

# THE HAND TAI YIN LUNG CHANNEL

## The Lung Channel

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“The Lung holds the office of prime minister and is the issuer of management and regulation.”

- *Su Wen, Chapter 8*

### **FUNCTIONS OF THE LUNG**

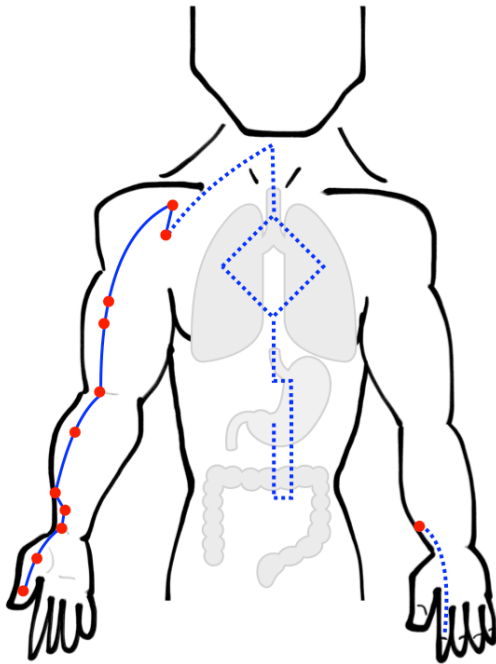
- Governs qi and controls respiration
- Controls disseminating and descending
- Regulates the water passages
- Controls the skin and body hair
- Opens to the nose

### **OTHER CHARACTERISTICS**

- Houses the corporeal soul (po)
- The Lung faces the 100 vessels
- “The Lung is the delicate organ; neither heat nor cold is appropriate”
- Emotion: sadness, grief

# Lung Primary Channel

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## **Begins:** middle-jiao

- descends to Large Intestine
- returns upward through cardiac orifice of the **Stomach**
- traverses **diaphragm**
- penetrates the Lung
- ascends to **throat**
- emerges at LU-1
- descends along radial side of arm
- terminates at LU-11 on the thumb

**Branch:** LU-7 → index finger (LI-1)

**Linkage:** LU-7 → LI-1

**Organs:** LU, LI, ST

# Lung Primary Channel

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## **PATHOLOGIES**

- cough, asthmatic breathing
- hemoptysis
- congested and sore throat
- a sensation of fullness in the chest
- pain in the supraclavicular fossa, shoulder, back and anterior border of the medial aspect of the arm

Begins	Δ Points	Organs	Tissue	Linkage	Misc.
middle-jiao	none	LU, LI, ST	skin, body hair, throat	LU-7 → LI-1	connects with nose via LI channel

# Lung Luo Channel

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## Separates: LU-7

- spreads across **thenar eminence**
- connects to LI channel

## Deficiency Symptoms:

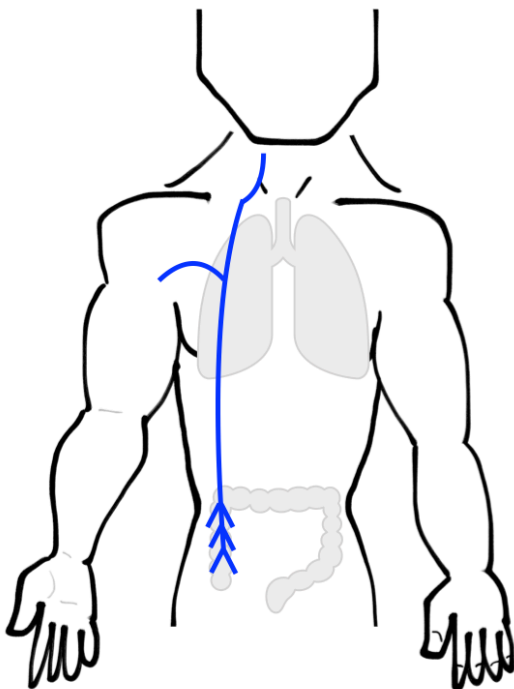
- shortness of breath
- yawning
- frequent urination, enuresis

