- Meridians and Collaterals page 121
### DISTRIBUTION

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<th>Vessels</th>
<th>Origin</th>
</tr>
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<tbody>
<tr>
<td>Vertex</td>
<td>LV, UB</td>
<td>LU: Middle Jiao</td>
</tr>
<tr>
<td>Eye</td>
<td>LV, HT (Brain)</td>
<td>ST: LI20</td>
</tr>
<tr>
<td>Both Canthus</td>
<td>SI</td>
<td>HT: Heart</td>
</tr>
<tr>
<td>Ear</td>
<td>SI, SJ, GB</td>
<td>KD: Beneath little toe</td>
</tr>
<tr>
<td>Gums</td>
<td>Upper Gum: ST</td>
<td>PC: Chest</td>
</tr>
<tr>
<td></td>
<td>Lower Gum: LI</td>
<td></td>
</tr>
<tr>
<td>Supraclavicular fossa</td>
<td>All Yang channels except UB</td>
<td>Tail bone</td>
</tr>
<tr>
<td>Crossing diaphragm</td>
<td>All channels except UB</td>
<td>Sacral foramen</td>
</tr>
<tr>
<td>Genital</td>
<td>LV</td>
<td></td>
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</tbody>
</table>

### LU MERIDIAN PATHWAY

**PATHWAY**

1. The LU Meridian originates in the middle portion of the body cavity.
2. And runs downward, internally, to connect with the LI.
3. Turning back, it passes upward through the diaphragm.
4. To enter its pertaining organ, the LU.
5. From the internal zone between the lungs and the throat, it emerges to the surface of the body under the clavicle.
6. Descending, the LU Meridian then runs along the medial aspect of the upper arm to reach the elbow crease.
7. From there, it runs along the anterior portion of the forearm.
8. Passes above the major artery of the wrist, and emerges at the radial side of the tip of the thumb.
9. Another section of the LU Meridian branches off just above the wrist and runs directly to the radial side of the tip of the index finger to connect with the LI Meridian.

▲ CROSSING POINTS: No crossing point.
1. The LI Meridian begins at the tip of the index finger and runs upward along the radial side of the index finger and between the thumb and index finger.
2. It passes through the depression between the tendons of the thumb and then continues upward along the lateral aspect of the forearm to the lateral side of the elbow.
3. From there, it ascends along the anterior border of the upper arm (SI12, DU14)
4. to the highest point of the shoulder.
5. On top of the shoulder, the Meridian divides into two branches.
6. The first of these branches enters the body and passes through the LU.
7. diaphragm, and the LI, its pertaining organ.
8. The second of these branches ascends externally along the neck.
9. passes through the cheek, and enters, internally, the lower teeth and gum. (ST4)
10. On the exterior, it continues, curving around the upper lip and crossing to the opposite side of the nose. (DU26)

\[\text{\textbf{\textcopyright CROSSING POINTS: SI12, DU14, ST4, DU26}}\]
ST MERIDIAN PATHWAY

PATHWAY

1. The ST Meridian begins, internally, where the U Meridian terminates, next to the nose. It then ascends to the bridge of the nose, meeting the Bladder Meridian at the inner corner of the eye, and emerging under the eye. (LI20, UB1)
2. Descending from there, lateral to the nose, it enters the upper gum.
3. and curves around the lips before passing along the side of the lower jawbone and through the angle of the jaw. (DU26, RN24)
4. It then turns upward, running in front of the ear to the corner of the forehead. (GB3, DU24)
5. A branch descends from the lower jaw, (DU14)
6. enters the body, and descends through the diaphragm. It then enters its pertaining organ, the ST, and connects with the SP. (RN13,12)
7. Another branch leaves the lower jaw, but remains on the surface of the body as it crosses over the neck, chest, and abdomen, and terminates in the groin.
8. Internally, the Meridian reconstitutes itself at the lower end of the ST and descends inside the abdomen to reconnect with the external branch in the groin.
9. From this point, the Meridian runs downward over the front of the thigh.
10. to the outer side of the knee, and continues along the center of the front of the lower leg to reach the top of the foot. It terminates at the lateral side of the tip of the second toe.
11. A branch deviates from the Stomach Meridian just below the knee and ends at the lateral side of the middle toe.
12. A short branch also leaves from the top of the foot and terminates at the medial side of the big toe to connect with the SP Meridian.

