

***Point Location:  
Lung Meridian***

***Hand Tai Yin***

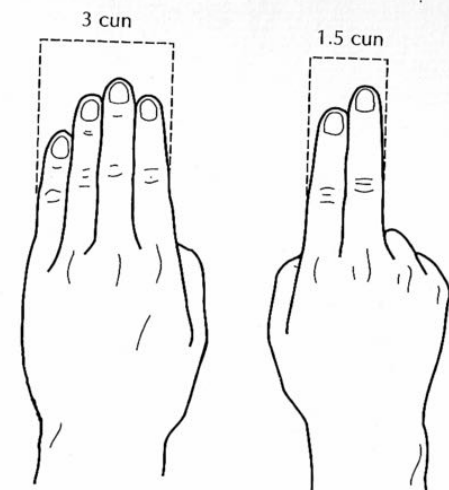
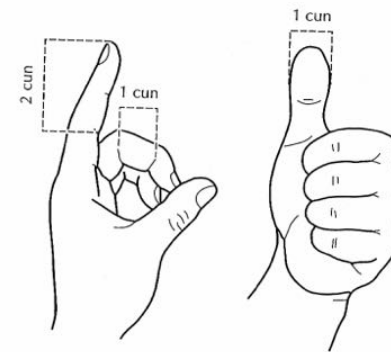
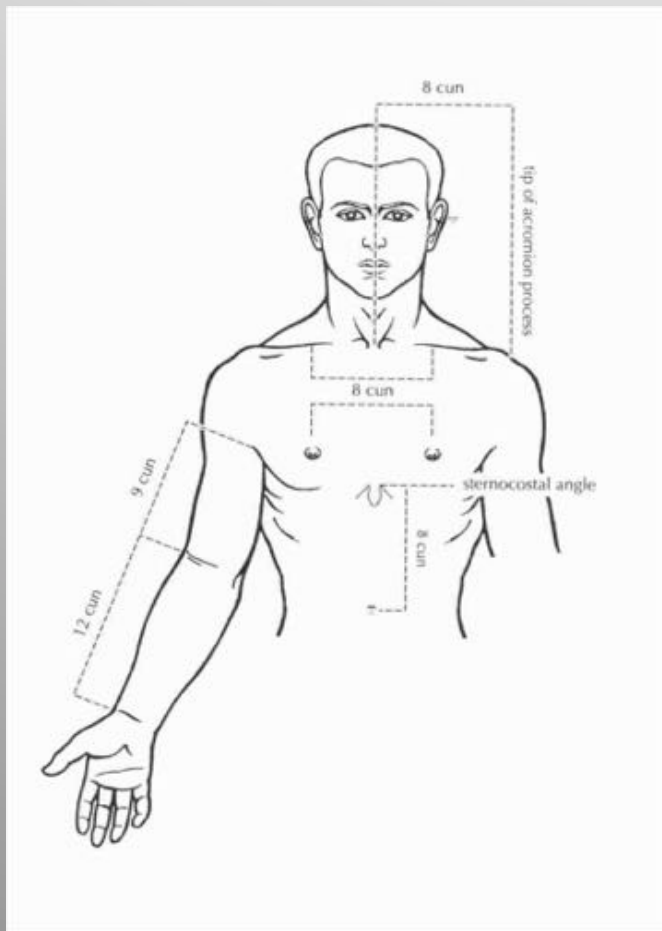
# *Chinese Clock*

