

# THE HAND YANG MING LARGE INTESTINE CHANNEL

## The Large Intestine Channel

---

“The Large Intestine holds the office of transport master, issuing change and transformation.”

- *Su Wen, Chapter 8*

### FUNCTIONS OF THE LARGE INTESTINE

- Transports and transforms waste
- Removes fluids

### OTHER CHARACTERISTICS

- “The Yang Ming channel is full of qi and blood.” - *Ling Shu, Chapter 9*

不通则痛  
痛则不通  
*bù tōng zé tòng*  
*tòng zé bù tōng*

Where there is stagnation, there is pain.  
Where there is pain, there is stagnation.

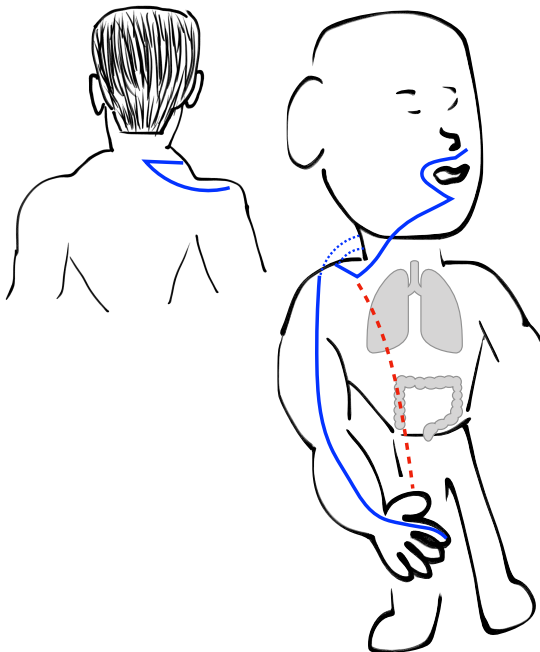
# Lower He-Sea Points

Large Intestine	ST-37
Small Intestine	ST-39
San Jiao	UB-39

- Chapter 4 of the Ling Shu states, “The he-sea points treat the internal fu”
- However, in the case of the three arm yang channels (LI, SI, SJ), the channel traverses the upper body, while the corresponding organ is in the lower jiao
- Thus, the He-Sea points of the three arm yang channels cannot reach their corresponding *fu* organ
- Therefore, we designate an additional point, not on that channel, called the Lower He-Sea Point which is able to treat the organ

**Points along the Large Intestine channel do not have a strong effect on the Large Intestine organ.** If we want to treat the organ, we would use other points like ST-37 (the lower he-sea point) or ST-25 (the front-mu point)

# LI Primary Channel



## Begins: LI-1

- ascends anterior aspect of arm to the shoulder
- crosses behind the shoulder, passing through SI-12 and **DU-14**
- meets the other five yang channels
- enters the supraclavicular fossa and connects to the Lung and Large Intestine
- **Branch:** descends to ST-37, the lower he-sea points of the Large Intestine
- **Branch:** ascends from the supraclavicular fossa along neck, passes through cheek and **lower gums**
- curves around lip and crosses to other side of the body and terminates next to the nose
- At LI-20, the Large Intestine channel joins the Stomach channel

**Linkage:** LI-20 → ST-1

**Organs:** LU, LI

# LI Primary Channel

---

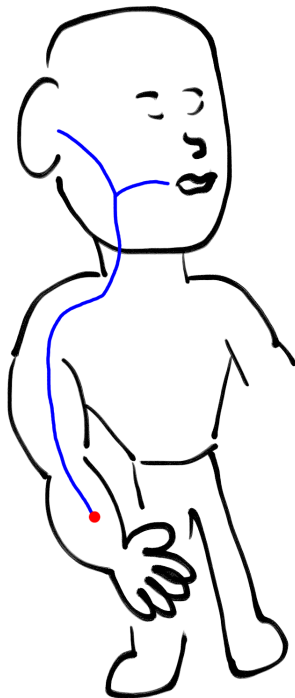
## PATHOLOGIES

- epistaxis, watery nasal discharge
- toothache
- congested and sore throat
- borborygmus, abdominal pain, diarrhea and dysentery
- pain in the neck, anterior part of shoulder and lateral aspect of the arm

