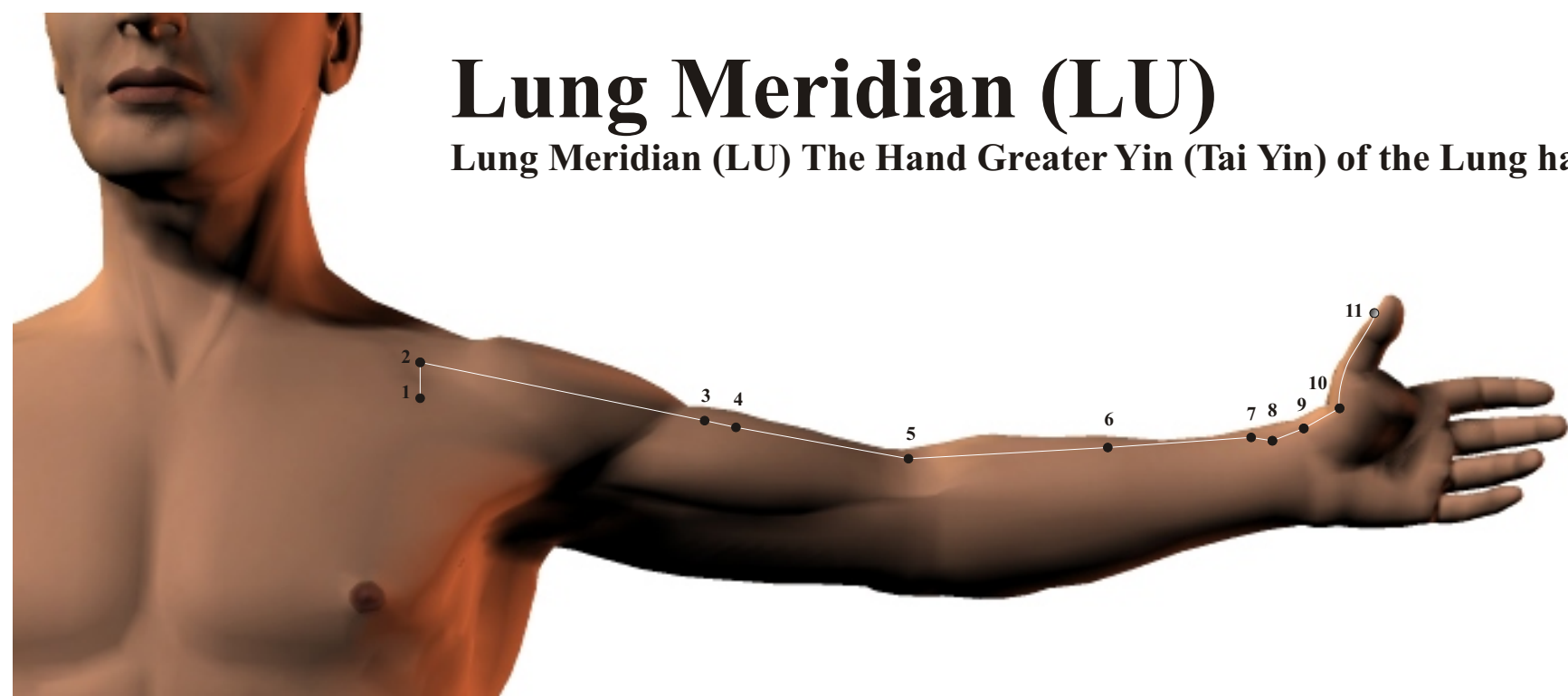


Lung Meridian (LU)

Lung Meridian (LU) The Hand Greater Yin (Tai Yin) of the Lung has 11 points



The lung channel of the Hand Taiyin originates from the lateral aspect of the chest near the arm pit. It then travels along the anterior-medial aspect of the upper arm, passing the cubital region and arrives at the radial side of the wrist containing the radial artery for pulse palpation. Passing the thenar eminence, it travels along the radial border of the palm ending at the medial side of the tip of the thumb.

LU1 Zhongfu - 6 cun lateral to anterior midline level with the 1st intercostal space, 1 cun below LU2. **Caution: needle oblique to avoid lungs.**
Indications: All Pulmonary Disorders, Facial Edema, Asthma, Bronchitis, Back Pain, Chest Discomfort, Chest Pain, Cough, Dyspnea, Nasal Congestion, Neck Nodular Growths, Shoulder Pain, Wheezing.