## Day starts with Lung



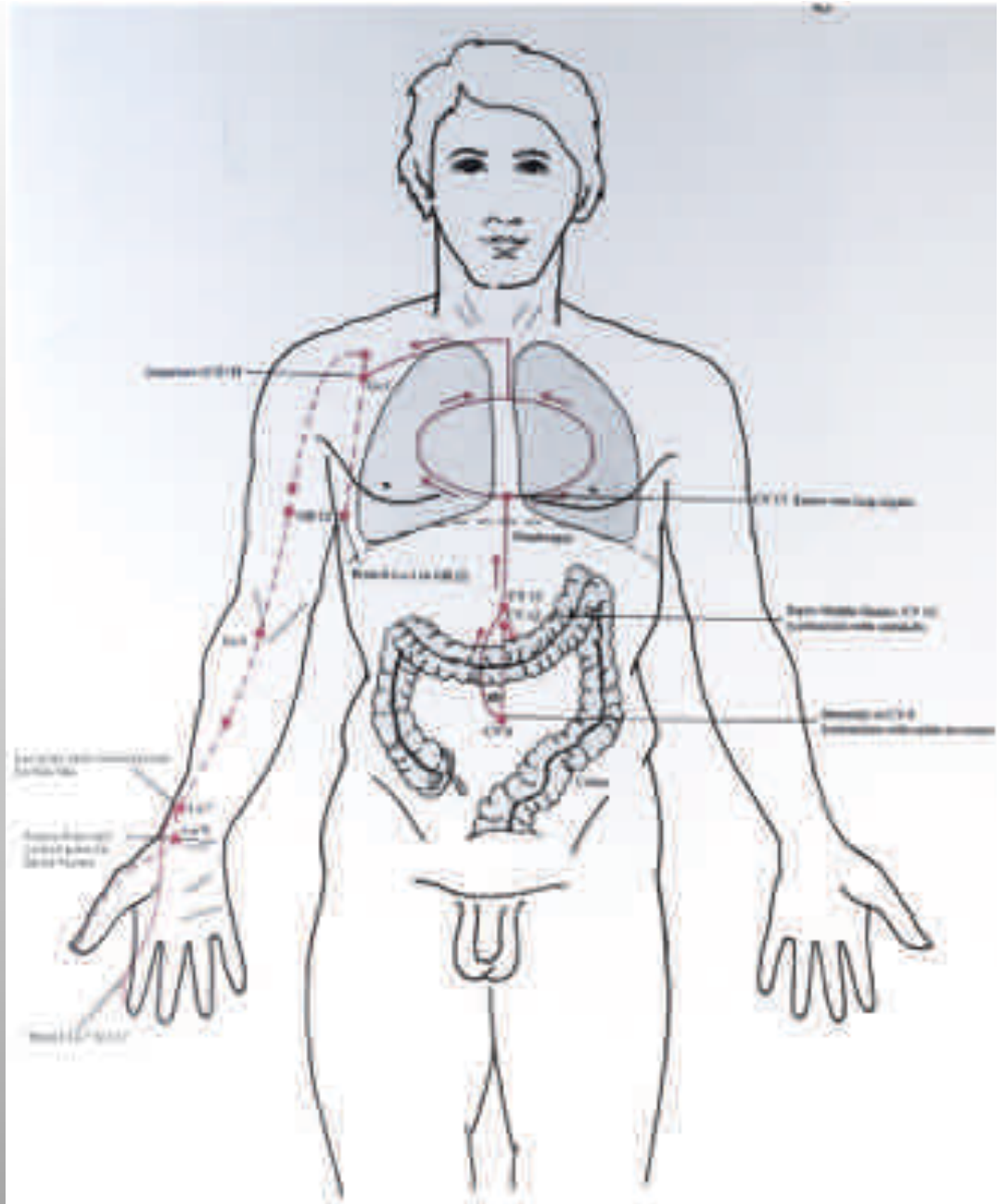
# *Leg Cun Measurements*

Cun—a proportional unit of measure



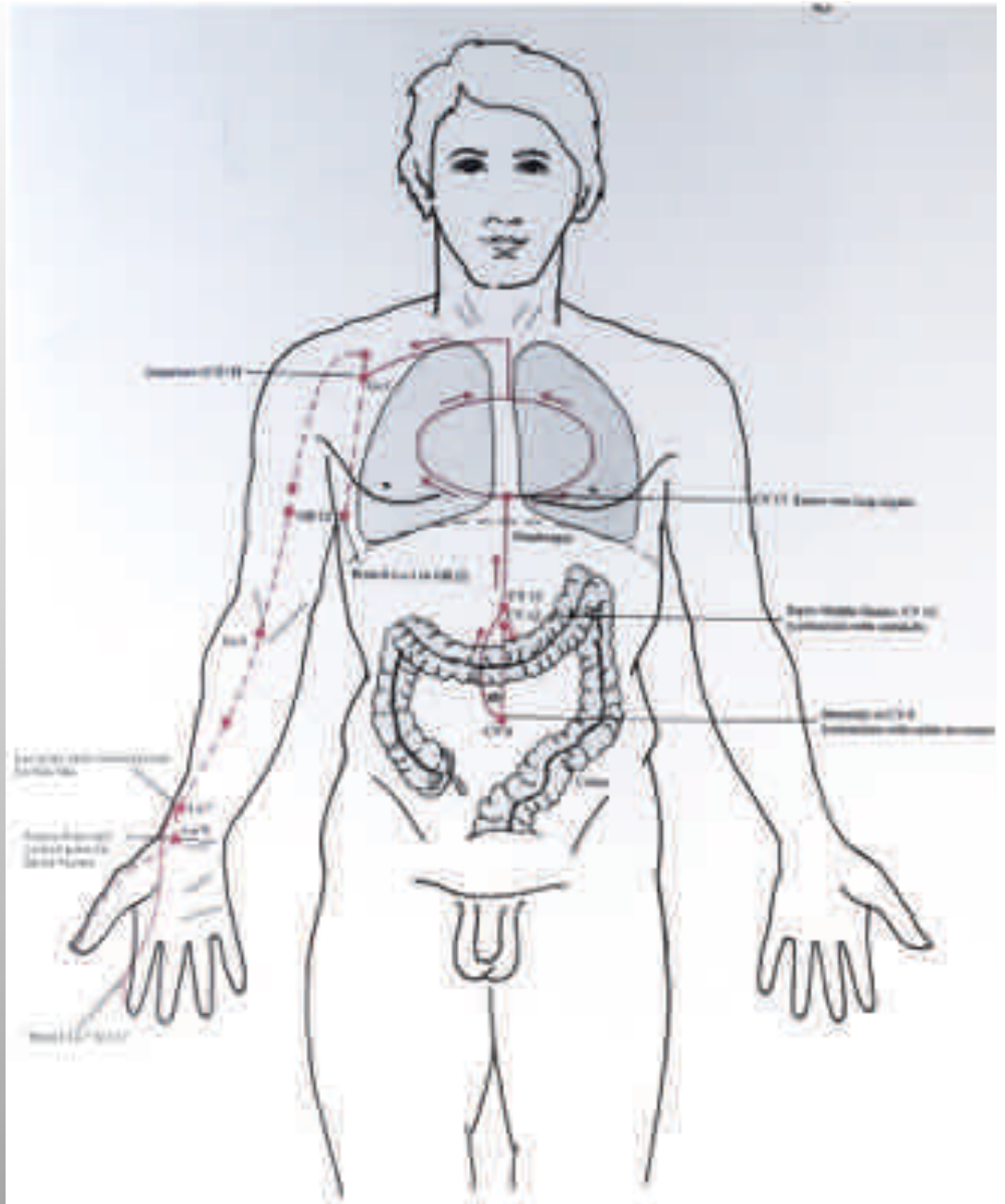
# *Lung Meridian Hand Tai Yin*

- Internally, Lung starts in the stomach or Middle Burner (CV12) and then travels down to its Yang Pair the Large Intestine and then to CV9. It then ascends up through the diaphragm and connects to CV17 in the sternum, then enters and surrounds the Lung organ and emerges in the region of the neck between the lung and the throat and then down to armpit.



