

Spleen, Heart, Small Intestine Meridians

Japanese Focus

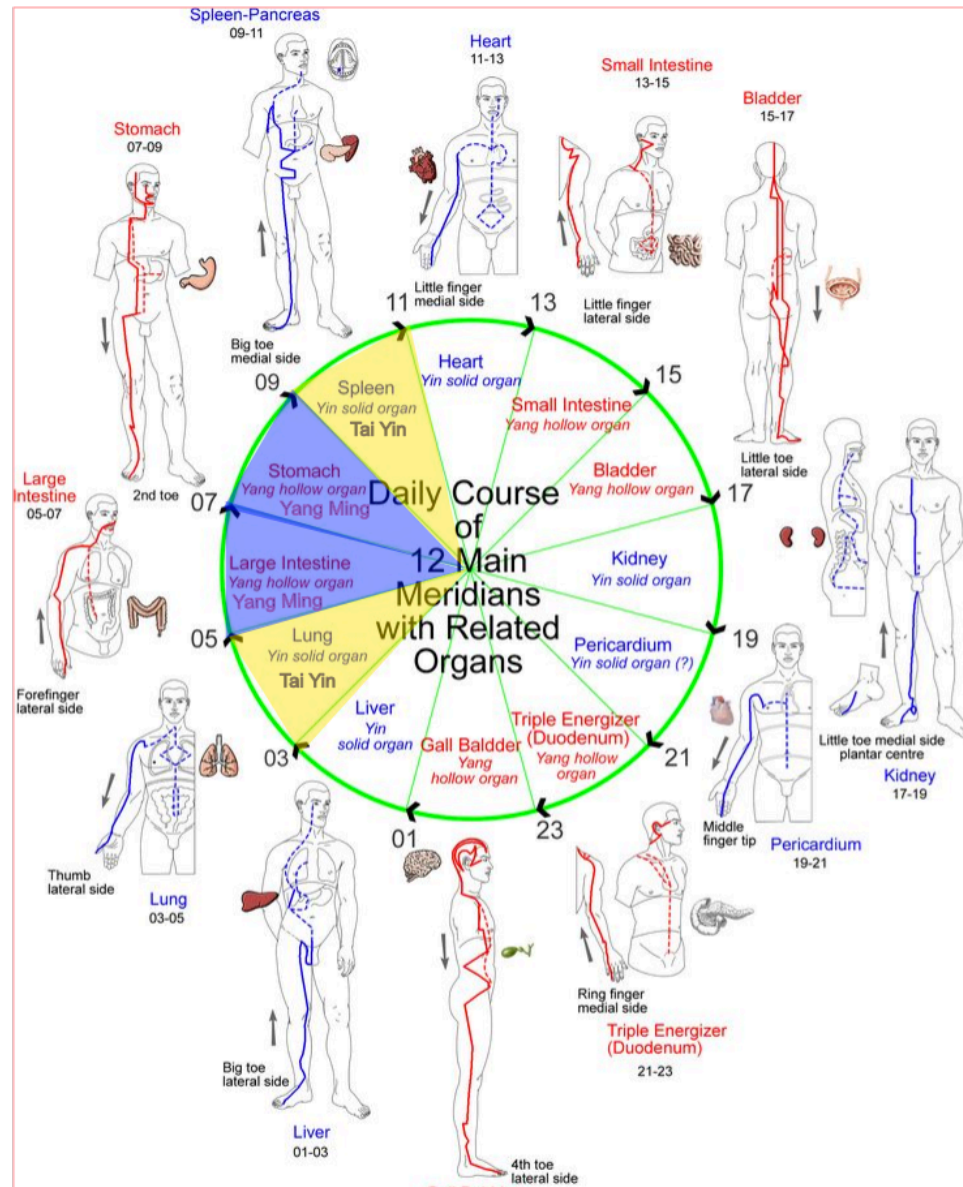
Joseph Audette

+ Spleen Meridian: Tai Yin Meridian of the Foot – Trajectory

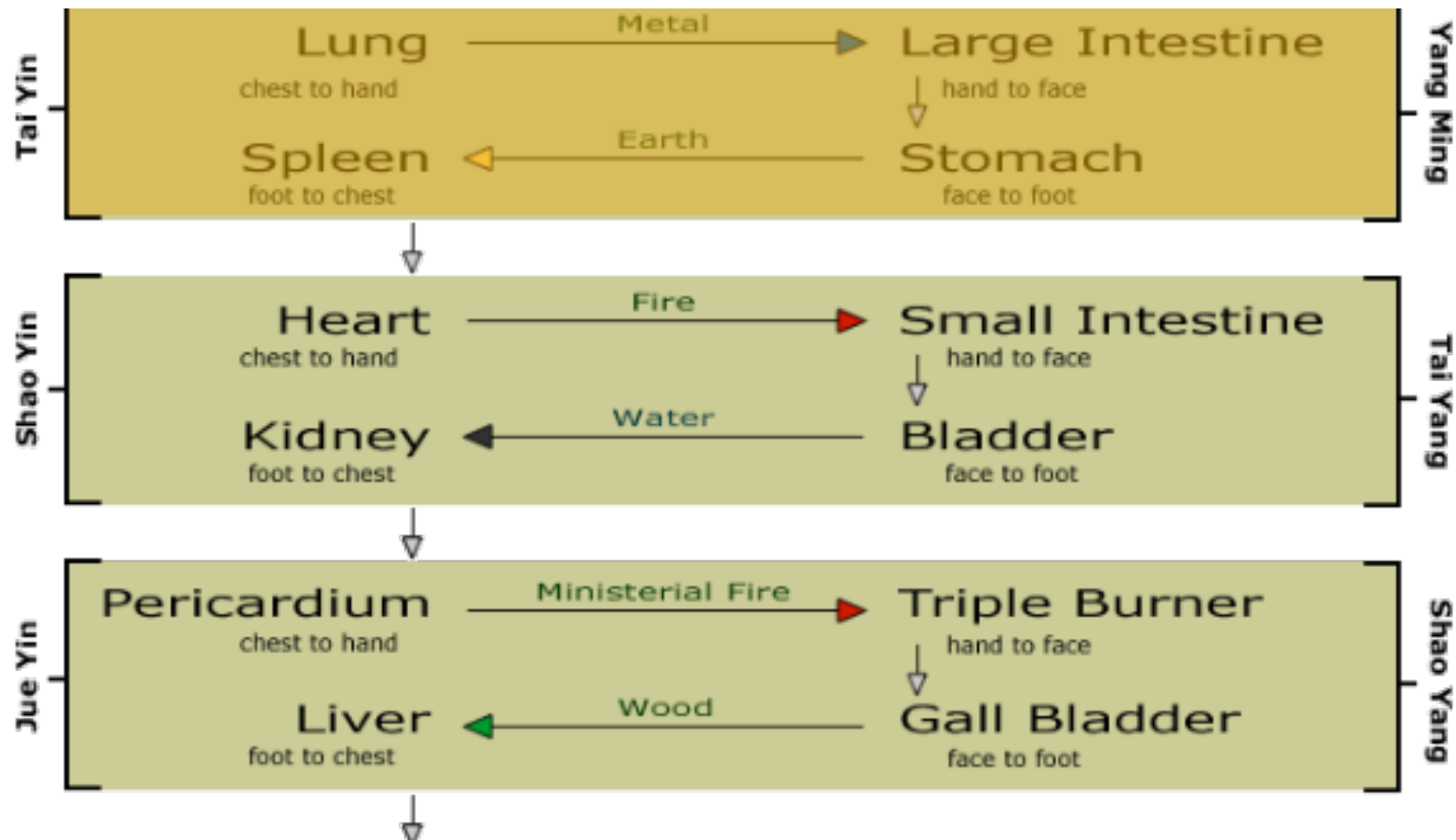


+ Spleen Energetics

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



+ Meridian Energetics