Begins	Δ Points	Organs	Tissue	Linkage	Misc.
LI-1	ST-4, ST-12, SI-12, DU-14, DU-26, Ren-24, GB-5, GB-6, GB-14	LU, LI	lower gums	LI-20 → ST-1	crosses to other side of body

# LI Luo Channel

---



## Separates: LI-6

- joins the **Lung** channel
- ascends the arm to the jaw and cheek
- divides
- one branch connects to **teeth**
- other branch enters the **ear**

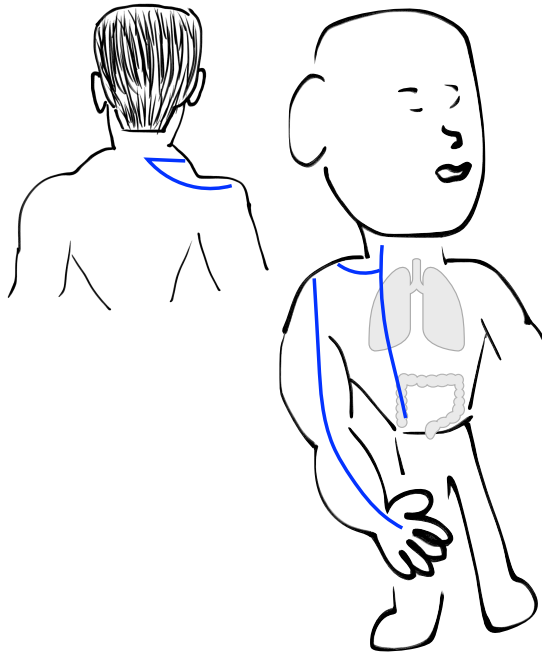
## Deficiency Symptoms:

- teeth sensitive to cold
- fullness/congestion in the chest

## Excess Symptoms:

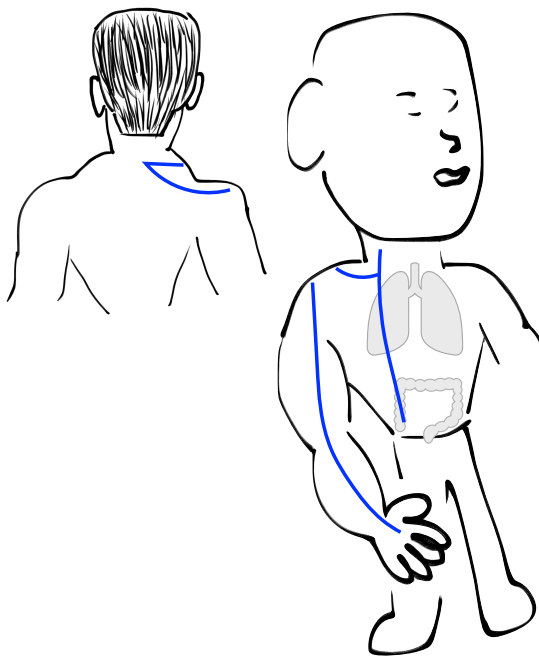
- toothache
- gum disease
- deafness
- ear disorders

# LI Divergent Channel



- **Diverges:** on the hand
- Ascends to shoulder (LI-15)
- Travels medially to spinal column
- Crosses supraclavicular fossa and descends to **thorax, breast**, Lung and Large Intestine
- **Branch:** ascends from supraclavicular fossa along throat
- **Converges** with the Large Intestine primary channel on the neck (LI-18)

# LI Divergent Channel

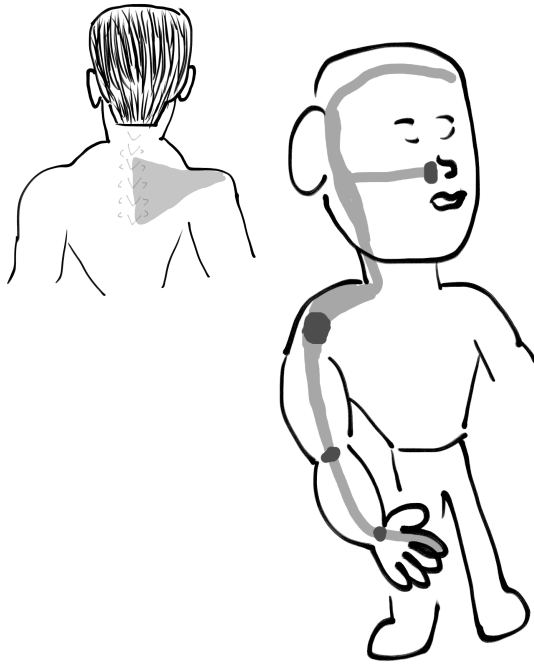


<b>Separates:</b>	hand
<b>Enters:</b>	supraclavicular fossa
<b>Emerges:</b>	supraclavicular fossa
<b>Converges</b>	throat (LI-18)