# *Lung Meridian Hand Tai Yin*

The external channel then emerges in the region of the coracobrachialis muscle (Lu 1, 2) and descends down the lateral aspect of the biceps to the elbow (cubital crease Lu 5) then down forearm along radial bone to radial styloid process (Lu 8) and then to the thenar eminence (Lu 10) and thumb ending on the radial corner of the thumb nail (Lu 11).



# Lung Trajectory



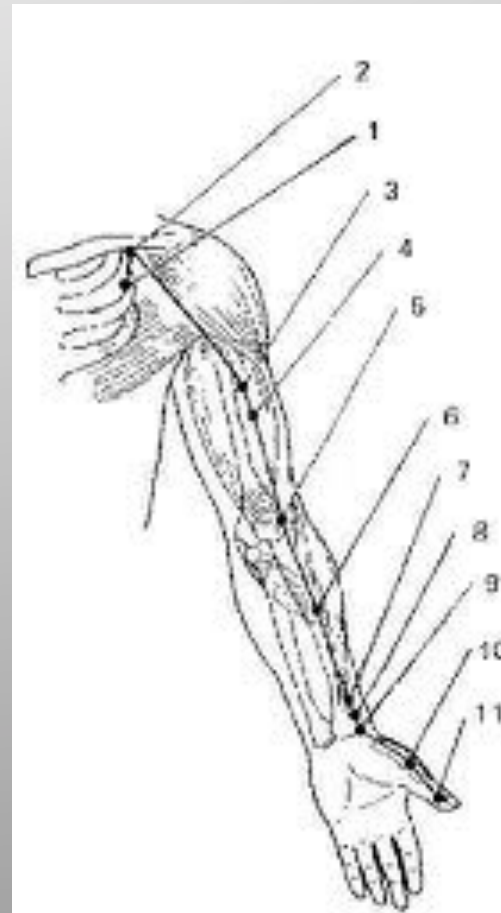


# *Lung Meridian*

## *Hand Tai Yin*

***Points to know:***

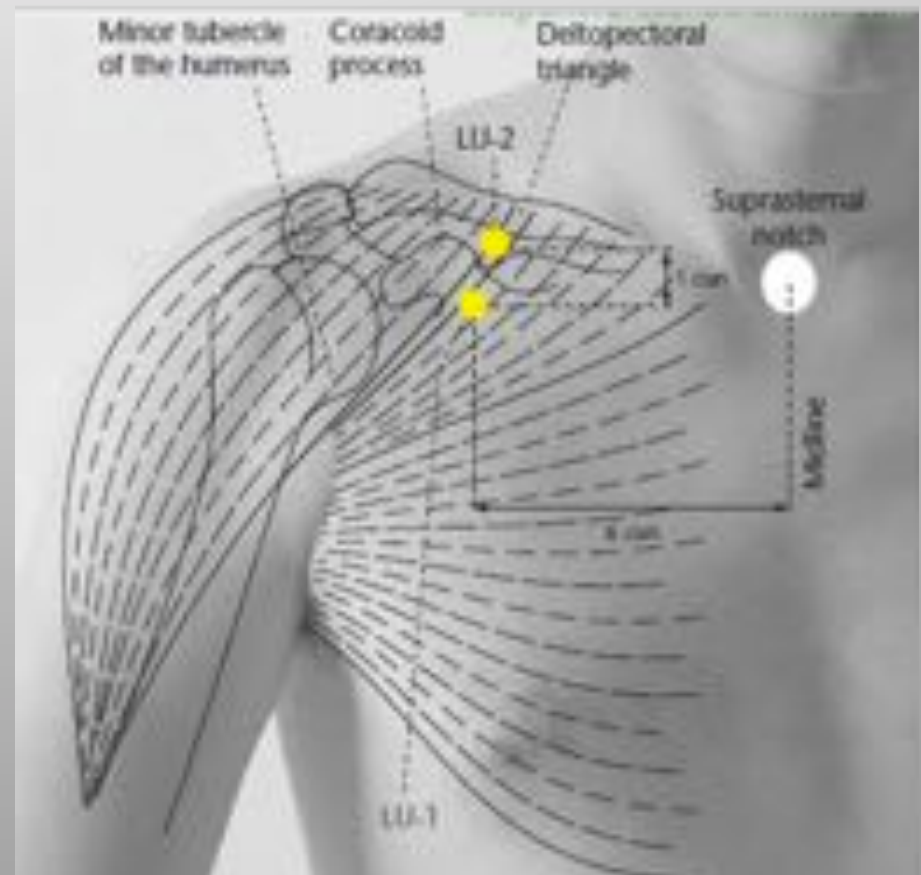
***Lu 1, 2, 4, 5, 6, 7, 8, 9,  
10, 11***



# *Lung Meridian*

## *Hand Tai Yin*

- **LU 1** –(*Zhongfu* - Central Treasury)
  - On the lateral aspect of the chest, about 6 cun lateral to the midline, in the first intercostal space.
- **LU 2** –(*Yunmen*- Cloud Gate)
  - One cun above Lu1; located in the facial groove between the deltoid muscle and the clavicle.