+ Japanese Spleen 3.2

■ Spleen 3

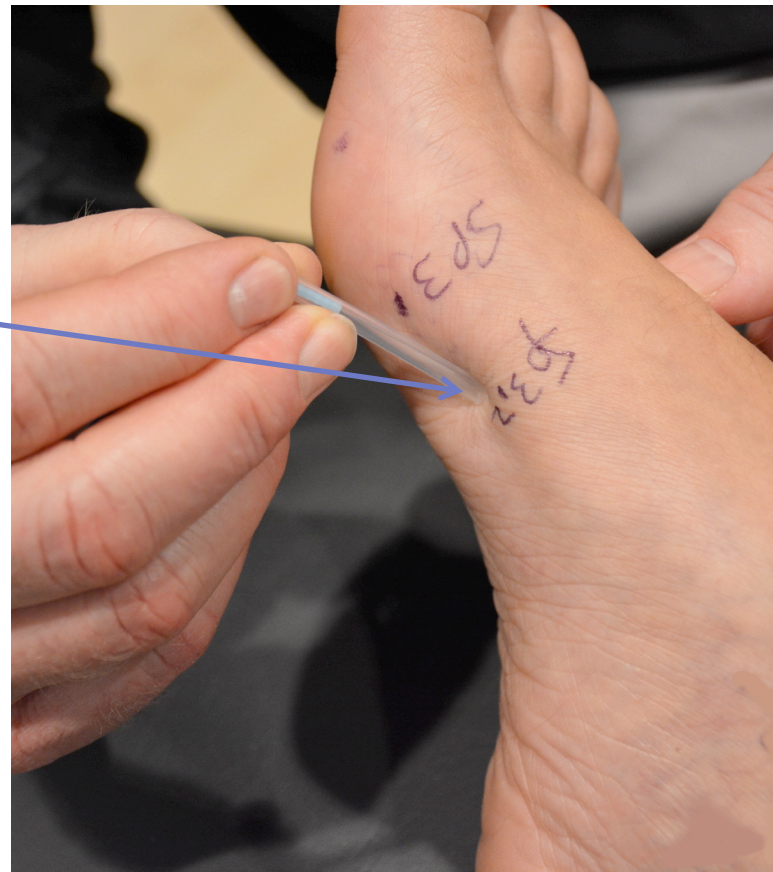
- Medial aspect of big toe, in depression just proximal to the 1st metatarsophalangeal joint

■ Japanese Spleen 3.2

- Half a cun proximal to SP 3, in depression between the 1st metatarsal bone and the abductor muscle of the big toe

