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ACUPUNCTURE: CURE OF MANY DISEASES

# THE MERIDIANS OF ACUPUNCTURE

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### Large Intestine and Lung Divergent Meridians

#### Large Intestine Divergent Meridian

The large intestine divergent meridian leaves the large intestine main meridian at the outer tip of the shoulder. It goes to the spinal column and thence over the shoulder, thorax and upper abdomen to the large intestine to which it belongs and also to the lungs. It emerges at the supra-clavicular fossa, going along the throat to the large intestine meridian.

#### Lung Divergent Meridian

The lung divergent meridian leaves the lung main meridian at the armpit, whence it enters the lungs and scatters in the large intestine. Above this, it emerges from the supra-clavicular fossa, follows the throat and again meets the large intestine meridian.

#### Important Points

Metal	Li1	Metal point of Yang metal meridian
Water	Li2	Sedation
Wood	Li3	
Fire	Li5	
Earth	Li11	Tonification
Source	Li4	
Luo	Li6	
Xi	Li7	
Alarm	S25	
Associated	B25	

## CHAPTER IV

### STOMACH

#### Traditional Chinese and Western Scientific Conceptions

##### The Digestive Function of the Stomach

The Stomach is called 'the sea of water and nourishment and the controller of the rotting and ripening of liquid and solid food'.

The Jing Qi which is required to nourish the organs of the body is produced by the 'rotting and ripening' of food and liquid in the stomach. Without the nourishing action of the Jing Qi, the other organs of the body could not function.

*'The stomach is the sea of the five Zang and six Fu; liquid and solid food enter the stomach and the five Zang and six Fu are endowed with Qi from the stomach.'*

(Ling Shu, wuwei pian)

The Jing Qi produced in the stomach and distributed to the other organs is stored in the kidney. This stored Jing can be used to nourish the organs and can also be transformed to the Jing of sexual power and semen. It is therefore said:

*'The kidneys are the root of the former heaven (pre-natal). The spleen and stomach are the root of latter heaven (post-natal).'*

The kidney semen-Jing gives the stimulus to birth. The stomach-Jing is required for growth.

The digestive function of gastric juice, particularly pepsinogen, is well known. The stomach may even digest itself in a healthy person who dies suddenly after a meal.

##### The Stomach and Spleen

The stomach and spleen are coupled organs, and as such their function is mutually interdependent. While the stomach controls the rotting and ripening of food and water, the spleen controls the 'moving and transforming' of food and water, and transports and distributes Jing Qi and fluid.

The spleen is a Yin Zang, the stomach is a Yang Fu. The spleen is damp earth, dislikes damp and likes dryness. The stomach is dry

earth, dislikes dryness and likes moisture. For the spleen, the ascent of Qi is normal; for the stomach, the descent of Qi is normal.

If the spleen does not move and transform, then the stomach cannot digest; if the stomach does not rot and ripen water and food, the spleen cannot move and transform. If the spleen is empty and accumulates damp, then this can distress and check stomach Yang, and can produce a distended abdomen with anorexia. If the stomach is dry and hot, this will dry up the spleen's fluid, and can produce the symptoms of dry mouth and lips, owing to the spleen's fluid not having the means of ascending and moistening the mouth.

Vomiting may be caused by a malfunction of stomach Qi which has lost its normal function of descending, and instead rebels upwards. In diarrhoea, the spleen has lost its strength and movement and power to ascend, thereby allowing descent and diarrhoea.

The stomach is influenced by abnormal hunger or satiation, or by an excess of cold or hot foods.

From the point of view of Western medicine there is no association in function between the stomach and spleen. They are though in intimate contact, not only in man but also in most fishes, amphibians, birds and mammals. In the dogfish the spleen is attached by a membrane to the hinder end of the stomach as a triangular lobe with a forward prolongation along the right side of the pyloric division. In the pigeon the spleen is attached to the right side of the proventriculus. In the rabbit the spleen is a narrow, crescentic body lying on the convex side of the stomach.