LU2 Yunmen - 6 cun lateral to the anterior midline below the clavicle in the depression medial to the coracoid process. **Caution: needle oblique to avoid lungs.**
Indications: Asthma, Painful Chest, Cough, Tonsillitis, Limited Shoulder Movement and Inflammation, Shoulder Pain, Thoracic Fullness.

LU3 Tianfu - 3 cun inferior to the anterior axillary fold on radial side of biceps brachii muscle.
Indications: Bronchitis, Hemoptysis, Asthma, Disorientation And Forgetfulness, Dizziness, Dyspnea, Epistaxis, Insomnia, Nosebleed, Sadness, Upper Arm Antero-Lateral Pain.

LU4 Xiabai - 4 cun inferior to the anterior axillary fold, 1 cun inferior to LU3 on radial side of biceps brachii muscle.
Indications: Asthma, Bronchitis, Nosebleed, Cardiac Pain, Cough, Dry Vomiting, Dyspnea, Shortness Of Breath, Thoracic Fullness, Medial Upper Arm Pain.

LU5 Chize - On the cubital crease, in the depression lateral to biceps brachii tendon.
Indications: Arm Pain, Asthma, Bronchitis, Pneumonia, Chest Discomfort, Cough, Coughing Blood, Dyspnea, Elbow Pain, Fever, Fever Tidal, Mastitis, Respiratory Disorders, Shoulder Pain, Thoracic Discomfort, Throat Soreness, Wheezing.

LU6 Kongzui - 7 cun above the transverse crease of the wrist.
Indications: Arm Pain, Asthma, Chest Pain, Cough, Coughing Blood, Elbow Problems, Difficulty Bending Arm, Headache, Hemorrhoids, Loss Of Voice, Perspiration Absent, Respiratory Disorders, Throat Infections, Throat Soreness, Tonsillitis.

LU7 Lieque - 1.5 cun above the transverse crease of the wrist, superior to the styloid process of the radius.
Indications: Asthma, Cough, Eye Deviation, Facial Muscle Paralysis, Genital Pain, Grief, Headache, Hematuria, Hemiplegia, Jaw Disorders, Mouth Deviation, Neck Stiffness, Sadness, Throat Soreness, Toothache, Worry, Wrist Joint Soft Tissue Diseases, Dry Skin, Acute Edema of the Limbs.

LU8 Jingqu - 1 cun above the transverse crease of the wrist in the hollow on the lateral side of the radial artery.
Indications: Chronic Lung and Respiratory Problems, Asthma, Chest Pain, Cough, Dyspnea, Fever, Throat Soreness, Wrist Pain.

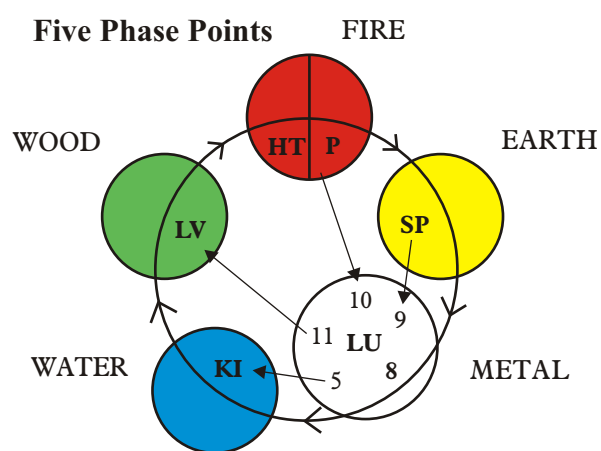
LU9 Taiyuan - On transverse crease of the wrist on the lateral side of the radial artery.
Indications: Pertussis, Bronchitis, Asthma, Pulmonary TB, Chest Pain, Cough, Coughing Blood, Dyspnea, Eye Disorders, Medial Forearm Pain, Headache, Palpitations, Respiratory Disorders, Throat Soreness, Toothache, Wrist Joint Soft Tissue Diseases, Wrist Pain.

LU10 Yuji - On the palmar side of the hand, at the midpoint of 1st metacarpal bone, at the junction of the red and white skin.
Indications: Abdominal Pain, Back Pain, Cardiac Pain, Chest Pain, Cough, Coughing Blood, Dyspnea, Fever, Fever Tidal, Loss Of Voice, Mastitis, Palm Heat, Throat Infections, Throat Soreness, Toothache, Voice Hoarse.