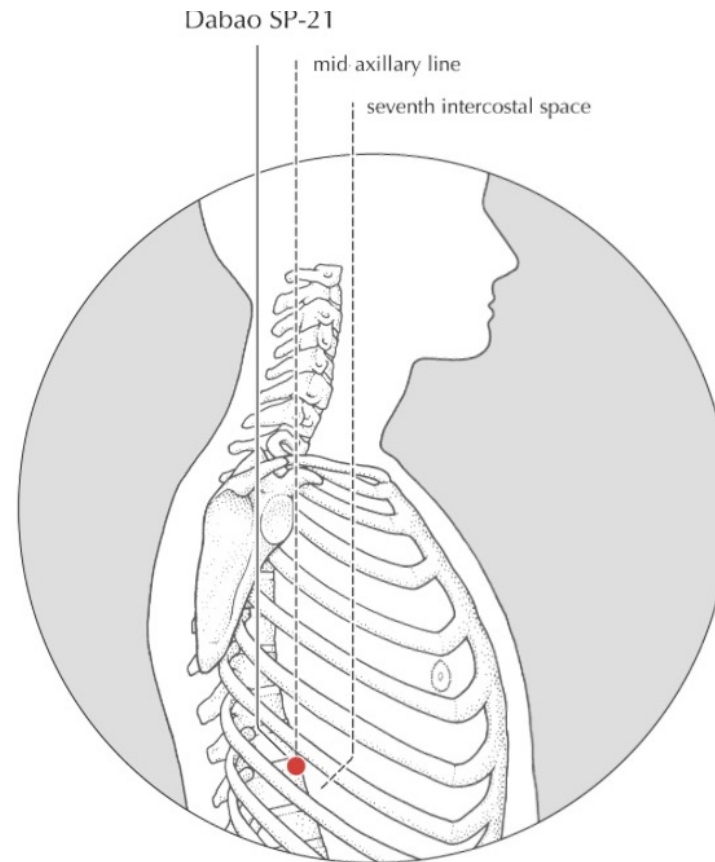
■ Functions

- Muscle Spasm point
- Treatment point for diabetics or patients with “sugar” issues
- Yuan Source point and earth on earth point

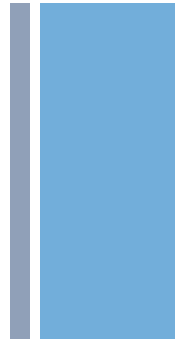


+ Spleen 21

- Spleen 21 (Dubao – Great Wrapping)
 - Last point on meridian
 - Located on mid-axillary line, between the 7th and 8th ribs in the intercostal space
 - Some books say between 6th and 7th ribs
 - Look for tender spot in this region
 - Great Spleen Luo

