The Heart Channel

“The Heart holds the office of emperor and is the issuer of spirit clarity.”
- Su Wen, Chapter 8

Functions of the Heart
- Commands the blood vessels
- Stores the shen
- Opens (or “sprouts”) to the tongue
- Governs sweating
- Manifests in the complexion

Other Characteristics
- Emotion: Joy
- Affected by: Fright
- Connected to the uterus via the bao mai
Heart Primary Channel

**Begins:** Heart organ
- emerges from the system of blood vessels surrounding the Heart
- **Branch:** descends to connect Small Intestine
- **Branch:** ascends alongside esophagus to face, connects to tissue surrounding the eye
- **Branch:** travels from Heart to Lung then emerges at axilla
- travels down medial aspect of arm to little finger

**Linkage:** HT-9 → SI-1

**Organs:** HT, SI, LU

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**Heart Primary Channel**

**PATHOLOGIES**
- cardiac pain, palpitation, hypochondriac pain
- insomnia, night sweating
- dry throat, thirst
- pain in the medial aspect of the upper arm
- heat sensation in the palms

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<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>Heart organ</td>
<td>none</td>
<td>HT, SI, LU</td>
<td>tissue surrounding the eye</td>
<td>HT-9 → SI-1</td>
<td>connects to blood vessels</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
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<td>surrounding heart</td>
</tr>
</tbody>
</table>
Heart Luo Channel

Separates: HT-5
- connects with SI channel
- follows Heart channel to **Heart organ**
- continues to **root of tongue** and **eye**

Deficiency Symptoms:
- inability to speak (aphasia)

Excess Symptoms:
- fullness and oppression of the chest

Heart Divergent Channel

- **Diverges**: axillary fossa
- **Enters** chest and connects to Heart
- **Ascends** along throat
- **Emerges** on the face
- **Converges** with Small Intestine channel at the inner canthus (UB-1)
Heart Sinew Channel

• **Originates** on the radial aspect of the little finger
• **Binds** at the pisiform bone on the wrist
• **Binds** at the elbow and axilla
• Enters axilla and travels to center of chest
• Descends across diaphragm and terminates at umbilicus

**Pathologies**
• internal tension
• accumulation below the Heart
• pain, cramping and strain along the course of the channel

HT-1: *jí quán*

Summit Spring

Center of axilla

Needling: ⊥ 0.5-1.0 cun

**Functions:**
• Unbinds chest
• Nourishes Heart yin and clears deficiency heat
• Activates the channel and benefits the arm

**Indications:**
• pain in costal and cardiac regions
• sadness, anxiety, palpitation, agitation, thirst, dry throat
• inability to raise the shoulder, pain in axilla, bi syndrome in the arm, elbow pain
**HT-2: qīng líng**

Green Spirit

3 cun proximal to transverse cubital crease

**Needling:** ⊥ 0.5-1.0 cun

**FUNCTIONS:**
- ACAP

**INDICATIONS:**
- pain in the cardiac and hypochondriac regions, shoulder and arm

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**HT-3: shào hǎi**

Lesser Sea

*He-Sea (Water) Point*

Midway between PC-3 and the medial epicondyle of the humerus

**Needling:** ⊥ 0.5-1.0 cun

**FUNCTIONS:**
- Clears heat and transforms phlegm to calm shen
- Removes obstruction from the channel and benefits the arm

**INDICATIONS:**
- cardiac pain, mania and laughter, epilepsy, poor memory, vomiting phlegm
- red eyes, headache, dizziness, toothache
- elbow pain, spasmodic pain and numbness of the hand and arm, trembling or tremor of the hand
### HT-4: líng dào

