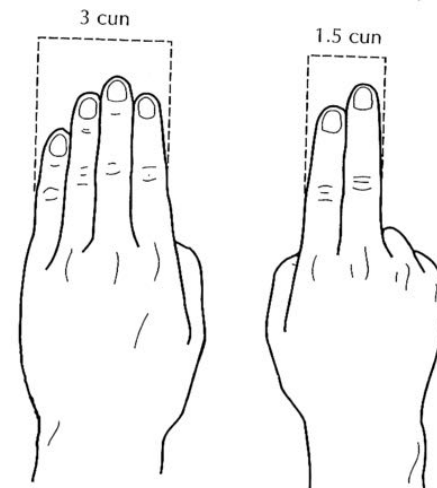
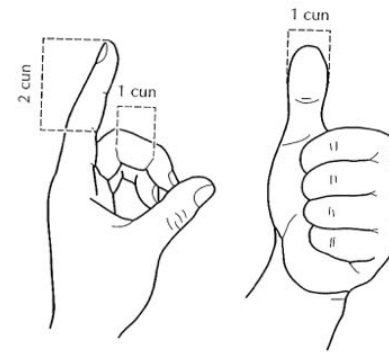
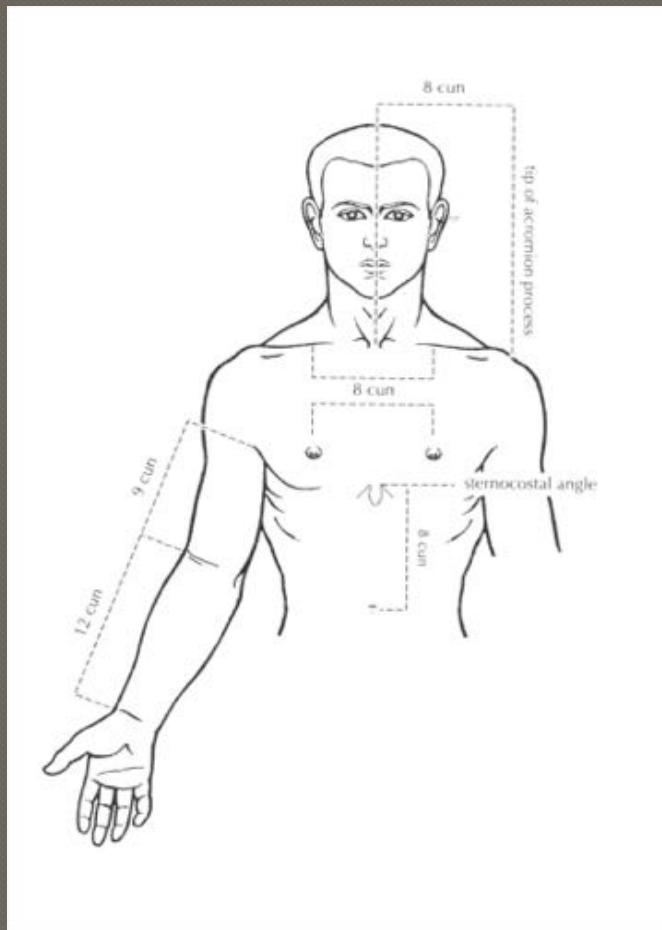


