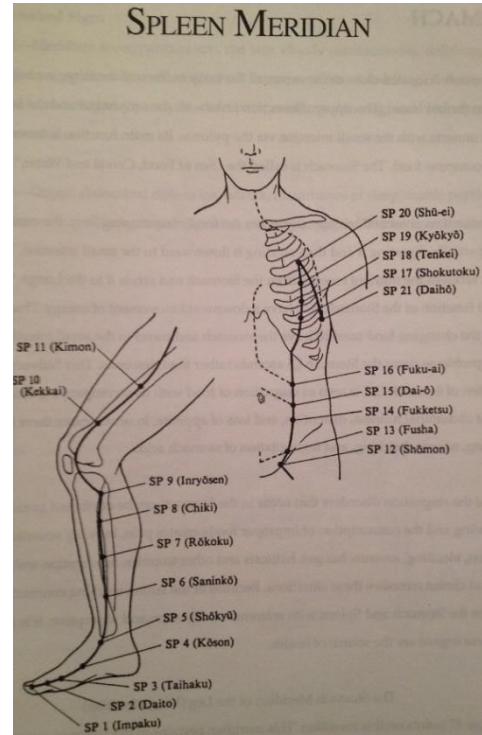


The Stomach Meridian – The Stomach meridian begins below the eye and travels down the front of the body (the only yang channel to do so). Stomach 2 (Four Whites), and the points before and after, are in the important diagnostic area of the cheek. Redness here indicates heat in the stomach. Stomach 17 (Breast Center) at the nipple can also become inflamed or otherwise indicate imbalances with the channel. Stomach 36 (Three Mile Point) is one of the most important points, often treated with moxa. It is in the soft spot below the head of the tibia. It is associated with energy and nausea and is often quite sore, sometimes along with the rest of channel below it along the shin. Many times abdominal pains can be located along the stomach meridian.

The Spleen Meridian – The Spleen meridian begins at the big toe and travels up the inside of the shinbone to the side of the rib cage. Among the many diagnostic points on this channel, Spleen 9 (Yin Mound Spring) is of the most important, as it indicates and confirms dampness. Spleen 10 (Sea of Blood) relates to blood stagnation and other blood disharmonies. Also very important is Spleen 9 (Triple Yin Meeting Point), which is the intersection of the Spleen, Liver, and Kidney channels (the three yin channels of the leg) and relates to menstrual problems and various internal illnesses.

The Heart Meridian – This channel begins in the armpit and travels to the pinky finger. Heart 1 (Summit Spring) relates to stagnation of chi in the heart and chest. Heart 3 (Lesser Sea) in the elbow and Heart 7 (Spirit Gate) on the wrist relate to the heart and spirit.

The Small Intestine Meridian – This meridian begins at the pinky finger and travels past the “funny bone” to the scapula, where it zig-zags to the base of the neck and continues to in front of the ear opening. Small Intestine 11 (Celestial Gathering Point) reflects accumulation of upward energy and relates to the shoulder, chest, and neck.



The Bladder Meridian – The Bladder meridian is uniquely important in that it is home to the Yu (Shu) points that are connected to the “organs” of Chinese medicine and have an importance in diagnostics, such as in the case of back pain or soreness. These points are along the spine.

Bladder 13 (Lung Yu) is located below the third thoracic vertebrae in line with SI 10.

BL 14 (Heart Governor Yu)

BL 15 (Heart Yu)

BL 16 (Governor Yu)

BL 17 (Diaphragm Yu)

BL 18 (Liver Yu)

BL 19 (Gall Bladder Yu)

BL 20 (Spleen Yu)

BL 21 (Stomach Yu)

BL 22 (Triple Heater Yu)

BL 23 (Kidney Yu)

BL 24 (Sea of Chi Yu)

BL 24 (Large Intestine Yu)

BL 26 (Gate of Origin Yu)

BL 27 (Small Intestine Yu)

BL 28 (Bladder Yu)

BL 40 (Middle of the

Crook) relates to the

kidneys. In general the

right side reflects kidney

yang and the left side

reflects kidney yin.

