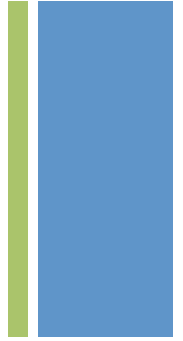


Lung, Large Intestine &  
Stomach Meridians

Japanese Focus

Joseph Audette

# + Lung: Tai Yin Meridian of the Hand – Trajectory



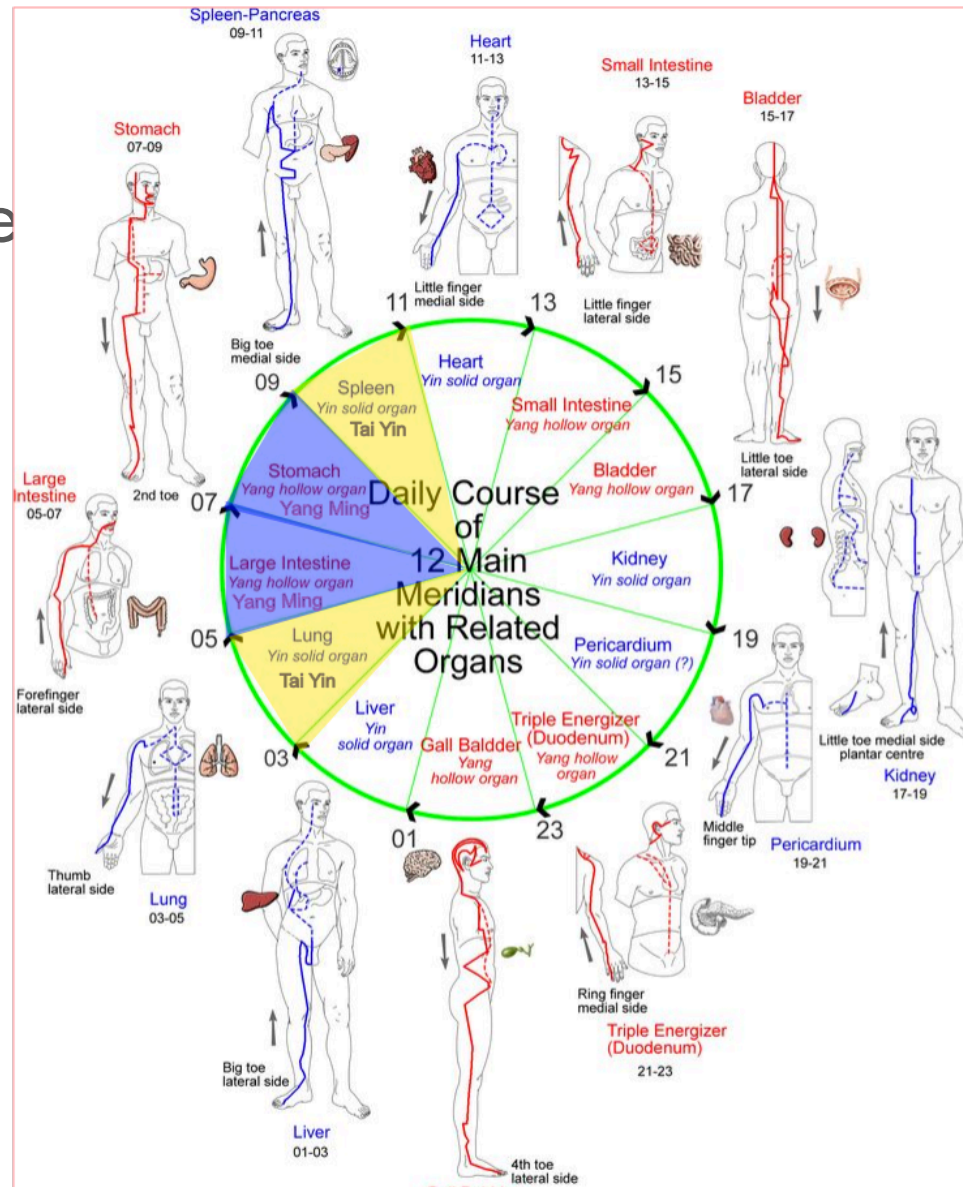


# + Lung Energetics

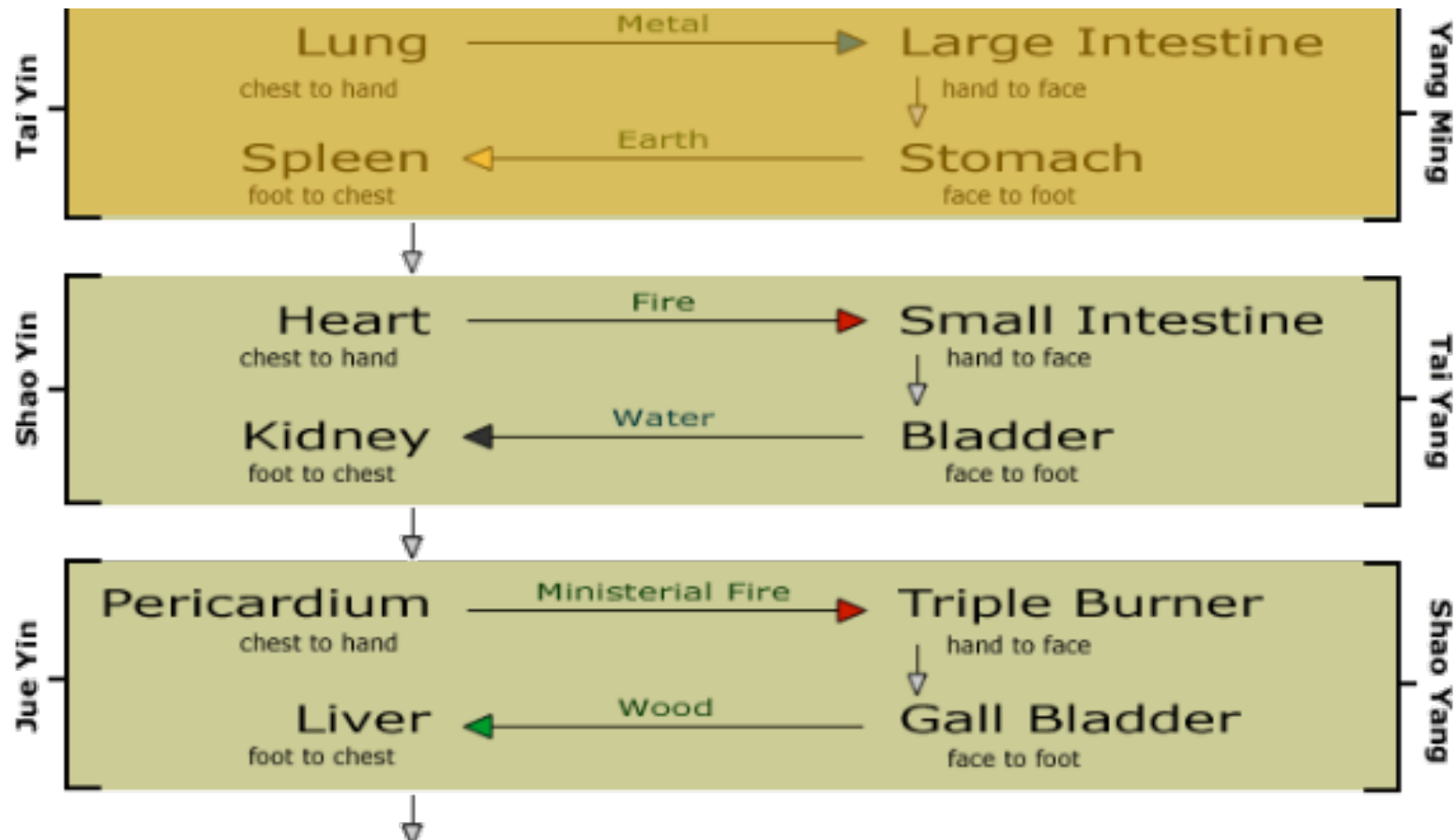
## ■ Yang Pair – Large Intestine

## ■ Energetic Circuit

- Tai Yin of the Hand (Lung) and Foot (Spleen)
- Connects to Yang Ming of Hand (Large Intestine) and Foot (Stomach)



# + Meridian Energetics



# + Japanese Lung 4

- Japanese LU 4
  - Found by bringing arm and the lung meridian to the nose – Where tip of nose touches lateral biceps groove of arm
  - Must keep face pointed forward
- Functions
  - Master Hukaya's Oxygen point