***Point Location:
Pericardium Meridian***

Hand Jue Yin

Arm Cun Measurements

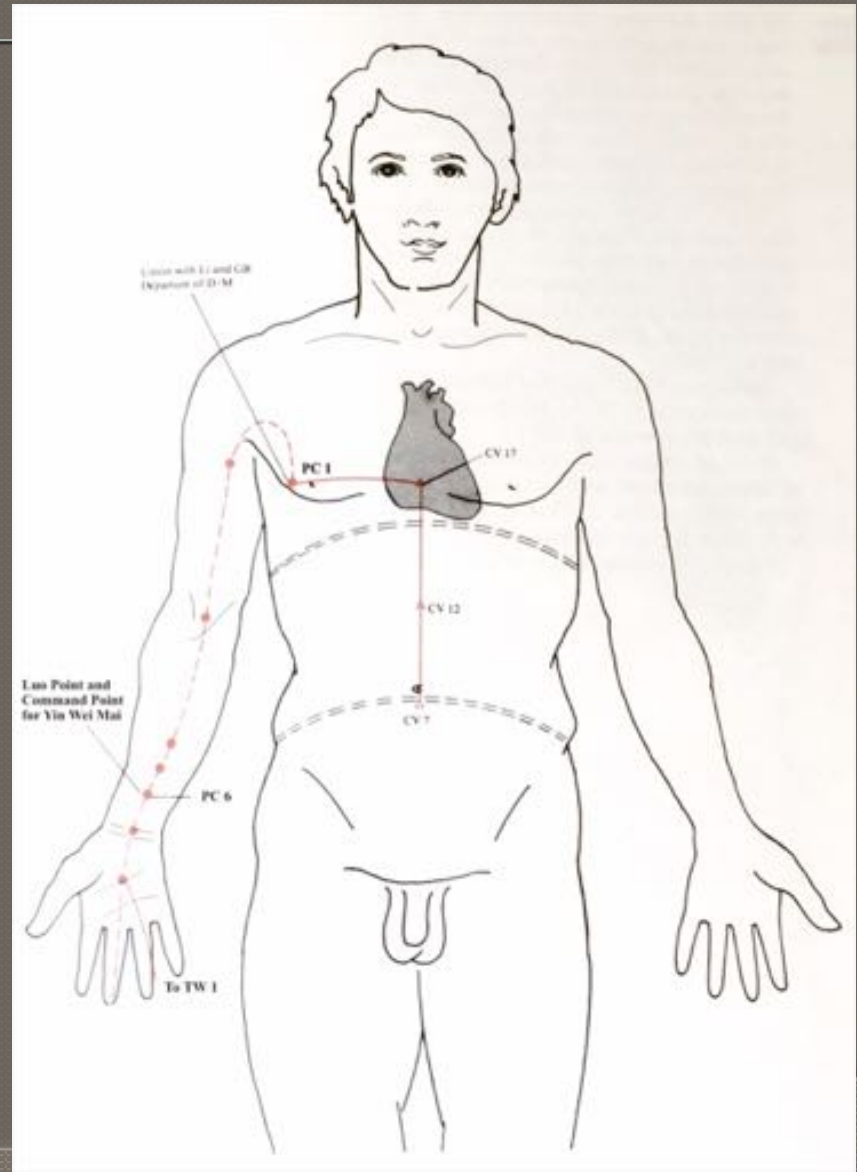
Cun—a proportional unit of measure



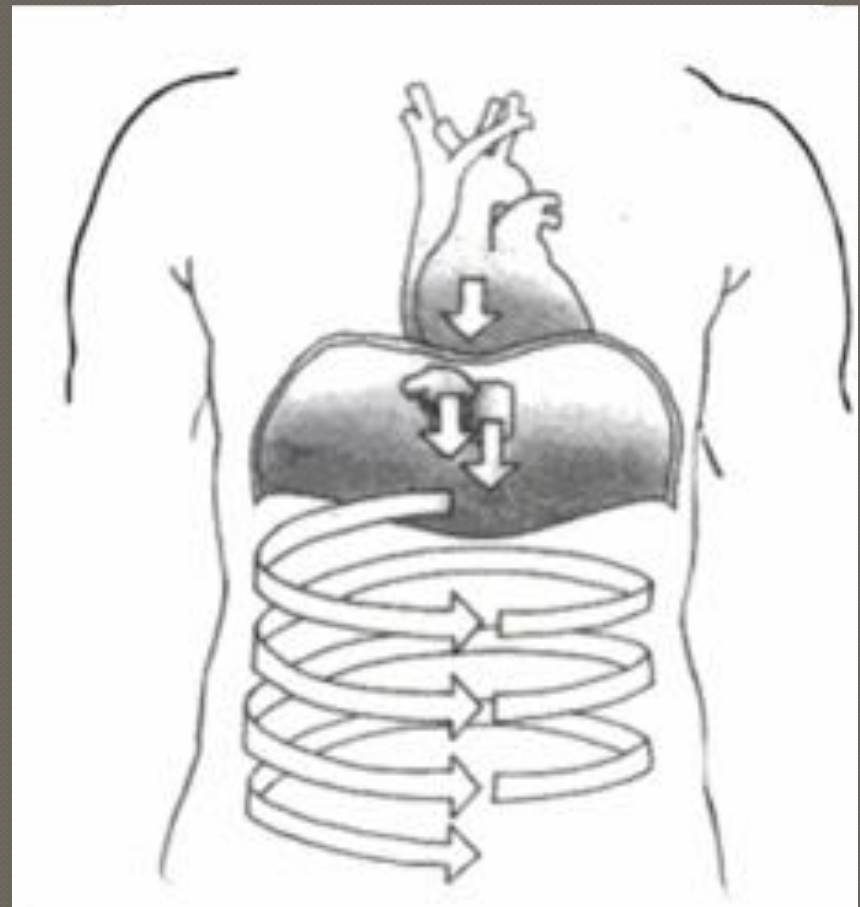
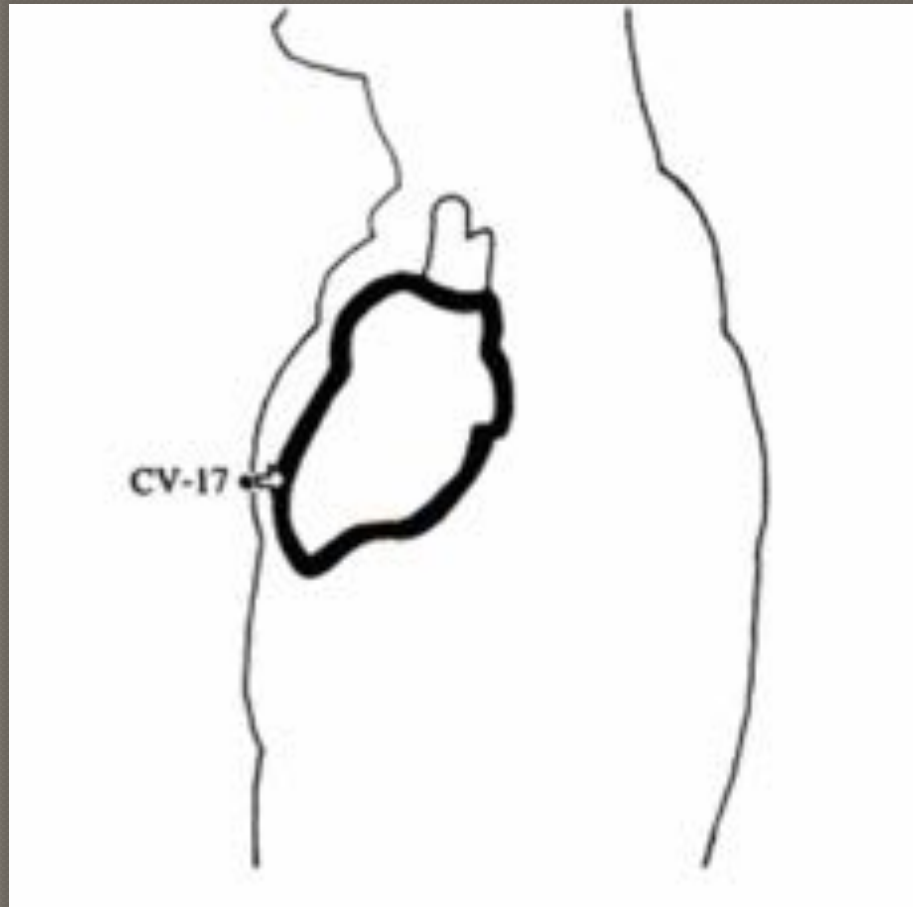
Pericardium Meridian

Hand Jue Yin

Internally, Pericardium begins in the heart, connects to CV 17 (Pericardium Mu) and then descends through the diaphragm to connect to the triple warmers with connections to the middle burner at CV12 and then continues down to the lower burner at CV 7.