**Spirit Path**  
*Jīng-River (Metal) Point*

1.5 cun proximal to HT-7, radial side of flexor carpi ulnaris tendon

**Needling:** ⊥ 0.3-0.5 cun

<table>
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<tr>
<th><strong>FUNCTIONS:</strong></th>
<th><strong>INDICATIONS:</strong></th>
</tr>
</thead>
</table>
| • Benefits the voice | • sudden loss of voice  
• Calms shen | • cardiac pain, sadness and fear, restless organ disorder  
• Relaxes the muscles and sinews | • pain in arm and elbow, swelling and pain of the fingers, cold sensation in the bones |

### HT-5: tōng lǐ

**Penetrating the Interior**  
*Luo-Connecting Point*  
*Ma Dan-Yang Heavenly Star Point*

1 cun proximal to HT-7, radial side of flexor carpi ulnaris tendon

**Needling:** ⊥ 0.3-0.5 cun

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<tr>
<th><strong>FUNCTIONS:</strong></th>
<th><strong>INDICATIONS:</strong></th>
</tr>
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</table>
| • Calms shen | • vexation, anger, sadness, fright  
• Regulates Heart rhythm | • palpitation, pounding of the heart, irregular heart rhythm, dizziness, blurry vision  
• Benefits the tongue, eyes, and head | • sudden loss of voice, aphasia with stiff tongue, stuttering  
• Benefits uterus and bladder | • red face, red eyes, eye pain  
• ACAP | • uterine bleeding, enuresis  
| | • pain in wrist and elbow |
**HT-6: yīn xī**

Yin Cleft

*Xi-Cleft Point*

0.5 cun proximal to HT-7, radial side of flexor carpi ulnaris tendon

**Needling:** ⊥ 0.3-0.5 cun

**FUNCTIONS:**
- Nourishes Heart yin, clears deficiency heat, and **stops night sweats**
- Regulates Heart blood
- Calms shen
- Moderates acute conditions

**INDICATIONS:**
- cardiac pain, fullness in the chest, palpitation, sudden loss of voice
- hemoptysis, epistaxis
- night sweats, steaming bone disorder

**HT-7: shén mén**

Spirit Gate

*Yuan-Source Point*

*Shu-Stream (Earth) Point*

At the wrist crease, proximal to the pisiform bone, on the radial side of flexor carpi ulnaris

**Needling:** ⊥ 0.3-0.5 cun

**FUNCTIONS:**
- Calms shen
- Tonifies Heart (esp. blood)

**INDICATIONS:**
- insomnia, poor memory
- cardiac pain, palpitation, mad laughter, restless organ disorder, easily frightened, loss of voice
- pain in the lateral costal region, red face, heat in the palms
### HT-8: 少府
**Lesser Palace**
*Yīng-Spring (Fire) Point*

Between the 4th and 5th metacarpal bones, where the little finger rests when a fist is made

**Needling:** ⊥ 0.5 cun

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| • Clears heat from the Heart and Small Intestine  
• Regulates Heart qi  
• Regulates the uterus  
• Calms shen  
• ACAP | • palpitation, chest pain, fear, agitation, sighing, plum pit qi  
• enuresis, dysuria, itching of the external genitalia, uterine bleeding  
• heat in the palms  
• spasmodic pain of the little finger |

### HT-9: 少沖
**Lesser Rushing**
*Jīng-Well (Wood) Point*

Radial side of little finger, 0.1 cun from corner of nail

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

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| • Revives consciousness  
• Clears heat and benefits tongue, eyes, throat, and face  
• Regulates Heart qi and calms shen | • loss of consciousness, cardiac pain, pain in the chest and lateral costal region  
• palpitation, mania, excessive sighing  
• pain in the root of the tongue, swollen tongue, tongue thrusting, throat pain, eye pain, red eyes  
• contraction of the hand, pain in the arm, inability to extend the elbow |
THE HAND SHAO YIN HEART CHANNEL

By: Nicholas Duchnowski
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This file is available online at: http://www.tcmstudy.net/handouts/A201_Heart.pdf

Sources:
- The Foundations of Chinese Medicine, by Giovanni Maciocia, Elsevier Churchill Livingstone, 2005