    - Any condition with lack of O<sub>2</sub> involving the lungs, neck, throat and head
    - Angina, CHF, asthma, shortness of breath, TIA's



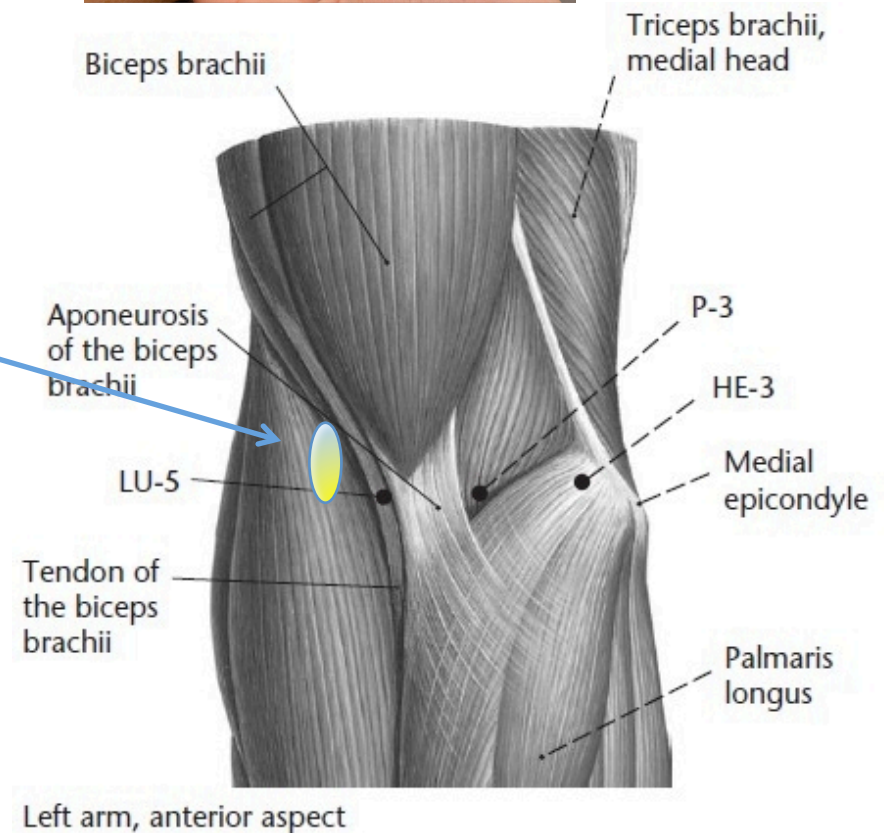
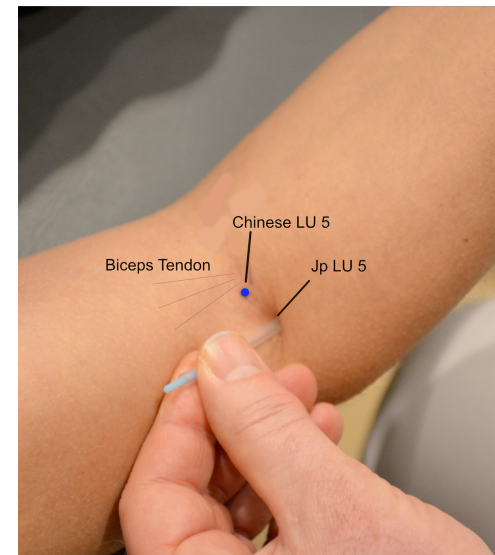
# + Japanese Lung 5

## ■ Japanese LU 5

- Located lateral to Chinese LU 5 on brachioradialis muscle
- Half way between lateral edge of cubital crease and Chinese LU 5
- Can be slightly above or below crease

## ■ Function

- Water point of Lung Meridian
- Tonification point of Kidneys
  - Low back pain
  - Knee issues
  - Fatigue
- Used with LV 4 on left to treat OKETSU





# + Japanese Lung 6

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

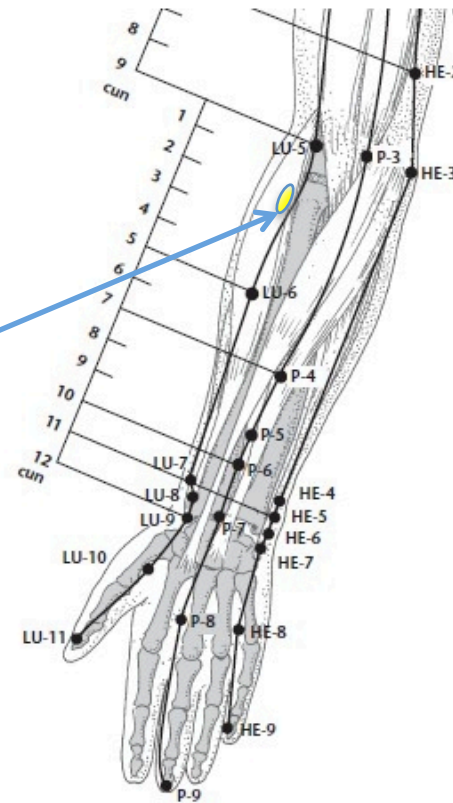
7 cun above LU 9 on the line joining LU 5 and LU 9