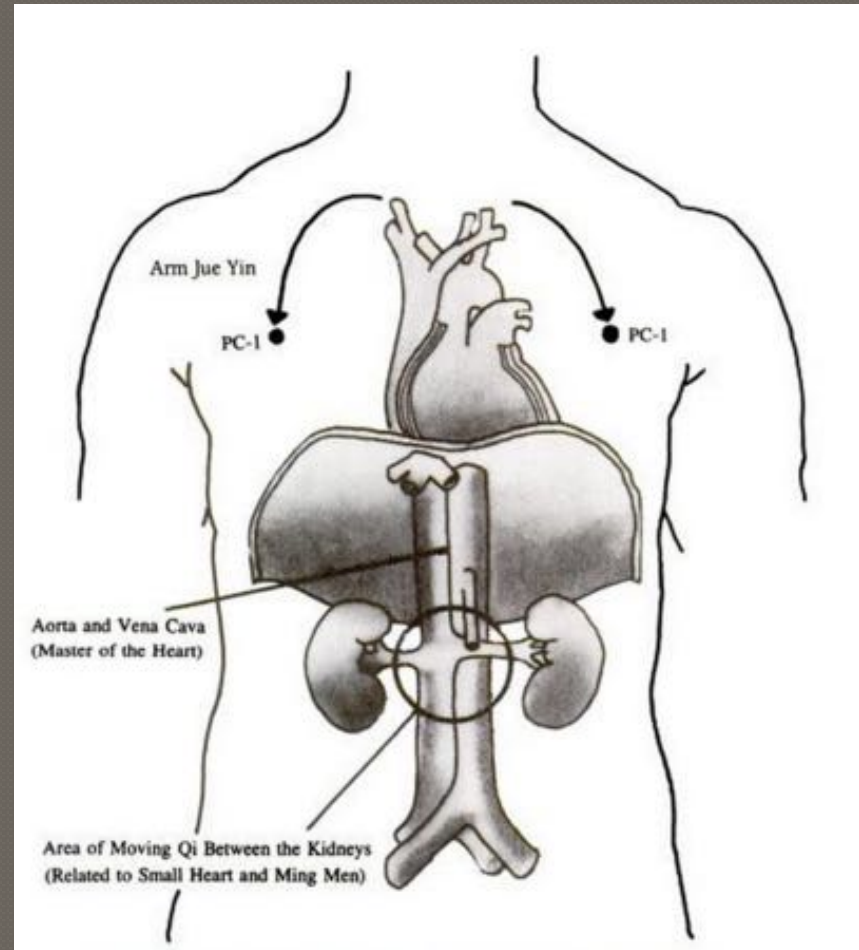


Pericardium Internal Pathway



Pericardium Internal Pathway

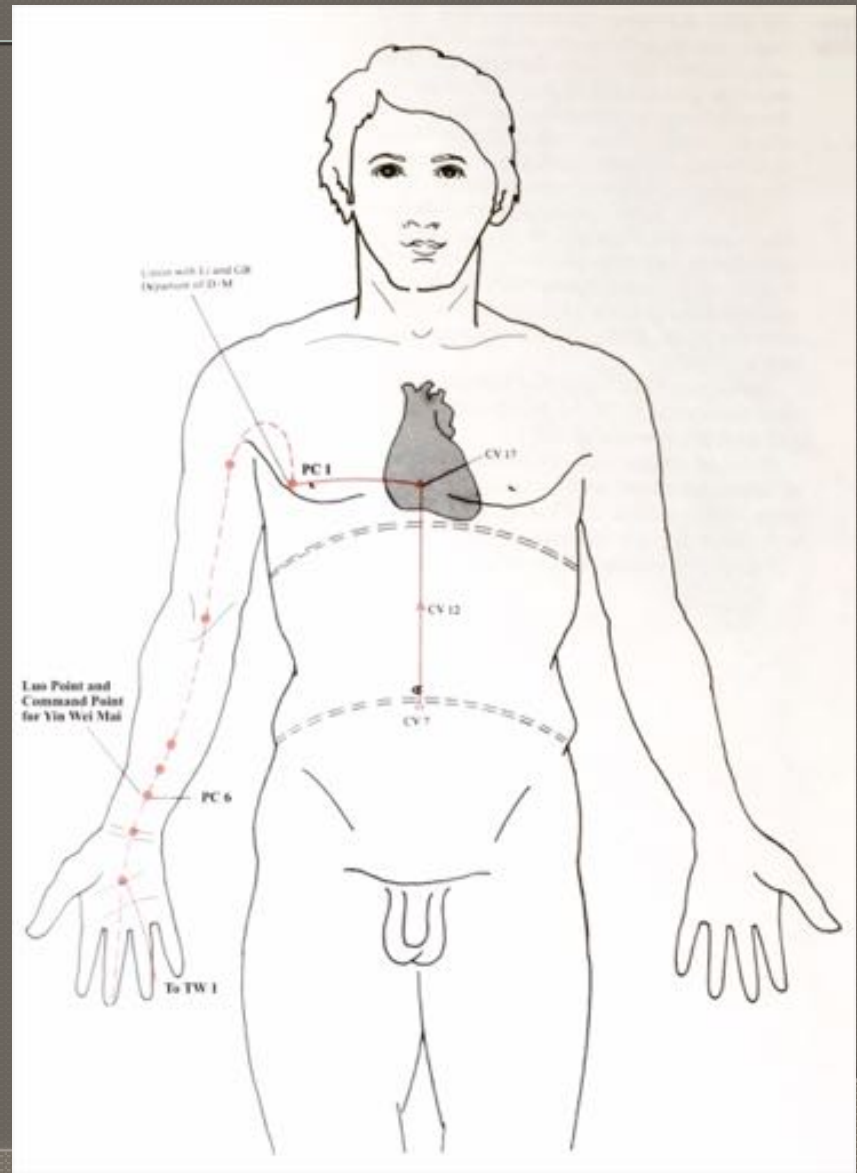
- In its connection to Triple Warmer it connects to the Ming men or small heart between the Kidneys