LU11 Shaoshang - 0.1 cun posterior to the nail on the radial side of the nail.
Indications: Common Cold, Cough, Fever, Mumps, Finger Pain, Stroke, Loss Of Consciousness, Mental Disorders, Nosebleed, Parotitis, Throat Infections, Throat Soreness, Throat Blockage.

Lung - Metal Element Correspondences

Color	White
Flavor	Pungent
Sense	Nose
Emotion	Sadness
Tissue	Skin
Climate	Dryness
Sounds	Crying
Odor	Rotting
Season	Autumn
Direction	West



Command Points

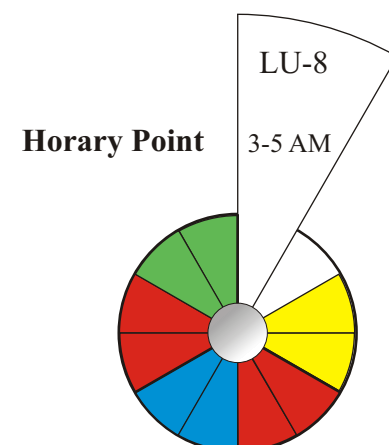
Water	LU5 Sedation Pt
Metal	LU8 Horary Pt
Earth	LU9 Tonification Pt
Fire	LU10
Wood	LU11
Luo	LU7
Xi-Cleft	LU6
Source	LU9

The lung meridian and asthma.

All of the lung meridian points are indicated for coughing and dyspnea. LU1 and LU2 are mainly indicated for cough, dyspnea, and chest pain. For bronchial asthma, LU10 should be used in all treatments, LU7, and LU9 are commonly used points for treating asthma. The Kidneys are also crucial in lung functioning according to TCM, because the Kidneys draw down the Qi of the Lung and convert the inhaled air into physical nutrients.

The most commonly used points for treating asthma are:

- CV 6 12 16 17 18 20 21 22 23
- GB 19 20 23 25 35
- GV 10 12 14
- KI 1 2 3 4 5 6
- LI 4 8
- LU 1 2 3 5 6 7 8 9 10 11
- LV 8 14
- SI 4 14 15
- SP 21
- ST 9 10 11 12 13 14 15 16 18 36
- TW 3 5
- BL 10 11 12 13 14 15 16 17 18 20 21 22 23 25 36 37 38 40 51



Cardinal Points

- LU5 Respiratory System
- LU7 Neck
- LU9 Skin, Blood Vessels, Throat, Pulse
- LU11 Skin

Large Intestine (LI)

The Hand Bright Yang (Yang Ming) of the Large Intestine 20 points

The large intestine channel of the Hand-Yangming starts from the tip of the index finger. Running upward along the radial aspect of the index finger, it passes through the inter-space of the first and second metacarpal bones, and ascends along the lateral anterior aspect of the upper arm to the highest point of the shoulder. It then travels along the anterior border of the acromion, then descends to the supraclavicular fossa. From the supraclavicular fossa it travels upward to the neck and to the cheek, then it curves around the upper lip and exits at the corner of the mouth, where it crosses the opposite large intestine channel of the Hand-Yangming at the philtrum. It ends at the side of the nose, where it connects with the stomach channel of the Foot-Yangming.

LI1 Shangyang - 0.1 cun posterior to the corner of the nail on the radial side of the index finger.
Indications: Coma from Stroke, Deafness, Fever High, Finger Numbness, Jaw Disorders, Loss Of Consciousness, Throat Constriction, Throat Soreness, Tinnitus, Toothache, Chronic Colon Problems.

LI2 Erjian - On the radial side of the index finger distal to the 2nd metacarpal-phalangeal joint in a depression at the junction of the red & white skin.
Indications: Facial Muscle Paralysis, Fever, Nosebleed, Throat Constriction, Throat Soreness, Toothache, Trigeminal Neuralgia, Blurred Vision, Dizziness, Eye Deviation.

LI3 Sanjian - On the radial side of the index finger proximal to the head of the 2nd metacarpal bone.
Indications: Eye Disorders, Eye Pain, Finger Inflammation and Stiffness, Inflammation on the Dorsum of Hand, Malaria, Throat Soreness, Toothache, Trigeminal Neuralgia, Easily Startled.