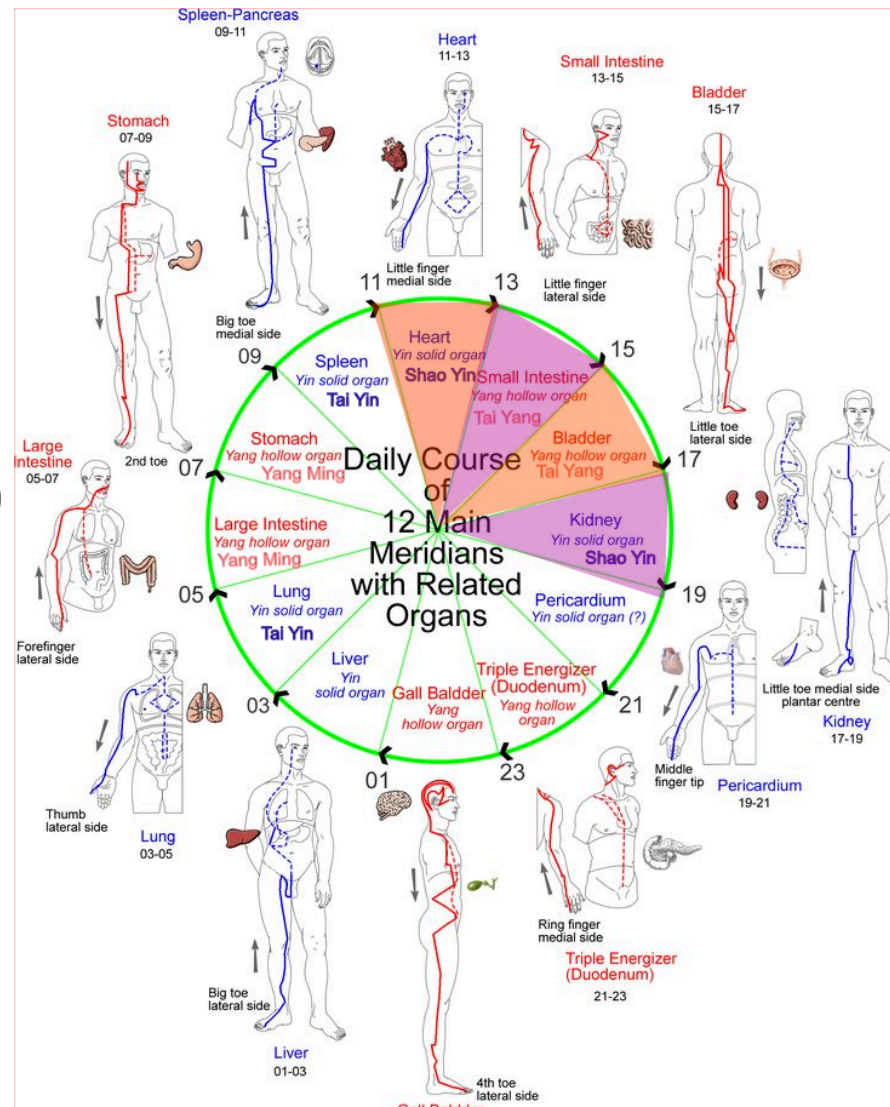


+ Heart Meridian: Shao Yin of Hand – Trajectory

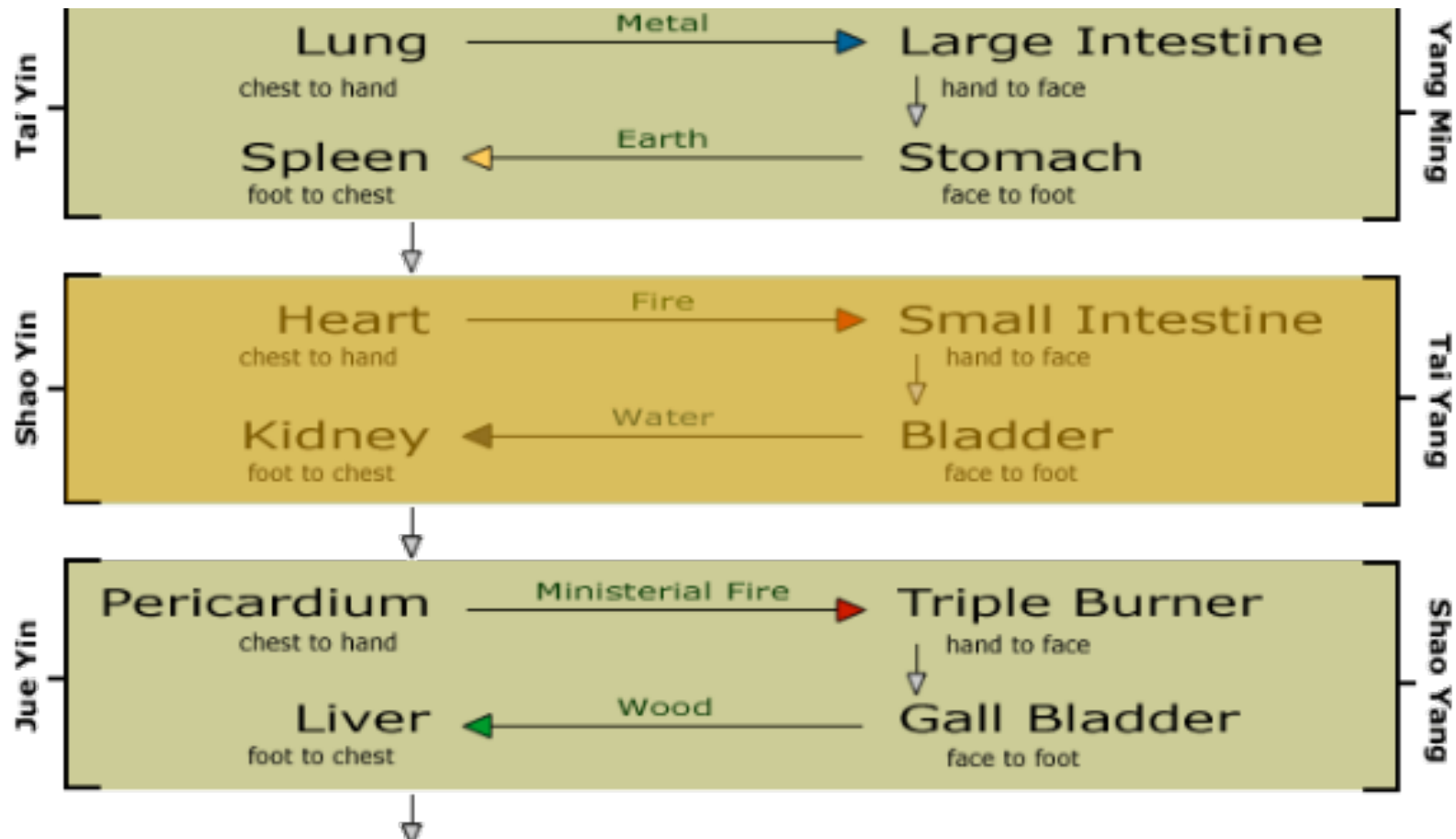


+ Heart Energetics

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



+ Meridian Energetics

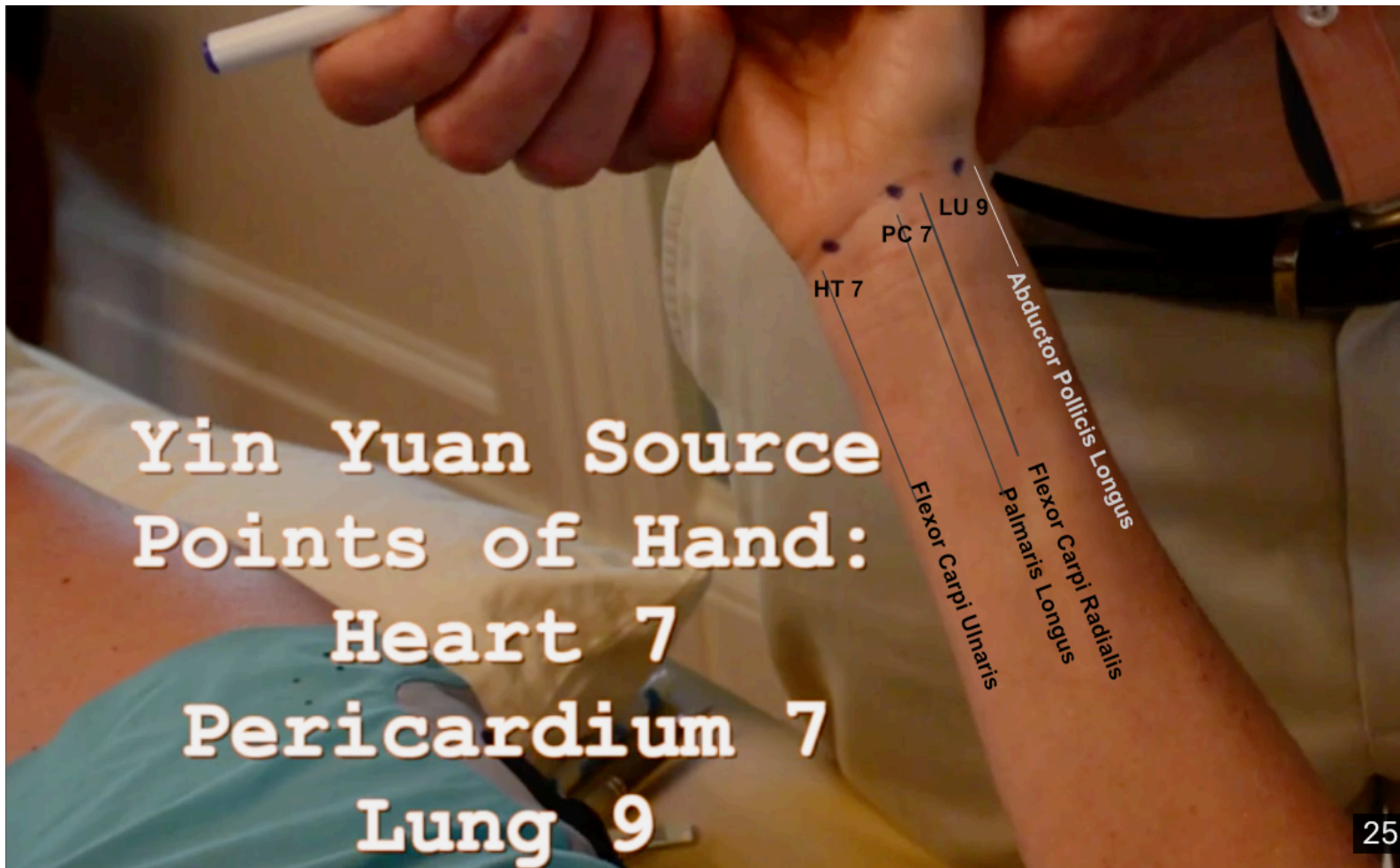


+ Japanese Heart 7

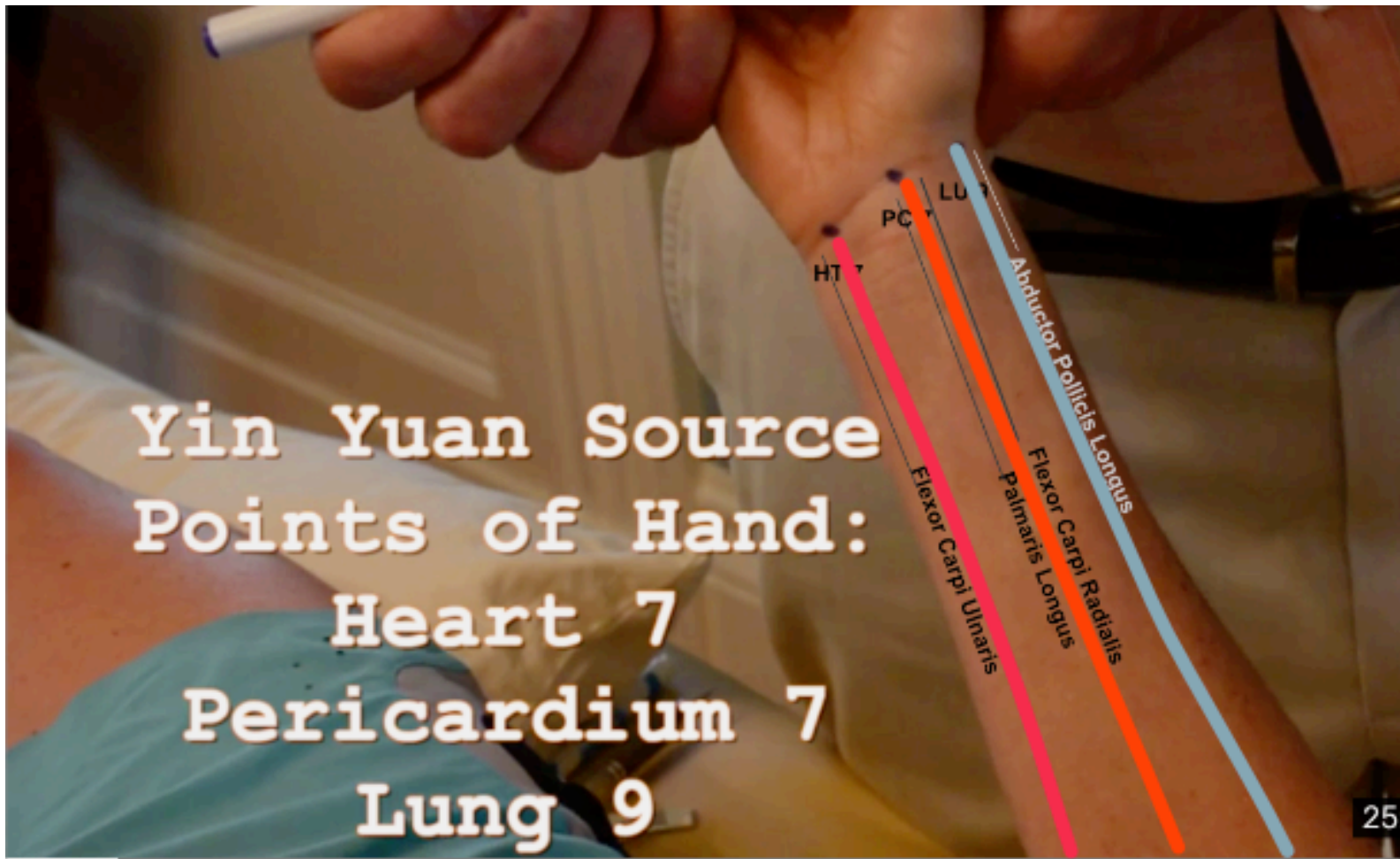
- Heart 7 – (Shenmen – Spirit Gate)
 - At wrist crease on radial side of the flexor carpi ulnaris tendon
- Japanese Heart 7
 - At wrist crease on the ulnar side of the flexor carpi ulnaris tendon
- Functions
 - TCM HT 7 releases tender KD27
 - Earth point on Fire meridian (child point)
 - Jap HT 7 is called “sigmen” to refer to its use to help with constipation due to emotional factors
 - Other GI issues related to emotional factors



