

# THE HAND SHAO YIN HEART CHANNEL

## The Heart Channel

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“The Heart holds the office of emperor and is the issuer of spirit clarity.”

- *Su Wen, Chapter 8*

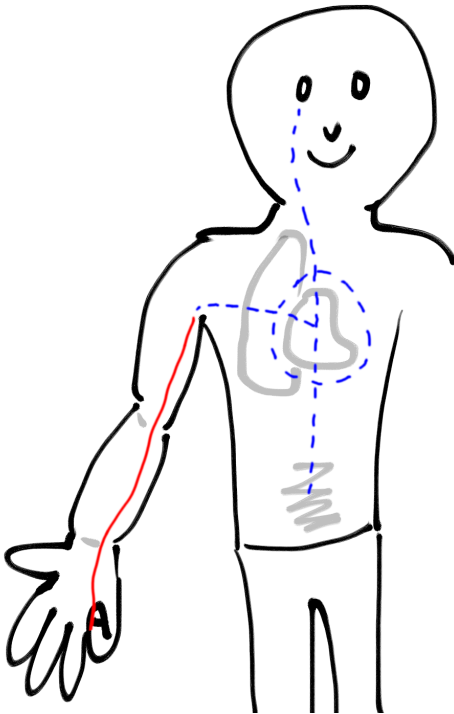
### **FUNCTIONS OF THE HEART**

- 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

# Heart Primary Channel

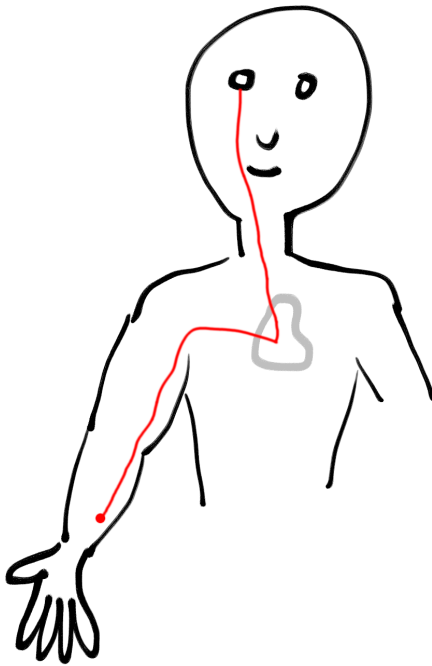
## PATHOLOGIES

- 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

Begins	Δ Points	Organs	Tissue	Linkage	Misc.
Heart organ	none	HT, SI, LU	tissue surrounding the eye	HT-9 → SI-1	connects to blood vessels surrounding heart

# Heart Luo Channel

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## Separates: HT-5

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

## Deficiency Symptoms:

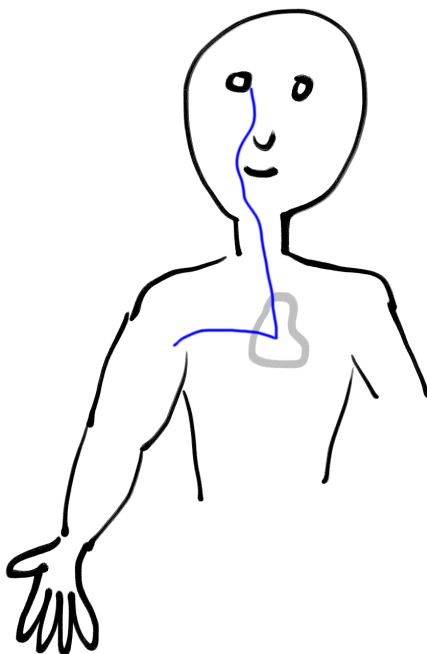
- inability to speak (aphasia)

## Excess Symptoms:

- fullness and oppression of the chest

# Heart Divergent Channel

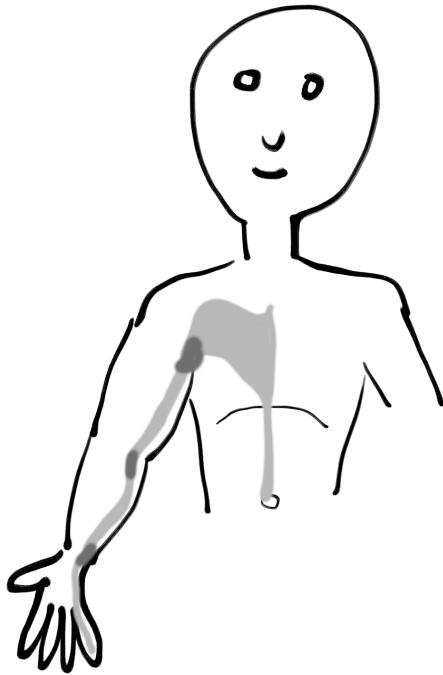
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- **Diverges:** axillary fossa
- **Enters** chest and connects to Heart
- Ascends along throat
- **Emerges** on the face
- **Converges** with Small Intestine channel at the inner canthus (UB-1)

# Heart Sinew Channel

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- **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*

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極泉

### 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*

青靈

## Green Spirit

3 cun proximal to transverse cubital crease

Needling: ㄥ 0.5-1.0 cun

### FUNCTIONS:

- ACAP

### INDICATIONS:

- pain in the cardiac and hypochondriac regions, shoulder and arm

# HT-3: *shào hǎi*

少海

## Lesser Sea

*He-Sea (Water) Point*

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

Needling: ㄥ 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*

靈道

## Spirit Path

*Jing-River (Metal) Point*

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

**Needling:** ± 0.3-0.5 cun

### **FUNCTIONS:**

- Benefits the voice
- Calms shen
- Relaxes the muscles and sinews

### **INDICATIONS:**

- sudden loss of voice
- cardiac pain, sadness and fear, restless organ disorder
- pain in arm and elbow, swelling and pain of the fingers, cold sensation in the bones

# HT-5: *tōng lǐ*

通里

## 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

### **FUNCTIONS:**

- Calms shen
- Regulates Heart rhythm
- Benefits the tongue, eyes, and head
- Benefits uterus and bladder
- ACAP

### **INDICATIONS:**

- vexation, anger, sadness, fright
- palpitation, pounding of the heart, irregular heart rhythm, dizziness, blurry vision
- sudden loss of voice, aphasia with stiff tongue, stuttering
- red face, red eyes, eye pain
- uterine bleeding, enuresis
- pain in wrist and elbow

# HT-6: *yīn xī*

陰郄

## 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*

神門

## 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: shào fǔ

少府

## Lesser Palace

*Ying-Spring (Fire) Point*

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

**Needling:** ⊥ 0.5 cun

### **FUNCTIONS:**

- Clears heat from the Heart and Small Intestine
- Regulates Heart qi
- Regulates the uterus
- Calms shen
- ACAP

### **INDICATIONS:**

- 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: shào chōng

少冲

## Lesser Rushing

*Jing-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

### **FUNCTIONS:**

- Revives consciousness
- Clears heat and benefits tongue, eyes, throat, and face
- Regulates Heart qi and calms shen

### **INDICATIONS:**

- 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

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**Revised: 4/28/19**

This file is available online at: [http://www.tcmstudy.net/handouts/A201\\_Heart.pdf](http://www.tcmstudy.net/handouts/A201_Heart.pdf)

**Sources:**

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