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Anatomy of the Large Intestine Channel (hand yang ming)

The large intestine channel (Figs. 8–1 to 8–6 and Table 8–1) begins at the tip of the index finger (acupoint LI-1—*shang yang*). It flows in an upward direction along the radial side of the index finger, to LI-4 (*he gu*) between the first and second metacarpal bones. Ascending along the lateral and anterior aspect of the forearm, the channel transverses the lateral elbow to reach the highest point of the shoulder at LI-15 (*jian yu*). It continues along the anterior border of the acromion, to the seventh cervical vertebra, where the path forms a connection with the three yang channels at acupoint GV-14 (*da zhui*). From here, it descends to the supraclavicular fossa and diverges into two rami. The interior branch flows through the lung, passes into the diaphragm, and concludes in the large intestine. A separate connection continues along the supraclavicular fossa, flowing upward to the neck and passing along the cheek and gums of the lower teeth. It then curves around the upper lip and ends at LI-20 (*ying xiang*) after crossing the opposite channel at the philtrum.

Essential Points

- BL-25 *Shu* point
- ST-25 *Mu* point
- LI-11 Tonification point
- LI-7 *Xi* cleft point
- LI-6 *Luo* point
- LI-4 *Yuan* point
- LI-2 Sedation point

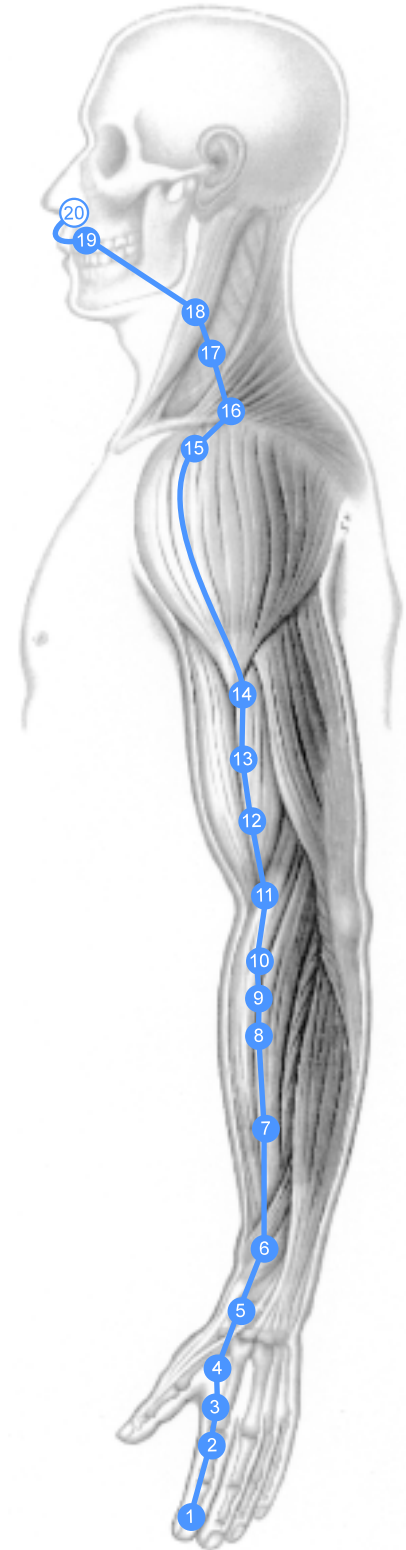
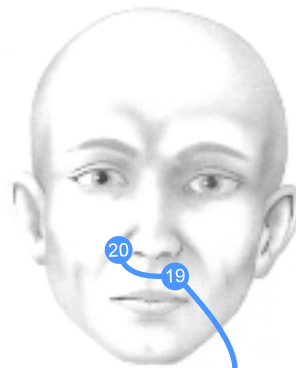


Figure 8–1 Large intestine channel

Table 8-1 Large Intestine Channel (LI)