▲ CROSSING POINTS: LI20, UB1, DU26, RN24, GB3, DU24, DU14, RN13,12
**SP MERIDIAN PATHWAY**

1. The SP Meridian originates at the medial side of the big toe. It then runs along the inside of the foot, turning in front of the inner ankle bone.
2. From there, it ascends along the posterior surface of the lower leg.
3. and the medial aspect of the knee and thigh.
4. to enter the abdominal cavity. (△RN3,4, △RN10)
5. It runs internally to its pertaining organ, the SP.
6. and connects with the ST.
7. The main Meridian continues on the surface of the abdomen, running upward to the chest. (△GB24, △LV14, △LU1)
8. where it again penetrates internally to follow the throat.
9. up to the root of the tongue, under which it spreads its Qi and Blood.
10. An internal branch leaves the ST, passes upward through the diaphragm, and enters into the HT, where it connects with the HT Meridian.

▲ CROSSING POINTS : RN3,4, RN10, GB24, LV14, LU1

**HT MERIDIAN PATHWAY**

1. The HT Meridian has three branches, each of which begins in the HT.
2. One branch runs downward through the diaphragm to connect to the SI.
3. A second branch runs upward from the HT along the side of the throat to meet the eye.
4. The third branch runs across the chest from the Heart to the LU, then descends and emerges in the underarm.
5. It passes along the midline of the inside of the upper arm,
6. runs downward across the inner elbow, along the midline of the inside of the forearm,
7. crosses the wrist and palm, and terminates at the inside tip of the little finger, where it connects with the SI Meridian.

▲ CROSSING POINTS : No crossing point
**SI MERIDIAN PATHWAY**

1. The SI Meridian begins on the outside of the tip of the little finger, crosses the palm and wrist, and passes upward along the posterior aspect of the forearm.
2. The Meridian continues upward along the posterior border of the lateral aspect of the upper arm, circles behind the shoulder, and runs to the center of the uppermost part of the back (where it meets the DU Meridian). (△UB41, △UB11, △DU14)
3. Here, the Meridian divides into two branches, one entering internally.
4. A short branch leaves the Meridian on the cheek and runs to the inner corner of the eye, where it connects with the Bladder Meridian. (△UB1)

△ CROSSING POINTS : UB41, UB11, DU14, RN17,13,12, GB1, SI22, UB1

**UB MERIDIAN PATHWAY**

1. The UB Meridian starts at the inner side of the eye and ascends across the forehead to the vertex of the head. (△DU24, △GB15, △DU20)
2. From this point, a small branch splits off and enters into the brain. (△GB7,8,10,11,12)
3. While the main Meridian continues to descend along the back of the head (△DU17)
4. And bifurcates at the back of the neck.
5. The inner of these two branches descends a short distance to the center of the base of the neck. (△DU14,13)
6. Then descends parallel to the spine.
7. A branch splits off, entering the body in the lumbar region and connecting to the KD
8. And its pertaining organ, the UB.
9. The outer branch traverses the back of the shoulder, descends adjacent to the inner branch and the spinal cord, and crosses the buttocks. (△GB30)
10. The two branches continue downward, descend the posterior aspect of the thigh, and join behind the knee.
11. The single Meridian now continues down the back of the lower leg, circles behind the outer ankle, runs along the outside of the foot, and terminates on the lateral side of the tip of the small toe, where it connects with the KD Meridian.

△ CROSSING POINTS : DU24, GB15, DU20, GB7,8,10,11,12, DU17, DU14,13, GB30
**KD MERIDIAN PATHWAY**

1. The KD Meridian starts from the **inferior aspect of the small toe**, runs across the sole of the foot,
2. and emerges along the arch of the foot to circle behind the inner ankle and pass through the **heel**.
3. It then ascends the medial side of the lower leg to the medial side of the knee crease. (**SP6**)
4. Climbs upward along the innermost aspect of the thigh,
5. and penetrates the body near the **base of the spine**. (**DU1**)
6. This branch connects internally with the KD, its pertaining organ,
7. and with the UB,
8. before returning to the surface of the abdomen above the pubic bone and running upward over the abdomen and chest. (**RN3,4**)
9. Another branch begins inside at the KD, passes upward through the LV and diaphragm, and enters the LU.
10. This branch continues along the throat and terminates at the **root of the tongue**.
11. A smaller branch leaves the LU, joins the HT, and flows into the chest to connect with the PC Meridian.

**CROSSING POINTS:** SP6, DU1, RN3,4

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**PC MERIDIAN PATHWAY**

1. Beginning in the chest and in its pertaining organ, the PC,
2. this Meridian descends through the diaphragm to link the Upper, middle, and Lower portions of the SI.
3. A second internal branch of the Meridian crosses the chest, emerging to the surface at the area of the ribs.
4. The Meridian then ascends around the armpit
5. and continues down the medial aspect of the upper arm to the elbow crease.
6. It runs further down the forearm
7. to the palm of the hand, ending at the tip of the middle finger.
8. A short branch splits off from the palm to connect with the SI Meridian at the end of the ring finger.