# *Lung Meridian*

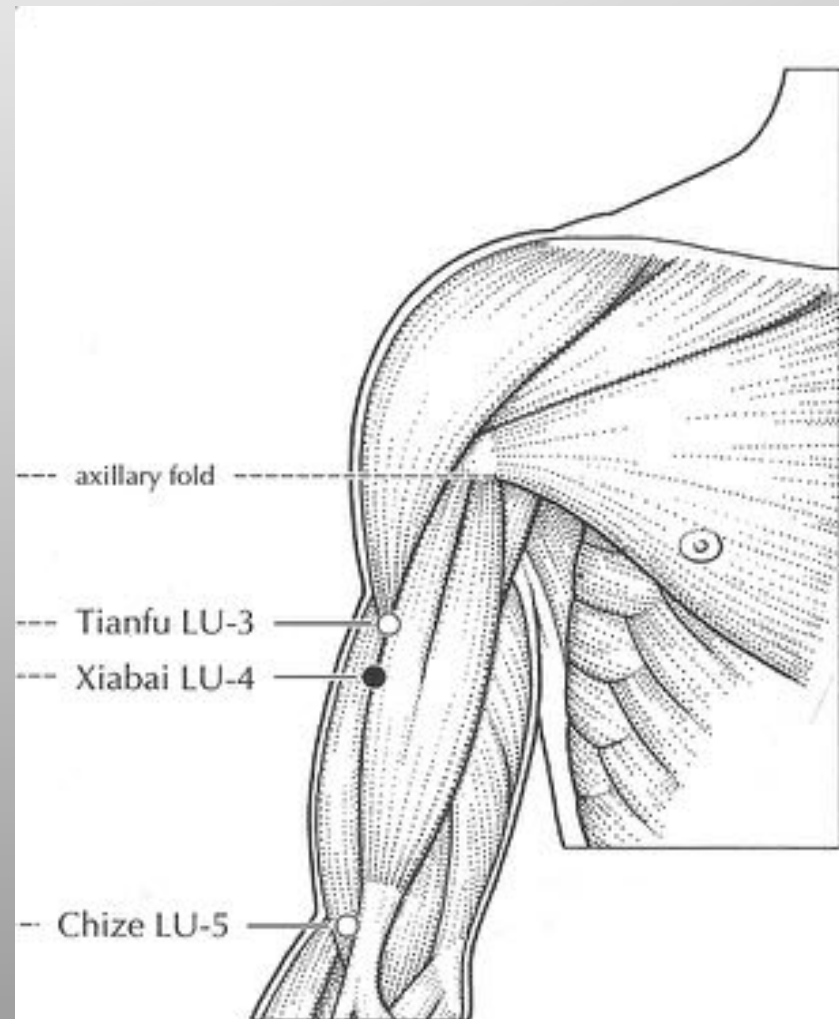
## *Hand Tai Yin*

**LU 4** –(*Xiabai* –Clasping the White)

4 cun inferior to the axillary fold and 6 cun superior to LU 5 in the facial groove lateral to Biceps muscle

### ***Japanese LU 4***

Found by bringing arm to patient's tip of nose. Must keep head facing straight forward



# *Japanese Lung 4*

## ***Japanese LU 4***

Found by bringing arm to patient's tip of nose. Must keep head facing straight forward

Correct point is where arm lateral to biceps touches nose



# *Japanese Lung 4*

## **Japanese LU 4**

Found by bringing arm to patient's tip of nose. Must keep head facing straight forward

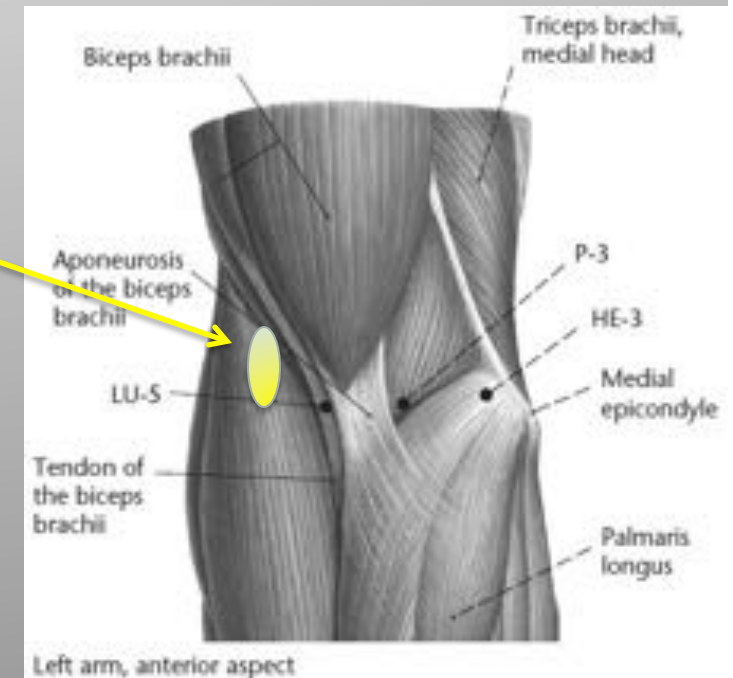
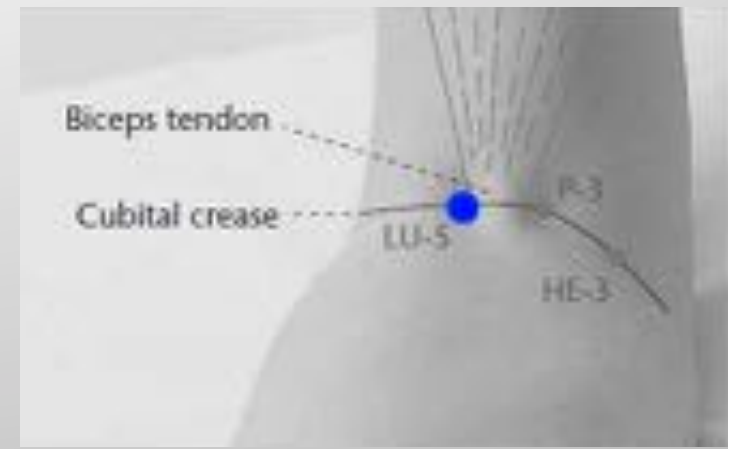
Correct point is where arm lateral to biceps touches nose