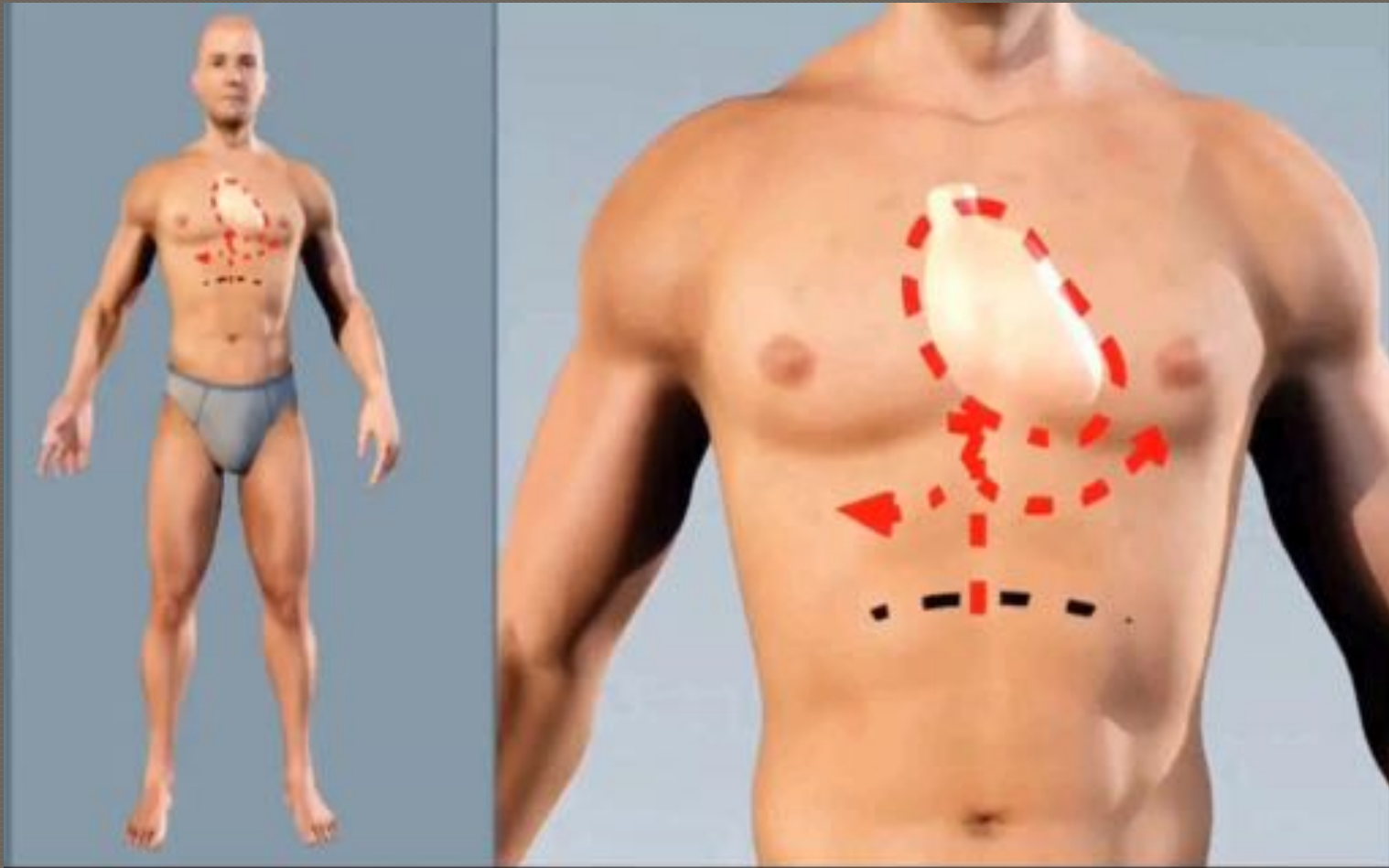
Pericardium Meridian

Hand Jue Yin

Externally, a thoracic branch comes from the heart and emerges at PC 1, which is 3 cun below the axillary fold just lateral to the nipple. It then descends down the arm along the biceps belly, between Lung (Lateral) and Heart (Medial) and continues through the middle of the forearm between the tendons of the flexor carpi radialis and the palmaris longus, through the middle of the palm and ending at the tip of the 3rd finger



