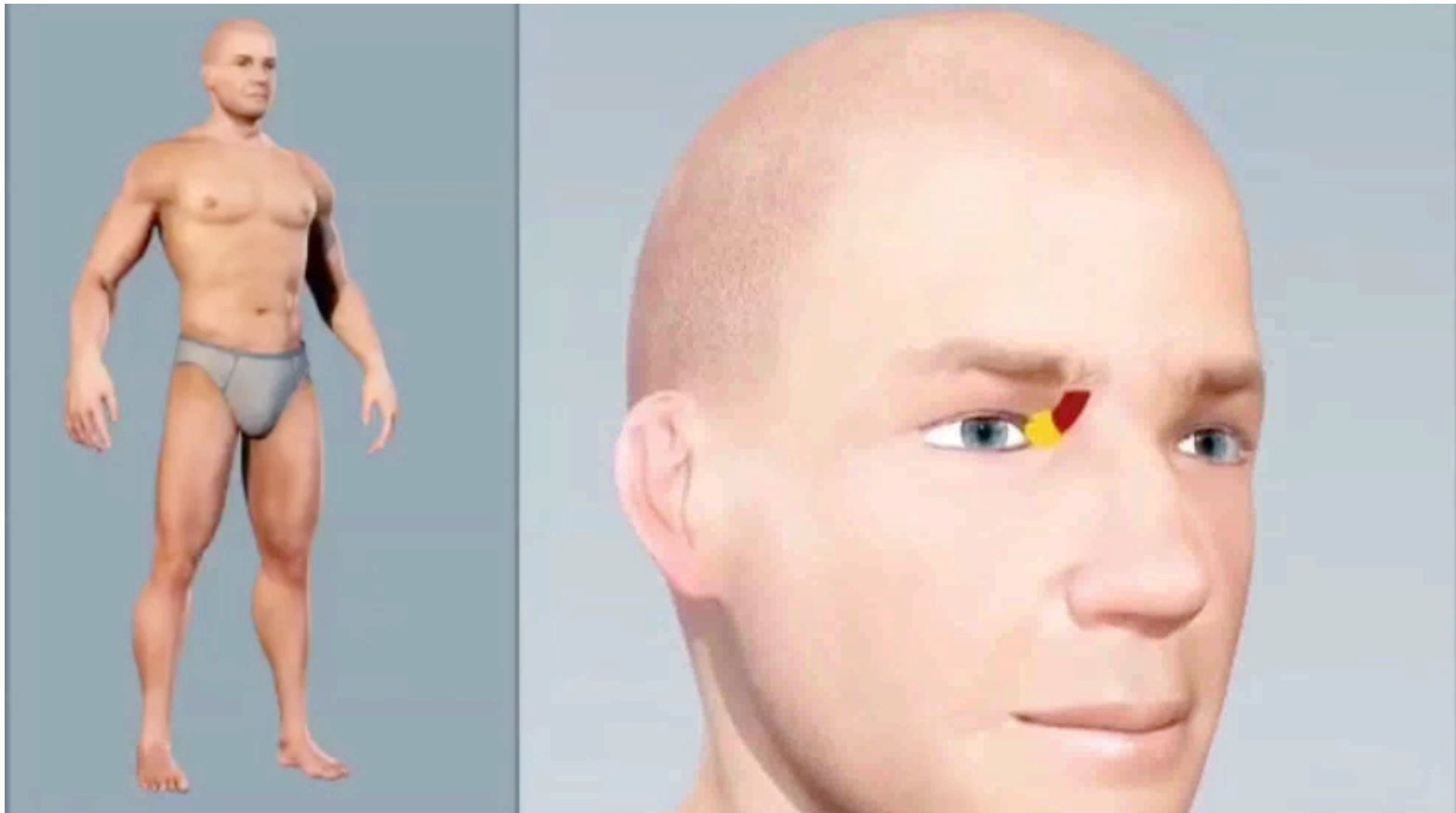


# Bladder, Kidney, Pericardium Meridians

## Japanese Focus

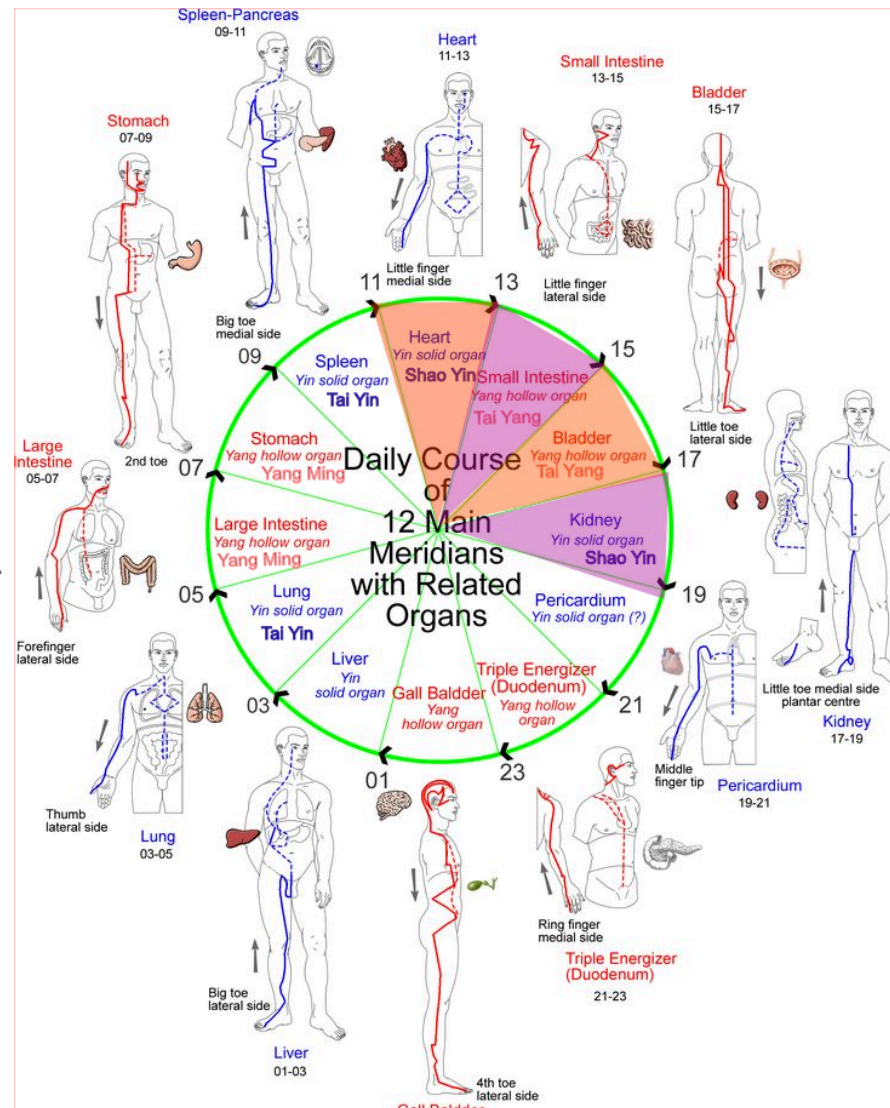
Joseph Audette

# + Bladder Meridian: Tai Yang of Foot – Trajectory

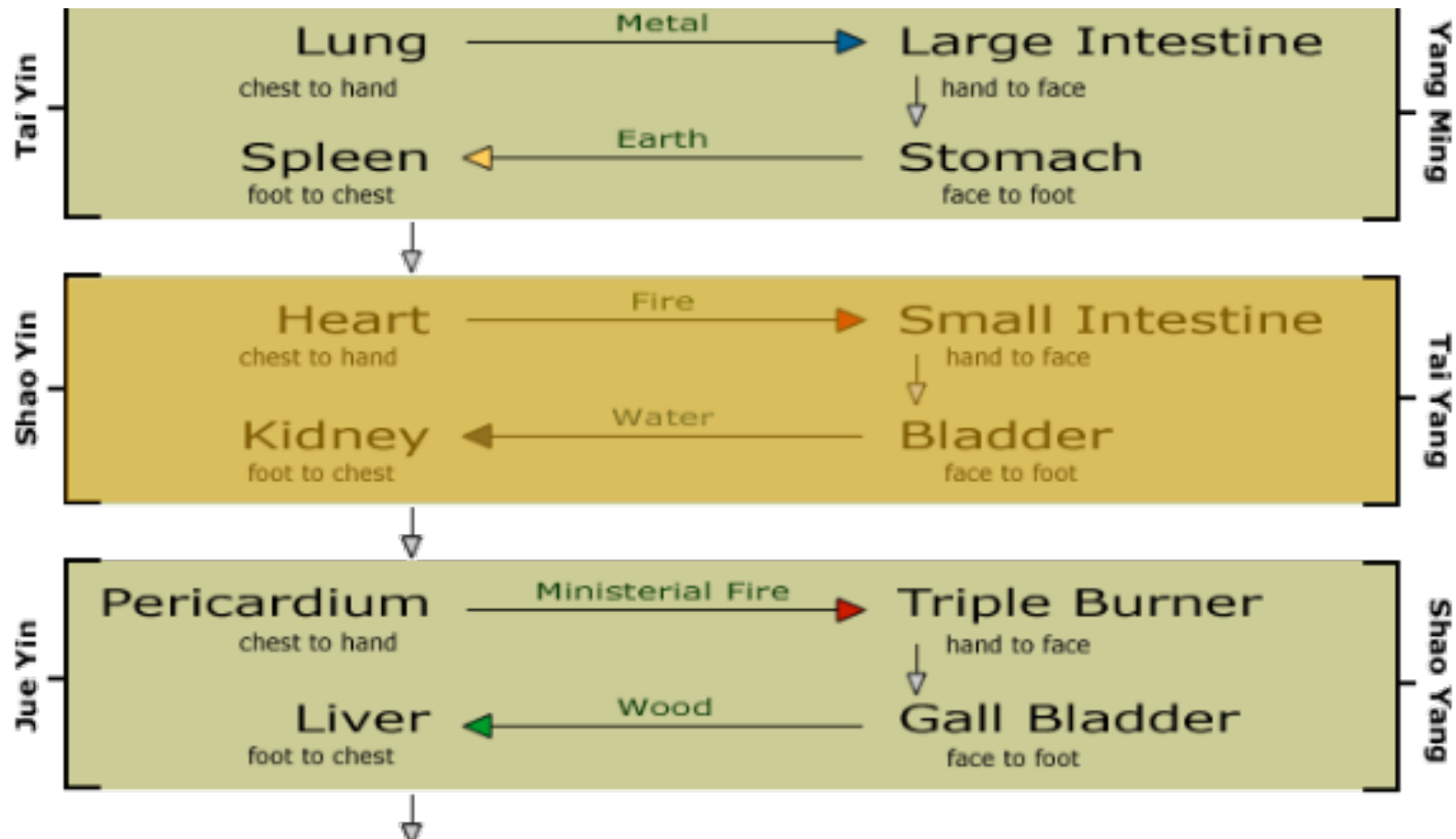


# + Bladder Energetics

- Yin Pair – Kidney
- Energetic Circuit
  - Tai Yang of the Hand (Small Intestine ) and Foot (Bladder)
  - Connects to Shao Yin of Hand (Heart) and Foot (Kidney)



