

# HEART CHANNEL

Begins: Heart Organ

Organs: HT, SI, LU

Crossing Points: none

Internal Pathway: HT → LU → axilla → HT-1

Branch 1: HT → vessels → diaphragm → SI

Branch 2: HT → esophagus → cheek → eye

Luo Channel: HT-5 → follows channel to HT → tongue → eye

Divergent Channel: axillary fossa → HT → throat → face → inner canthus (SI channel)

Sinew Channel: wrist, elbow, axilla (terminates at umbilicus)

|      |   |
|------|---|
| HT-1 | Center of axilla  |
| HT-2 | 3 cun proximal to cubital crease                                  |
| HT-3 | Between PC-3 (biceps tendon) and medial epicondyle of the humerus |
| HT-4 | 1.5 cun proximal to wrist crease                                  |
| HT-5 | 1 cun proximal to wrist crease                                    |
| HT-6 | 0.5 cun proximal to wrist crease                                  |
| HT-7 | Wrist crease, radial side of flexor carpi ulnaris                 |
| HT-8 | Between 4th and 5th metacarpal                                    |
| HT-9 | Little finger, radial side  |

|      |                       |  |
|------|-----------------------|--|
| HT-1 |                       | <b>Unbinds the chest</b> , activates channel, benefits arm   |
| HT-2 |                       | ACAP   |
| HT-3 | <i>He-Sea</i>         | Calms spirit, <b>transforms phlegm</b> , clears heat; activates channel, benefits arm  |
| HT-4 | <i>Jing-River</i>     | Calms spirit, <b>benefits voice</b> ; relaxes muscles and sinews   |
| HT-5 | <i>Luo-Connecting</i> | Calms spirit, <b>regulates HT rhythm, benefits tongue</b> , ACAP   |
| HT-6 | <i>Xi-Cleft</i>       | Regulates blood, calms shen, <b>moderates acute conditions</b> , clears deficiency fire and <b>alleviates night sweating</b> |
| HT-7 | <i>Shu-Stream</i>     | Calms spirit, regulates and <b>tonifies HT</b>   |
| HT-8 | <i>Ying-Spring</i>    | <b>Clears heat</b> from HT and SI, calms spirit, regulates HT qi, ACAP   |
| HT-9 | <i>Jing-Well</i>      | <b>Revives consciousness</b> ; clears heat, benefits tongue, eyes, throat; regulates HT qi and calms spirit                  |