## Excess Symptoms:

- hot palms or wrists

# Lung Divergent Channel

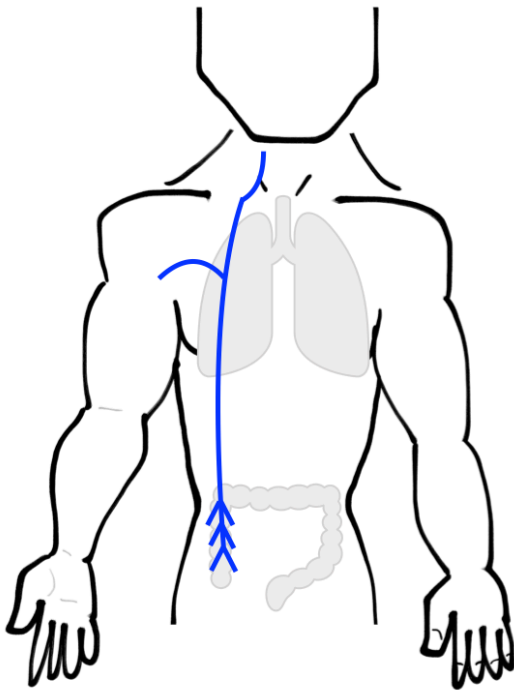
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- **Diverges:** axilla
- Passes anterior to Heart channel into chest
- Connects to Lung and Large Intestine
- A branch ascends from the Lung
- **Emerges:** supraclavicular fossa
- Ascends across **throat**
- **Converges** with the Large Intestine channel on the neck (LI-18)

# Lung Divergent Channel

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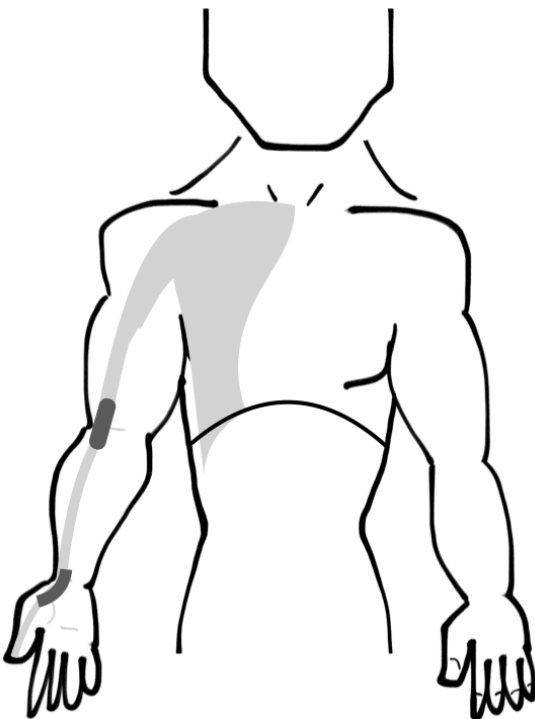
<b>Separates:</b>	axilla
<b>Enters:</b>	chest
<b>Emerges:</b>	supraclavicular fossa
<b>Converges</b>	throat (LI-18)

## TREATS

- Nasal disorders including nosebleed (epistaxis) and nasal obstruction
- Throat dryness, soreness, congestion, swelling and pain

# Lung Sinew Channel

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- **Originates** on the thumb (LU-11)
- **Binds** at the thenar eminence
- **Binds** at the center of the elbow
- Continues up the arm to enter the chest
- **Spreads** over diaphragm and ribs

## PATHOLOGIES

- cramping pain along channel
- tension in costal region
- accumulation of lumps below the right lateral costal region
- spitting blood

# LU-1: zhōng fǔ

中府

## Middle Palace

*Front-Mu point of the Lung  
Meeting point of the Lung and Spleen channels*

6 cun lateral to the midline, level with first intercostal space

**Needling:** ˆ 0.5-1.0 cun, medially along intercostal space

### **FUNCTIONS:**

- Descends Lung qi and stops cough
- Transforms phlegm, clears heat, regulates water passages
- Descends Stomach qi