# + Meridian Energetics





# + Japanese Bladder 40

## ■ Bladder 40

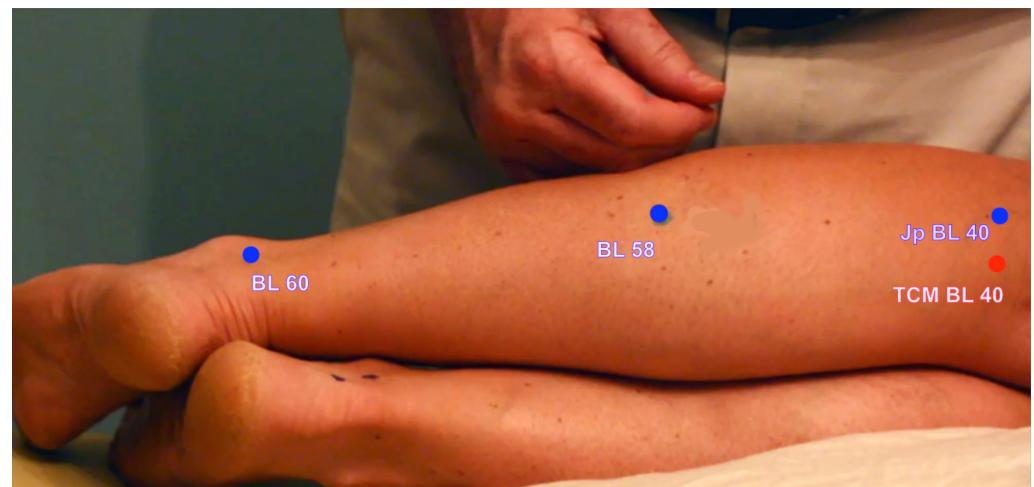
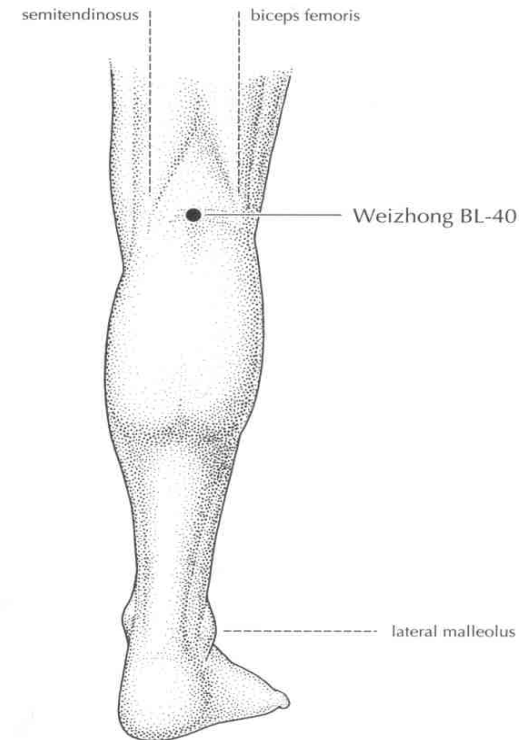
- Midpoint of transverse crease of the popliteal fossa, between tendons of the biceps femoris and the semitendinosus

## ■ Japanese Bladder 40

- Half way between middle of the popliteal crease and the medial aspect of the tendon of the biceps femoris (more lateral)