LI4 Hegu - On the dorsum of the hand, between the 1st and 2nd metacarpal bones.
Indications: All Ailments of the Face and Head, Abdominal Pain, Amenorrhea, Arm Pain, Constipation, Deafness, Eye Deviation, Eye Disorders, Facial Edema, Facial Muscle Paralysis, Fever Without Sweating, Finger Contraction, Headache, Hemiplegia, Intestinal Disorders, Prolonged or Delayed Labor, Mouth Deviation, Nosebleed, Parotitis, Respiratory Disorders, Skin Disorders, Throat Soreness, Toothache.

LI5 Yangxi - On the radial side of the wrist between the extensor pollicis longus & brevis tendons in a depression formed when the thumb is tilted upward (anatomical snuffbox)
Indications: Arm Motor Impairment, Deafness, Eye Disorders, Headache, Throat Constriction, Throat Soreness, Tinnitus, Toothache, Urticaria, Wrist Joint Soft Tissue Diseases, Infantile Indigestion, Mania.

LI6 Pianli - 3 cun above the transverse crease of the wrist (LI5) on the radial side of the forearm.
Indications: Arm Pain, Ascites, Deafness, Edema, Elbow Pain, Epistaxis, Manic Raving, Visual Disturbances, Redness of Eye, Wrist Pain, Tinnitus, Toothache, Scapular and Wrist Paralysis.

LI7 Wenliu - 5 cun above the transverse crease of the wrist (LI5) on the radial side of the forearm.
Indications: Borborygmus With Abdominal Pain, Facial Swelling, Headache, Mouth Pain, Shoulder And Arm Pain, Throat Pain, Tongue Pain, Toothache, Hallucinations, Pathological Laughter.

LI8 Xialian - 4 cun below LI11 on the radial side of the forearm on the line connecting LI5 and LI11
Indications: Abdominal Distention, Abdominal Pain, Indigestion, Arm And Elbow Pain, Diarrhea, Hematuria, Mania, Eye Pain, Vertigo.

LI9 Shanglian - 3 cun below LI11 on the radial side of the forearm on the line connecting LI5 and LI11
Indications: Abdominal Pain, Arm Numbness, Arm Pain, Bone Marrow With Coldness, Borborygmus, Hand Numbness, Hemiplegia, Large Intestine Qi Stagnation, Shoulder Pain.

LI10 Shousanli - 2 cun below LI11 on the radial side of the forearm on the line connecting LI5 and LI11
Indications: Abdominal Pain, Arm Pain, Arm Paralysis, Diarrhea, Facial Edema, Loss of Voice, Deafness, Gastrointestinal Disorders, Indigestion, Incontinence, Jaw Disorders, Shoulder Pain, Skin Disorders, Toothache, Gastric Ulcer, Vomiting.

LI11 Quchi - With a bent elbow, the point lies in the depression at the lateral end of the transverse cubital crease, midway between LU5 and the lateral epicondyle of the humerus.
Indications: Abdominal Pain, Allergies, Red and Swollen Eyes, Arm Pain, Arm Paralysis, Arthritis Shoulder Pain, Diarrhea, Elbow Problems, Eye Disorders, Fever, Goiter, Hemiplegia, Hypertension, Intestinal Disorders, Measles, Mental Disorders, Skin Disorders, Hives, Throat Constriction, Throat Soreness, Neck Stiffness, Toothache, Vomiting, Immune Deficiency.

LI12 Zhouliao - With the elbow flexed, on the radial side of the upper arm 1 cun above and lateral to LI11 on the lateral/posterior border of the humerus.
Indications: Arm Contraction, Arm Numbness, Arm Pain, Elbow Problems, Excessive Sleep, Stomachache with Fullness.

LI13 Shouwuli - 3 cun above LI11 on the line connecting LI11 and LI15 line. **Avoid injuring artery when needling!**
Indications: Arm Pain, Blurred Vision, Elbow Pain, Skin Disorders, Vomiting Blood, Pneumonia, Rheumatoid Arthritis.

LI14 Binao - 4 cun above LI13 at the inferior border of the deltoid, on the line connecting LI11 and LI15.
Indications: Arm Pain, Arm Paralysis, Back Pain, Neck Pain, Chills, Chills And Fever, Eye Diseases, Fever, Shoulder Pain, Skin Disorders.

LI15 Jianyu - Anterior and inferior to the acromion, on the upper portion of the deltoid muscle, in a depression formed when the arm is in full abduction.
Indications: Arm Motor Impairment, Arm Pain, Arm Paralysis, Arm Weakness, Hemiplegia, Hypertension, Perspiration Excessive, Shoulder Joint Soft Tissue Diseases, Shoulder Pain, Skin Disorders, Urticaria.