### ■ 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.

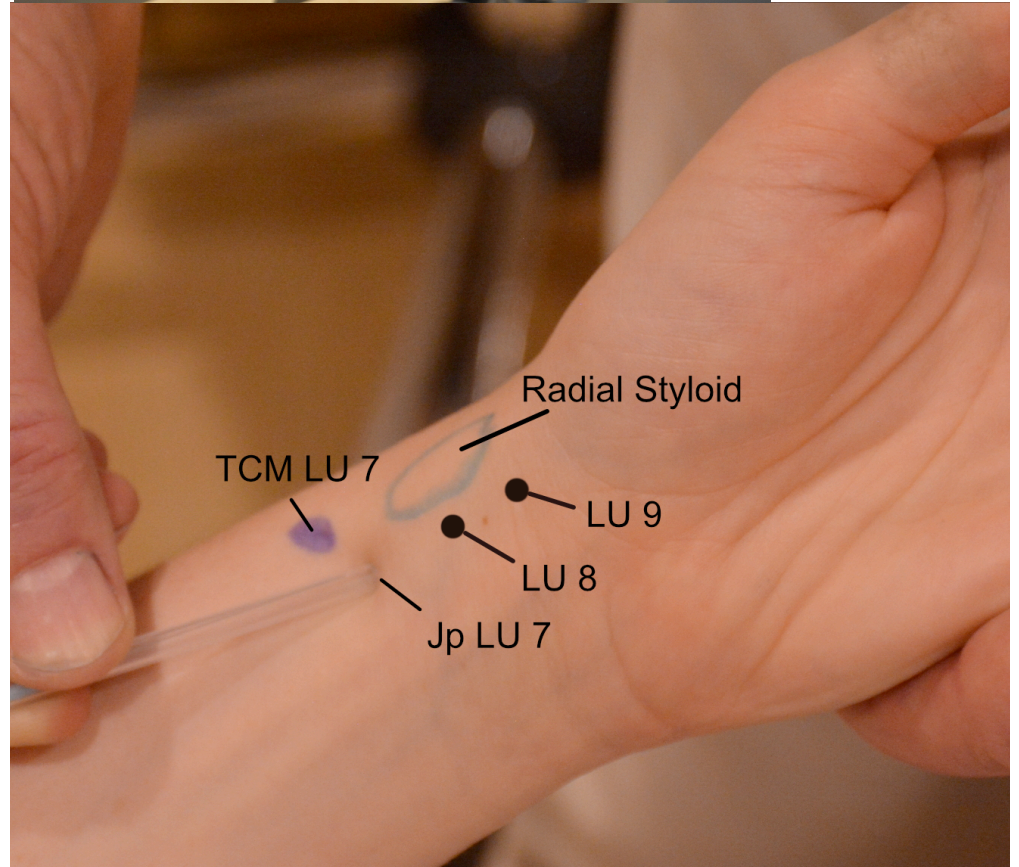
### ■ Function

- Rectal vein congestion (hemorrhoids)
- Add SP 7 if bleeding hemorrhoids



# + Japanese Lung 7

- LU 7 – (Lieque or Broken Sequence)
  - 1.5 cun proximal to wrist crease at proximal to radial styloid and lateral to LU5-LU9 line
- Japanese LU 7
  - On the line connecting LU5 to LU9,  $\frac{1}{2}$  cun above LU8
- Functions
  - Command point for Ren Mai
  - Luo Point





# + Japanese Lung 10

- LU 10 (Yuji or Fish Border)

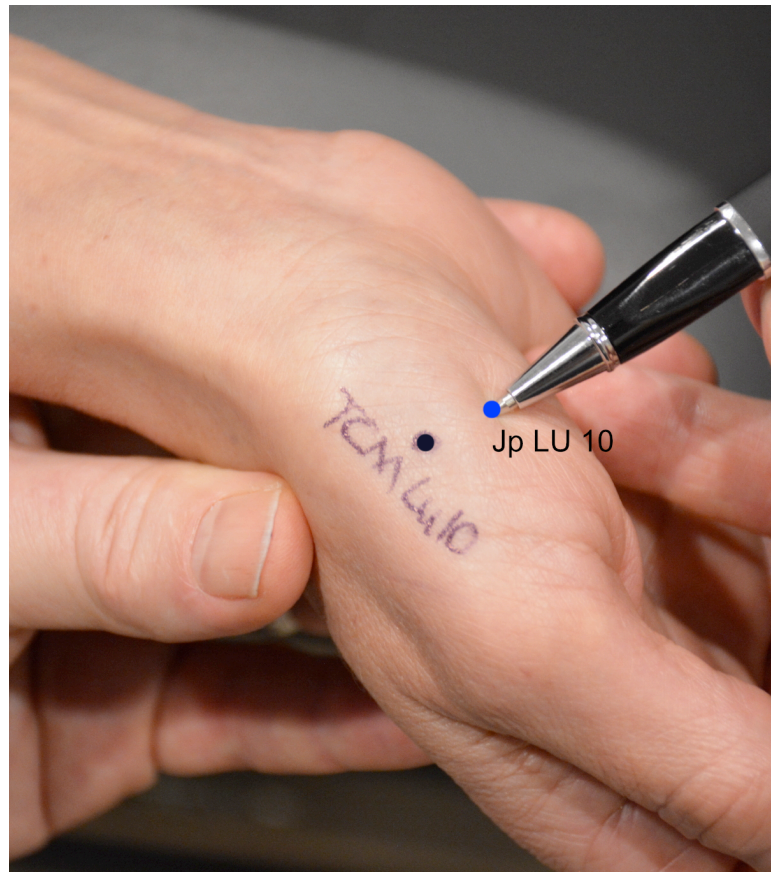
- On radial aspect of the 1<sup>st</sup> Metacarpal bone at midpoint

- Japanese LU 10

- Located on thenar eminence of the Abductor Pollicis Brevis muscle

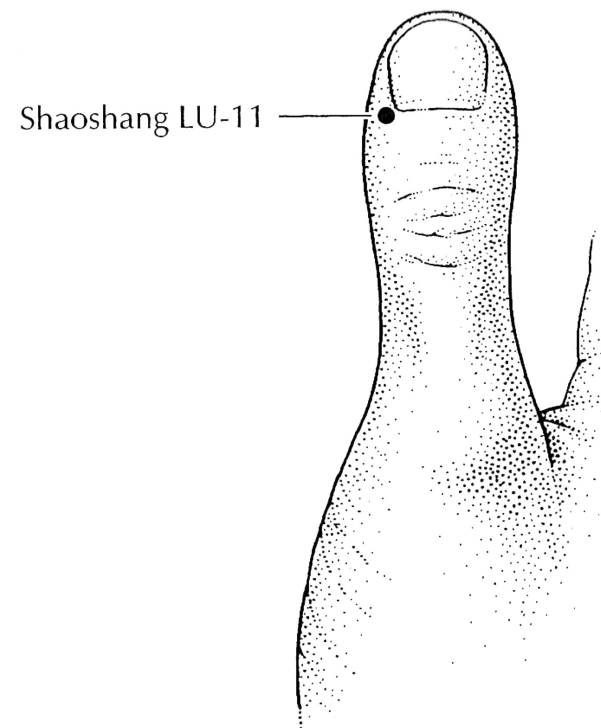
- Functions

- Hukaya's Impotence point
- Strengthens KD
- Release point for tight Quadratus Lumborum
- Fire point (Inflammation in Lung meridian or Lung related organs (skin, respiratory tract))