+ Yin Meridians Hand

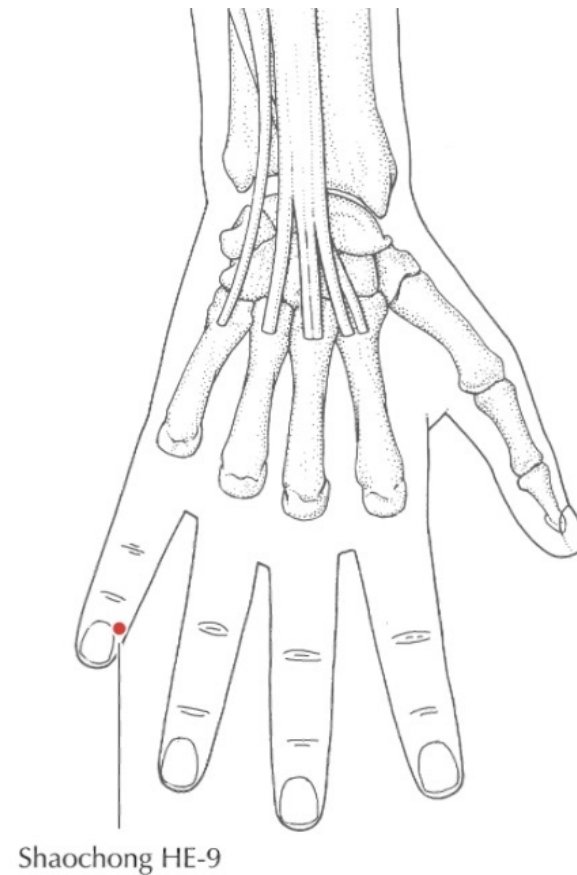


+ Yin Meridians Hand: LU, PC, HT



+ Heart 9

- Heart 9
 - Last point on meridian
 - On 5th digit at the corner of nail on radial side of finger
 - Wood Point