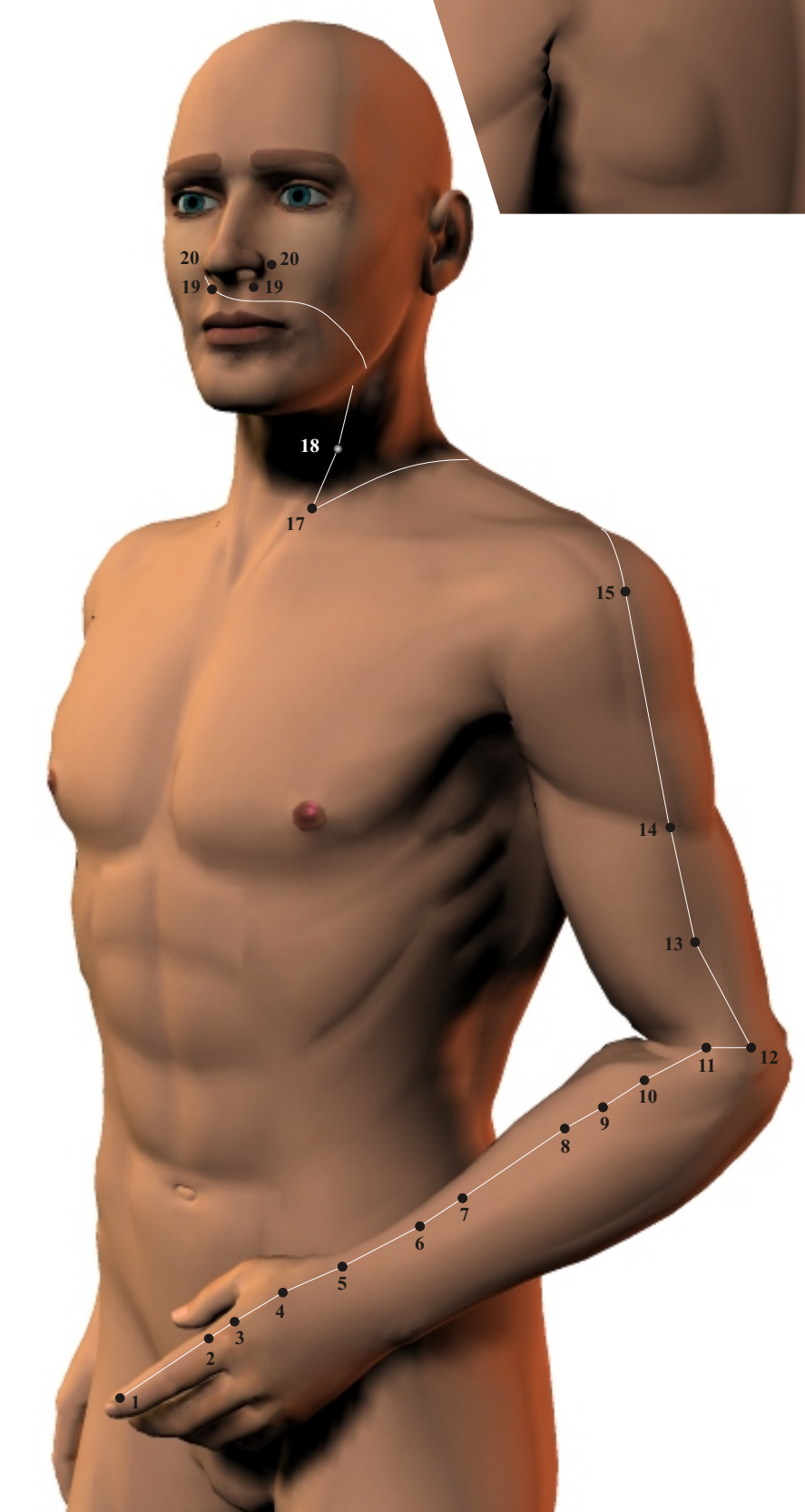
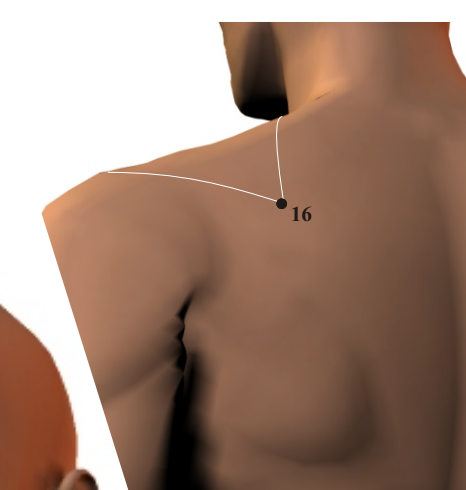
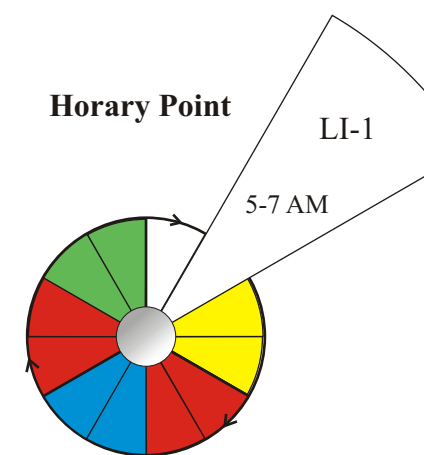
LI16 Jugu - Slightly posterior to the shoulder, in the depression between the acromion process and the scapular spine.
Indications: Arm Motor Impairment, Arm Pain, Back Pain, Goiter, Seizures, Limited Shoulder Movement, Shoulder Pain, Diseases of the Shoulder Joint and Soft Tissues, Agitation and Fear in Children.

