

THE HAND TAI YANG SMALL INTESTINE CHANNEL

The Small Intestine Channel

“The small intestine holds the office of abundant reception, issuing material transformation. ”

- *Su Wen, Chapter 8*

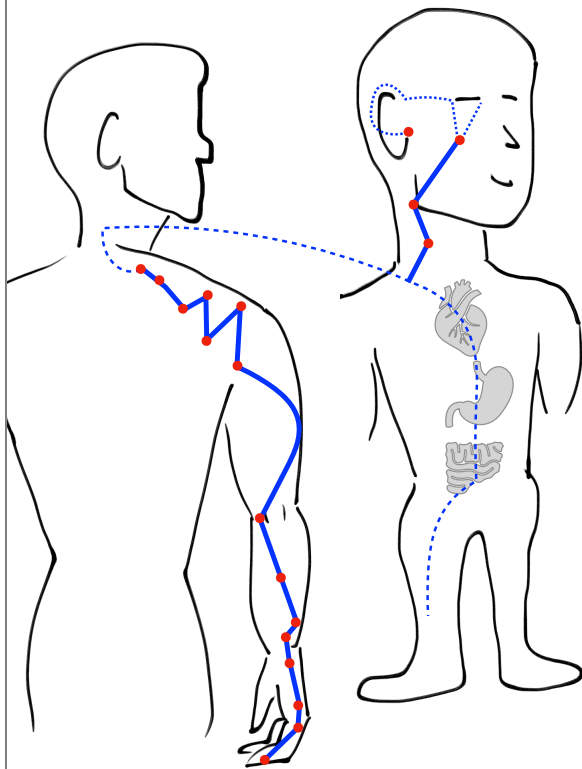
FUNCTIONS OF THE SMALL INTESTINE

- Separates the clear from the turbid
 - sends the clear to the Spleen where it is distributed to the rest of the body (some clear substances go directly to the blood through the Heart)
 - sends the turbid to the Large Intestine, which conducts it out of the body
 - separates fluids

OTHER CHARACTERISTICS

- Paired with the Heart through its interior-exterior relationship
- Paired with the UB through its Tai Yang relationship
- Even though the Small Intestine Channel separates the clear from the turbid and connects to the Stomach organ, there are no points on the SI channel that treat digestive disorders

Small Intestine Primary Channel



Begins: SI-1

- ascends ulnar side of arm to shoulder and zig-zags along scapula
- connects to DU-14 (like all yang channels do)
- goes to the supraclavicular fossa (ST-12); descends through **Heart, Stomach, and Small Intestine**
- Branch:** ascends from supraclavicular fossa to the face and cheek, goes to outer canthus, loops around the ear
- Branch:** goes from SI-18 to UB-1
- Branch:** from supraclavicular fossa; connects to ST-39 (lower he-sea point)

Linkage: SI-18 → UB-1

Organs: SI, HT, ST

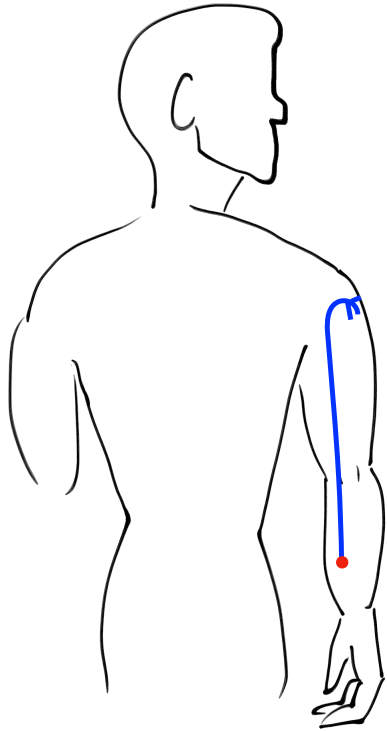
Small Intestine Primary Channel

PATHOLOGIES

- deafness, yellow sclera, sore throat, swelling of the cheeks
- distention and pain in the lower abdomen
- pain in the posterior border of the lateral aspect of the shoulder and arm

Begins	Δ Points	Organs	Tissue	Linkage	Misc.
SI-1	LI-14, DU-14, UB-41, UB-11, ST-12, REN-17, REN-13, REN-12, GB-1, GB-11, SJ-20, SJ-22, UB-1	SI, HT, ST	cheek, ear, eye	SI-18 → UB-1	breast issues (poor lactation)

