

# SPLEEN CHANNEL

Begins: SP-1

Organs: SP, ST, HT

Crossing Points: REN-3, REN-4, REN-10, (REN-17), GB-24, LV-14, LU-1

Internal Pathway: SP-1 → SP, ST, HT → throat → **spreads over lower surface of tongue**

Branch: REN-10 → HT organ

Luo Channel: SP-4 → ST channel → abdomen → intestines, ST

Great Luo: SP-21 → spreads over ribs

Divergent Channel: thigh → abdomen → SP, ST, HT → penetrates tongue

Sinew Channel: toe → ankle → knee → thigh → external genitals → umbilicus → ribs → spine

|       |   |       |   |
|-------|---|-------|---|
| SP-1  | Medial big toe, corner of nail                    | SP-12 | 3.5 cun lateral to REN-2                        |
| SP-2  | Distal & inferior to 1st metatarsal-phalangeal j. | SP-13 | 4 cun lateral to midline in inguinal crease     |
| SP-3  | Proximal & inferior to head of 1st metatarsal     | SP-14 | 1.3 cun inferior to SP-15, 4 cun lat to midline |
| SP-4  | Distal & inferior to base of 1st metatarsal       | SP-15 | Level with umbilicus, 4 cun lateral to midline  |
| SP-5  | anterior/inferior corner of ankle                 | SP-16 | 3 cun above umbilicus, 4 cun lateral to midline |
| SP-6  | 3 cun above malleolus                             | SP-17 | 5th ICS, 6 cun lateral to midline               |
| SP-7  | 6 cun above malleolus                             | SP-18 | 4th ICS, 6 cun lateral to midline               |
| SP-8  | 3 cun below SP-9                                  | SP-19 | 3rd ICS, 6 cun lateral to midline               |
| SP-9  | Medial condyle of tibia (level with GB-34)        | SP-20 | 2nd ICS, 6 cun lateral to midline               |
| SP-10 | 2 cun above patella                               | SP-21 | Axillary midline, 6th or 7th ICS                |
| SP-11 | 6 cun above SP-10                                 |       |   |

|       |                                  |  |
|-------|----------------------------------|--|
| SP-1  | <i>Jing-Well, Ghost</i>          | <b>Stops bleeding</b> , regulates Spleen, unbind chest, revives consciousness          |
| SP-2  | <i>Ying-Spring</i>               | <b>Clears heat and damp-heat</b> , harmonizes middle                                   |
| SP-3  | <i>Shu-Stream, Yuan Source</i>   | <b>Tonifies Spleen</b> , resolves dampness   |
| SP-4  | <i>Luo-Connecting, Chong Mai</i> | Fortifies Spleen, harmonizes middle, benefits HT, regulates Chong Mai                  |
| SP-5  | <i>Jing-River</i>                | Fortifies SP, benefits sinew and bones, <b>stiffness in tongue, voice</b> , calms shen |
| SP-6  |                                  | <b>SP, LV, KI</b> ; contraindicated in pregnancy                                       |
| SP-7  |                                  | Fortifies SP, promotes urination   |
| SP-8  | <i>Xi-Cleft</i>                  | <b>Regulates menstruation</b> , invigorates blood, moderates acute conditions          |
| SP-9  | <i>He-Sea</i>                    | <b>Drains damp</b> , opens water passages, benefits lower jiao                         |
| SP-10 |                                  | Invigorates blood & cools blood (xue hai), harmonizes menses                           |

|       |                        |  |
|-------|------------------------|--|
| SP-11 |                        | Regulates urination, drains damp-heat                                  |
| SP-12 |                        | Benefits lower jiao (abdominal pain, damp-heat, urination)             |
| SP-13 |                        | Regulates qi and alleviates pain (lower abdominal pain, Shan disorder) |
| SP-14 |                        | Warms and benefits lower jiao, regulates qi and descends rebellion     |
| SP-15 |                        | <b>Regulates intestines (constipation and diarrhea)</b>                |
| SP-16 |                        | Regulates intestines   |
| SP-17 |                        | <b>Food stagnation</b>   |
| SP-18 |                        | Regulates qi, <b>benefits breasts and promotes lactation</b>           |
| SP-19 |                        | Unbinds chest, descends qi   |
| SP-20 |                        | Unbinds chest, descends qi   |
| SP-21 | <i>Great Luo Point</i> | <b>Whole body pain</b>   |