LI17 Tianding - On the lateral side of the neck, 1 cun below LI18 on the posterior border of the SCM muscle.
Indications: Skin Disorders, Tonsillitis, Laryngitis, Sudden Loss of Voice, Goiter.

LI18 Futu - On the lateral side of the neck, level with the tip of the Adam's Apple between the sternal head and the clavicular head of the SCM
Indications: Asthma, Cough, Loss Of Voice, Skin Disorders, Swallowing Difficult, Throat Constriction, Throat Soreness, Voice Hoarseness, Wheezing, Excessive Mucus, Moist Cough.

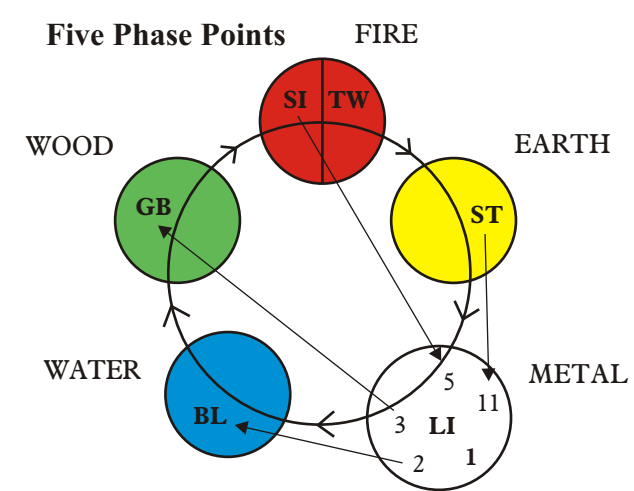
LI19 Kouheliao - Directly below the lateral margin of the nostril 0.5 cun lateral to GV26.
Indications: Facial Muscle Paralysis, Jaw Disorders, Lockjaw, Mouth Deviation, Nasal Congestion, Nasal Polyps, Rhinitis, Ulceration of the Nose, Nosebleed, Respiratory Disorders.

LI20 Yingxiang - In the nasolabial sulcus, level with the midpoint of the lateral border of the ala nasi.
Indications: Facial Edema, Facial Itching, Loss Of Sense Of Smell, Mouth Deviation, Nasal Congestion, Nasal Disorders, Nasal Polyps, Nosebleed, Respiratory Disorders.



Cardinal Points

- LI4 Mental Function, Sensory Organs, Hand, Face, Head and Ear.
- LI11 Fever, Arm and Skin.



Large Intestine - Metal Element Correspondences

Color	White
Flavor	Pungent
Sense	Nose
Emotion	Sadness
Tissue	Skin
Climate	Dryness
Sounds	Crying
Odor	Rotting
Season	Autumn
Direction	West

Command Points

Earth	LI11 Tonification Pt
Fire	LI5
Wood	LI3
Water	LI2 Sedation Pt
Metal	LI1 Horary Pt
Luo	LI6
Xi-Cleft	LI7
Source	LI4