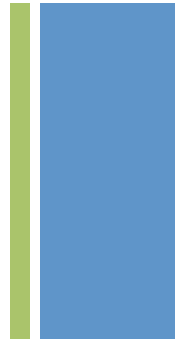
# + Lung 11

- Lung 11
  - Last point on the meridian
  - On the corner of the thumb nail on radial side





# + Large Intestine: Yang Ming Meridian Hand – Trajectory

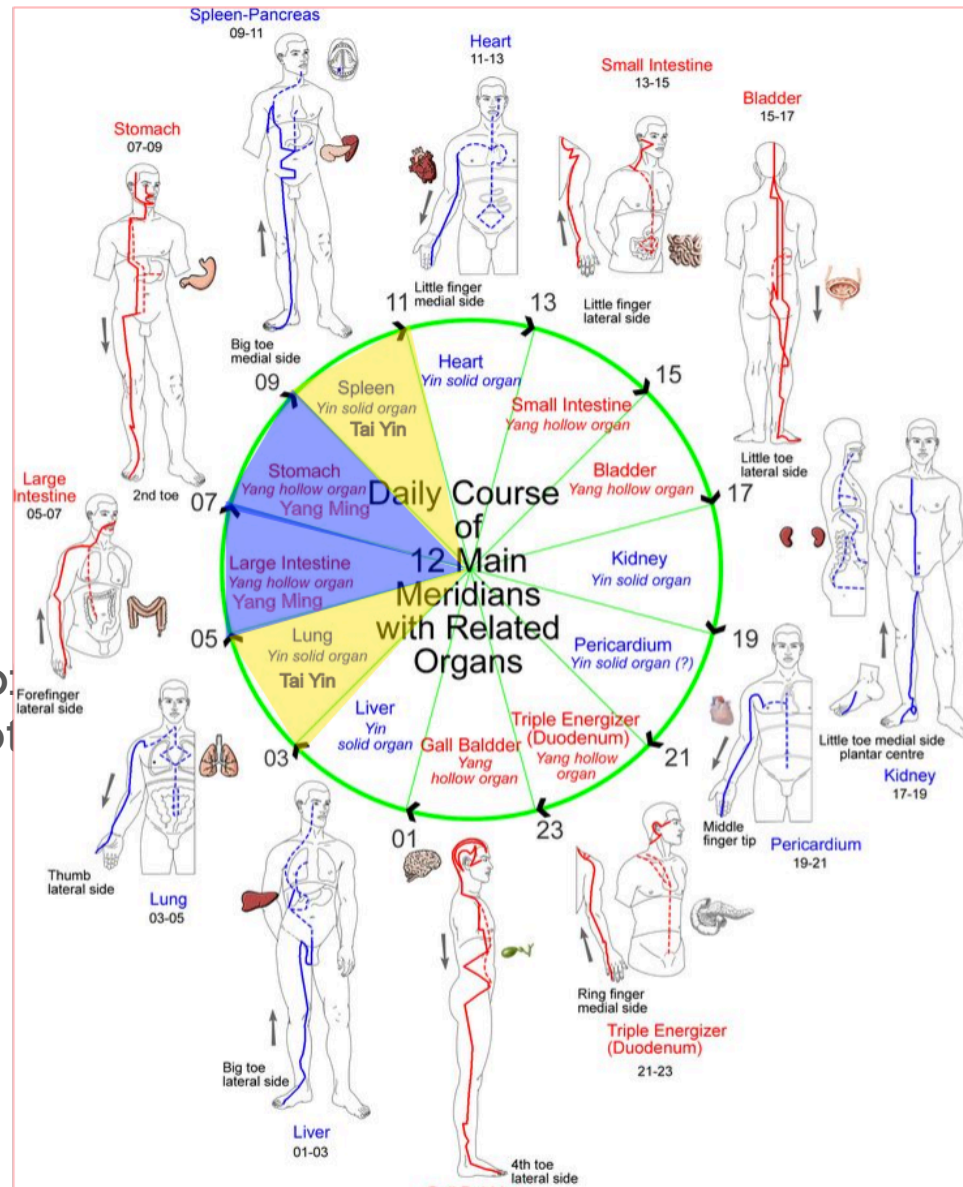


# + Large Intestine Energetics

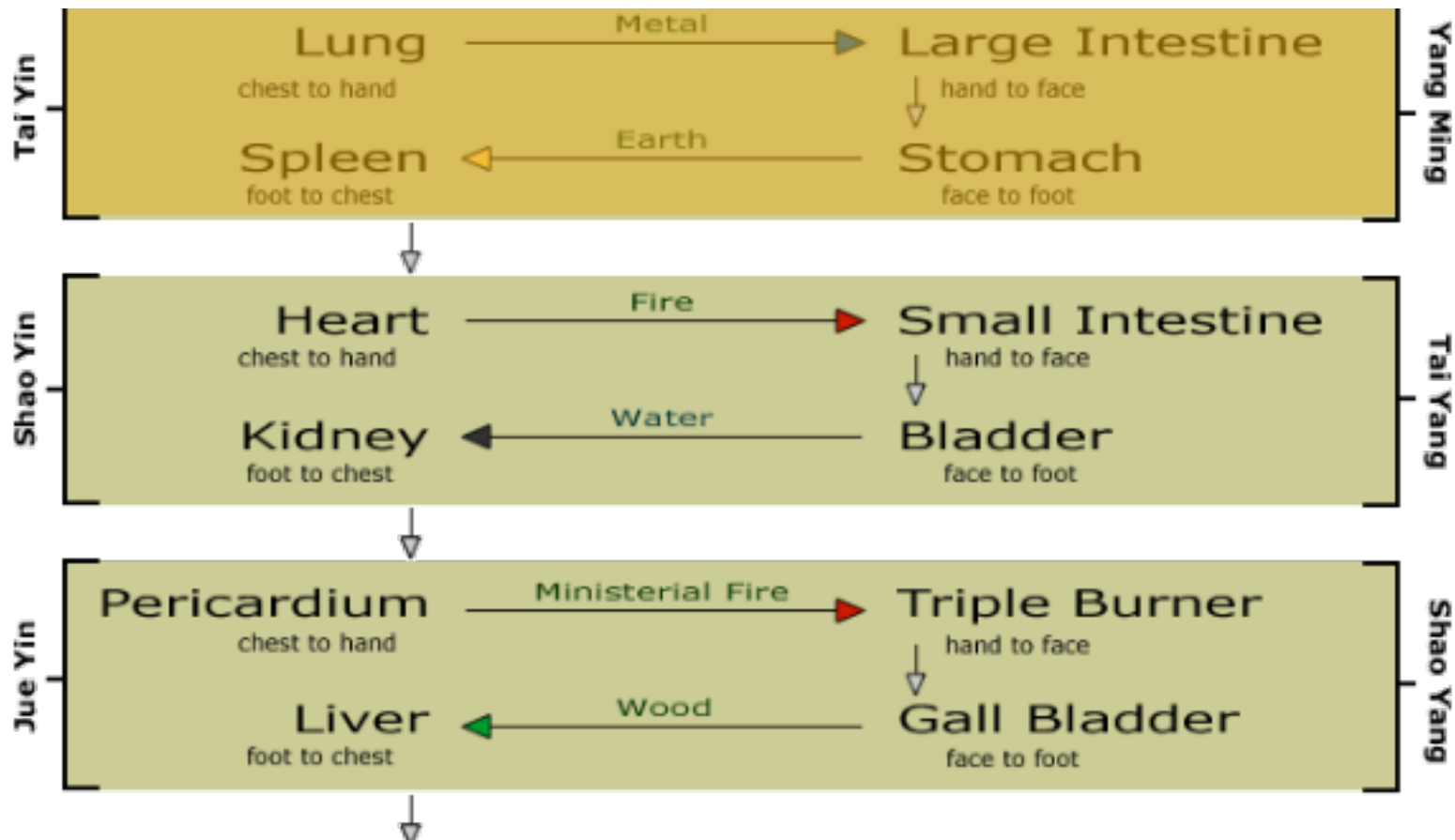
## ■ Yin Pair – Lung

## ■ Energetic Circuit

- Yang Ming of the Hand (Large Intestine ) and Foot (Stomach)
- Connects to Tai Yin of Hand (Lung) and Foot (Spleen)