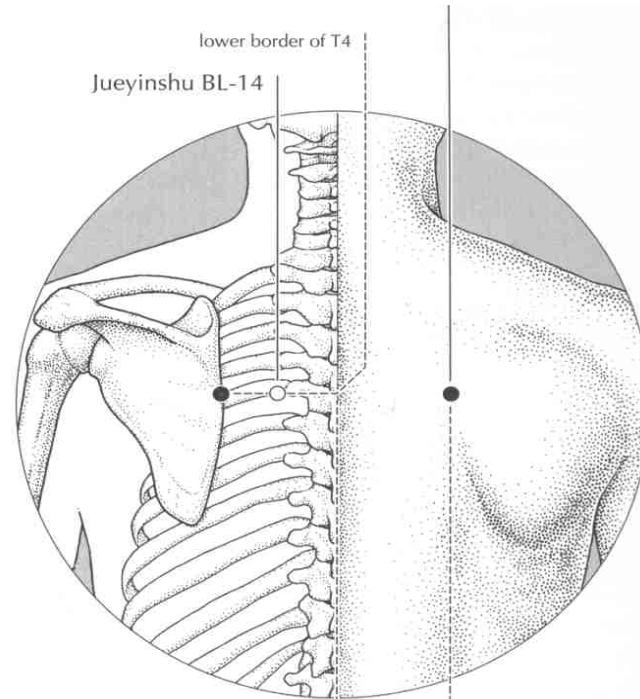
## ■ Functions

- Part of I-hi-kon treatment
  - Releases pressure pain in lower back



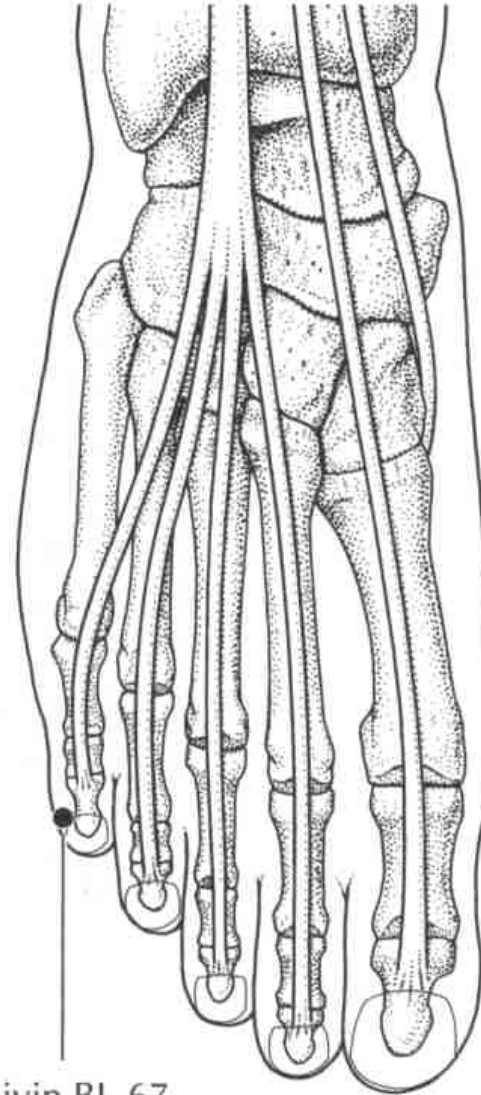
# + Japanese Bladder 43

- Bladder 43 – (Gaohuangshu – Vital Region Shu)
  - 3 cun lateral to midline, level with lower border of spinous process of 4<sup>th</sup> Thoracic Vertebra (T4)
- Japanese Bladder 43 (Missing organ shu)
  - A gummy found at the level of T4 with scapula protracted (under the scapula)
- Functions
  - Sun Simiao states this hidden point can treat 1000 conditions
  - Genetic conditions
  - Chronic conditions
  - Moxa point



# + Bladder 67

- Bladder 67
  - Last point on meridian
  - On 5<sup>th</sup> toe on lateral corner of nail bed
  - Metal point