## TREATS

- Disorders of the Chest and Breast
- Disorders of the upper back, chest, lung, throat, and large intestine
- LI-18 Upper Uniting Point can be used for both LI and Lung channel disorders

# LI Sinew Channel



- **Originates** index finger (LI-1)
- **Binds** at the dorsum of the wrist
- **Binds** at the lateral aspect of the elbow
- **Binds** at the shoulder
- A branch winds around the scapula and attaches to the spine
- Ascends the neck, spreads over cheek and **binds** at the nose
- crosses over the top of the head and connects to the mandible on the other side

## PATHOLOGIES

- cramping pain along channel
- inability to raise shoulder
- inability to turn neck left or right

## LI-1: *shāng yáng*

商陽

### Shang Yang

*Jing-Well (Metal) Point*

0.1 cun from corner of nail, near base and radial side

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

#### FUNCTIONS:

- Revives consciousness
- Clears heat, reduces swelling, alleviates pain
- Brightens the eyes, benefits the ears and throat

#### INDICATIONS:

- loss of consciousness (from wind-stroke)
- painful obstruction of throat, toothache in lower jaw, cheek pain
- deafness, tinnitus
- pain in shoulder, numbness in fingers

# LI-2: èr jiān

二間

## Second Space

*Ying-Spring (Water) Point*

Radial border of index finger, distal to metacarpo-phalangeal joint

**Needling:** ± 0.5 cun

### **FUNCTIONS:**

- Expels wind, clears heat and reduces swelling
- Alleviates pain

### **INDICATIONS:**

- toothache, pain and swelling of the lower cheek, acute eczema of the face
- deviation of the mouth and eye
- nosebleed, rhinitis
- febrile disease
- pain and stiffness in shoulder and back

# LI-3: sān jiān

三間

## Third Space

*Shu-Stream (Wood) Point*

Radial border of index finger, proximal to metacarpo-phalangeal joint

**Needling:** ± 0.5-2 cun

### **FUNCTIONS:**

- Expels wind and heat
- Clears heat, brightens the eyes, benefits throat and teeth
- Dispels fullness and treats diarrhea

### **INDICATIONS:**

- obstruction of throat, toothache in lower jaw, tongue thrusting
- cold or damp diarrhea, borborygmus, fullness in chest
- acute stiff neck, redness on back of hand, difficulty extending fingers

# LI-4: *hé gǔ*

合谷

## Joining Valley

*Yuan-Source Point*  
*Gao Wu Command Point of the Face*  
*Ma Dan-Yang Heavenly Star Point*

At the midpoint of the second metacarpal bone, close to its radial border

**Needling:** ± 0.5-1 cun (contraindicated in pregnancy)

### **FUNCTIONS:**

- Regulates wei qi and adjusts sweating
- Releases the exterior
- Benefits the face, eyes, nose, ears, and mouth
- Stops pain
- Promotes labor
- Restores yang collapse
- ACAP

### **INDICATIONS:**

- exterior wind-cold or wind heat, copious sweating, absence of sweating
- headache, eye pain/swelling, nosebleed, nasal congestion, toothache, mouth pain/ulcers, swelling of face
- amenorrhea, prolonged labor
- **pain, stagnation**
- Yang collapse: loss of consciousness, cold limbs, purple lips

# LI-5: *yáng xī*

陽谿

## Yang Stream

*Jing-River (Fire) Point*

Center of hollow formed by extensor policis longus and brevis

**Needling:** ± 0.5-1 cun

### **FUNCTIONS:**

- Clears heat and alleviates pain
- Clears Yang Ming fire and calms shen
- Benefits nose, ears, and eyes
- Benefits the wrist joint

### **INDICATIONS:**

- Heat in face: rhinitis, nosebleed, eye pain, lacrimation, toothache, headache
- Febrile disease with agitation of the heart, mania-depression, manic raving, laughter
- Weakness and pain in the wrist, contraction of the fingers, heat in the palms