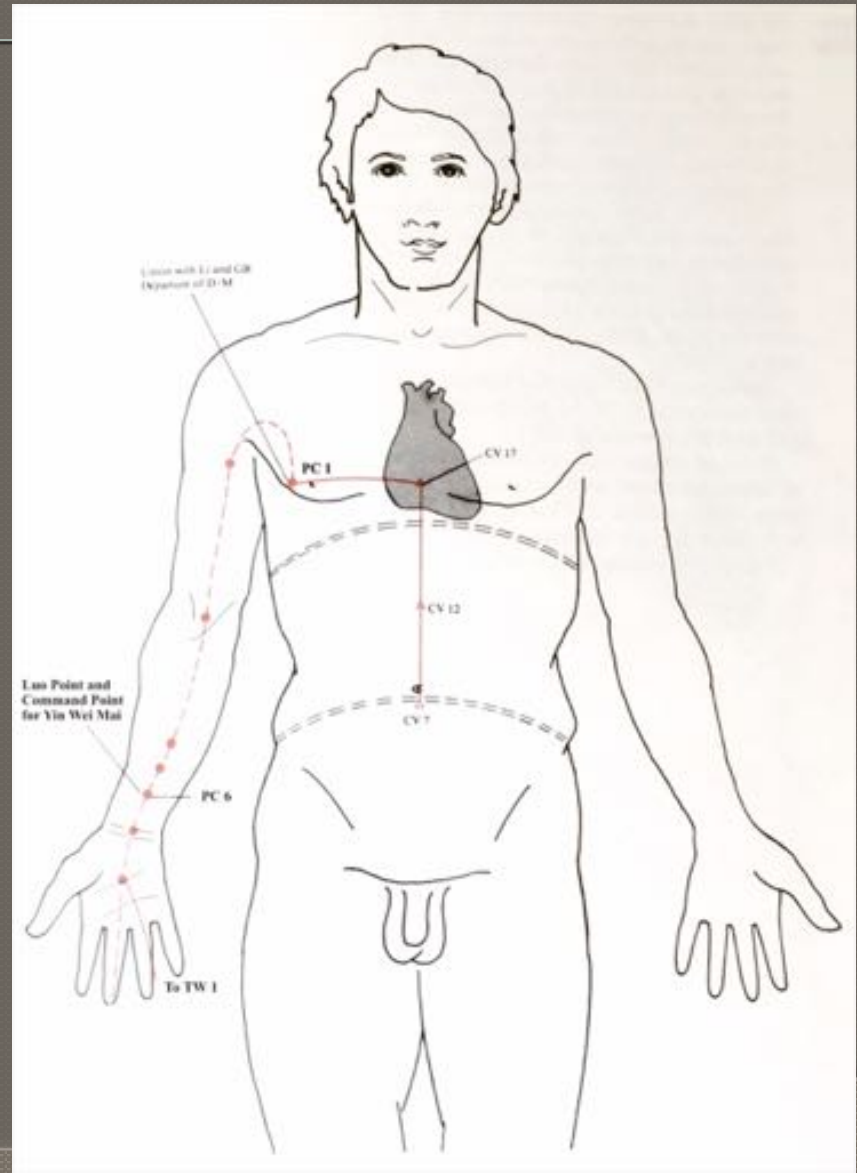
Pericardium Trajectory



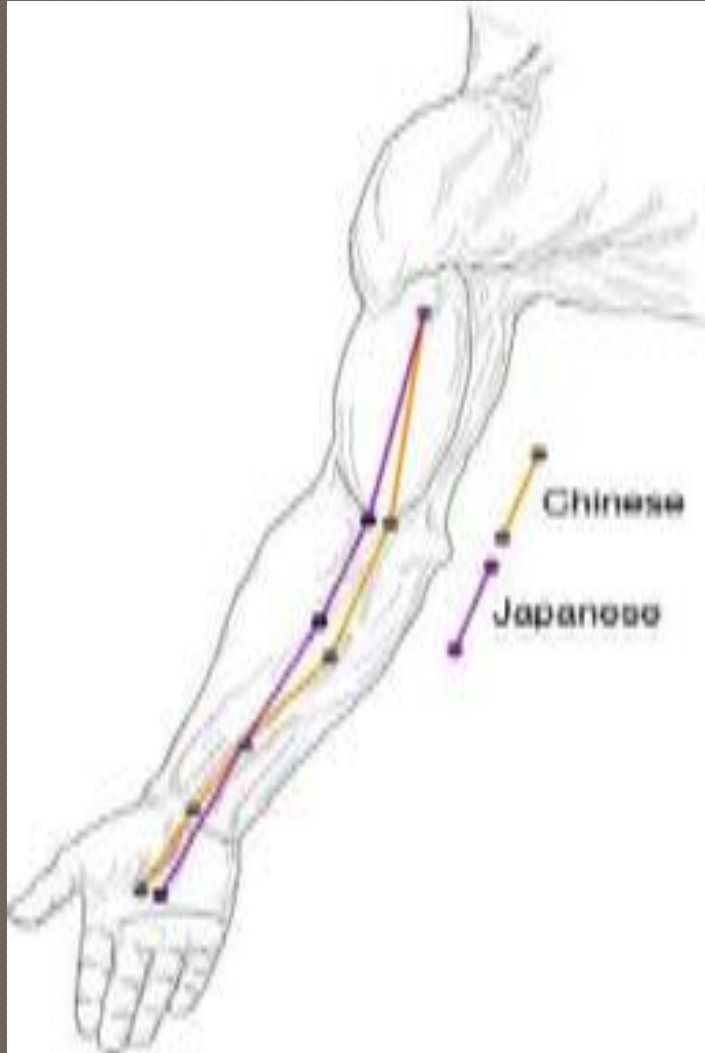
Pericardium Meridian

Hand Jue Yin

Points to know: PC 3, 4,
5, 6, 7, 8



Japanese Pericardium Meridian Hand Jue Yin



- Slight difference between map of TCM meridian and Japanese meridian, which travels more midline through forearm (Purple) when compared to the TCM projection (Yellow)

Pericardium 3 Hand Jue Yin

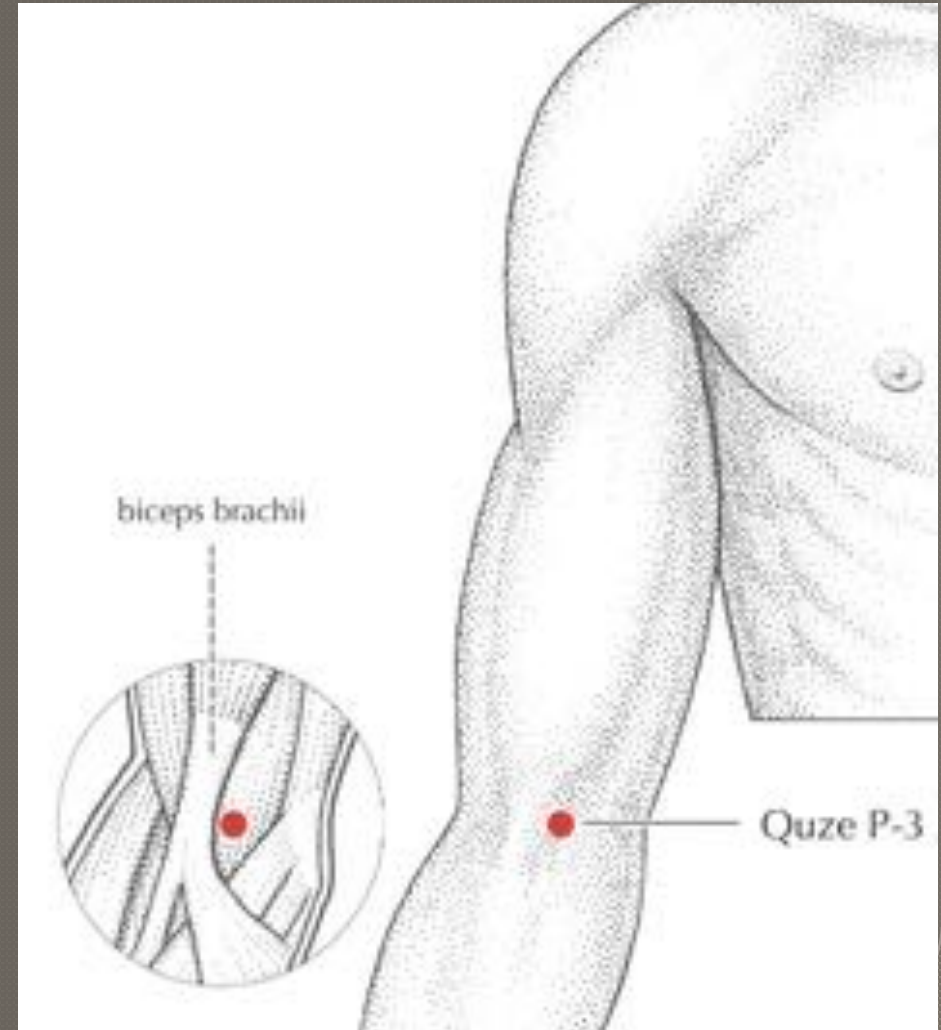
PC 3—(Quze – Marsh at the Crook)

He Sea and
Water point

- On the transverse cubital crease on the ulnar side of the biceps brachii tendon

Japanese PC 3

- On the transverse cubital crease on the **radial** side of the biceps brachii tendon (equivalent to TCM location of LU 5)

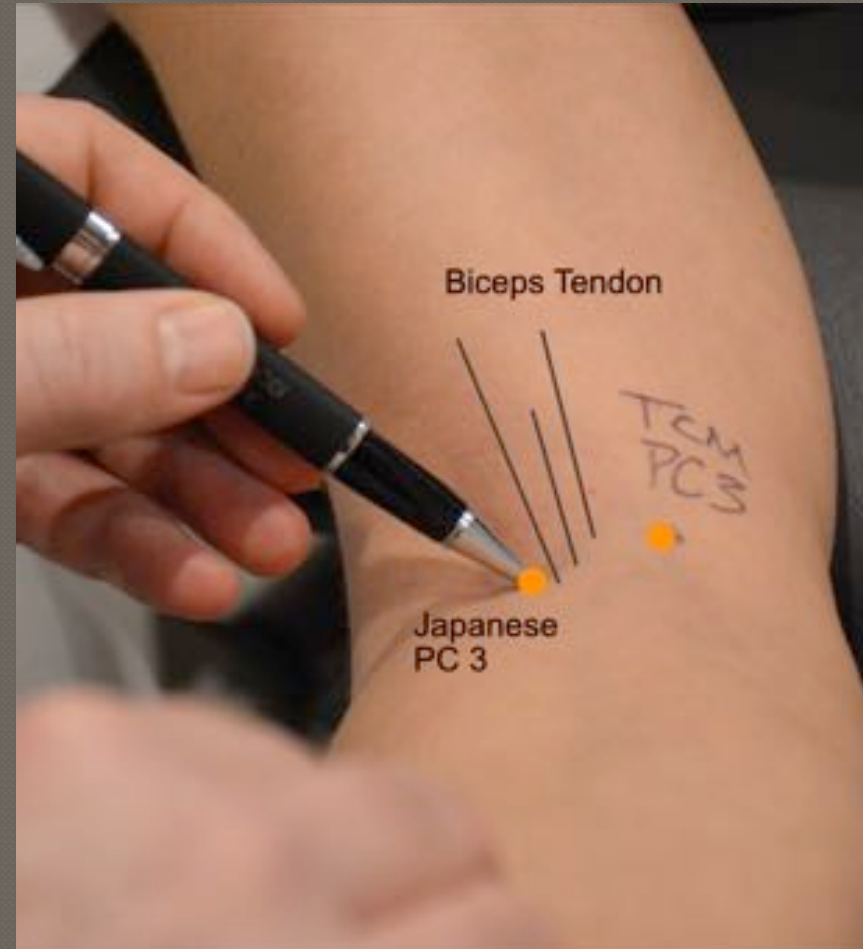


Japanese Pericardium 3

Hand Jue Yin

Japanese PC 3

- On the transverse cubital crease on the radial side of the biceps brachii tendon (TCM LU 5)