### **INDICATIONS:**

- cough, wheezing, shortness of breath, coughing up phlegm, coughing of blood
- heat in chest, chest fullness and pain, chest oppression
- throat obstruction, nasal congestion, swelling of the face (facial edema)
- pain in the shoulder, back, and chest
- vomiting, retching, abdominal distention
- skin pain, goiter

# LU-2: yún mén

雲門

## Cloud Gate

6 cun lateral to the midline, below the clavicle

**Needling:** ˆ 0.5-1.0 cun

### **FUNCTIONS:**

- Clears Lung heat, descends Lung qi and stop cough
- Disperses fullness in the chest

### **INDICATIONS:**

- cough, wheezing, asthma
- heat in chest, chest oppression, pain in the lateral costal region
- painful obstruction of the shoulder with difficulty adducting the arm
- interrupted pulse
- throat pain, goiter

# LU-3: *tiān fǔ*

天府

## Heavenly Palace

*Window of Heaven Point*

3 cun below axillary fold, lateral border of bicep

**Needling:** ± 0.5-1.0 cun

### **FUNCTIONS:**

- Descends Lung qi
- Cools the blood and stops bleeding
- Calms the Corporeal Soul (*Po*)

### **INDICATIONS:**

- cough, wheezing, asthma
- nosebleed, coughing up blood (hemoptysis)
- somnolence, insomnia, sadness, weeping, forgetfulness, talking with ghosts
- throat pain, goiter
- dizziness, visual dizziness, short-sightedness

# LU-4: *xiá bái*

俠白

## Clasping the White

4 cun below axillary fold, lateral border of bicep

**Needling:** ± 0.5-1.0 cun

### **FUNCTIONS:**

- Descends Lung qi
- Regulates qi and blood in the chest

### **INDICATIONS:**

- cough, asthma, shortness of breath
- heart pain, palpitations, fullness
- pain in the arm

# LU-5: *chǐ zé*

尺澤

## Cubit Marsh

*He-Sea (Water) Point*

On the cubital crease, radial side of biceps brachii tendon

**Needling:** ± 0.5-1.0 cun

### **FUNCTIONS:**

- Clears Lung heat
- Descends rebellious Lung qi
- Resolves phlegm
- Regulates water passages
- Relaxes the sinews and alleviates pain

### **INDICATIONS:**

- cough, wheezing, asthma, shortness of breath, coughing with phlegm
- fever, dry mouth, throat pain
- coughing up blood, nosebleed, vomiting blood
- vomiting, diarrhea, abdominal distention
- edema, swelling of the limbs, enuresis, frequent urination, urinary retention
- pain in the lateral costal region, heart pain, childhood fright, sobbing with grief
- pain along the arm (shoulder, elbow, hand), wind bi (wandering pain)

# LU-6: *kǒng zuì*

孔最

## Maximum Opening

*Xi-Cleft Point*

7 cun proximal to wrist crease, on line connecting LU-5 and LU-9

**Needling:** ± 0.5-1.0 cun

### **FUNCTIONS:**

- Descends Lung qi
- Clears heat and moistens Lung
- Stops bleeding
- Treats acute conditions and pain

### **INDICATIONS:**

- cough, wheezing, asthma
- throat pain, voice loss, fever without sweating
- coughing up blood (hemoptysis), vomiting blood, hiccup
- severe elbow pain, arm pain, difficulty flexing and extending the fingers, inability to raise the arm above the head

# LU-7: liè quē

列缺

## Broken Sequence

*Luo-Connecting Point*  
*Master Point of the Ren Mai*  
*Command Point of the Head and Nape*  
*Ma Dan-Yang Heavenly Star Point*

1.5 cun proximal to the wrist crease, between the tendons brachioradialis and abductor pollicis longus (proximal to radial styloid process)