# LI-6: *piān lì*

偏歷

## Veering Passage

*Luo-Connecting Point*

3 cun proximal to LI-5

**Needling:** ˆ 0.5-1.0 cun

### **FUNCTIONS:**

- Expels wind and clears heat
- Regulates the water passages

### **INDICATIONS:**

- **Luo-Channel pathway:** tinnitus, deafness, toothache, red eyes, swelling of cheek, deviation of mouth
- **Yin-Yang Pair:** difficult urination, edema, ascites, exterior attack of wind-heat
- Pain of wrist, elbow, arm

# LI-7: *wēn liū*

溫溜

## Warm Flow

*Xi-Cleft Point*

5 cun proximal to LI-5

**Needling:** ˆ 0.5-1.0 cun

### **FUNCTIONS:**

- Clears heat and heat toxicity
- Harmonizes Stomach and intestines
- Clears Yang Ming fire and calms spirit
- **Treats acute conditions and pain**

### **INDICATIONS:**

- swelling and pain of face, carbuncles, sores, boils, pain of teeth, tongue thrust, loss of voice
- borborygmus with abdominal pain, abdominal distention, vomiting watery saliva, sudden swelling of limbs
- frequent laughter, raving, seeing ghosts
- pain and difficulty raising arm/shoulder



# LI-8: *xià lián*

下廉

## Lower Angle

4 cun distal to LI-11

Needling: ± 0.5-1 cun

### FUNCTIONS:

- Harmonizes Small Intestine
- Expels wind and clears heat
- Clears Yang Ming fire and calms shen

### INDICATIONS:

- fullness and pain in abdomen, periumbilical pain, blood in the stool
- Bi syndrome, hemiplegia, headache
- Manic raving, mad walking

**Deadman:** "In clinical practice, however, the points on the lower limb are much more frequently used to treat intestinal disorders."

# LI-9: *shàng lián*

上廉

## Upper Angle

3 cun distal to LI-11

Needling: ± 0.5-1.5 cun

### FUNCTIONS:

- Harmonizes Large Intestine
- ACAP

### INDICATIONS:

- Borborygmus, abdominal pain
- Chest pain, dyspnea
- Pain or numbness or shoulder, elbow, arm

**Deadman:** "In clinical practice, however, the points on the lower limb are much more frequently used to treat intestinal disorders."

# LI-10: *shǒu sān lǐ*

手三里

## Arm Three Miles

2 cun distal to LI-11

Needling: ⊥ 0.5-1.5 cun

### FUNCTIONS:

- Regulates qi and blood
- Harmonizes Stomach and intestines
- Tonifies qi
- ACAP

### INDICATIONS:

- pain and immobility of the arm and shoulder, atrophy, hemiplegia
- abdominal pain, vomiting and diarrhea, sudden turmoil
- toothache, swelling of cheek, deviation of mouth

# LI-11: *qū chí*

曲池

## Pool at the Crook

*He-Sea (Earth) Point*

*Sun Si-Miao Ghost Point*

*Ma Dan-Yang Heavenly Star Point*

At the elbow, midway between LU-5 and the lateral epicondyle of the humerus

Needling: ⊥ 1-1.5 cun

### FUNCTIONS:

- Clears heat and cools the blood
- Eliminates wind, drains damp, and alleviates itching
- Regulates qi and blood
- Benefits sinews and joints

### INDICATIONS:

- fever, urticaria, wind rash, dry skin, scaly skin, itching of the skin, shingles
- agitation and oppression of the chest, manic disorders, tongue thrusting, dizziness, hypertension
- throat pain, goiter, scrofula, toothache, pain in eyes, pain in front of ear
- pain in upper arm, bi syndrome, hemiplegia, contraction, immobility of elbow

# LI-12: *zhǒu liáo*

肘髎

## Elbow Crevice

1 cun proximal and 1 cun lateral to LI-11

**Needling:** ⊥ 0.5-1 cun

### **FUNCTIONS:**

- ACAP
- Benefits elbow

### **INDICATIONS:**

- numbness and immobility of upper arm
- pain and stiffness of elbow

# LI-13: *shǒu wǔ lǐ*

手五里

## Arm Five Miles

3 cun proximal to LI-11

**Needling:** ⊥ 0.5-1 cun

### **FUNCTIONS:**

- ACAP
- Alleviates coughing
- Regulates qi, drains damp and transforms phlegm

### **INDICATIONS:**

- pain or numbness of elbow or upper arm, inability to raise arm, shoulder pain
- Cough, difficult breathing
- Scrofula, inability to move the four limbs