# *Lung 5*

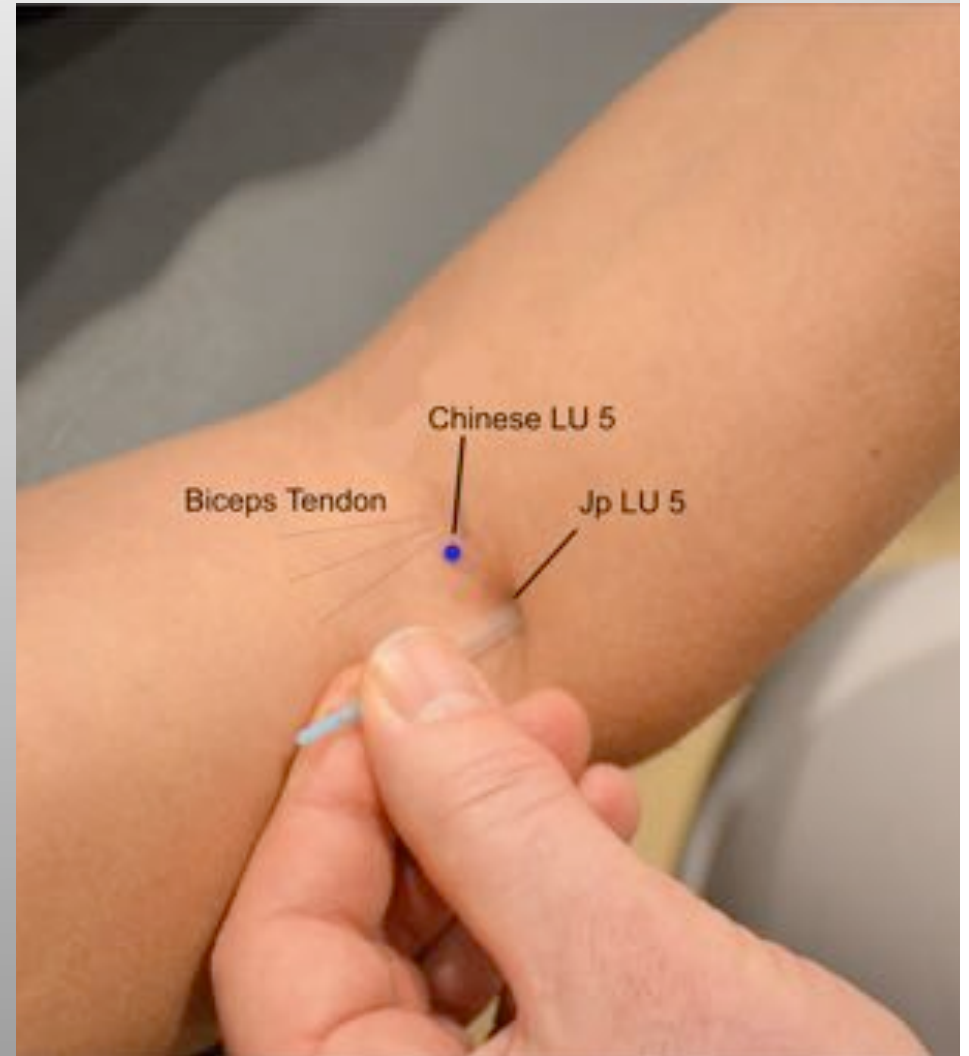
## *Arm Tai Yin*

- **Lu 5 – (Chize- Cubit Marsh)**
  - At the cubital crease on the radial side of the biceps brachii tendon.
- **Japanese Lu 5**
  - Half way between the lateral edge of the cubital crease and the radial side of the tendon of biceps brachii at insertion of brachioradialis muscle



# *Japanese Lung 5*

- *Japanese Lu 5*
  - Half way between the lateral edge of the cubital crease and the radial side of the tendon of biceps brachii at insertion of brachioradialis muscle





# *Lung 6*

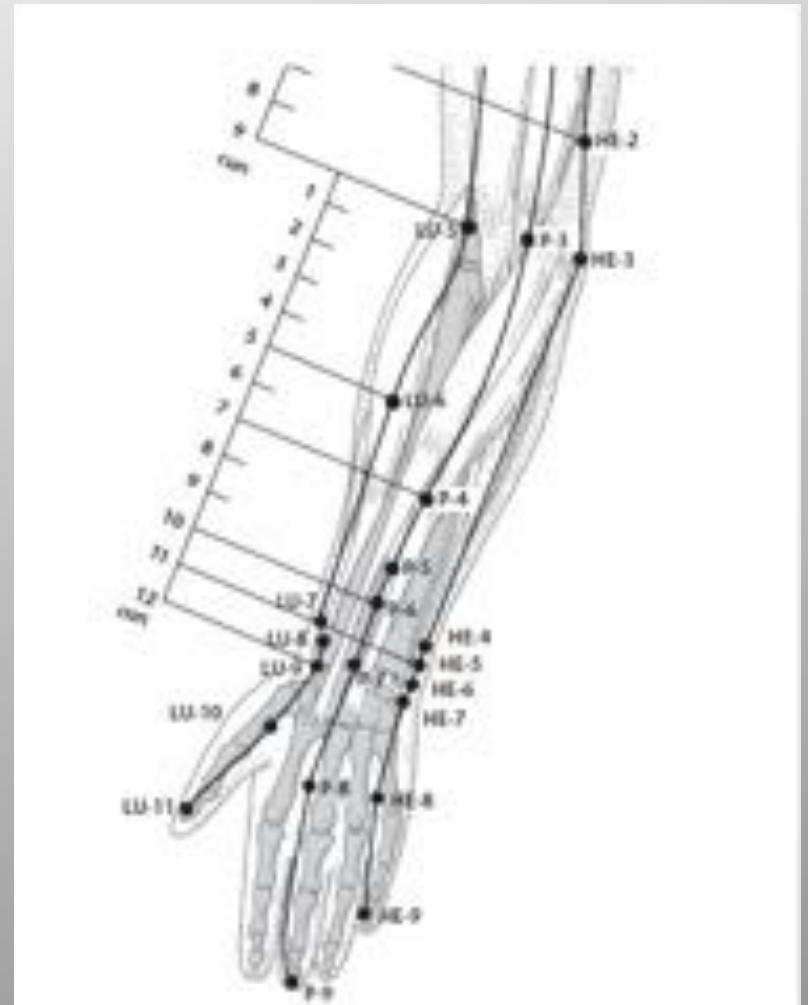
## *Hand Tai Yin*

**LU 6** – (*Kongzui* – *Maximum opening*)

7 cun above LU 9 on the line joining LU 5 and LU 9

### ***Japanese LU 6***

Lu6 is located three fingers below Lu5. The traditional Japanese placement of the lung meridian is a little lateral to the “TCM” position of this meridian. Lu6 is more commonly used on the left arm.