Small Intestine Luo Channel



Separates: SI-7

- connects with HT channel
- ascends arm and connects to shoulder at LI-15

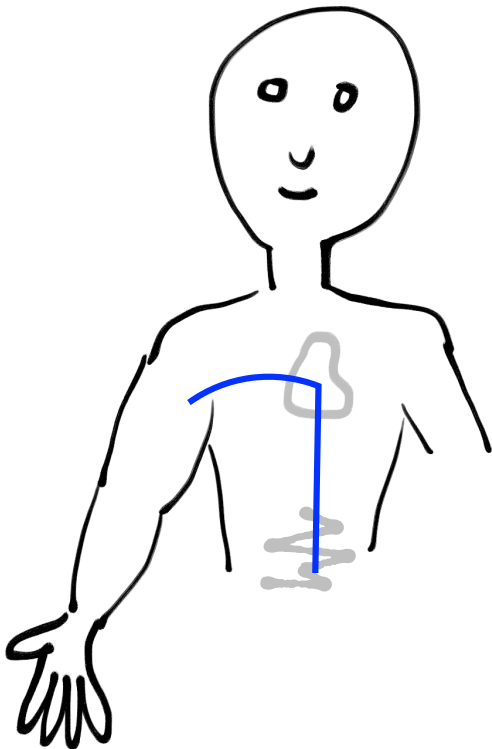
Deficiency Symptoms:

- scabies, finger-shaped warts

Excess Symptoms:

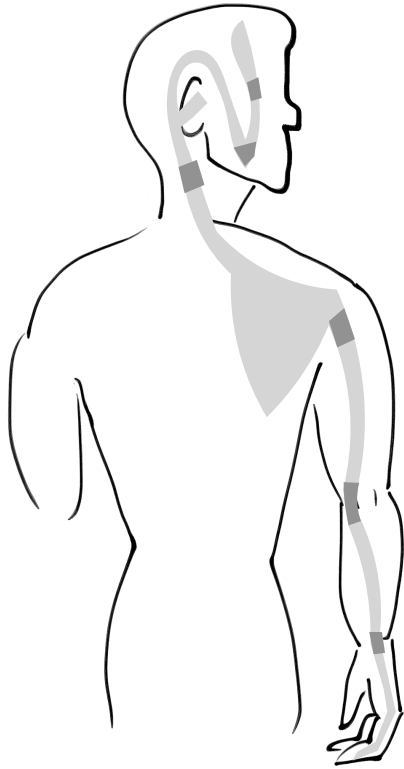
- slackness of the joints and inability to move the elbow

SI Divergent Channel



- **Diverges:** shoulder
- **Enters** axilla; connects to HT & SI

Small Intestine Sinew Channel



- **Originates** on the dorsum of the little finger
- **Binds** at the wrist, elbow, and axilla
- Surrounds the scapula and ascends the neck
- Binds at the mastoid process
- Branch enters the ear
- Binds at the mastoid process, mandible, outer canthus, and corner of the head

PATHOLOGIES

- strained little finger
- pain along medial aspect of elbow, upper arm, scapula
- tinnitus, ear pain
- need to close the eyes for a long period of time before being able to see clearly

SI-1: *shào zé*

少澤

Lesser Marsh

Jing-Well (Metal) Point

Ulnar 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, expels wind-heat, and benefits sensory orifices
- Promotes lactation and benefits breasts

INDICATIONS:

- loss of consciousness from wind stroke, heart pain, cold sensation below heart, chest pain and oppression, pain in the lateral costal region
- headache, dizziness, superficial visual obstruction, red eyes, nosebleed, deafness, tinnitus, heat in the mouth, mouth ulcers
- fever and chills without sweating, febrile disease, malaria, cough
- swelling of the breast, breast abscess, poor lactation
- stiff neck, pain in shoulder/upper arm/elbow, numbness in arm, disorders of little finger

SI-2: qián gǔ

前谷

Front Valley

Ying-Spring (Water) Point

Ulnar border of little finger, distal to MCP joint

Needling: ± 0.5 cun

FUNCTIONS:

- Clears wind-heat and reduces swelling
- Benefits eyes, nose, ears, throat
- ACAP

INDICATIONS:

- bursting eye pain, red eyes, nasal congestion, nosebleed, tinnitus
- swelling and pain of the neck, throat pain the prevents swallowing, swelling of cheek, mumps
- cough, coughing blood, malaria, febrile disease without sweating
- stiffness and pain of the neck, back, scapula, wrist pain, heat in the palms
- postpartum absence of lactation