Points	Indications	Localization	Characteristics	Blood Vessels/Nerves/ Needling Technique
商陽 LI-1 (<i>shang yang</i>) Yang Metal	Acute pain and swollen throat, fainting, high fever	On the radial side of the index finger, 3 mm proximal to the nail corner	<i>Jing</i> Well point	1–2 mm perpendicular or oblique
合谷 LI-4 (<i>he gu</i>) Union Valley	a. Painful conditions—the best analgesic point for above the diaphragm, fever, sinus disorders b. Healing, skin disorders on the face and neck	At the highest point of the adductor pollicis with the thumb and index finger adducted At base of the midpoint of the line bisecting the angle between the first and second metacarpal bones when the thumb is fully extended	<i>Yuan</i> source point from LU-7	1–2 cm perpendicular, directed toward PC-8
溫溜 LI-7 (<i>wen liu</i>) Warm Flow	Acute abdominal pain, facial pain and flatulence	On the radial and dorsal side of the forearm, on the line connecting the points LI-5 and LI-11	<i>Xi</i> cleft point	1–1.5 cm perpendicular
曲池 LI-11 (<i>qu chi</i>) Pool at the Bend	Tonification point, homeostatic (metabolic, endocrine, and cardiovascular), immune enhancing, tennis elbow, localized anti-inflammatory	On the end of the lateral transverse elbow crease, when the forearm is flexed at a right angle to the upper arm	<i>He</i> Sea point, tonification point	2–3 cm perpendicular
肩髃 LI-15 (<i>jianyu</i>) Shoulder Bone	Shoulder pain, peri-arthritis	With the arm abducted, on the shoulder in the anterior depression, palpable anterior to the biceps tendon		1–2 cm perpendicular
迎香 LI-20 (<i>ying xiang</i>) Welcome Fragrance	Rhinitis, common cold, nose bleeds, toothache, trigeminal neuralgia, and facial palsy	Between the ala nasi and nasolabial groove		0.2–0.5 cm oblique

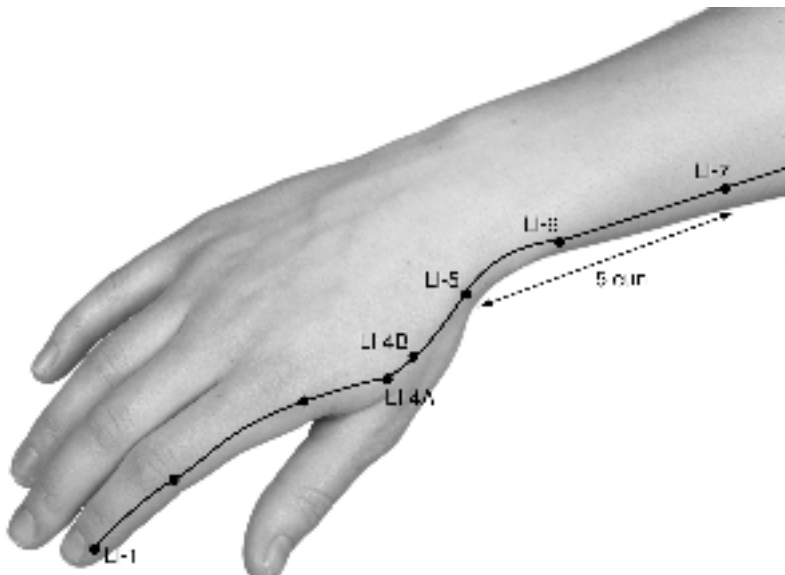


Figure 8-2 Large intestine channel hand points (LI-1 to LI-7)

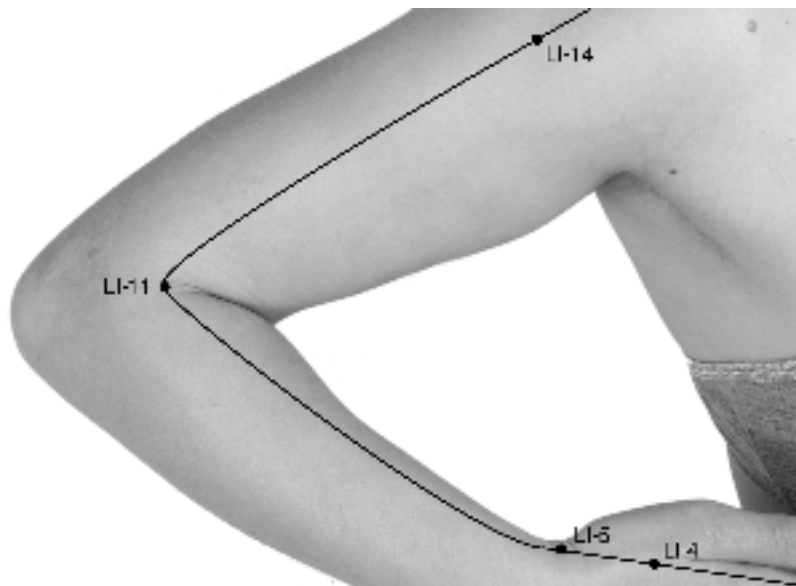


Figure 8-3 Large intestine channel arm points (LI-4 to LI-14)