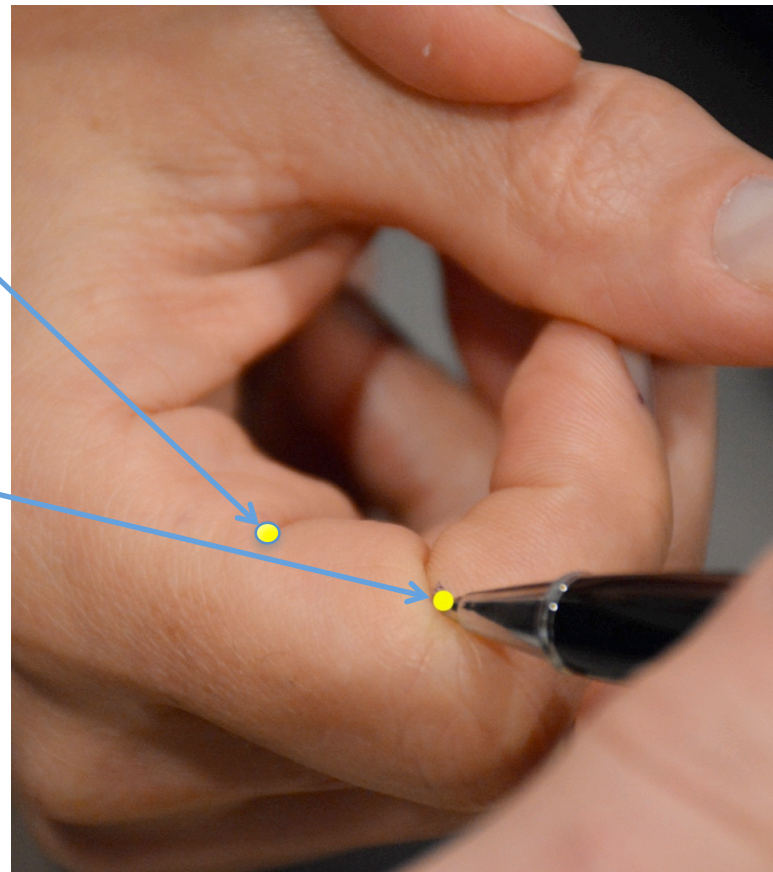


# + Meridian Energetics



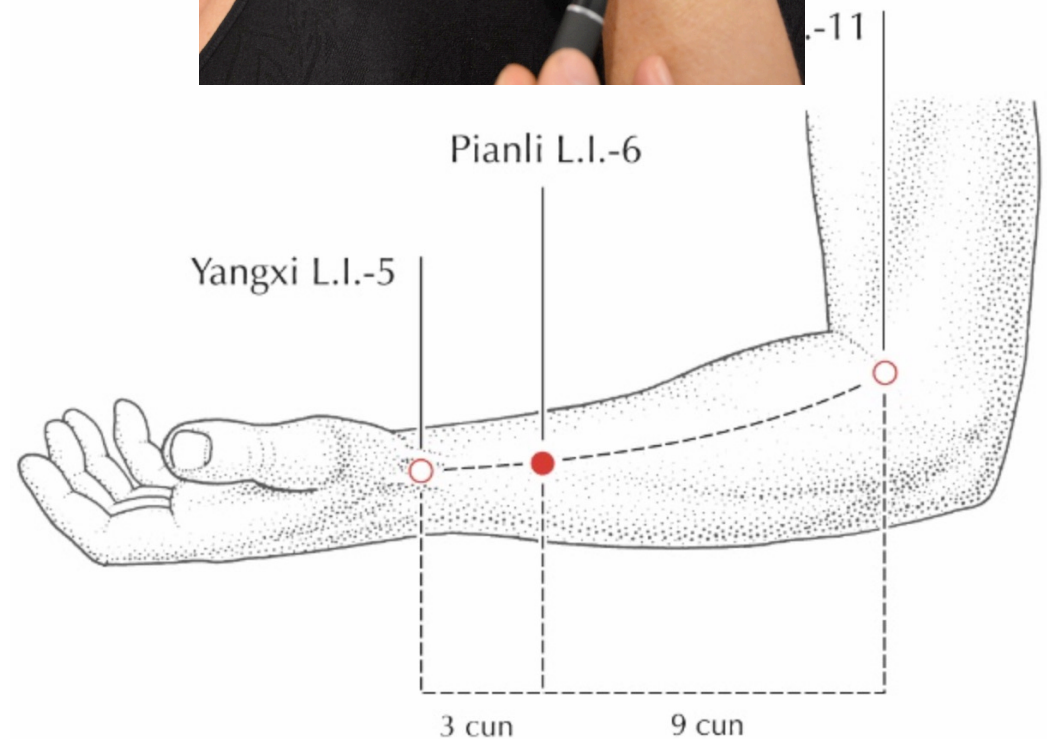
# + Japanese Large Intestine 2

- Large Intestine 2 –
  - Radial border of 2<sup>nd</sup> finger in depression just distal to the MCP joint
- Japanese Large Intestine 2
  - Master Nagano used point just distal to proximal interphalangeal joint (PIP joint)
- Functions
  - Water point on LI meridian
  - Quiets inflammation along meridian or in organ



