

KIDNEY CHANNEL

Begins: Beneath little toe

Organs: KI, UB, LV, LU, HT (all yin organs except SP)

Crossing Points: SP-6, DU-1, REN-3, REN-4, REN-7, REN-17

Internal Pathway: DU-1 → Spine → KI → UB

Branch 1: KI → LV → Diaphragm → LU → throat → root of tongue

Branch 2: LU → HT → Chest → PC/REN-17

Divergent Channel: Popliteal fossa → KI → root of tongue → nape of neck

Luo Channel: KI-4 → circles heel to UB channel

↳ follows primary channel to point below pericardium → spreads over lumbar vertebrae

Sinew Channel: heel, medial condyle of tibia, genitals, ascends inside spine, occipital bone

KI-1	Sole of foot, anterior third	KI-15	½ cun lateral to REN-7
KI-2	Distal and inferior to navicular tuberosity	KI-16	½ cun lateral to REN-8
KI-3	Between medial malleolus and achilles tendon	KI-17	½ cun lateral to REN-10
KI-4	½ cun distal and posterior to KI-3	KI-18	½ cun lateral to REN-11
KI-5	1 cun below KI-3, calcaneal tuberosity	KI-19	½ cun lateral to REN-12
KI-6	Below medial malleolus, between ligaments	KI-20	½ cun lateral to REN-13
KI-7	2 cun above KI-3	KI-21	½ cun lateral to REN-14
KI-8	½ cun anterior to KI-7	KI-22	5th ICS, 2 cun lateral to midline
KI-9	5 cun above KI-3	KI-23	4th ICS, 2 cun lateral to midline
KI-10	Between semimembranosus and semitendinosus	KI-24	3rd ICS, 2 cun lateral to midline
KI-11	½ cun lateral to REN-2	KI-25	2nd ICS, 2 cun lateral to midline
KI-12	½ cun lateral to REN-3	KI-26	1st ICS, 2 cun lateral to midline
KI-13	½ cun lateral to REN-4	KI-27	0th ICS (below clavicle), 2 cun lateral to midline
KI-14	½ cun lateral to REN-5		

KI-1	<i>Jing-Well</i>	Descends excess from head, calms shen, revives consciousness
KI-2	<i>Ying-Spring</i>	Clears deficiency heat, regulates KI, regulates lower jiao
KI-3	<i>Shu-Stream Point, Yuan-Source Point</i>	Nourishes KI Yin and clears deficiency heat; tonifies KI Yang ; anchors qi and benefits LU; strengthens lumbar spine
KI-4	<i>Luo Point</i>	Reinforces KI, anchors qi and benefits LU, strengthens will and dispels fear
KI-5	<i>Xi-Cleft</i>	Regulates Ren and Chong, benefits menstruation

KI-6		Benefits throat , nourishes KI and clears deficiency heat, regulates Yin Qiao, calms shen, regulates lower jiao
KI-7	<i>Jing-River Point</i>	Benefits KI, regulates water passages and treats edema, regulates sweating , drains damp and damp-heat, strengthens lumbar region
KI-8	<i>Xi-Cleft of Yin Qiao</i>	Regulates Ren and Chong, adjust menstruation, stops uterine bleeding, drains damp-heat from lower jiao
KI-9	<i>Xi-Cleft of Yin Wei</i>	Clears HT and transforms phlegm, regulates qi and alleviates pain
KI-10	<i>He-Sea Point</i>	Clears damp-heat from lower jiao, benefits KI, ACAP
KI-11		Benefits lower jiao
KI-12		Tonifies KI, astringes essence
KI-13		Regulates Ren and Chong, regulates lower jiao
KI-14		Benefits lower jiao and alleviates pain, moves qi and blood, regulates water passages and promotes urination (four fullnesses: qi, blood, food, water)
KI-15		Regulates intestines, regulates lower jiao
KI-16		Regulates qi and alleviates pain, regulates and warms intestines
KI-17		Dispels accumulation and alleviates pain
KI-18		Regulates lower jiao and alleviates pain, moves qi and blood, harmonizes ST
KI-19		Regulates qi and harmonizes the ST, lowers rebellion and stops cough and wheezing
KI-20		Harmonizes the middle jiao, unbinds chest and transforms phlegm
KI-21		Fortifies SP, harmonizes ST, lowers rebellion; spreads LV qi , benefits chest and breasts, alleviates pain
KI-22		Unbinds chest, lowers rebellious LU and ST qi
KI-23		Unbinds the chest, lowers rebellious LU and ST qi, benefits breasts
KI-24		Unbinds the chest, lowers rebellious LU and ST qi, benefits breasts
KI-25		Unbinds the chest, lowers rebellious LU and ST qi
KI-26		Unbinds the chest and benefits breasts, transforms phlegm and lowers rebellious LU and ST qi
KI-27		Unbinds the chest, transforms phlegm and lowers rebellious LU and ST qi