The Kidney Meridian –

This channel begins with

the only primary

acu-point on the bottom

of the foot, Kidney 1

(Bubbling Spring), and

travels up the inside of

the leg, up the front of

the body along the

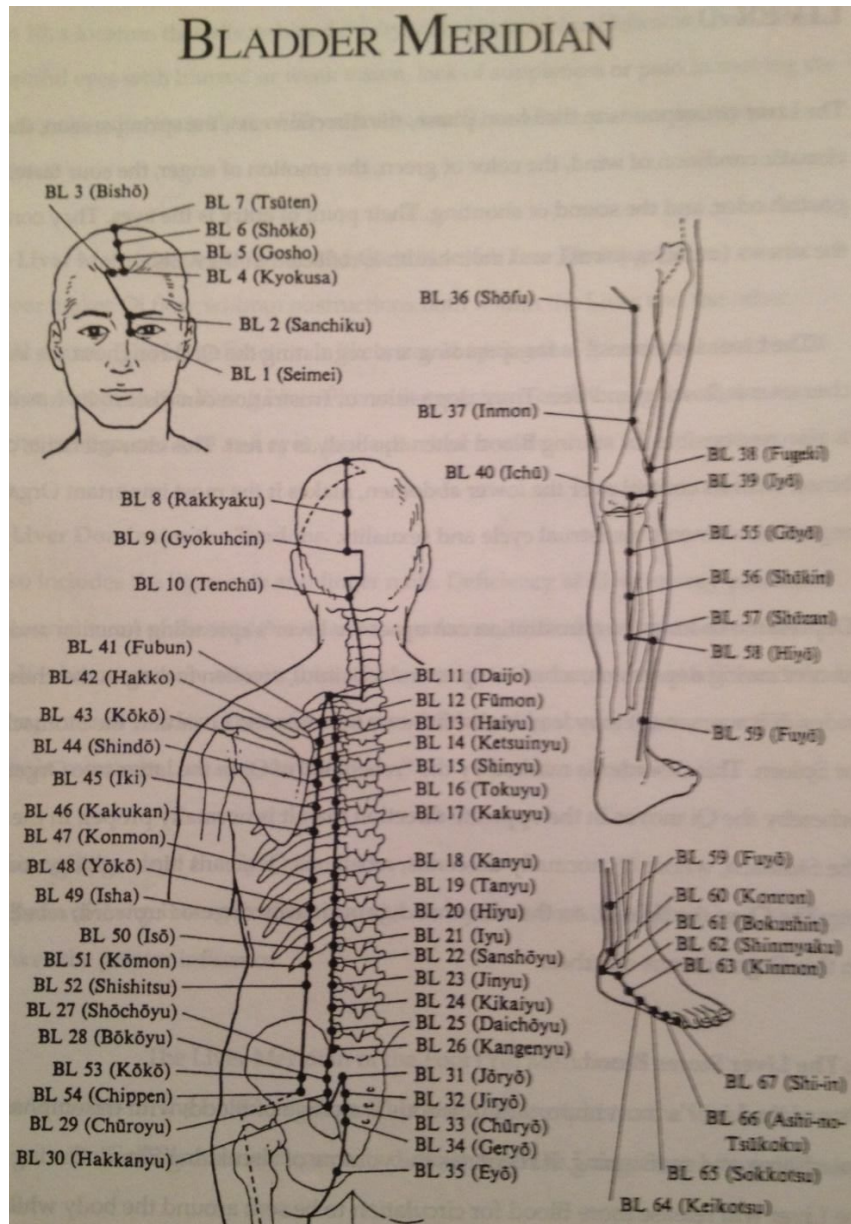
sternum to KD 27 (Shu

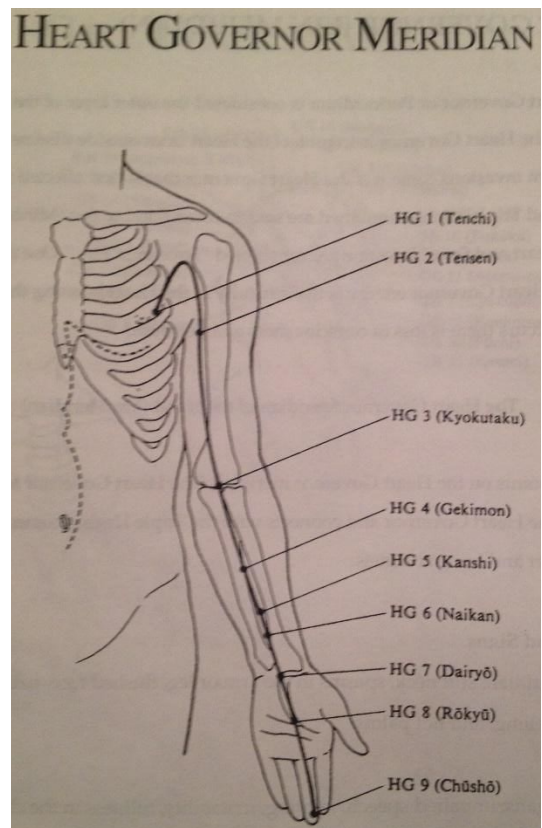
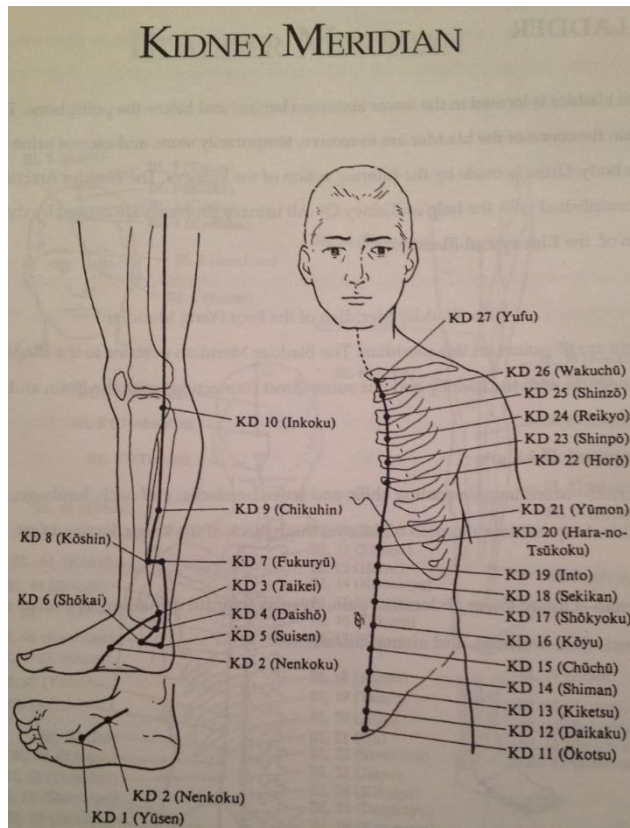
Mansion) at the sternum. KD 3 (Supreme Stream), at the ankle between the bone and the

Achilles tendon, is an important point that relates to kidney deficiency and stagnation; and in its

connection to the three preceding points that make up a loop below the ankle bone. Kidney

problems can manifest here, such as in purple coloring of the skin, edema, and soreness.





The Heart Governor Meridian – This channel travels from the chest, lateral to the nipple, down the bicep and center of the lower arm, through the center of the palm to the middle finger. Heart Governor 8 (Lao Gong, Rokyü, Palace of Toil) is one of the most important points, often related to blood and heat disorders. The Heart Governor is also known as the Heart Protector, Heart Constrictor, and Pericardium.

The Triple Heater Meridian – Also called Triple Warmer and Triple Burner, the Triple Heater relates to the three metabolic centers of the lower abdomen (hara, dan tien, tanden...), solar plexus, and chest. The channel runs from the ring finger, up the arm, zig-sagging over the scapula, up the side of the neck to in front of the ear opening. Triple Heater 5 (Outer Pass) relates to congestion in the upper channel (ear and eye, for instance. 17 (Wind Screen) relates to wind invasion. TH 23 (Silken Bamboo Hollow) relates to wind and the eyes.