### The Salivary Glands

The salivary glands are influenced by stimulation of the stomach meridian, which passes over the parotid gland between S2 and S3, and over the submaxillary gland between S8 and S9.

Saliva assists the stomach, by the digestion of starches with ptyalin, by the lubrication of food, and by making it possible to taste food, which is only possible if the tongue is moist.

In poisonous snakes the action of saliva goes beyond digestion to that of killing its prospective meal, for the poison glands are modified parotid glands.

### The Tongue

The tongue is used as an important diagnostic criterion in Chinese

Traditional Medicine, whole books being entirely devoted to this subject.

The fur on the tongue principally reflects the condition of the stomach or, indirectly, the effect of other organs such as the liver on the stomach.

The mucous membrane covering the tongue is derived from entoderm, just as the lining of the whole of the gastro-intestinal tract. The oral membrane divides the tongue of the embryo into an internal and external portion in front of the row of vallate papillae, the former being covered by entoderm, the latter by ectoderm. At a later stage of embryonic development though, the entoderm covering the root of the tongue slips forward to coat the whole of the body as well.

*Case History.* A patient was seen whose tongue was covered with a white greasy fur. She was able to eat only small amounts of food at a time and had frequent epigastric pain or discomfort.

Pulse diagnosis showed a dysfunction of the stomach and this was cured by treating S36.

### Symptomatology

#### Main Meridian Symptoms

Shivering with cold, constant yawning, dark complexion. When the disease is serious, the patient hates other people, is alarmed when hearing the sound of leaves rustling, has palpitations, and wishes to close the doors and windows and live by himself in the house. In severe cases, he may ascend to high places and sing, take off his clothes and run away. Abdomen distended, intermittent fevers, warm diseases, Shen confused, leading to madness, followed by fever. Spontaneous sweating, clear nasal discharge, epistaxis, mouth awry, mouth and lips develop dry sores, swelling of neck, ascites, pain or disturbance of function along the course of the meridian, especially the second and third toe.

#### SYMPTOMS OF EXCESS

Front of body hot. The heat in the stomach dissolves the liquid and solid food causing hunger and thirst. Yellow urine.

#### SYMPTOMS OF INSUFFICIENCY

The front of the body is cold and shivering. When the stomach is cold, the abdomen will be swollen and full.

and down the leg to end at the lateral tip of the second toe at S45.

A branch leaves S12, descends to the diaphragm, and enters the stomach, to which it belongs, at CV13, and connects with the spleen.

A branch leaves CV12 at the pylorus and moves inside the abdomen down to S30.

A branch leaves S36 going lateral to the main meridian, to end at the lateral tip of the third toe.

A branch leaves S42 going to Sp1.

According to classical accounts, the whole of the main meridian below S8 is described as a branch.

#### **Stomach Connecting Meridian (Luo)—S40**

The meridian begins in the lower leg at S40, ascends to reach the head and nape of neck where it combines with the meridian Qi of all the other meridians and descends to connect with the throat. It links with the spleen meridian Luo.

#### **Stomach Muscle Meridian**

The meridian begins at the 3rd toe (possible also 2nd and 4th toe), unites at the ankle; ascends the lower leg and unites at the outer side of the knee; continues up to unite at the hip joint; crosses the ribs and joins the spinal column to which it belongs. The main muscle meridian ascends from the ankle to unite at the antero-lateral side of the knee. A branch from here goes laterally to unite with the gall-bladder muscle meridian. The main muscle meridian ascends past S32 to unite at the top of the thigh; accumulates in the genitalia; ascends and scatters in the abdomen; and unites in the supra-clavicular fossa. It ascends at the side of the neck and mouth to meet at the side of the nose and then unites at the nose. It ascends to meet the bladder muscle meridian; the bladder muscle meridian running supra-orbitally, and the stomach muscle meridian mainly infra-orbitally. A branch from the jaw unites in front of the ear.