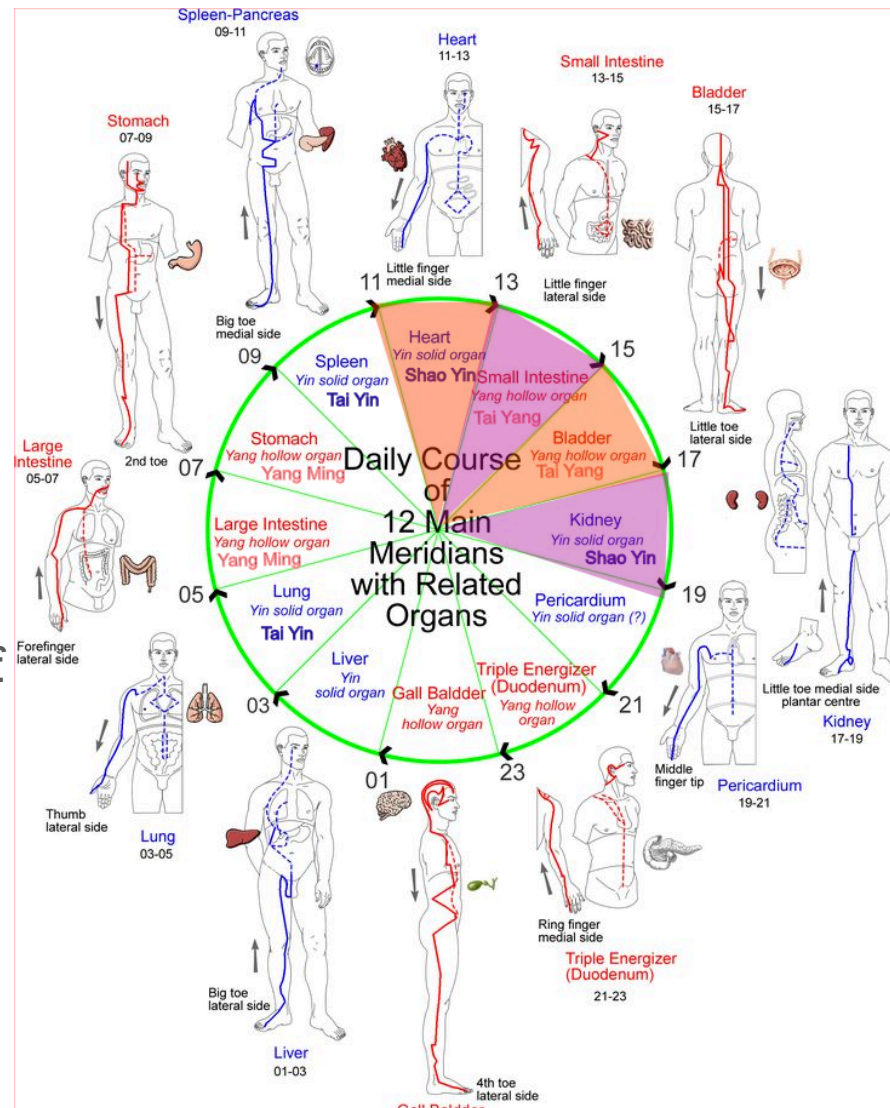
Zhiyin BL-67

# + Kidney Meridian: Shao Yin of Foot – Trajectory

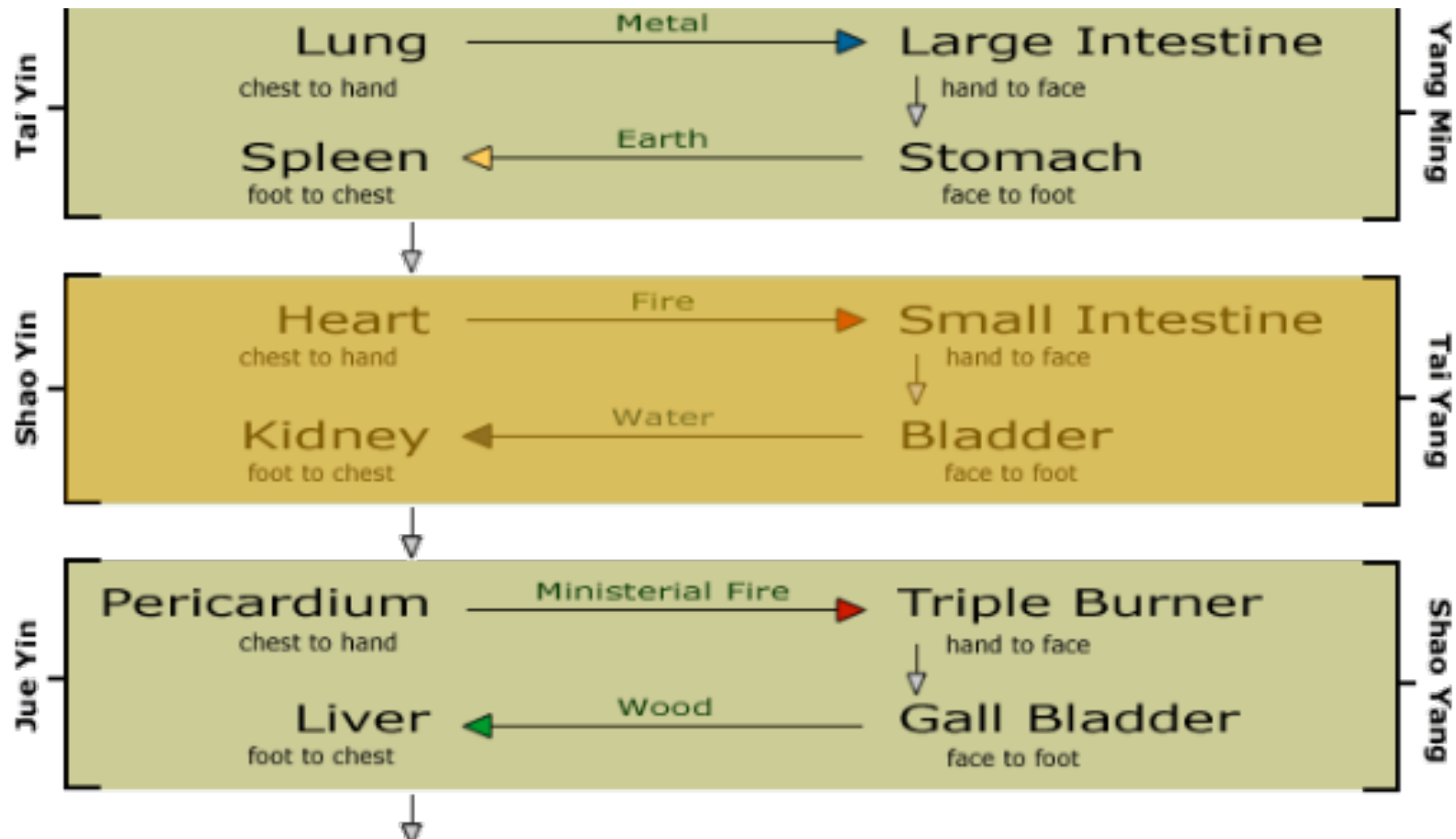


# + Kidney Energetics

- Yang Pair – Bladder
- Energetic Circuit
  - Shao Yin of the Hand (Heart) and Foot (Kidney)
  - Connects to Tai Yang of Hand (Small Intestine) and Foot (Bladder)

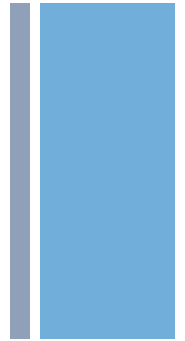


# + Meridian Energetics





# + Japanese Kidney 2



## ■ Kidney 2

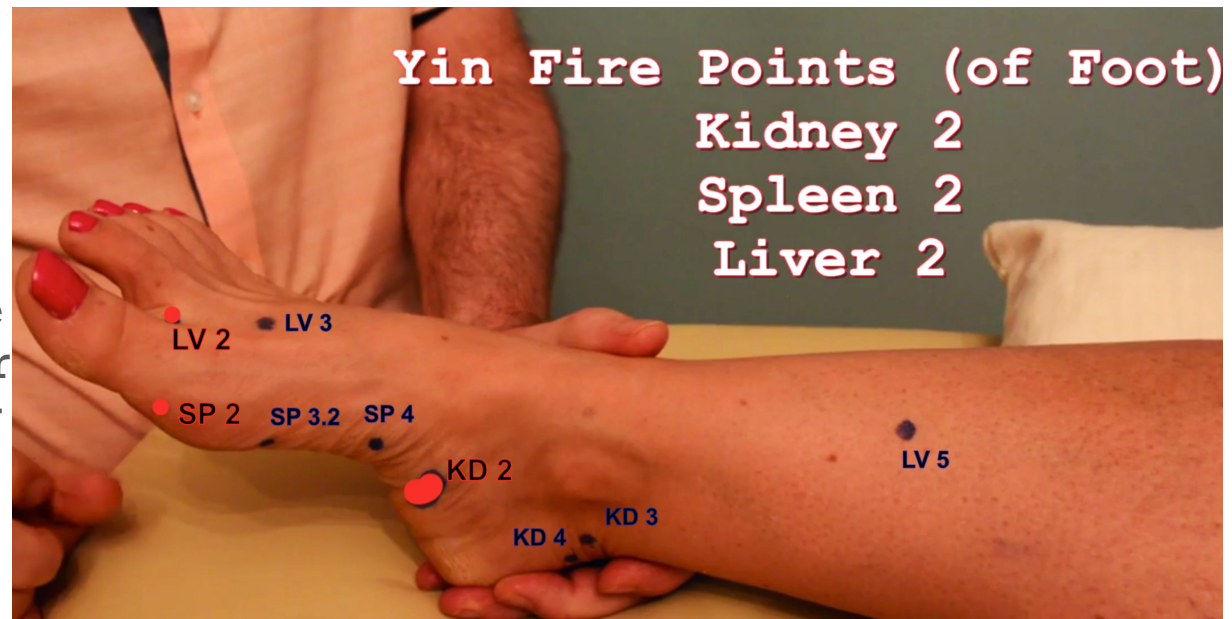
- Medial foot, just inferior to navicular bone on plantar aspect of foot

## ■ Japanese Kidney 2

- Region the size of the thumb pad on plantar aspect of foot inferior to the navicular bone