# + Japanese Large Intestine 6

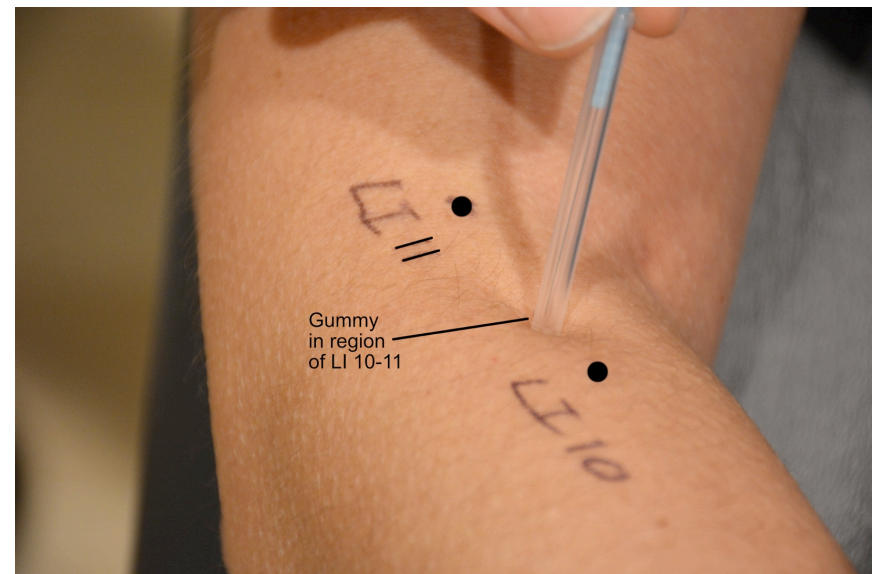
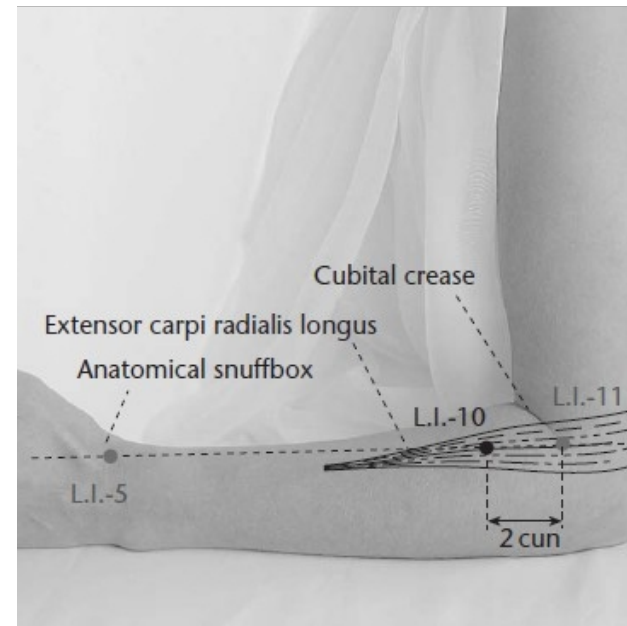
- Large Intestine 6
  - 3 cun proximal to LI 5 on line from LI 5 to LI 11 at elbow
- Japanese Large Intestine 6
  - Master Hukaya recommends finding point by sliding patient's hands together – Point found between the 2<sup>nd</sup> and 3<sup>rd</sup> digits along LI line
- Functions
  - Master Hukaya's Gum point for bleeding gums, chemotherapy induced gum issues, etc
  - Needle and moxa





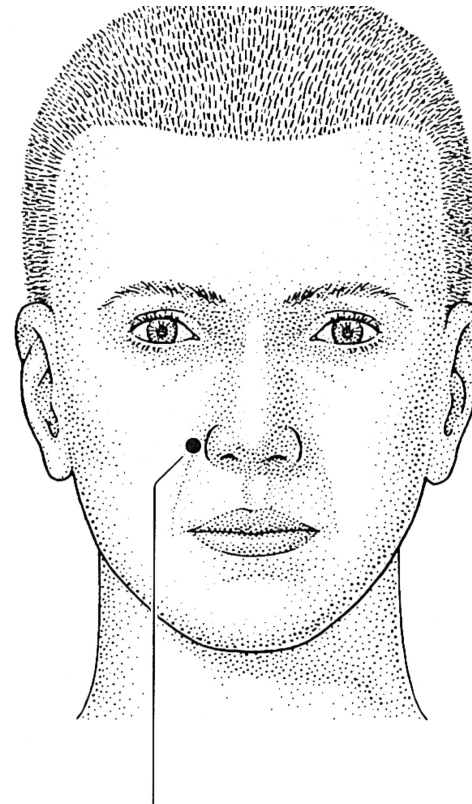
# + Japanese Large Intestine 10-11

- Large Intestine 10
  - 2 cun distal to LI 11 on line connecting LI5 to LI 11
- Large Intestine 11
  - At end of transverse cubital crease of elbow, halfway between TMC LU5 and lateral epicondyle
- Japanese LI 10-11 – Immune points'
  - In region of LI 10-11 on extensor carpi radialis longus muscles belly looking for myogeloses or gummies – can veer towards TW meridian
- Functions
  - Nagano Immune points
  - Lung disorders
  - Immune disorders
  - Connective tissue disorders



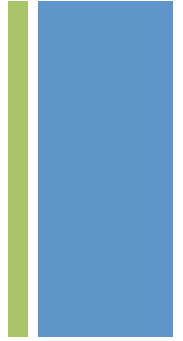
# + Large Intestine 20

- Large Intestine 20
  - Last point on the meridian
  - Crosses over to opposite side of nose from origin in hand
  - Located on crease formed lateral to the nose at the level of the midpoint of the ala nasi.