Pericardium 4

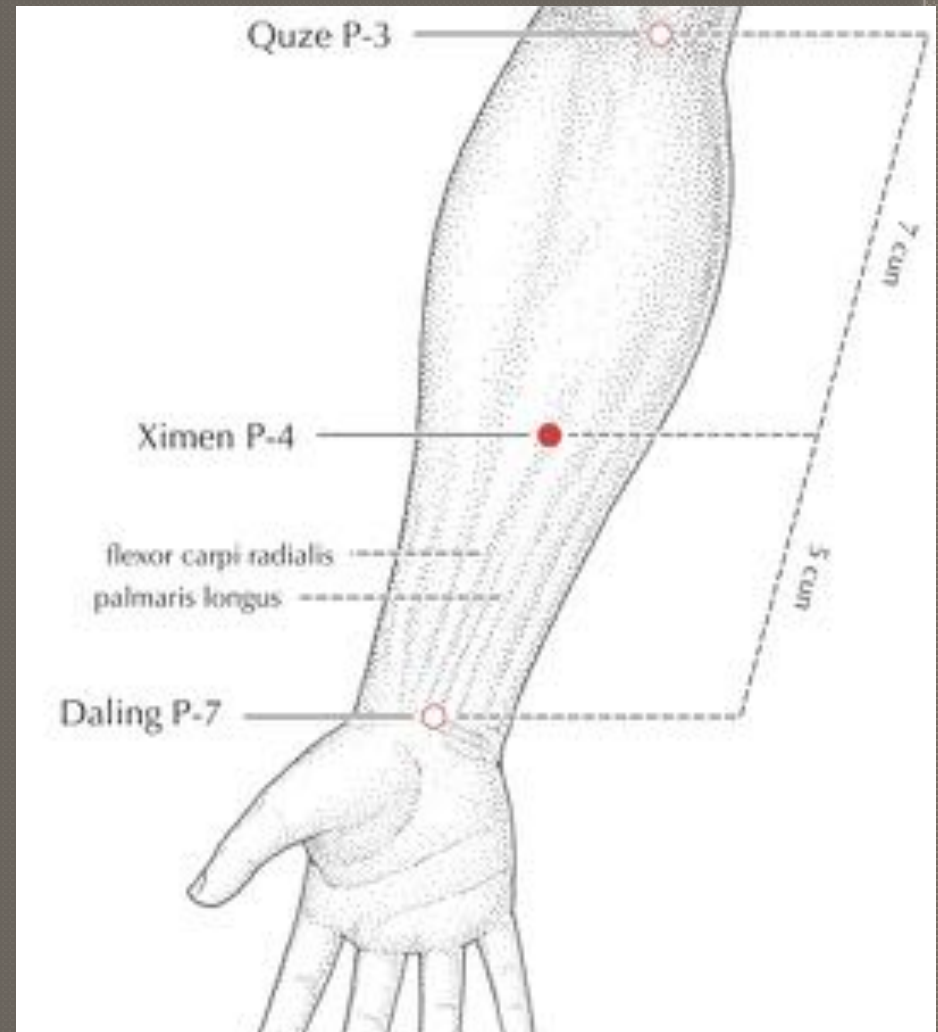
Hand Jue Yin

PC 4 – (Ximen –Xi-Cleft Gate)

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

Japanese PC 4

Located approximately four fingers (of the patient) below PC 3. Moving our finger from PC 3 down midline of forearm, the point is located in a slight depression between the the brachioradialis and the flexor carpi radialis muscles.