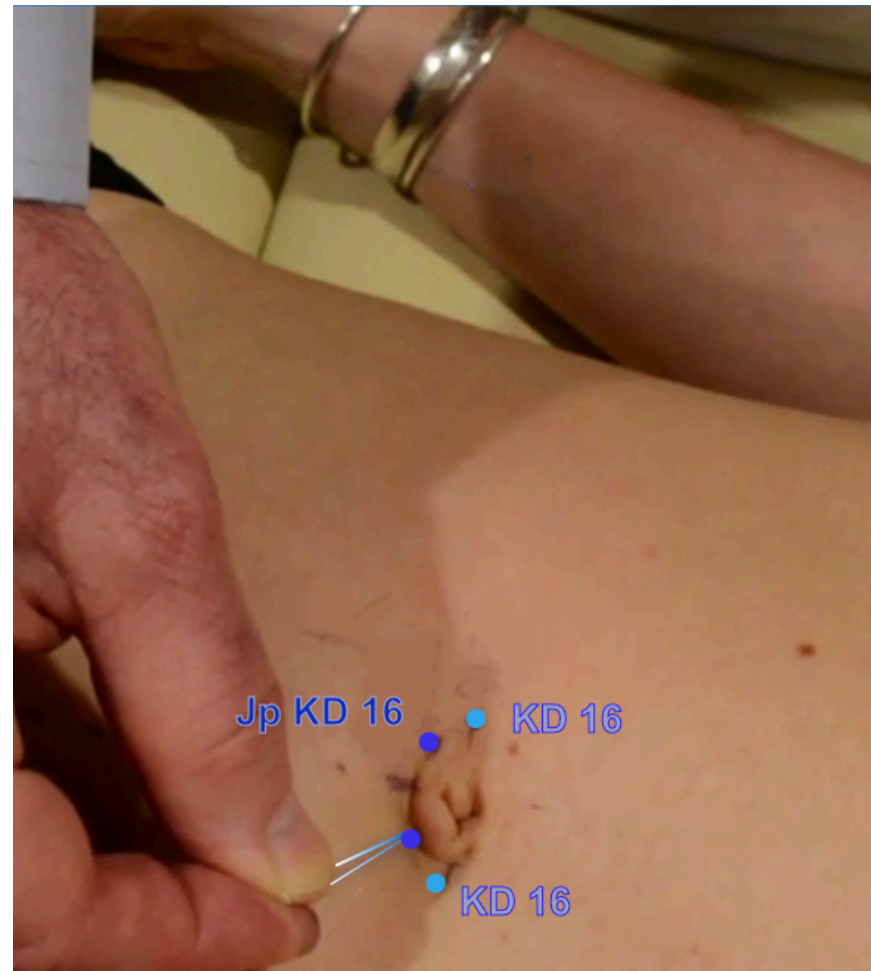
## ■ Functions

- Fire point of Kidney
- Commonly sensitive with shock or trauma



# + Japanese Kidney 16

- Kidney 16 – (Huangshu)
  - On abdomen at level of umbilicus, 0.5 cun lateral from midline
- Japanese Kidney 16
  - On abdomen just inferior to the umbilicus at a 45 degree angle
- Functions
  - Diagnostic zone for Adrenal Reflex
  - Reflection of birth trauma
  - Sinusitis and Rhinitis and upper respiratory allergies
  - Back pain



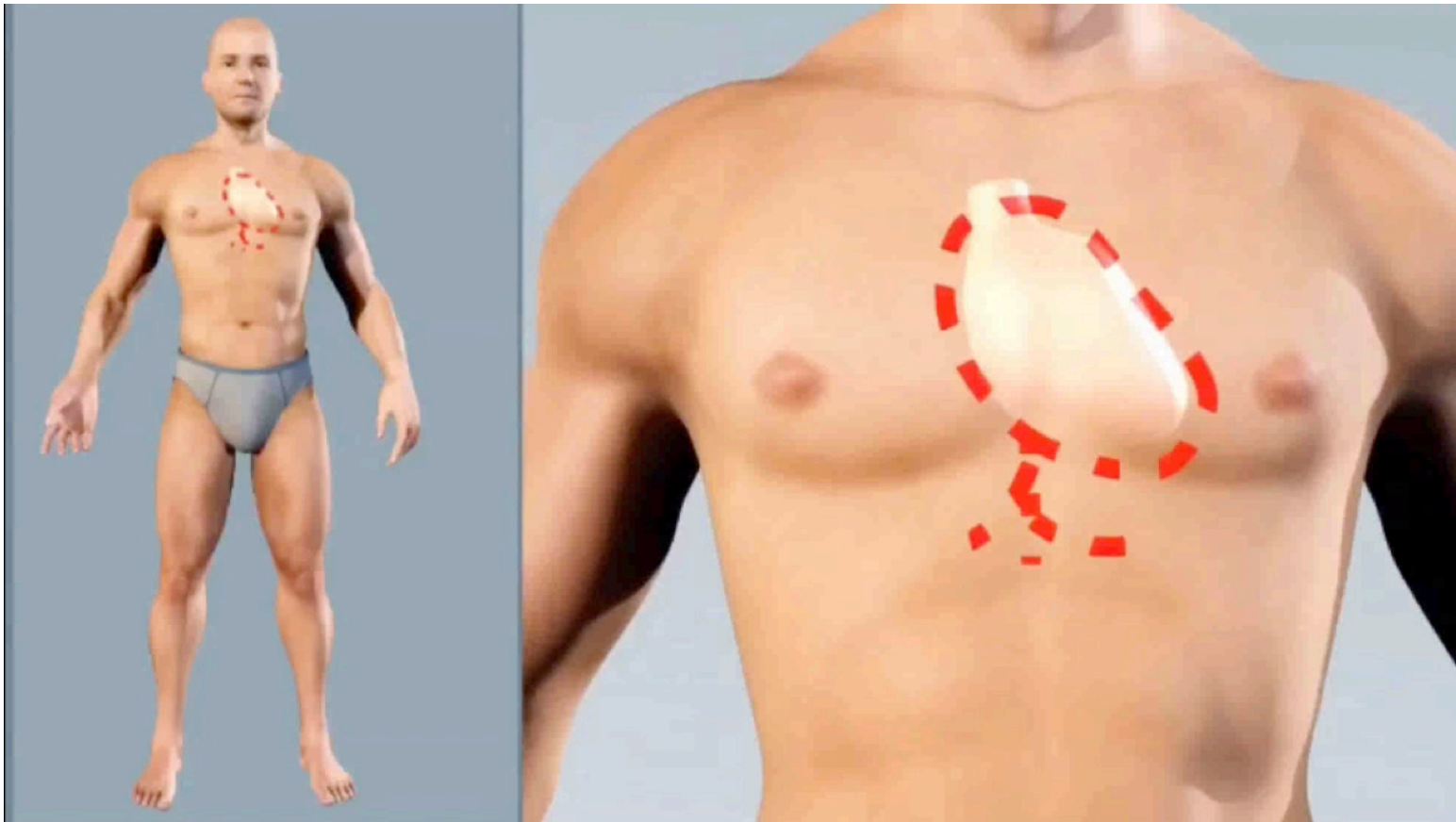


# + Japanese Kidney 27

- Kidney 27 – (Shufu – Shu mansion)
  - Last point on meridian
  - In the depression inferior to the clavicle, just lateral to the manubrium
- Japanese Kidney 27
  - Same location but needle from lateral to medial at a 10-20 degree angle relative to the plane of the skin
- Functions
  - Influences parathyroid gland
  - Used in Adrenal Treatment