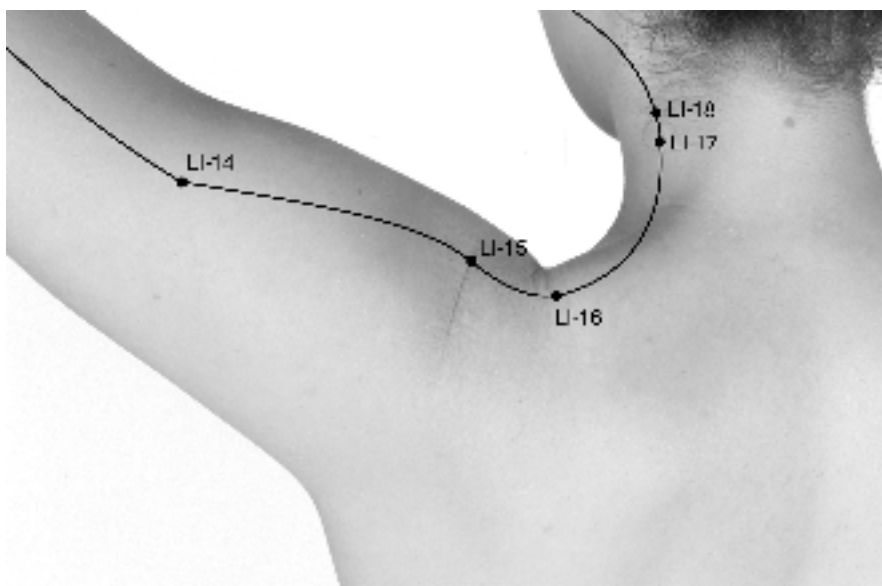


Figure 8-4 Large intestine channel neck points (LI-14 to LI-18)

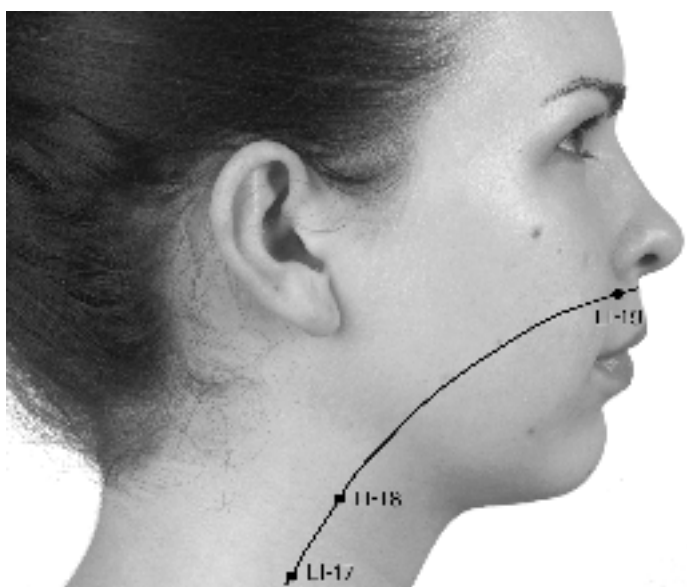


Figure 8-5 Large intestine lateral neck points (LI-17 to LI-19)

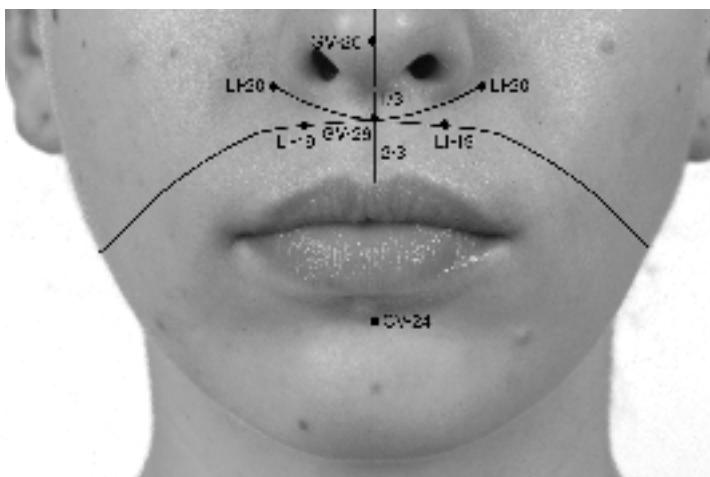


Figure 8-6 Large intestine face points (LI-19 to LI-20)

Quiz Questions

1. The large intestine channel begins from
 - A. tip of the big toe
 - B. lateral side of the chest
 - C. below the eyeball
 - D. tip of the index finger
2. The *He* Sea point of large intestine is
 - A. LI-4
 - B. LI-15
 - C. LI-11
 - D. LI-20
3. Intermediate circulation of energy (*qi*) starts after
 - A. LI-4
 - B. LI-5
 - C. LI-11
 - D. LI-15
4. The following acupuncture point governs the area of the head:
 - A. LI-4
 - B. LI-7
 - C. LI-11
 - D. LI-15
5. The end point of the large intestine connects with the subsequent channel at the
 - A. wrist
 - B. elbow
 - C. shoulder
 - D. face

See Appendix 2, page 312, for answer key.

For a glossary of English and Chinese acupuncture terms used in this book, see Appendix 1.
For further background reading on medical acupuncture, see Appendix 3.