# *Japanese Lung 6*

## *Japanese LU 6*

Located three fingers below Lu5. The traditional Japanese placement of the lung meridian is a little lateral and more proximal on forearm, compared to the “TCM” position of this meridian.

Lu6 is more commonly used on the left arm.



# *Lung 7*

## *Hand Tai Yin*

### *LU 7 –(Lieque -Broken Sequence)*

1.5 cun proximal to the wrist crease, superior to the styloid process of the radius (not on the LU 5 - LU 9 line in TCM)

### *Japanese LU 7*

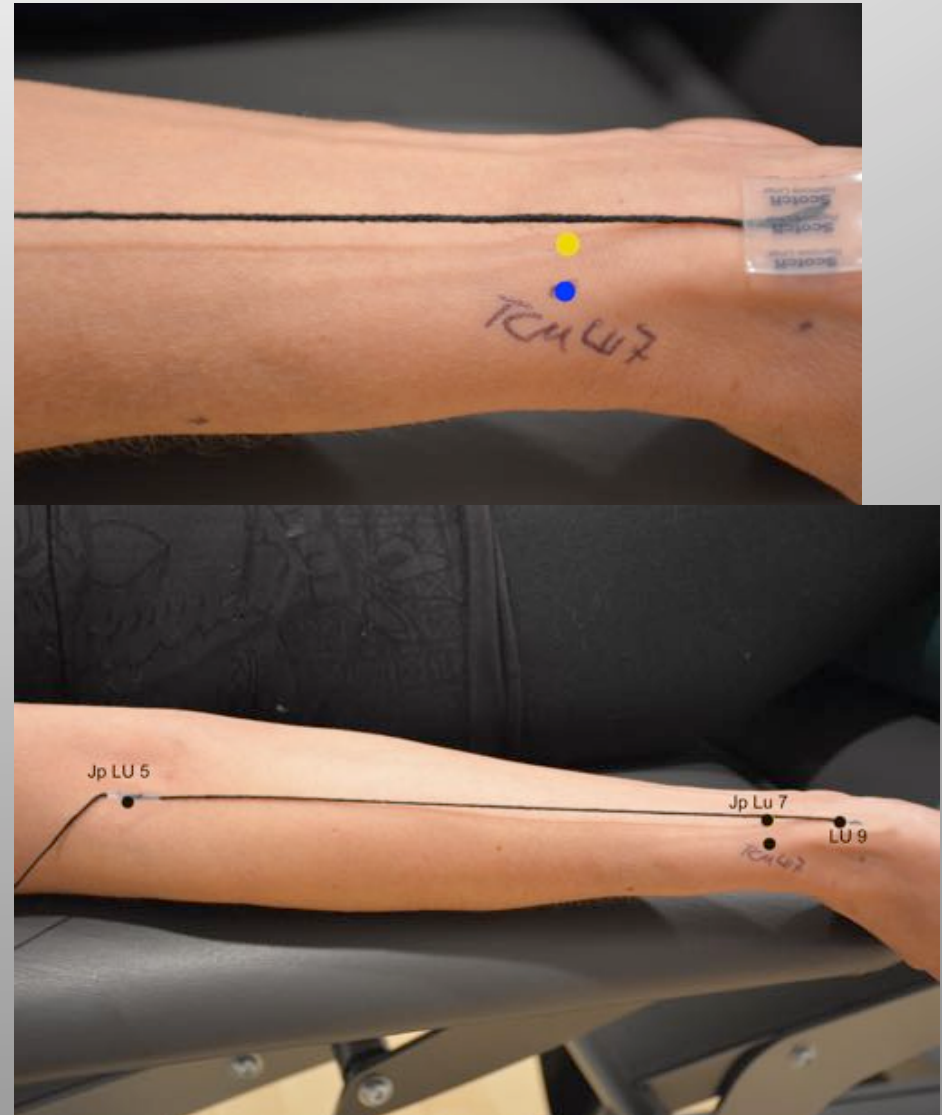
On the line connecting the Japanese Lu5 and Lu9, half a cun above Lu8. It is therefore medial to the TCM location.



# *Japanese Lung 7*

## *Japanese LU 7*

On the line connecting the Japanese Lu5 and Lu9, half a cun above Lu8. It is therefore medial to the TCM location.