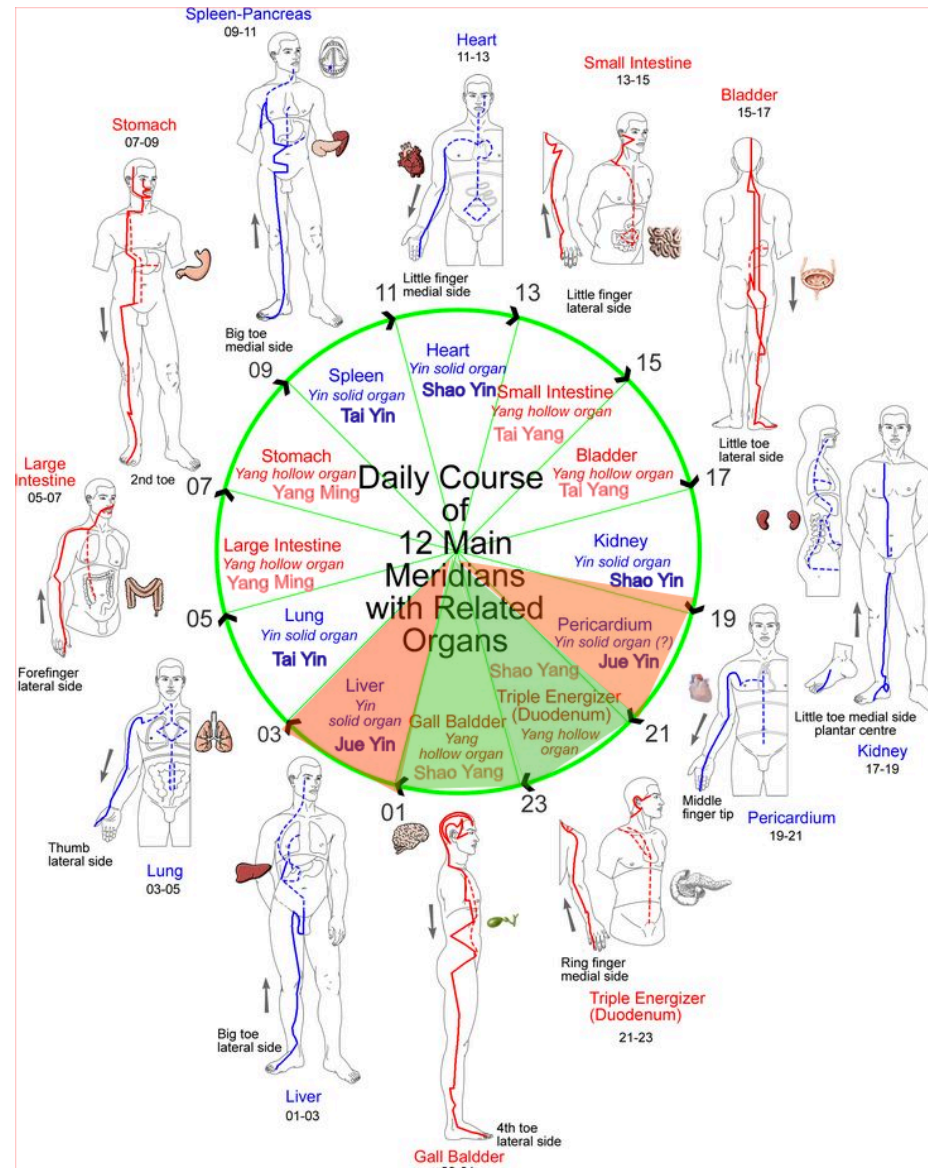


# + Pericardium: Jue Yin of the Hand – Trajectory

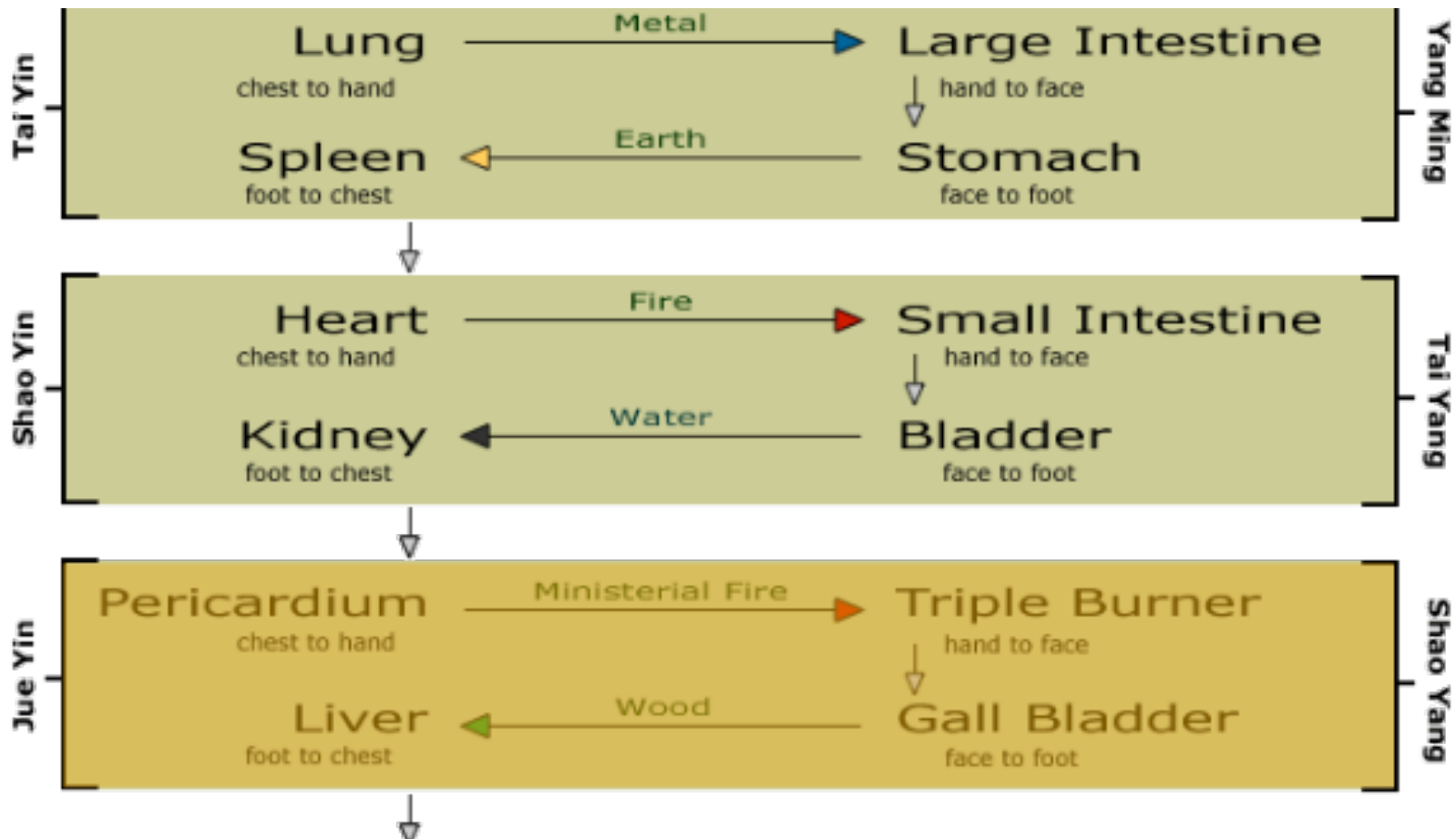


# + Pericardium Energetics

- Yang Pair – Triple Warmer
- Energetic Circuit
  - Jue Yin of the Hand (Pericardium) and Foot (Liver)
  - Connect to Shao Yang of Hand (Triple Warmer) and Foot (Gallbladder)