Yingxiang L.I.-20

# + Stomach: Yang Ming Meridian Foot Trajectory



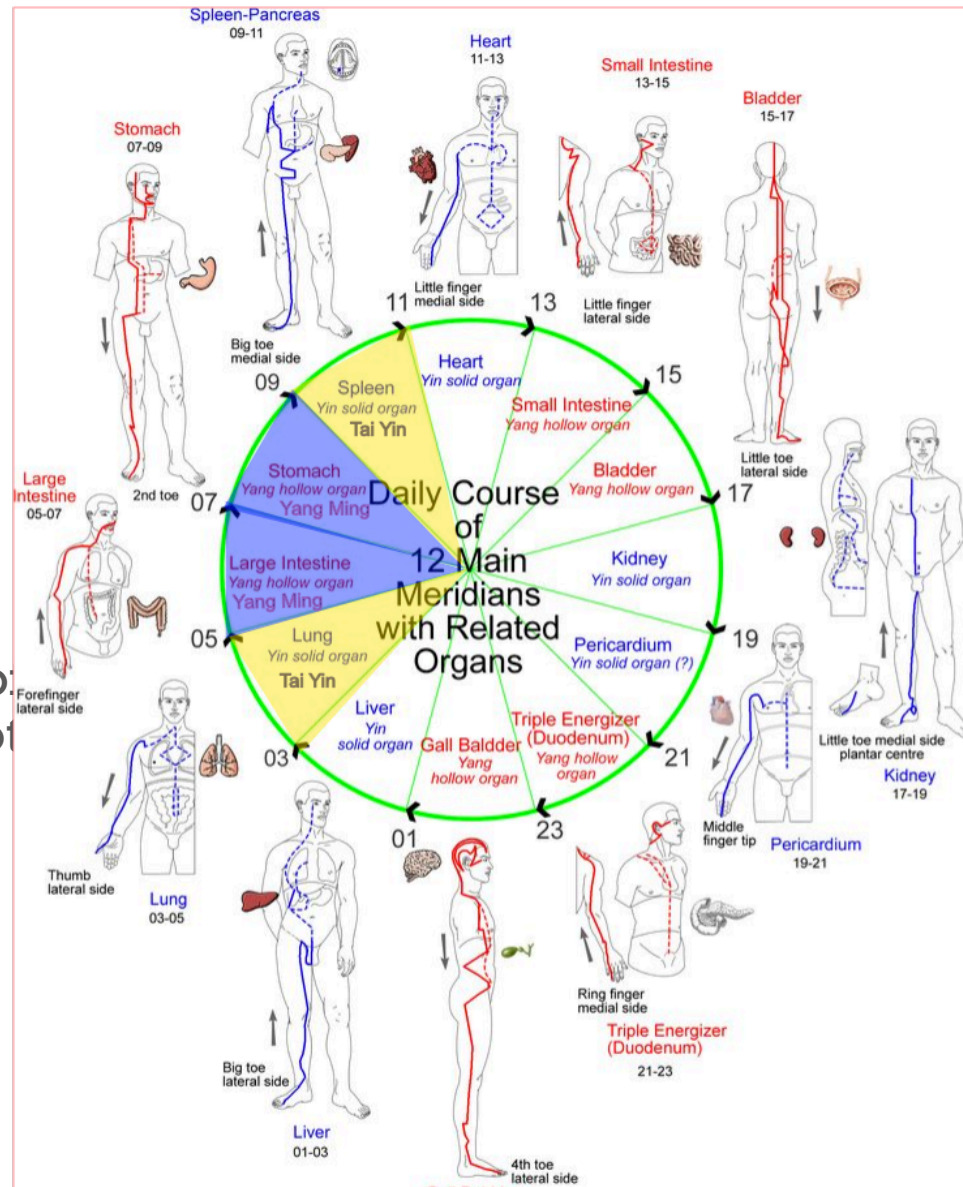


# + Stomach Energetics

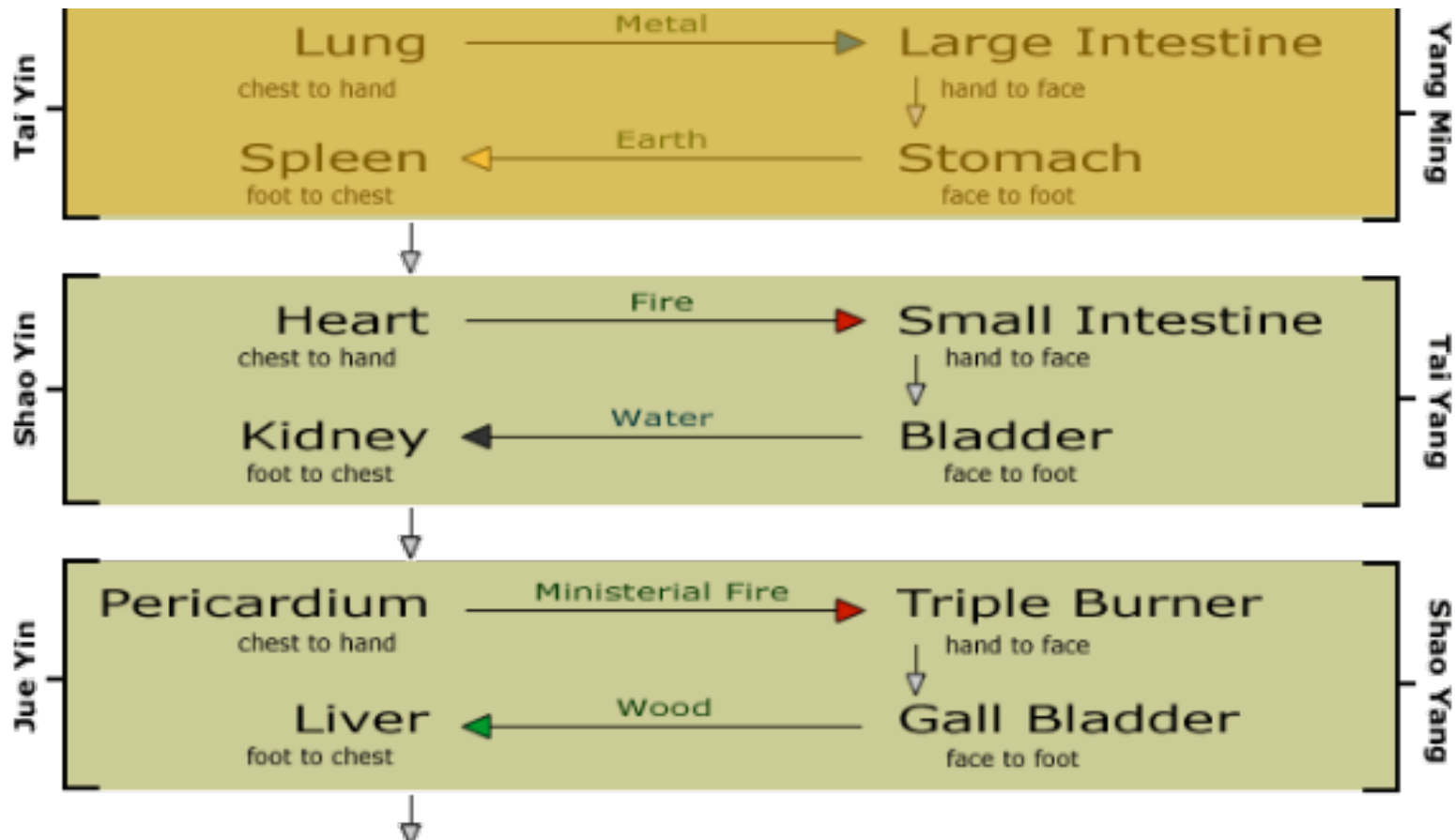
## ■ Yin Pair – Spleen

## ■ Energetic Circuit

- Yang Ming of the Foot (Stomach) and Hand (Large Intestine)
- Connects to Tai Yin of Hand (Lung) and Foot (Spleen)

