The Hand Tai Yin Lung Channel

The Lung Channel

“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**

**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

**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

<table>
<thead>
<tr>
<th>Begins</th>
<th>Δ Points</th>
<th>Organs</th>
<th>Tissue</th>
<th>Linkage</th>
<th>Misc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>middle-jiao</td>
<td>none</td>
<td>LU, LI, ST</td>
<td>skin, body hair, throat</td>
<td>LU-7 → LI-1</td>
<td>connects with nose via LI channel</td>
</tr>
</tbody>
</table>

**Linkage:** LU-7 → LI-1
**Organs:** LU, LI, ST
Lung Luo Channel

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

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**

<table>
<thead>
<tr>
<th>Separates:</th>
<th>axilla</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enters:</td>
<td>chest</td>
</tr>
<tr>
<td>Emerges:</td>
<td>supraclavicular fossa</td>
</tr>
<tr>
<td>Converges</td>
<td>throat (LI-18)</td>
</tr>
</tbody>
</table>

**TREATS**

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

**Lung Sinew Channel**

- **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

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

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

**INDICATIONS:**
- cough (with possible phlegm/blood/pus), wheezing, asthma
- heat in chest, fever/chills, sweating
- throat obstruction, nasal congestion, swelling of the face (facial edema)
- pain in the shoulder, back, and chest
- nausea/vomiting
- skin pain, goiter

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# LU-2: yún mén

**Cloud Gate**

6 cun lateral to the midline, below the clavicle

**Needling:** 0.5-1.0 cun

**FUNCTIONS:**
- Clears Lung heat
- Descends Lung qi
- Dispels agitation and fullness

**INDICATIONS:**
- cough, wheezing, asthma
- heat in chest, chest oppression
- pain in the lateral costal region, shoulder pain with inability to raise arm
- interrupted pulse
- throat pain, goiter
### LU-3: tiān fǔ  
**Heavenly Palace**  
**Window of Heaven Point**

3 cun below axillary fold, lateral border of bicep

*Needling:* 0.5-1.0 cun

<table>
<thead>
<tr>
<th>FUNCTIONS:</th>
<th>INDICATIONS:</th>
</tr>
</thead>
</table>
| - Clears Lung heat and descends Lung qi  
- Cools blood and stops bleeding  
- Calms the corporeal soul (po) | - cough, wheezing, asthma  
- nosebleed, coughing up blood  
- somnolence, insomnia, sadness, weeping, forgetfulness, crying ghost talk  
- throat pain, goiter  
- dizziness, visual dizziness, short-sightedness |

### LU-4: xiá bái  
**Clasping the White**

4 cun below axillary fold, lateral border of bicep

*Needling:* 0.5-1.0 cun

<table>
<thead>
<tr>
<th>FUNCTIONS:</th>
<th>INDICATIONS:</th>
</tr>
</thead>
</table>
| - Descends Lung qi  
- Regulates qi and blood in the chest | - cough, asthma, SOB  
- heart pain, palpitations, fullness  
- pain in the arm |
**LU-5: chí zé**

Cubit Marsh  
*He-Sea (Water) Point*

In the cubital crease, radial side of biceps brachii tendon

**Needling:** ⊥ 0.5-1.0 cun

**FUNCTIONS:**
- Clears Lung heat and descends rebellious Lung qi
- Regulates water passages
- Activates the channel
- Relaxes the sinews and alleviates pain

**INDICATIONS:**
- cough, wheezing, asthma, SOB
- fever, dry mouth, throat pain
- coughing up blood, nosebleed, vomiting blood
- vomiting, diarrhea, abdominal distention
- Swelling of the limbs, enuresis, frequent urination
- Pain in the lateral costal region, heart pain, childhood fright, sobbing with grief
- Pain along the arm (shoulder, elbow, wrist)

**LU-6: kǒng zuì**

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
- Clears heat and stop bleeding
- Moderates acute conditions

**INDICATIONS:**
- cough, wheezing, asthma
- throat pain, voice loss, fever without sweating
- coughing up blood (hemoptysis), vomiting blood, hiccup
- severe elbow pain, arm pain, inability to raise the arm above the head
LU-7: liè quē

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:
- Releases the exterior
- Descends Lung qi
- Pacifies wind and phlegm
- Benefits head and nape
- Opens Ren channel
- Regulates water passages
- ACAP

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
- 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

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 alleviates cough and wheezing

INDICATIONS:
- cough, wheezing, asthma
- throat pain, fever without sweating, vomiting
- chest pain, wrist pain
LU-9: **tài yuān**

**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

**FUNCTIONS:**
- Tonifies the Lung, transforms phlegm
- Descends Lung qi
- Regulates the 100 vessels
- ACAP

**INDICATIONS:**
- cough, wheezing, asthma, SOB
- coughing blood, vomiting blood
- heart pain with choppy pulse, manic raving
- rebellious Stomach qi
- arm pain, wrist pain, shoulder pain

LU-10: **yú jì**

**Fish Border**  
*Ying-Spring (Fire) Point*

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 Stomach and Heart

**INDICATIONS:**
- throat pain, sore throat, dry throat, loss of voice
- cough, coughing blood, vomiting blood
- abdominal pain, sudden turmoil, vomiting
- agitation, sadness and fear, anger, chest bi, fear and fright
- pain in thumb
LU-11: *shào shāng*

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

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<tbody>
<tr>
<td>• Revives consciousness</td>
<td>• loss of consciousness (from wind-stroke)</td>
</tr>
<tr>
<td>• Clears heat and benefits the throat</td>
<td>• sore throat</td>
</tr>
<tr>
<td></td>
<td>• agitation of the heart, fullness below the heart, mania, epilepsy</td>
</tr>
<tr>
<td></td>
<td>• pain of the wrist, thumb, arm, front of ear</td>
</tr>
</tbody>
</table>

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**THE HAND TAI YIN LUNG CHANNEL**

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This file is available online at: http://www.tcmstudy.net/handouts/A102_Lung.pdf

**Sources:**