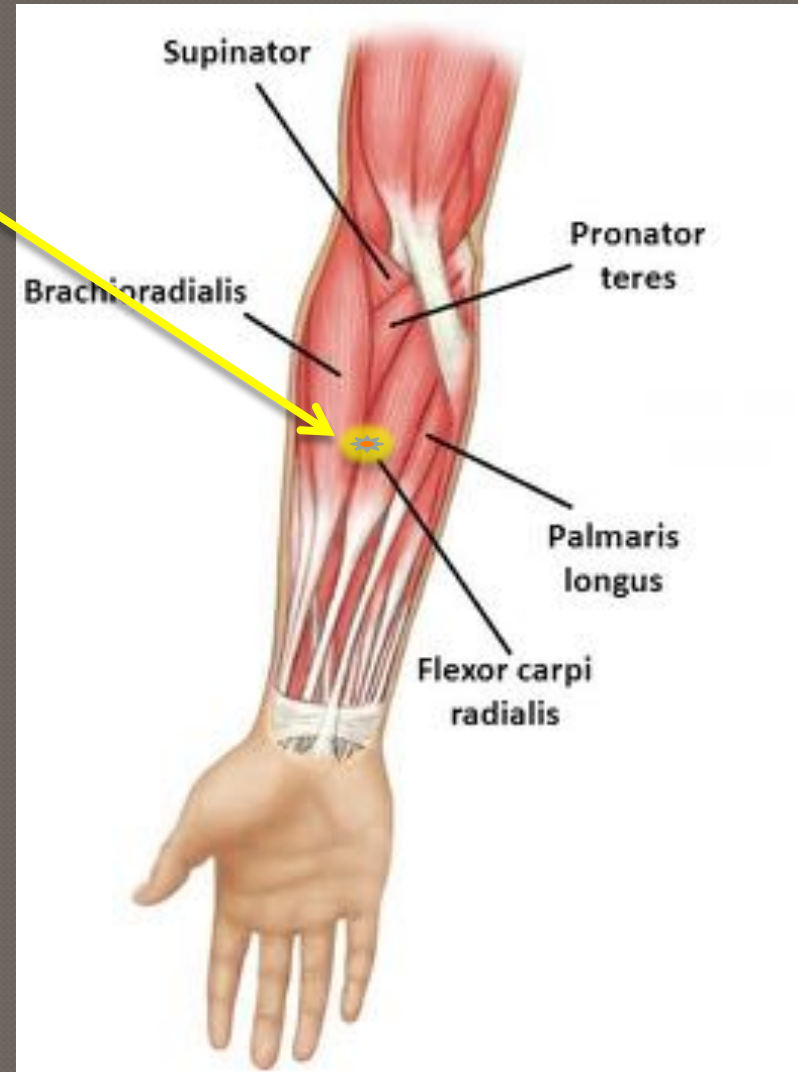


Japanese Pericardium 4

Hand Jue Yin

Japanese PC 4

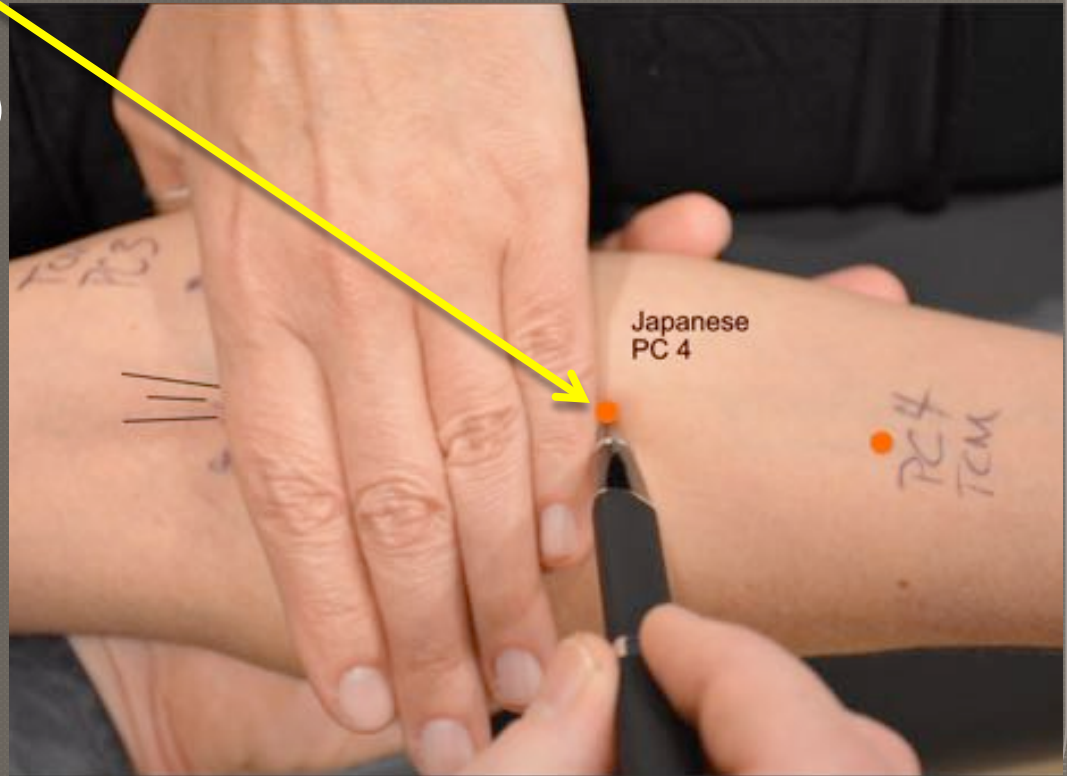
Located approximately four fingers (of the patient) below PC 3. Moving our finger from PC 3 down midline of forearm, the point is located in a slight depression between the the brachioradialis and the flexor carpi radialis muscles.



Japanese Pericardium 4 Hand Jue Yin

Japanese PC 4

Located approximately four fingers (of the patient) below PC 3. Moving our finger from PC 3 down midline of forearm, the point is located in a slight depression between the the brachioradialis and the flexor carpi radialis muscles.



Pericardium 5 Hand Jue Yin

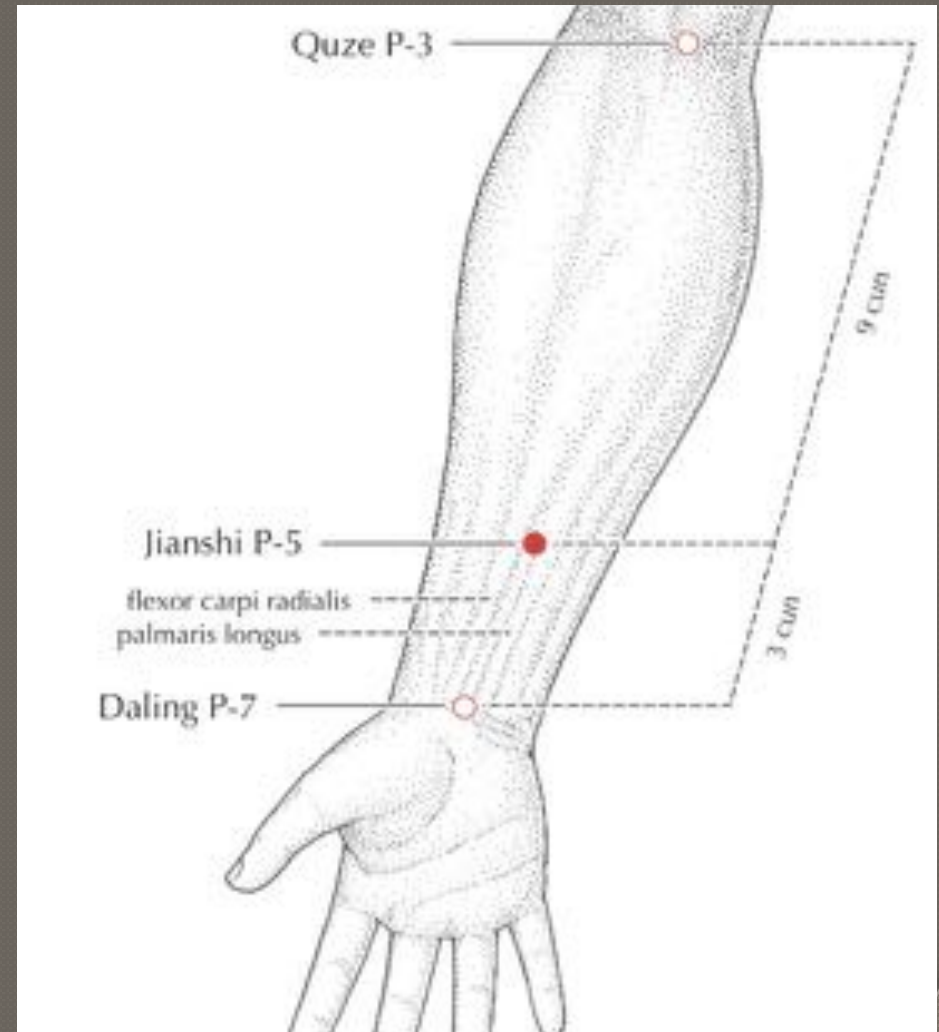
**PC 5 – (Jianshi –
Intermediate Messenger)**

Metal Point

Located 3 cun proximal to PC 7
at wrist crease, between tendons
of the palmaris longus and flexor
carpi radialis

Japanese PC 5

In the region of TCM PC 5 but
can vary above and below
official point when used to
release pressure pain on PC 8



Pericardium Meridian Hand Jue Yin

PC 6 –(*Nei guan* –Inner Pass)