**CROSSING POINTS:** No crossing point
### SJ Meridian Pathway

1. Beginning at the outside tip of the ring finger, the SJ Meridian proceeds over the back of the hand and wrist to the forearm.
2. It runs upward, passing around the outer elbow, along the lateral aspect of the upper arm.
3. To reach the posterior shoulder region. (△SI12, DU14)
4. From here, the Meridian travels over the shoulder and enters into the chest underneath the breastbone. (△GB21)
5. An internal branch passes from this point through the PC, penetrates the diaphragm, (△RN17)
6. And then proceeds downward to unite the Upper, Middle, and Lower Burners.
7. Another, exterior branch ascends toward the shoulder and runs internally up the neck.
8. It reaches the posterior border of the ear and then interiorly circles the face. (△GB6,4,3)
9. A short branch originates behind the ear, penetrates the ear, and emerges in front of the ear to reach the outer end of the eyebrow and connect to the GB Meridian. (△SI19, GB1)

▲ Crossing Points: SI12, DU14, GB21, (RN17), GB6,4,3, SI18, SI19, GB1

### GB Meridian Pathway

1. The GB Meridian begins at the outer corner of the eye, where two branches arise.
2. One branch, remaining on the surface, weaves back and forth on the lateral aspect of the head before curving behind the ear to reach the top of the shoulder. (△ST8, SI22, SI20, SI17, DU14, UB11, SI12, SI12) (Ear branch: △SI17, SI19, ST7)
3. It then continues downward, passing in front of the underarm, and along the lateral aspect of the rib cage to reach the hip region.
4. The second branch internally traverses the cheek (△ST5,6)
5. and proceeds internally through the neck and chest to reach the LV (△LV13)
6. and its pertaining organ, the GB.
7. Continuing downward, this branch emerges on the side of the lower abdomen, where it connects with the other branch in the hip area. (△UB31,32,33,34)
8. The Meridian then descends along the lateral aspect of the thigh and knee to the side of the lower leg and further downward in front of the outer ankle.
9. It crosses the top of the foot and terminates at the lateral side of the tip of the fourth toe.
10. A branch leaves the Meridian just below the ankle to cross over the foot to the big toe, where it connects with the LV Meridian.

▲ Crossing Points: ST8, SI22, SI20, SI17, DU14, UB11, SI12, SI17, SI19, ST7, ST5, ST6, (LV13), (UB31,32,33,34)
LV MERIDIAN PATHWAY

PATHWAY
1. Beginning on the top of the big toe, the LV Meridian traverses the top of the foot,
2. ascending in front of the inner ankle and along the medial aspect of the lower leg and knee. (△SP6)
3. It runs continuously along the medial aspect of the thigh (△SP13,12)
4. to the pubic region, where it encircles the external genitalia before entering the lower abdomen. (△RN2,3,4)
5. It ascends internally,
6. connects with its pertaining organ, the LV,
7. and with the GB, and scatters underneath the ribs
8. before pouring into the LU, where it connects with the LU Meridian.
9. The entire cycle of the Meridian system begins anew here. Reconstituting itself, the Meridian follows the trachea upward to the throat
10. and connects with the eyes. Two branches leave the eye area:
11. One descends across the cheek to encircle the inner surface of the lips,
12. a second branch ascends across the forehead to reach the vertex of the head.

△ CROSSING POINTS : SP6, SP13,12, RN2,3,4
Eight Extraordinary Meridians

8 EXTRAORDINARY MERIDIANS

FUNCTIONS

1. Act as reservoirs
2. Link the twelve primary channels
3. Protect the body

EIGHT CONFLUENT POINTS

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<tr>
<th>OPENING &amp; COUPLED PT.</th>
<th>ANALYSIS</th>
<th>XI-CLEFT</th>
<th>LUO</th>
<th>RANGE OF ACTION</th>
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<tbody>
<tr>
<td>REN</td>
<td>LU7</td>
<td>HAND</td>
<td>-</td>
<td>RN15</td>
</tr>
<tr>
<td>YIN QIAO</td>
<td>KD6</td>
<td>FOOT</td>
<td>-</td>
<td>KD8</td>
</tr>
<tr>
<td>DU</td>
<td>SI3</td>
<td>HAND</td>
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<td>YANG QIAO</td>
<td>UB62</td>
<td>FOOT</td>
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<td>UB59</td>
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<tr>
<td>DAI</td>
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<td>YANG WEI</td>
<td>SI5</td>
<td>HAND</td>
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<tr>
<td>YIN WEI</td>
<td>PC6</td>
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DISTRIBUTION

- UB1
- SI10
- GB20
- Du
- Yang Qiao
- Yin Qiao
- Ren
- Chong
- Yun Qiao
- Ren
- Chong
- Yin Wei