SI-3: hòu xī

後谿

Back Stream

Shu-Stream (Wood) Point
Master Point of Du Channel

Ulnar border of hand, proximal to head of 5th metacarpal bone

Needling: ± 0.5-2 cun

FUNCTIONS:

- Benefits occiput, neck, and back
- Regulates Du Mai
- Calms shen and treats epilepsy
- Clears wind and heat, benefits sensory orifices
- ACAP

INDICATIONS:

- stiffness and pain in the neck, difficulty turning the head, headache
- epilepsy, mania-depression, hemiplegia
- malaria, night sweats, febrile diseases without sweating, jaundice, dark scanty urine
- deafness, tinnitus, red and painful eyes, swelling of the eyes with tearing, swelling of the cheeks, loss of voice with wind-stroke

SI-4: wàn gǔ

腕骨

Wrist Bone

Yuan-Source Point

Ulnar border of hand, between base of 5th metacarpal bone and triquetral bone

Needling: ⊥ 0.3-0.5 cun

FUNCTIONS:

- Clears heat and reduces swelling
- Clears damp-heat and treats jaundice
- ACAP

INDICATIONS:

- pain and swelling of the cheek, swelling of the neck, throat pain, tinnitus, lacrimation
- jaundice, Spleen deficiency jaundice, febrile diseases without sweating, malaria
- contraction of the five fingers, weakness and pain in the wrist, contraction of arm/elbow, stiff neck, headache, shoulder pain

SI-5: yáng gǔ

陽谷

Yang Valley

Jing-River (Fire) Point

Ulnar border of wrist, between head of ulna and triquetral bone

Needling: ⊥ 0.3-0.5 cun

FUNCTIONS:

- Clears heat and reduces swelling
- Benefits ears and eyes
- Calms shen

INDICATIONS:

- stiff neck, lockjaw, stiff tongue in babies, tongue thrusting, toothache (upper or lower jaw), tinnitus, deafness, red, swollen, and painful eyes
- mania, mad walking, febrile diseases without sweating
- pain in the wrist, hand, arm; painful hemorrhoids

SI-6: *yǎng lǎo*

養老

Support the Aged

Xi-Cleft Point

Cleft near styloid process of ulna

Needling: ˘ 0.5-1.0 cun

FUNCTIONS:

- Treats acute conditions and pain
- Benefits the shoulder and arm
- Brightens the eyes
- ACAP

INDICATIONS:

- shoulder pain, pain in the shoulder as if it were broken, pain in the arm as if it were dislocated, pain and numbness of the back, shoulder, and arm
- lumbar pain, painful obstruction of foot
- dim vision, blurred vision, eye pain

SI-7: *zhī zhèng*

支正

Branch of the Upright

Luo-Connecting Point

5 cun proximal to SI-5, between ulna and muscle belly

Needling: ˘ 0.5-1 cun

FUNCTIONS:

- Expels wind-heat
- Calms shen
- Benefits finger joints
- ACAP

INDICATIONS:

- febrile diseases, fever with neck and lumbar pain
- mania-depression, fear and fright, sadness and anxiety, restless organ disorder
- weakness of the four limbs, inability to move elbow, pain of fingers, inability to make fist
- warts (long, finger-shaped warts)

SI-8: *xiǎo hǎi*

小海

Small Sea

He-Sea (Earth) Point

Between tip of olecranon and medial epicondyle of humerus

Needling: ˘ 0.5-1.0 cun; ± 0.3-0.5 cun

FUNCTIONS:

- Clears heat and dissipates swelling
- Calms shen
- ACAP

INDICATIONS:

- scrofula, swollen and painful throat, swollen cheeks, swollen gums, swollen and painful elbow and axilla, toothache
- epilepsy, tongue thrust, mad walking, agitation of the heart
- neck pain, neck pain radiating to elbow, scapula pain, shoulder pain, upper arm pain, inability to raise the four limbs

SI-9: *jiān zhēn*

肩貞

True Shoulder

1 cun superior to posterior axillary crease

Needling: ± 1.0-1.5 cun

FUNCTIONS:

- Expels wind and benefits the shoulder
- ACAP

INDICATIONS:

- pain of shoulder and upper arm, inability to raise arm, pain in scapula
- fever and chills due to injury by cold, tinnitus, deafness

SI-10: *nāo shū*

臑俞

Upper Arm Shu

Below spine of scapula, superior to posterior axillary crease

Needling: ⊥ 1.0-1.5 cun

FUNCTIONS:

- Benefits the shoulder
- ACAP

INDICATIONS:

- painful and swollen shoulder that radiates to scapula, painful and weak arm and shoulder, inability to raise the shoulder
- fever and chills, scrofula

SI-11: *tiān zōng*

天宗

Heavenly Gathering

One third of the way between the midpoint of the lower border of the spine of the scapula and the angle of the scapula

Needling: ⊥ 0.5-1.5 cun

FUNCTIONS:

- Opens the chest, moves qi in the lateral costal region
- Benefits the breasts
- ACAP

INDICATIONS:

- fullness in the chest and lateral costal region, cough, pain and swelling of the breast, breast abscess, insufficient lactation
- pain and heaviness of the shoulder, scapula pain, in ability to raise the elbow and arm, swelling of cheek

SI-12: *bǐng fēng*

秉風

Grasping the Wind

Center of supraclavicular fossa

Needling: ˆ 0.5-1.0 cun (towards spine)

FUNCTIONS:

- Expels wind
- Benefits shoulder and scapula

INDICATIONS:

- shoulder pain, scapula pain, inability to raise the arm, stiff neck with inability to turn the head
- cough with stubborn phlegm

SI-13: *qū yuán*

曲垣

Crooked Wall

Superior to medial end of scapular spine

Needling: ˆ 0.3-0.5 cun

FUNCTIONS:

- Benefits the shoulder and scapula

INDICATIONS:

- painful obstruction syndrome (*bi syndrome*) of the shoulder, hot painful obstruction syndrome of the shoulder

SI-14: *jiān wài shū*

肩外俞

Outer Shoulder Shu

3 cun lateral to lower border of T1

Needling: ˆ 0.5-1.0 cun

FUNCTIONS:

- Expels wind and cold
- Benefits the shoulder and scapula
- ACAP

INDICATIONS:

- pain of the shoulder and scapula with cold sensation extending into the elbow, painful obstruction
- fever and chills with inability to turn the head

SI-15: *jiān zhōng shū*

肩中俞

Middle Shoulder Shu

2 cun lateral to lower border of C7

Needling: ˆ 0.5-1.0 cun

FUNCTIONS:

- Descends Lung qi
- ACAP

INDICATIONS:

- cough, spitting blood, fever and chills, dim vision
- pain in the shoulder and scapula

SI-16: *tiān chuāng*

天窗

Heavenly Window

Window of Heaven Point

Posterior border of SCM, level with laryngeal prominence

Needling: ± 0.5-0.8 cun

FUNCTIONS:

- Subdues rebellious qi
- Benefits ears, throat, and voice
- Regulates qi and calms shen
- ACAP

INDICATIONS:

- deafness, tinnitus, ear pain, sudden loss of voice following wind-stroke
- throat pain, goiter, painful and swollen cheek
- manic behavior, mania-depression, talking with ghosts
- shoulder pain radiating to neck, shoulder pain with inability to turn the head, neck pain

SI-17: *tiān róng*

天容

Heavenly Appearance

Window of Heaven Point

Between angle of mandible and anterior border of SCM

Needling: 0.5-1.0 cun towards root of tongue

FUNCTIONS:

- Subdues rebellious qi
- Benefits neck and throat
- Benefits the ears

INDICATIONS:

- fullness of the chest with difficulty breathing, cough, wheezing, asthma
- throat obstruction, goiter, scrofula, swelling and pain of the neck with inability to speak
- tinnitus and deafness
- shoulder pain with inability to raise the arm

SI-18: *quán liáo*

顴髎

Cheek Bone Crevice

Below outer canthus, lower border of zygomatic bone

Needling: ⊥ 0.5-0.7 cun, or transverse

FUNCTIONS:

- Eliminates wind and alleviates pain
- Clears heat and reduces swelling

INDICATIONS:

- deviation of mouth and eye, twitching of eyelids, face pain, swollen cheek with toothache
- red face, yellow eyes

SI-19: *tīng gōng*

聽宮

Palace of Hearing

Between middle of tragus and condyloid process

Needling: ⊥ 0.5-1.0 cun

FUNCTIONS:

- Benefits the ears
- Calms shen

INDICATIONS:

- deafness, tinnitus, purulent discharge from the ear, toothache
- mania, epilepsy, voice loss

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This file is available online at: http://www.tcmstudy.net/handouts/A202_SI.pdf

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