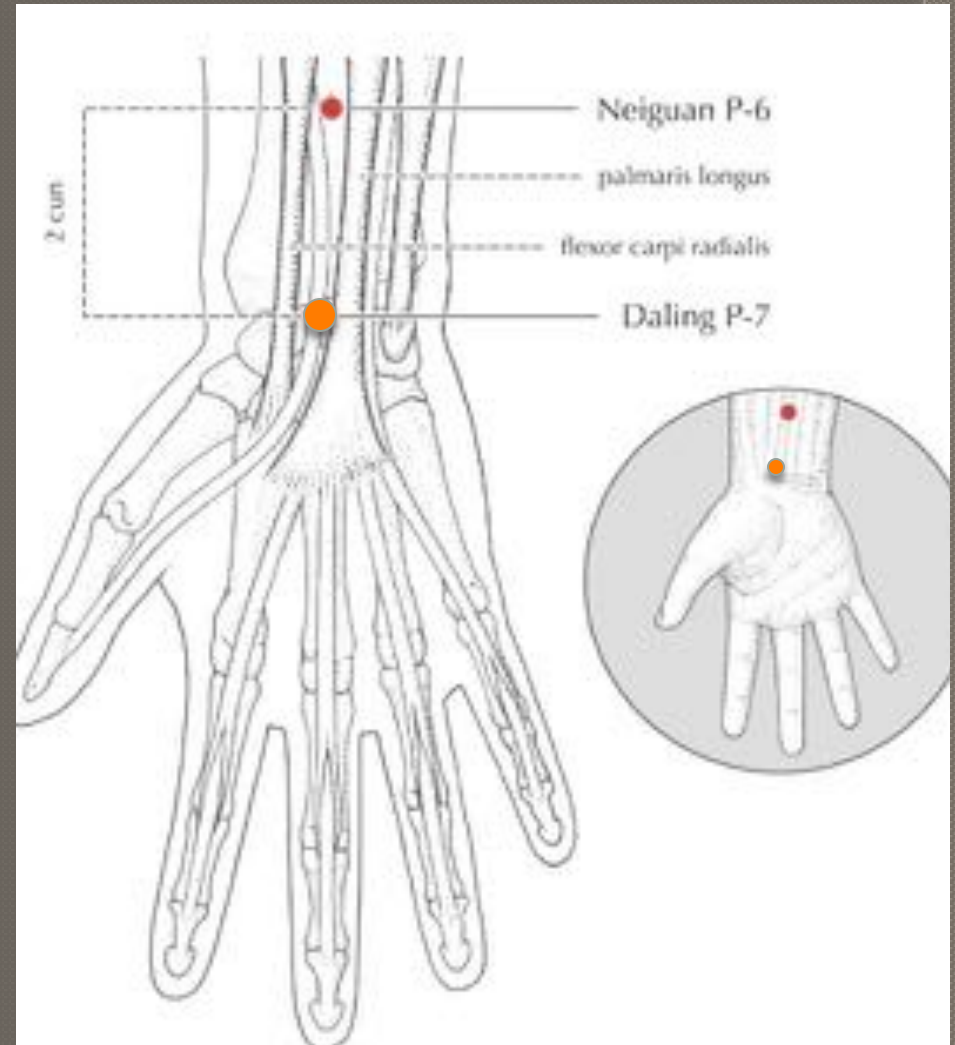
Luo Point
Shu Stream point
Command point
Yin Wei Mai (EOV)

2 cun proximal to PC 7 at the wrist crease
between the tendons of palmaris longus
and flexor carpi radialis

PC 7 –(*Daling* –Great Mound)

Source point
Sun Simiao Ghost point

In the middle of the wrist crease between
the tendons of palmaris longus and flexor
carpi radialis.



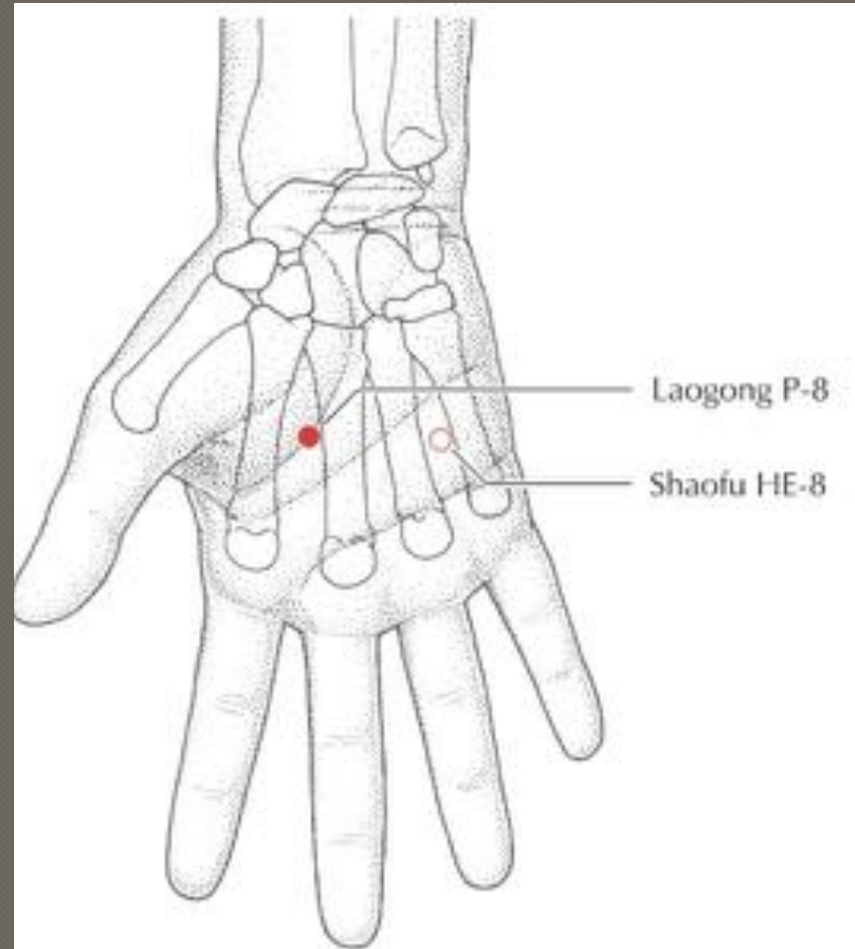
Pericardium 8

Hand Jue Yin

PC 8 – (Laogong– Palace of Toil)

Fire Point
Sun Simiao
Ghost point

Between 2nd and 3rd metacarpal bones, closer to the radial side of the 3rd, where the tip of the middle finger falls when a loose fist is made.



Pericardium 8

Hand Jue Yin

- ◎ **PC 8** – (*Laogong* –
Palace of Toil)

Key palpatory point for
“Pericardium Treatment”
Called the Fire point of the
meridian, if very tender
(i.e., inflammation in
meridian), then dictates
certain treatment protocol:

Treat with Metal/Water
PC 5/ PC 3