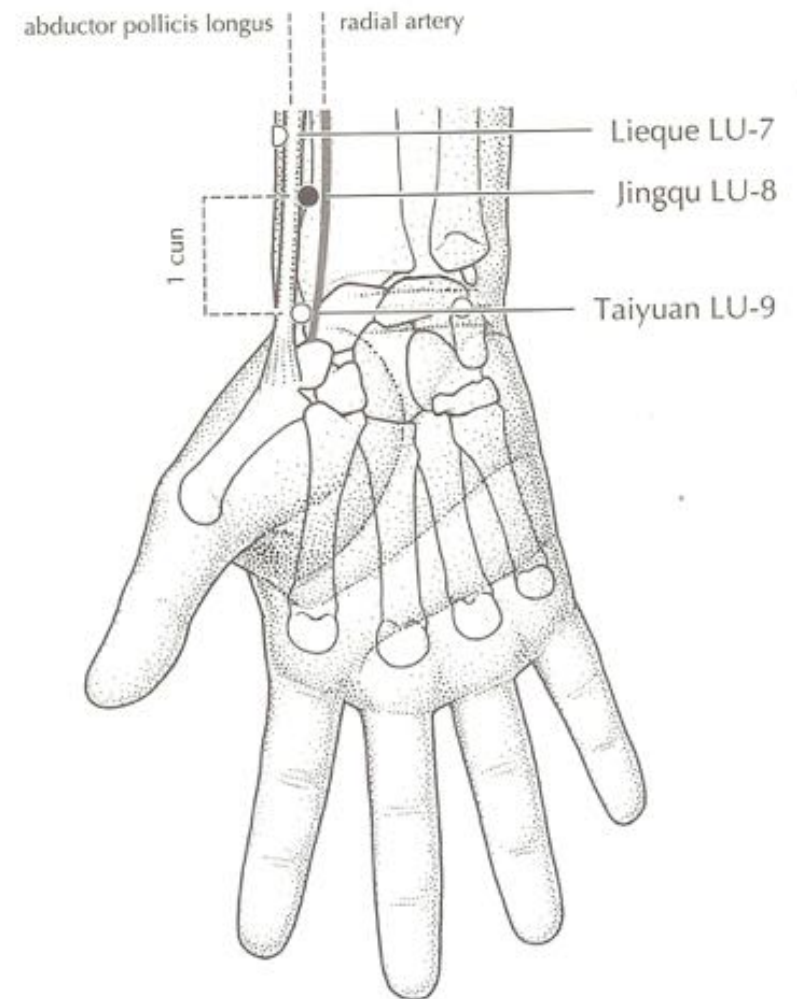


# *Lung 8*

## *Hand Tai Yin*

### *LU 8 –(jing qu -Channel Ditch)*

1 cun proximal to Lu9, in the depression at the level of the base of the styloid process

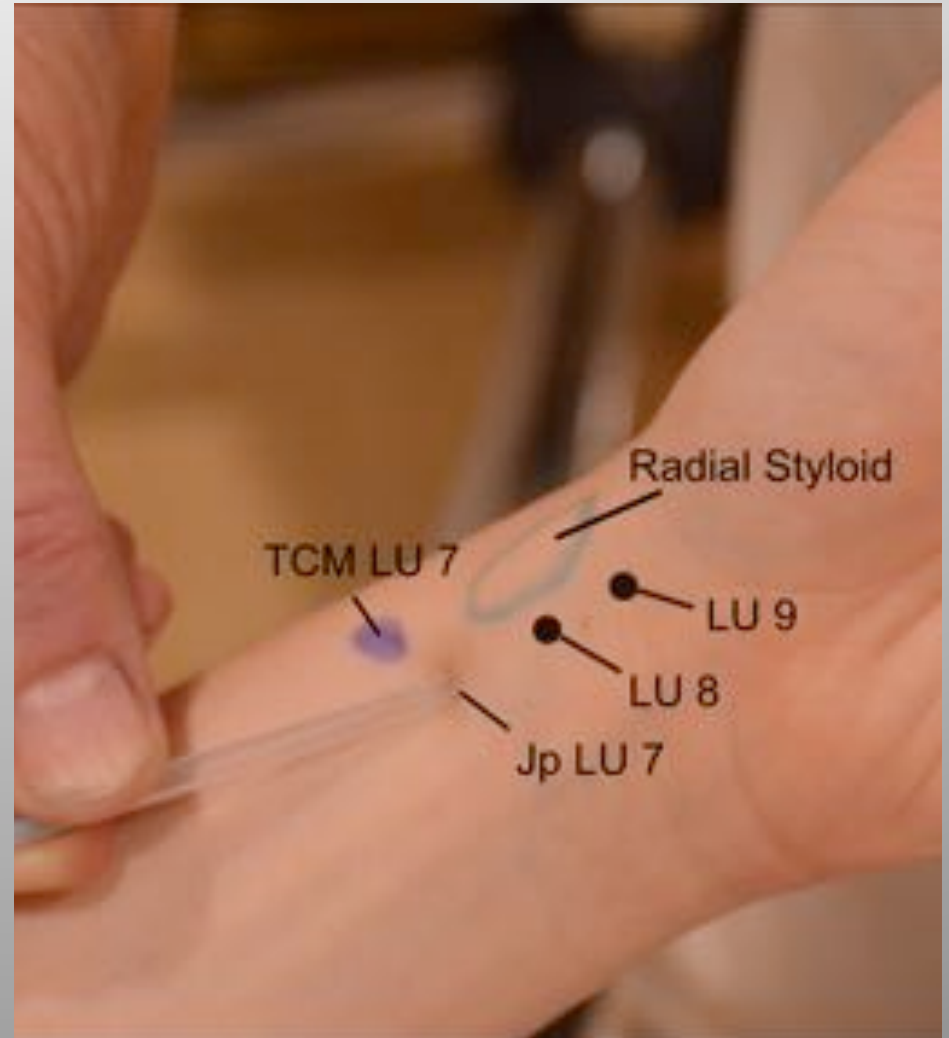


# *Needling of Lung 8*

## *Hand Tai Yin*

### ***Needle LU 7 towards 8***

Needle LU 8 by starting needle in Jap LU 7 and thread subcutaneously at a 10 degree angle off of the skin towards LU 8