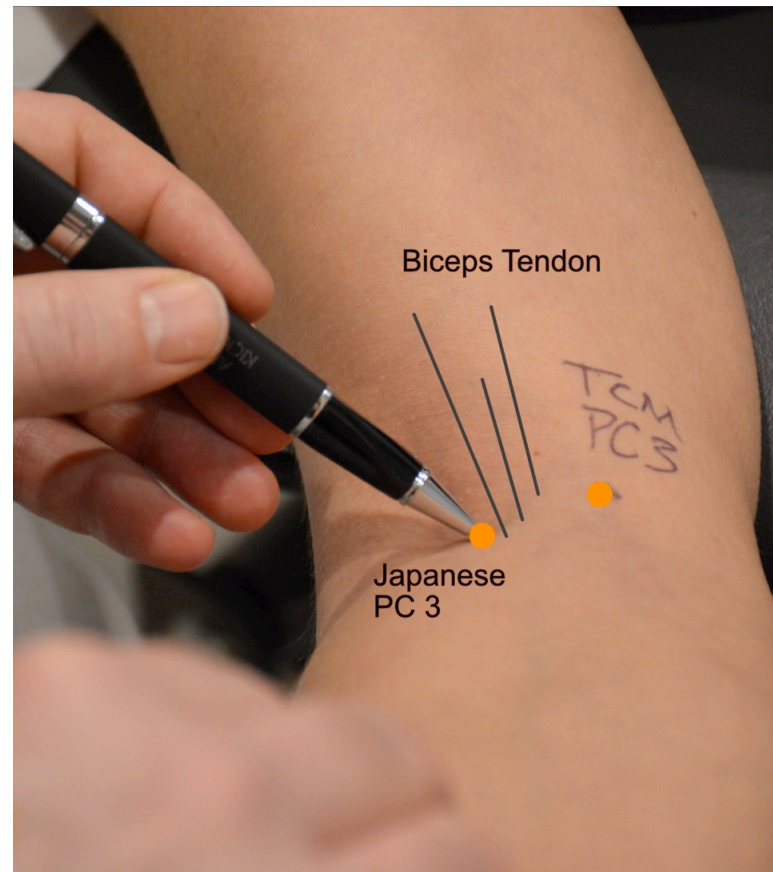


# + Meridian Energetics



# + Japanese Pericardium 3

- Pericardium 3
  - On transverse cubital crease on ulnar side of biceps tendon
- Japanese Pericardium 3
  - On transverse cubital crease on radial side of biceps tendon (TCM LU5)





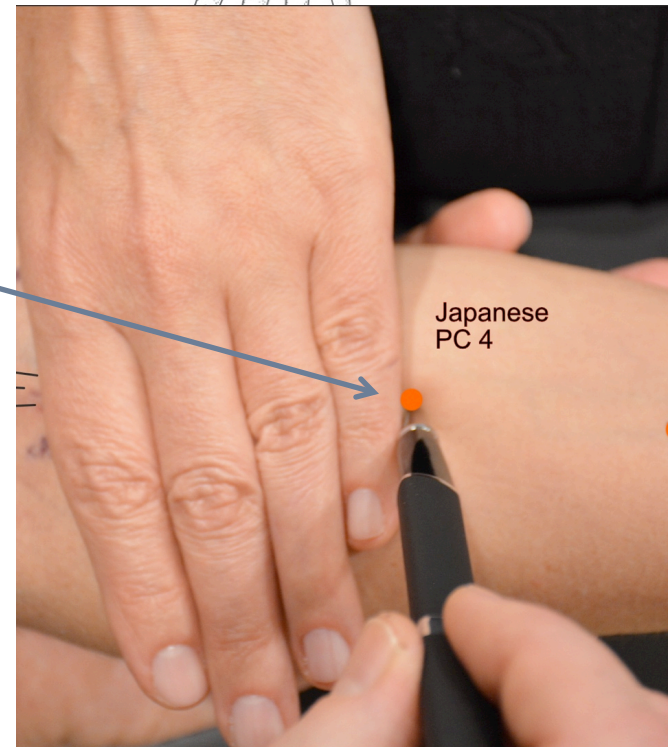
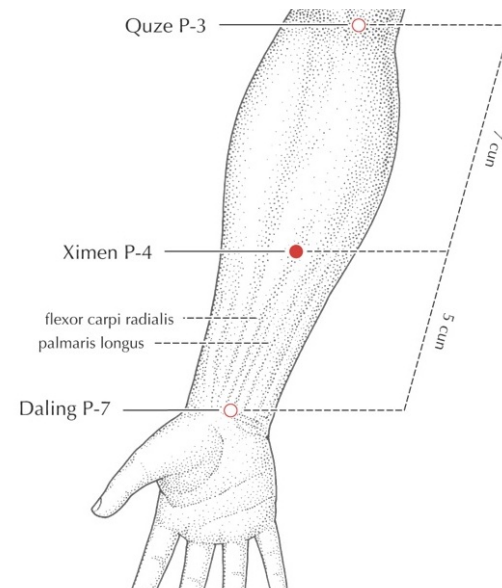
# + Japanese Pericardium 4