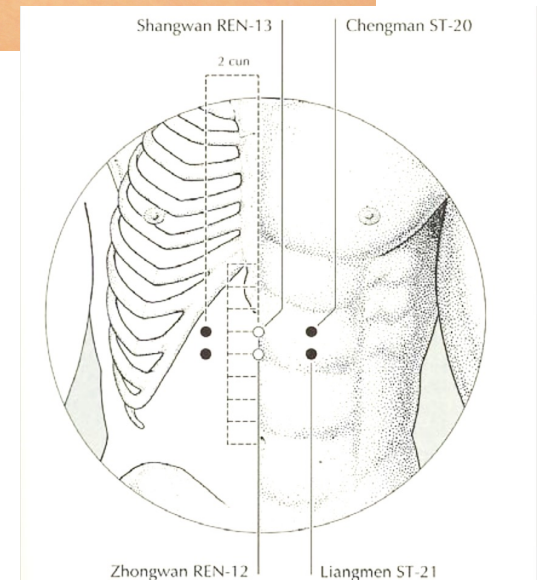
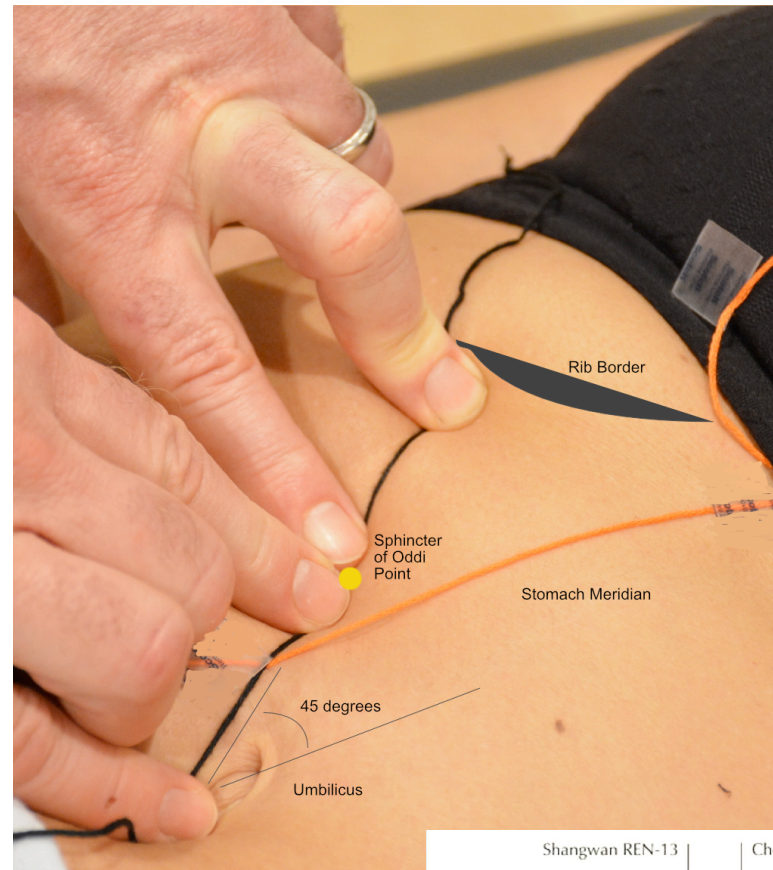


# + Meridian Energetics



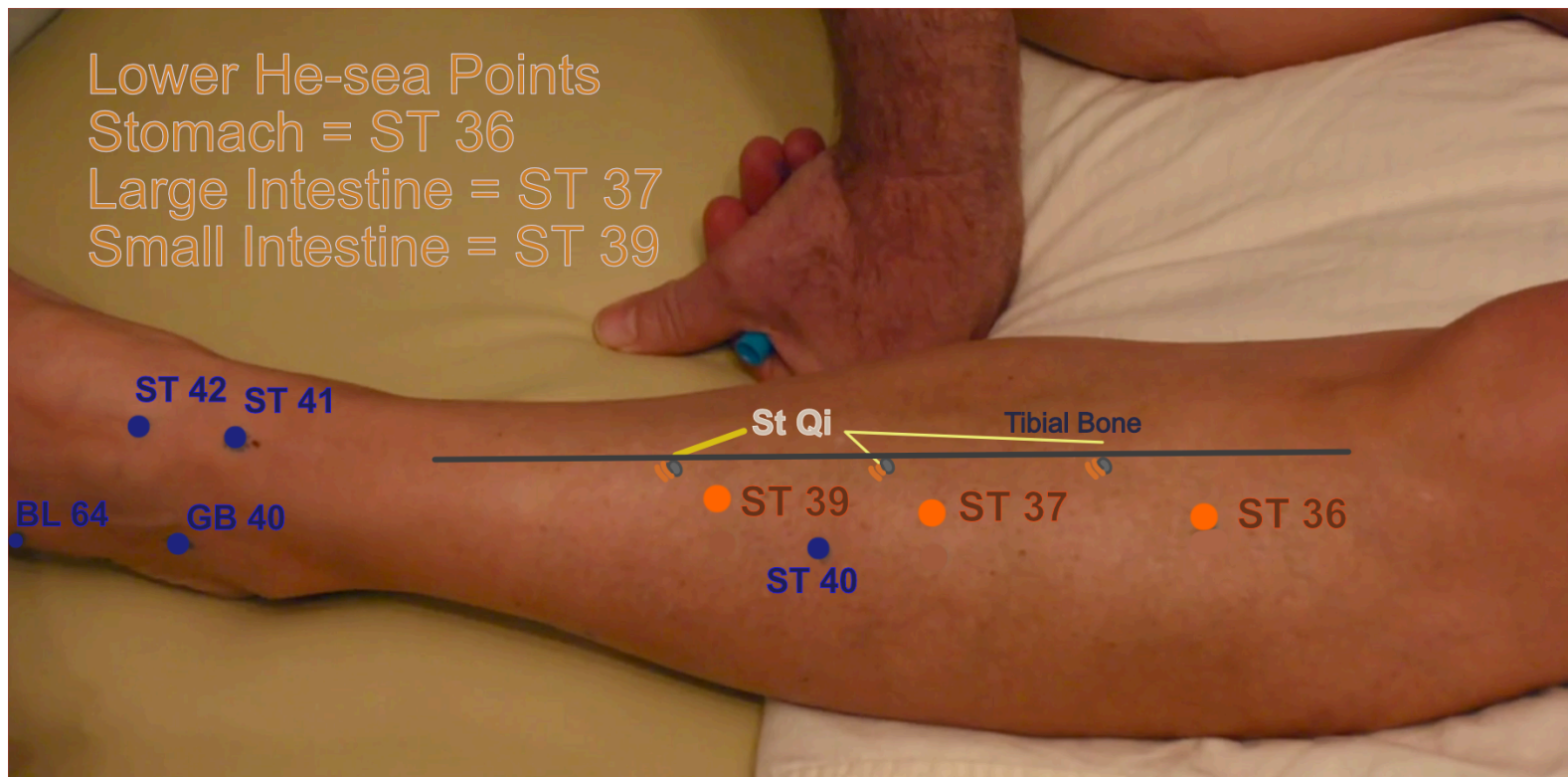
# + Japanese Stomach 22

- Stomach 22 – (guanmen or gate of gate)
  - 2 cun lateral to midline of abdomen at the level of CV13, 3cun above umbilicus
- Japanese Stomach 22 – Sphincter of Oddi Point
  - Draw a line from umbilicus at 45 degree angle to lower edge of ribs on right side. Point located halfway. Look for gummy in region
- Functions
  - Regulation of bile and pancreatic secretions
  - Diabetic patients



# + Japanese Stomach Qi line

- Fascial holes like a valley at the foot of a mountain along lateral border of tibia



# + Stomach 45

- Stomach 45
  - Last point on meridian
  - On lateral aspect of 2<sup>nd</sup> toe at the corner of the nail bed
  - Metal point