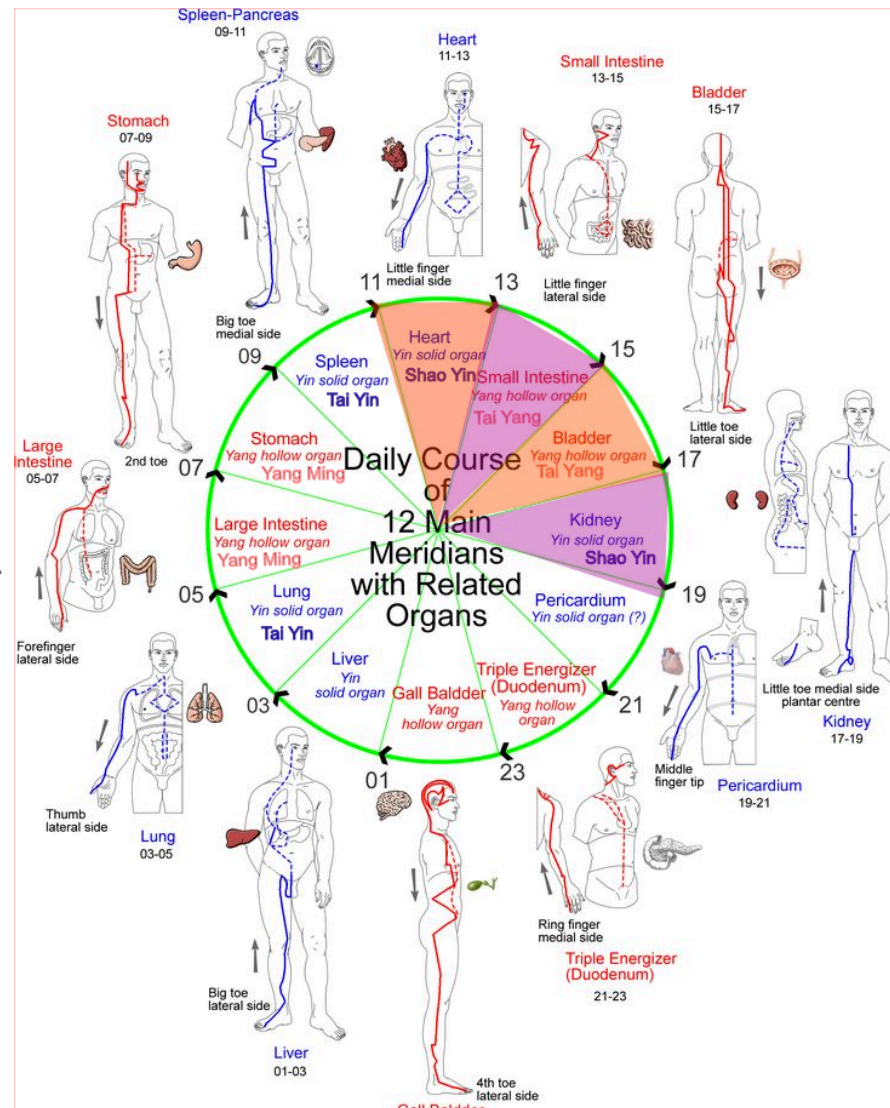


+ Small Intestine Meridian: Tai Yang of Foot – Trajectory

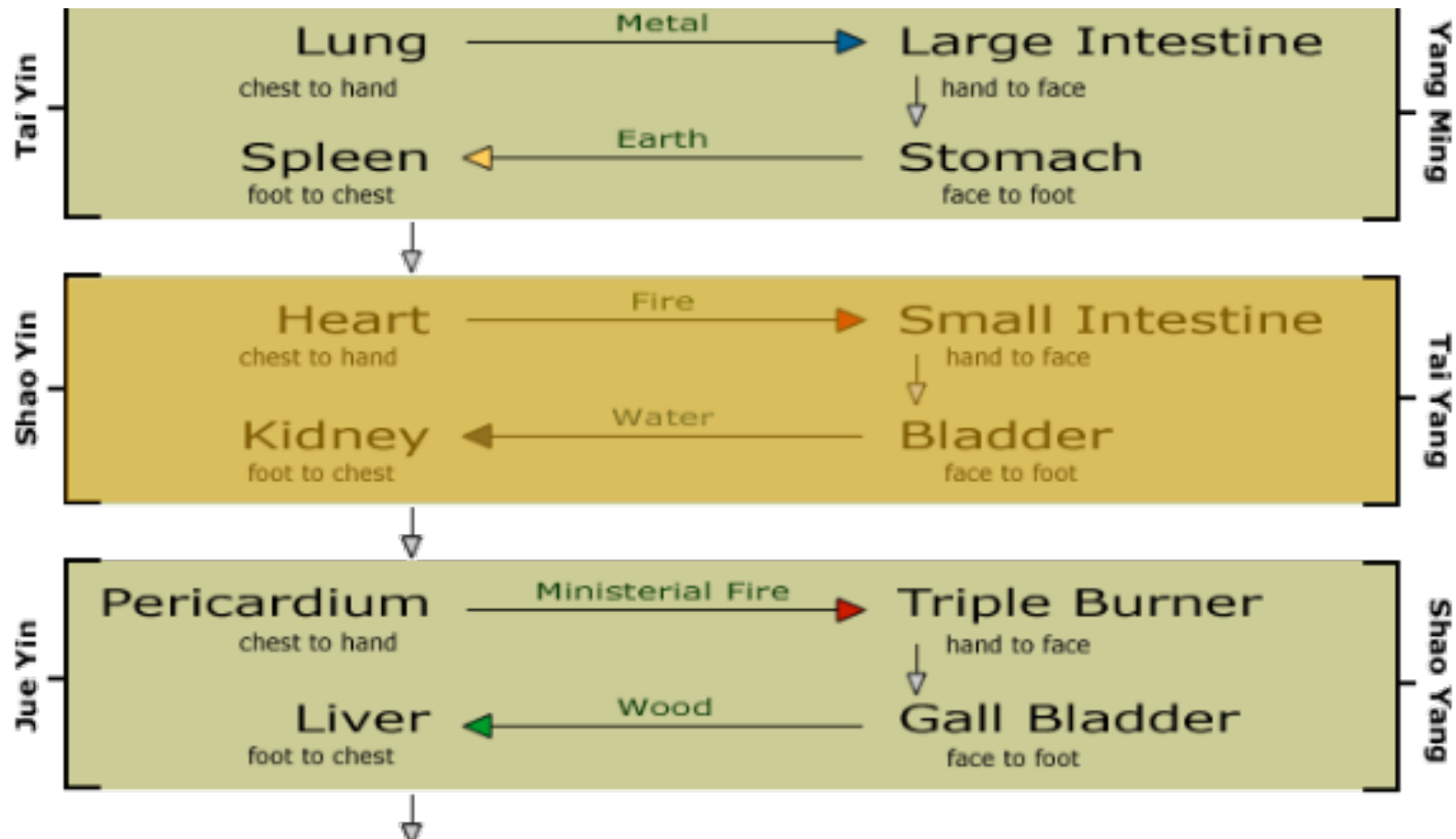


+ Small Intestine Energetics

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

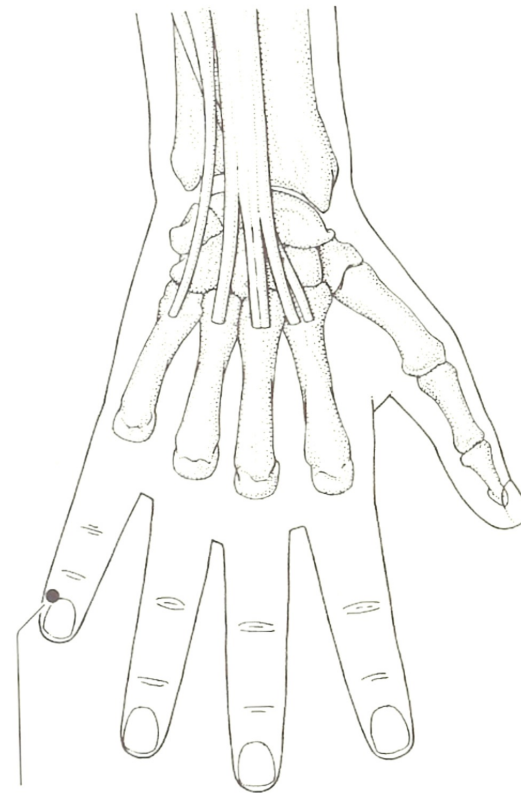


+ Meridian Energetics



+ Small Intestine 1

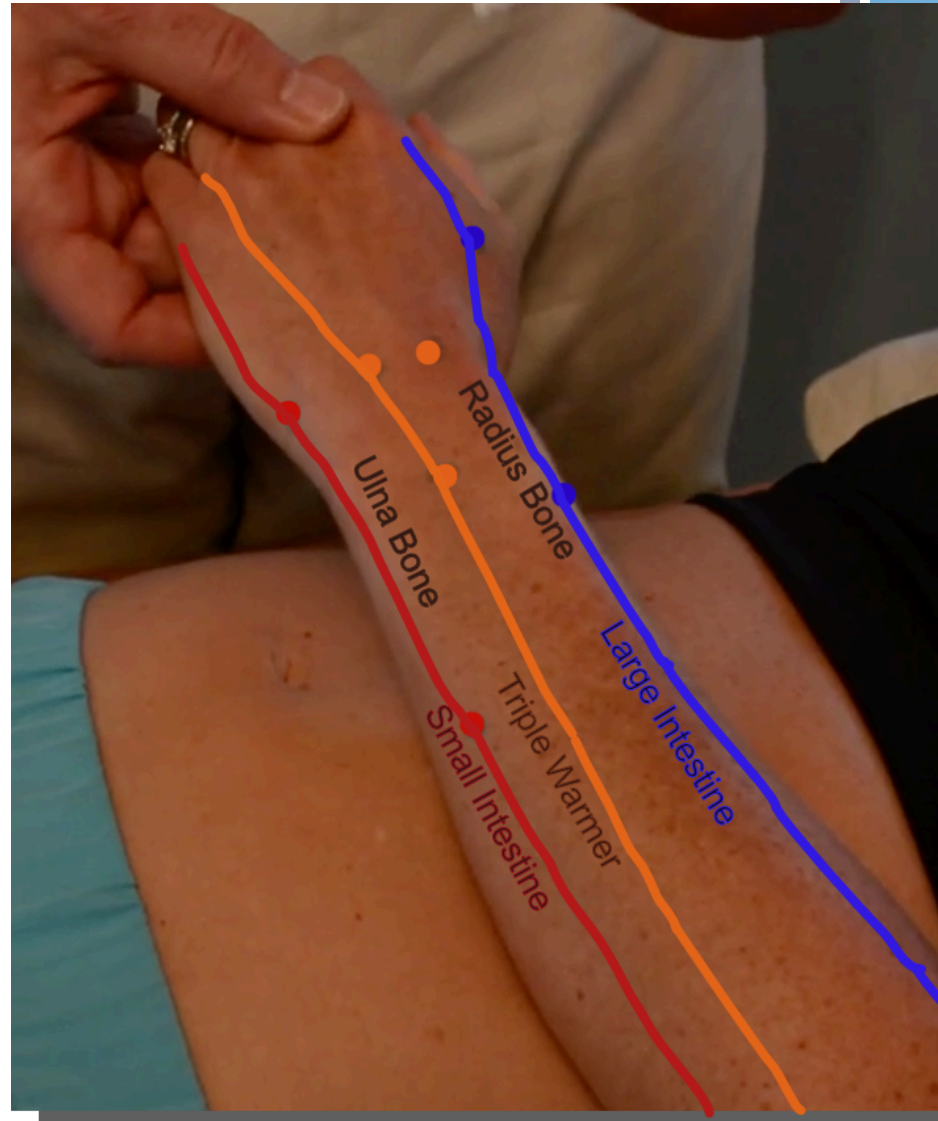
- Small Intestine 1
 - First point on meridian
 - On 5th finger at the ulnar side of the corner of the nail bed



Shaoze SI-1

+Yang Meridians of Arm

- LI
 - Starts on Radial side of 2nd finger
- SI
 - Starts on Ulnar side of 5th finger
- TW
 - Starts on Ulnar side of 4th finger



+ Small Intestine 19

- Small Intestine 19 (Tinggong – Auditory Palace)
 - Last point on meridian
 - With mouth open, point located in depression between the middle of the tragus and the condyloid process of the mandible