#### **Stomach and Spleen Divergent Meridians**

##### **Stomach Divergent Meridian**

The stomach divergent meridian leaves the main stomach meridian at the middle of the thigh; thereafter it enters the abdomen and goes to the stomach to which it belongs, and thence disperses

in the spleen. Thereafter it ascends further to penetrate the heart and continues along the throat to emerge at the mouth. Thence it goes round the ala of the nose to the bridge of the nose between the eyes, with which it is linked, and there it meets the main stomach meridian.

##### **Spleen Divergent Meridian**

The spleen divergent meridian leaves the spleen main meridian at the middle of the thigh, thereafter it follows the course of the stomach divergent meridian to the throat, where it penetrates the middle of the tongue.

#### **Important Points**

Metal	S45
Water	S44
Wood	S43
Fire	S41
Earth	S36
Source	S42
Luo	S40
Xi	S34
Alarm	CV12
Associated	B21

Sedation

Tonification

Earth point of Yang earth meridian

If damp obstructs and blocks communication, then the upper abdomen is full and distended; if damp remains in the skin and flesh, then the body will feel heavy; if damp obstructs Qi, there will be oliguria and constipation, weak respiration, with a melancholic feeling in the chest, and a feeling of fullness, pain, and possibly swelling in the abdomen.

### Connecting Meridian (Luo) Symptoms

#### SYMPTOMS OF EXCESS

Sharp pain in intestines.

#### SYMPTOMS OF INSUFFICIENCY

Ascites.

### Great Luo of the Spleen—Sp21—Symptoms

#### SYMPTOMS OF EXCESS

Whole body painful.

#### SYMPTOMS OF INSUFFICIENCY

Bones and joints of the whole body flaccid and weak and without strength.

### Muscle Meridian Symptoms

Pain or muscular spasm in big toe, inner side of knee, inner side of thigh, genitalia, navel and ribs. Pain along the spine extending to the breast.

### Course of Meridians

#### Spleen Main Meridian

##### Principal Course

Starting at Sp1 on the big toe, the meridian goes up the embryological anterior and outer surface of the leg, over the abdomen and chest to the axilla at Sp20, and then down a little to Sp21.

##### Special Details

The meridian starts at Sp1 and goes up the leg to the groin at Sp13.

From Sp13 via Cv3 and Cv4 to Sp14.

From Sp15 via Cv10 to Sp16.

From Sp16 via G24 and Liv14 to Sp17, and thence on to Sp21.

From Sp21 via LI, up the throat to end on the under surface of the tongue.

A branch leaves Cv10, penetrates the diaphragm and goes to the heart and heart meridian.

Traditionally, from Sp13 the meridian is described as entering the abdomen, going to the spleen to which it belongs, and connecting with the stomach.

### Spleen Connecting Meridian (Luo)—Sp4

The meridian begins near the root of the big toe at Sp4 and ascends to enter the abdomen, connecting with the intestines and stomach. It links with the stomach meridian Luo.

### Great Luo of the Spleen—Sp21

The meridian begins on the side of the chest below the axilla at Sp21, and then divides and disperses throughout the chest and ribs.

This connecting meridian unites all the Yin and Yang Luo like a net and if there is any 'extravasated blood' it should be treated at Sp21.

### Spleen Muscle Meridian

The meridian begins on the medial side of the end of the big toe, unites at the internal malleolus; ascends to unite at the medial side of the knee; ascends the medial surface of the thigh to unite at its upper end; accumulates in the genitalia, ascends the abdomen to unite at the navel; crosses the abdomen to unite at the ribs, and scatters in the chest. An inner branch ascends the spine.

### Important Points

Wood	Sp1	
Fire	Sp2	Tonification
Earth	Sp3	Earth point of Yin earth meridian
Metal	Sp5	Sedation
Water	Sp9	
Source	Sp3	
Luo	Sp4	
Xi	Sp8	
Alarm	Liv13	
Associated	B20	