# LI-14: *bì nǎo*

臂臑

## Upper Arm

Insertion of deltoid muscle

Needling:  $\perp$  1-1.5 cun

### FUNCTIONS:

- ACAP
- Resolves phlegm and dissipates nodules
- Brightens the eyes

### INDICATIONS:

- Pain and numbness of upper arm or shoulder
- Scrofula and goiter
- Redness, swelling, pain in eyes

# LI-15: *jiān yú*

肩髃

## Shoulder Bone

Anterior and inferior to acromion, at origin of deltoid muscle

Needling:  $\perp$  0.5-1 cun

### FUNCTIONS:

- Dispels damp, alleviates pain, and benefits the shoulder joint
- Eliminates wind and regulates qi and blood
- Resolves phlegm and dissipates nodules

### INDICATIONS:

- Shoulder stuff: shoulder pain, weakness of the shoulder, heat in shoulder, swelling of shoulder, inability to raise arm
- hemiplegia, wind paralysis, wind-stroke, bi syndrome
- wind-heat urticaria
- scrofula and goiter

# LI-16: *jù gǔ*

巨骨

## Great Bone

Medial to acromion process, between lateral end of clavicle and scapular spine

Needling:  $\perp$  0.5-1.0 cun

### FUNCTIONS:

- ACAP
- Benefits shoulder joint
- Resolves phlegm and dissipates nodules

### INDICATIONS:

- Pain of shoulder, blood stasis in shoulder, difficulty raising arm, pain in upper arm
- Fright epilepsy, vomiting copious amounts of blood, blood stasis in chest, scrofula and goiter

# LI-17: *tiān dǐng*

天鼎

## Heaven's Tripod

1 cun inferior to LI-18, on the posterior border of the SCM

Needling:  $\perp$  0.3-0.5 cun

### FUNCTIONS:

- Descends Lung qi, stops cough and wheezing
- Transforms phlegm, clears heat, regulates water passages
- Benefits the throat and voice
- Descends Stomach qi

### INDICATIONS:

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

# LI-18: *fú tū*

扶突

## Support the Prominence

*Window of Heaven Point*

Level with tip of laryngeal prominence, between sternal and clavicular heads of SCM

**Needling:** ⊥ 0.3-0.5 cun

### **FUNCTIONS:**

- Benefits the throat and voice
- Relieves cough and wheezing

### **INDICATIONS:**

- swelling, pain of throat, sudden loss of voice, goiter, scrofula, difficulty swallowing
- Cough, wheezing, asthma

# LI-19: *kǒu hé liáo*

口禾髎

## Mouth Grain Crevice

Below lateral margin of nostril, 0.5 cun lateral to DU-26 (upper third of philtrum)

**Needling:** ⊥ 0.3-0.5 cun

### **FUNCTIONS:**

- Eliminates wind and opens nasal passages

### **INDICATIONS:**

- nasal congestion, loss of sense of smell, nasal polyps, rhinitis
- lockjaw, deviation of mouth, loss of consciousness

# LI-20: *yíng xiāng*

迎香

## Welcome Fragrance

In the naso-labial groove, level with the midpoint of the ala nasi

Needling: \_ 0.3-0.5 cun

### FUNCTIONS:

- Opens the nasal passages
- Expels wind and clears heat

### INDICATIONS:

- nasal congestion, nasal discharge, rhinitis, loss of smell, nasal sores
- deviation of mouth, swelling and itching of face

# THE HAND YANG MING LARGE INTESTINE CHANNEL

By: Nicholas Duchnowski  
Revised: 8/24/19

This file is available online at: [http://www.tcmstudy.net/handouts/A102\\_Lung.pdf](http://www.tcmstudy.net/handouts/A102_Lung.pdf)

### Sources:

- *A Manual of Acupuncture*, by Peter Deadman et al., Journal of Chinese Medicine Publications, 2007
- *The Foundations of Chinese Medicine*, by Giovanni Maciocia, Elsevier Churchill Livingstone, 2005
- *Chinese Acupuncture and Moxibustion*, by Cheng Xinnong, Foreign Language Press, 2016
- *Applied Channel Theory in Chinese Medicine*, by Wang Ju-Yi, Eastland Press, 2008