**Needling:** \_ 0.5-1.0 cun

### FUNCTIONS:

- Descends Lung qi
- Releases the exterior
- Pacifies wind and phlegm
- Regulates the water passages
- Benefits the head and neck
- Opens the nose
- Opens the Ren Mai
- Treats pain along the Luo channel

### INDICATIONS:

- **exterior wind:** fever and chills, nasal congestion, throat pain, cough, wheezing, asthma, SOB
- **interior wind/phlegm:** stiff neck, headache, lock jaw, hemiplegia, deviation of mouth, epilepsy
- **water passages:** facial edema, sudden swelling of the limbs, urinary retention
- **ren channel:** lingering lochia, lin syndrome, genital pain, seminal emission
- **psycho-emotional:** poor memory, palpitations, laughter
- **luo pathway:** pain in the wrist, hand, thumb

# LU-8: jīng qú

經渠

## Channel Gutter

*Jing-River (Metal) Point*

1 cun proximal to wrist crease, on line connecting LU-5 and LU-9 (radial side of artery)

**Needling:** ⊥ 0.3-0.5 cun

### FUNCTIONS:

- Descends Lung qi and relieves cough and wheezing

### INDICATIONS:

- cough, wheezing, asthma
- throat pain, fever without sweating, vomiting
- chest pain, wrist pain



# LU-9: *tài yuān*

太淵

## Supreme Abyss

*Shu-Stream (Earth) Point*  
*Yuan-Source Point*  
*Gathering Point of the Vessels*

At the wrist crease, between radial artery and abductor pollicis longus tendon

**Needling:** ± 0.3-0.5 cun

Since wrist creases can be tricky, you can also locate the proximal border the the pisiform bone (HT-7). LU-9 is at the same level.

### **FUNCTIONS:**

- Tonifies Lung qi and Lung yin
- Descends Lung qi
- Resolves phlegm
- Regulates the 100 vessels
- Treats pain along the channel

### **INDICATIONS:**

- chronic weak cough, wheezing, shortness of breath, yawning
- cough with watery phlegm
- coughing blood, vomiting blood
- heart pain with choppy pulse, weak pulse, absence of pulse
- rebellious Stomach qi
- arm pain, wrist pain, shoulder pain

# LU-10: *yú jì*

魚際

## Fish Border

*Ying-Spring (Fire) Point*

In the depression between the midpoint of the shaft of the first metacarpal bone and the thenar muscle

**Needling:** ± 0.5-1.0 cun

### **FUNCTIONS:**

- Benefits the throat
- Clears Lung heat
- Descends rebellious qi
- Harmonizes Lung and Stomach
- Calms the shen

### **INDICATIONS:**

- throat pain, **sore throat**, dry throat, loss of voice
- cough, shortness of breath
- coughing blood, vomiting blood, blood in urine
- abdominal pain, sudden turmoil, vomiting
- agitation, sadness and fear, anger, chest bi, fear and fright
- pain in thumb

# LU-11: *shào shāng*

少商

## Lesser Shang

*Jing-Well (Wood) Point*  
*Sun Si-Miao Ghost Point*

Radial side of thumb, 0.1 cun from corner of the nail

**Needling:** ⊥ 0.1-0.2 cun, prick to bleed

### **FUNCTIONS:**

- Revives consciousness
- Clears heat and benefits the throat

### **INDICATIONS:**

- loss of consciousness (from wind-stroke)
- sore throat
- agitation of the heart, fullness below the heart, mania, epilepsy
- pain of the wrist, thumb, arm, front of ear

Both LU-10 and LU-11 benefit the throat. LU-10 can be used for both excess and deficiency heat. LU-11 is for more severe cases due to excess heat only.

# THE HAND TAI YIN LUNG CHANNEL

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This file is available online at: [http://www.tcmstudy.net/handouts/A101\\_Lung.pdf](http://www.tcmstudy.net/handouts/A101_Lung.pdf)

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