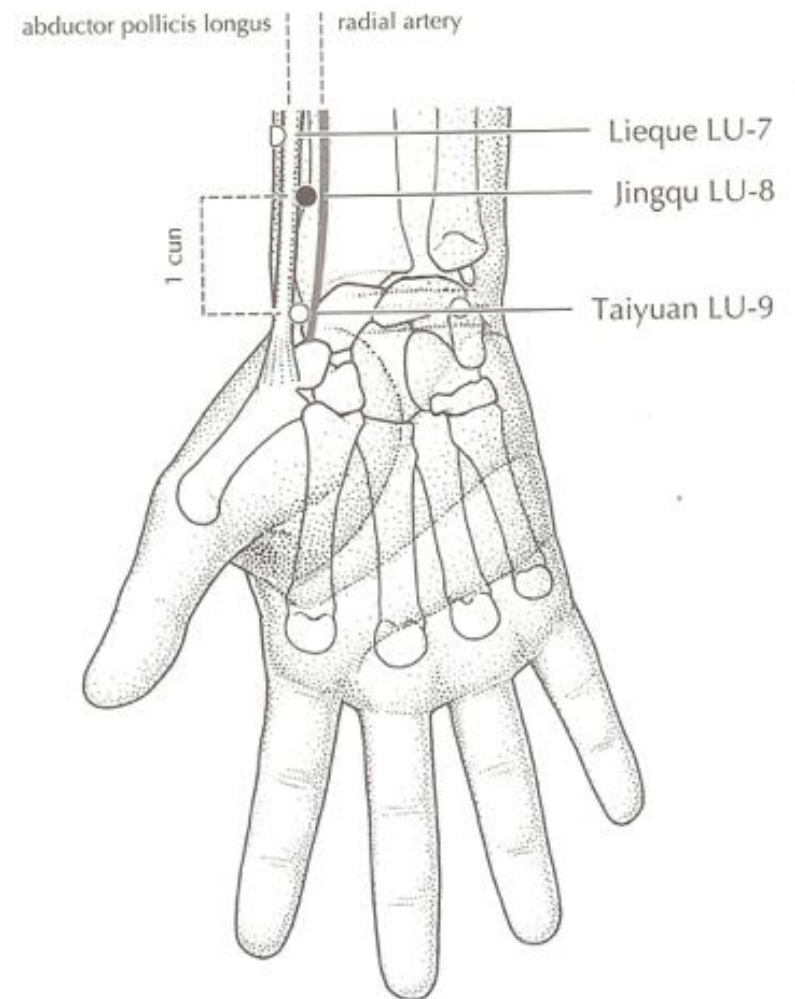


# *Lung 9*

## *Hand Tai Yin*

### *LU 9 –(Taiyuan – Supreme Abyss)*

At the wrist crease in the depression between the radial artery and the tendon of abductor pollicis longus





# *Lung 10*

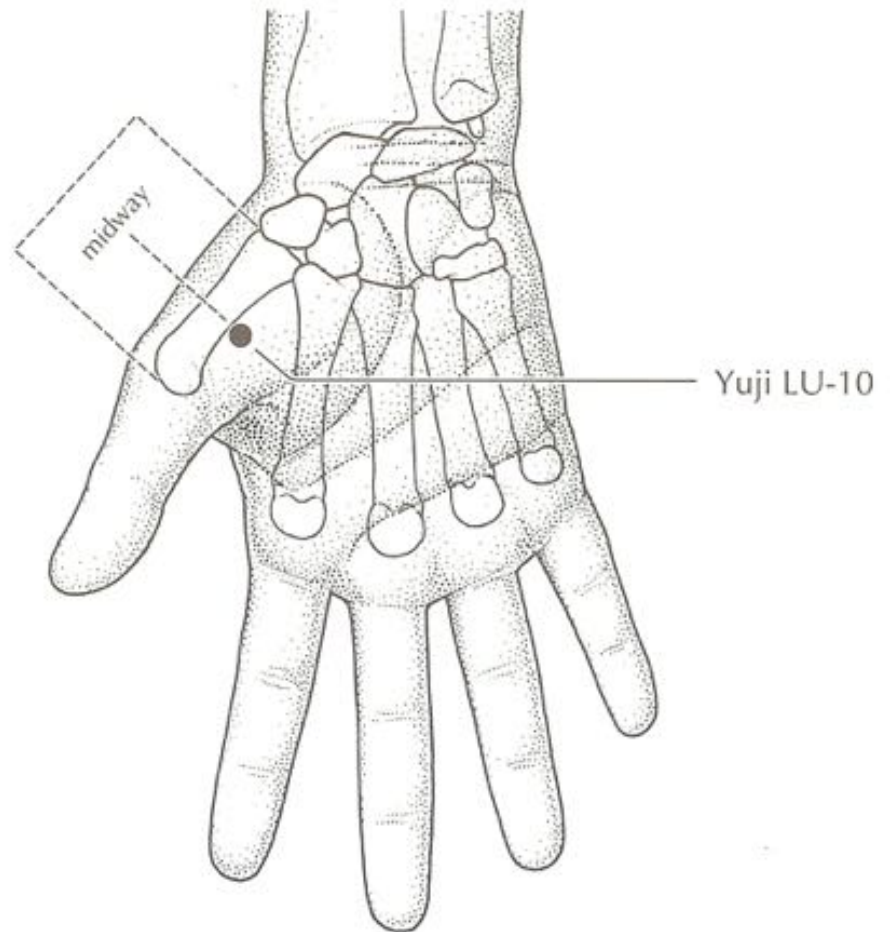
## *Hand Tai Yin*

### *LU 10 –(Yuji– Fish Border)*

On the radial aspect of the 1st metacarpal at the midpoint of the bone at the junction of the red and white skin.

### *Japanese LU 10*

Located on the thenar eminence in the middle Abductor Pollicis Brevis muscle belly



# *Japanese Lung 10*

## *Japanese LU 10*

Located on the thenar  
eminence in the middle  
Abductor Pollicis Brevis  
muscle belly

*Also referred to as Master  
Hukaya's Impotence  
Point*

*Strengthens Kidneys*



# *Lung 11*

## *Hand Tai Yin*

**LU 11** –(*Shaoshang* –  
Lesser Shang)

On the extensor aspect  
of thumb at corner of  
lines drawn along  
medial border of nail  
and the base of the nail,  
0.1 cun from the corner  
of nail