## ■ Pericardium 4

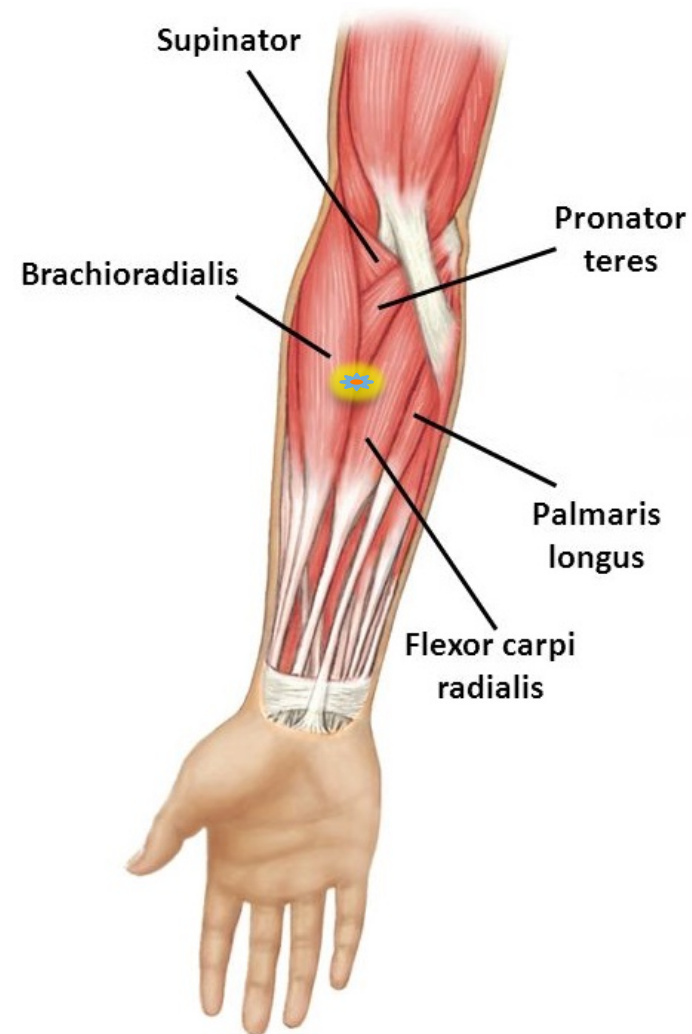
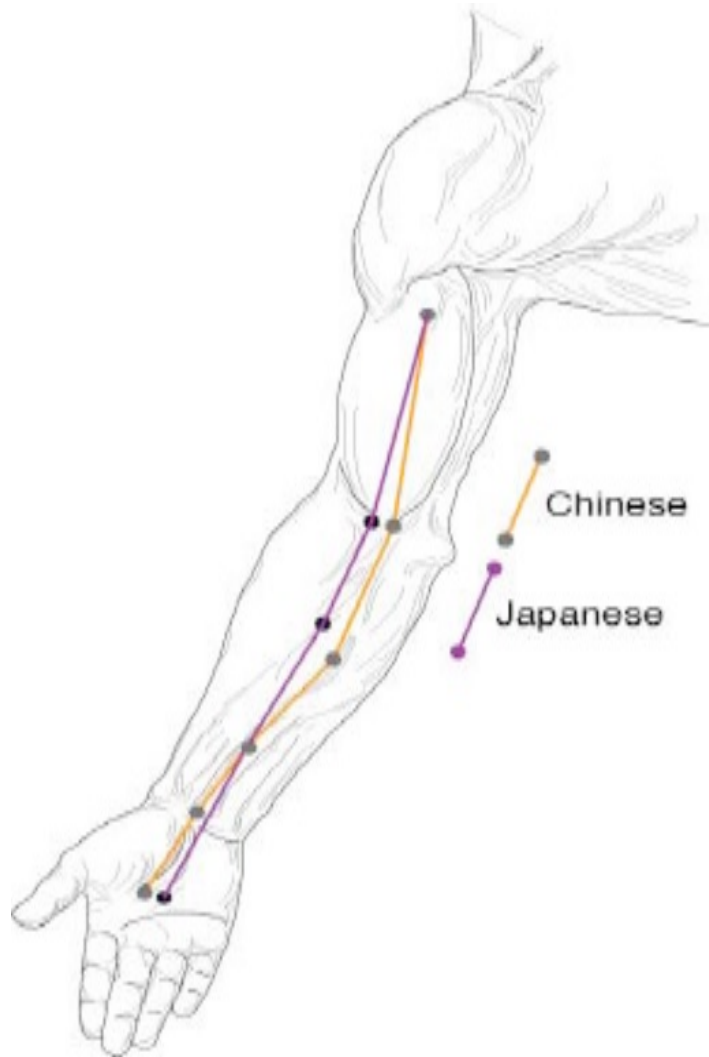
- 5 cun above the wrist crease on line between PC 3 and PC 7 between tendons of the palmaris longus and flexor carpi radialis

## ■ Japanese Pericardium 4

- 4 fingers below PC 3 in fascial hole between brachioradialis and flexor carpi radialis muscles



# + Japanese Pericardium 4



# + Japanese Pericardium 5

## ■ Pericardium 5

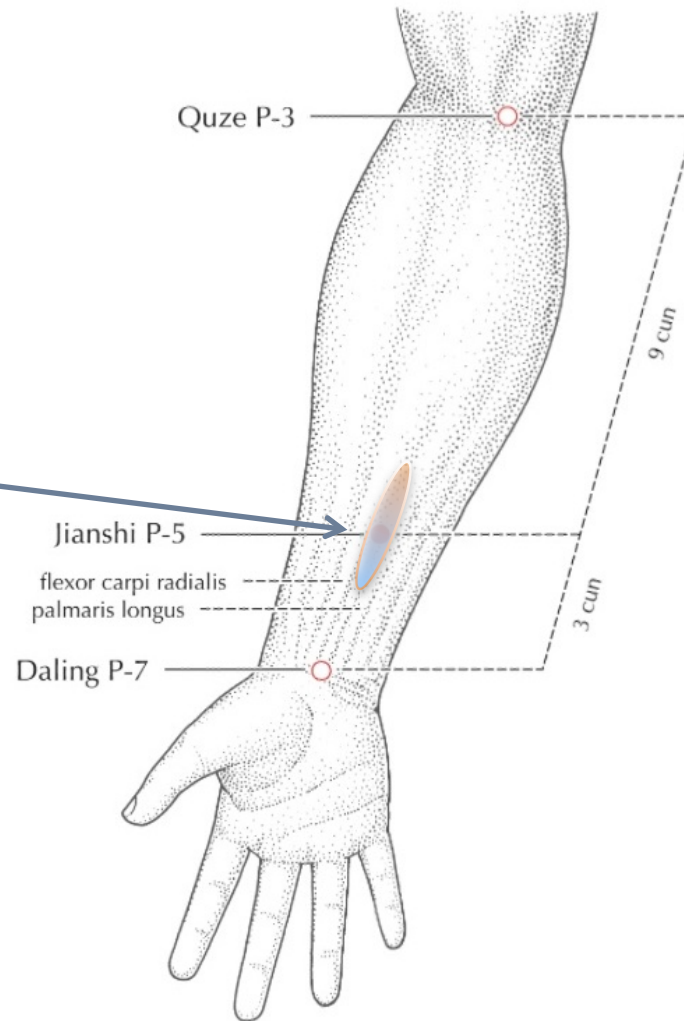
- 3 cun proximal to PC7 at the wrist crease, between tendons of the palmaris longus and flexor carpi radialis

## ■ Japanese Pericardium 5

- In region of PC 5 but can vary above and below when used to relieve pressure pain at PC 8 (fire point)

## ■ Functions

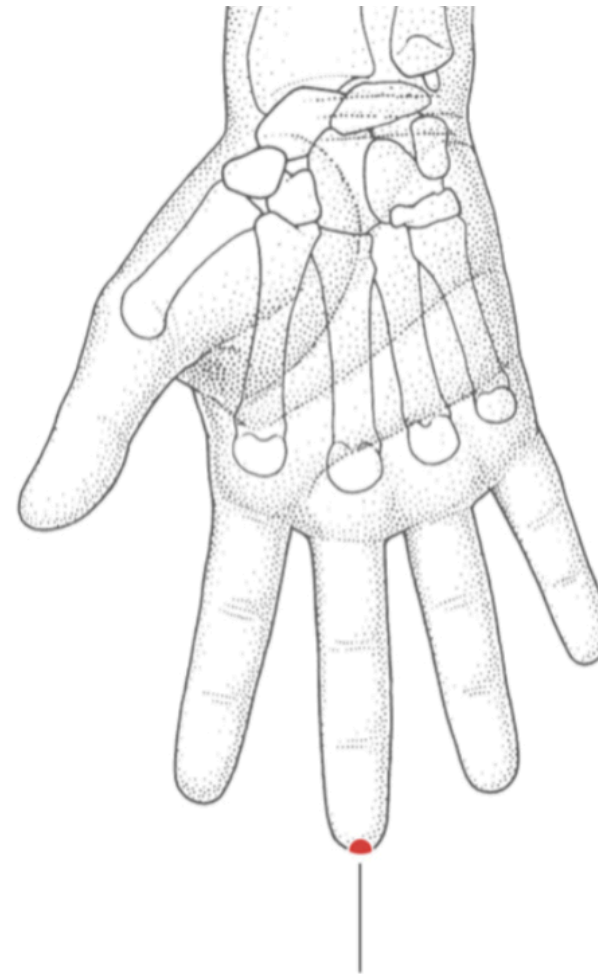
- Reduced inflammation in Pericardium meridian, heart





# + Pericardium 9

- Pericardium 9
  - Last point on meridian
  - In the center of the tip of the middle finger
  - Wood point or tonification point



Zhongchong P-9