



THE MERIDIANS AND COLLATERRALS

LU KAI-XIN
TCM DEPARTMENT,
MEDICAL SCHOOL,
YANGZHOU UNIVERSITY
Email: kxlu@yzu.edu.cn
lukaixincn@yahoo.com.cn

The basic concept

- The nomenclature of the meridians and collaterals and their composition
- Functions of the meridians and collaterals
- Distribution of the fourteen meridians
- Cyclical flow of Qi in the twelve main meridians

The nomenclature of the meridians and collaterals and their composition

- .hand or foot
- .yin or yang
 - three yin(Taiyin,Shaoyin and Jueyin)
 - three yang(Yangming,Taiyang and Shaoyang)
- .zang or fu organs

hand or foot

- The meridians starting or terminating at the hand are named "Hand", while those starting or terminating at the foot are named "Foot". So the twelve meridians are divided into four groups: three yin meridians of hand, three yang meridians of hand, three yin meridians of foot, and three yang-meridians of foot. Each of the meridian is named according to the medial or the lateral aspect of hand or foot, the names to which zang and fu pertain, and the nature of yin or yang.

yin or yang

- Taiyin——anterior ——Yangming
- Jueyin ——midline ——Shaoyang
- Shaoyin ——posterior ——Taiyang

- The meridians going in the medial aspect of the limbs are named "yin", whereas those in the lateral aspects are named "yang". The medial aspect of the limbs is subdivided into the anterior border, midline and the posterior border. And the yin meridians running through these parts are named Taiyin, Jueyin and Shaoyin respectively. The lateral surface of the limbs is also subdivided into the anterior border, the midline and the posterior border. And yang meridians are termed "Yangming", "Shaoyang", and "Taiyang".

zang or fu organs

- The nomenclature of zang or fu is determined in the light of the nature to which zang or fu pertains. For example, the meridian pertaining to the kidney is named the kidney meridian, and the rest may be deduced by analogy.

1. The twelve main meridians
2. The eight extra meridians
3. The Twelve Divergent Meridians and Fifteen Collaterals
4. The Twelve Muscle Regions and Twelve Cutaneous Regions

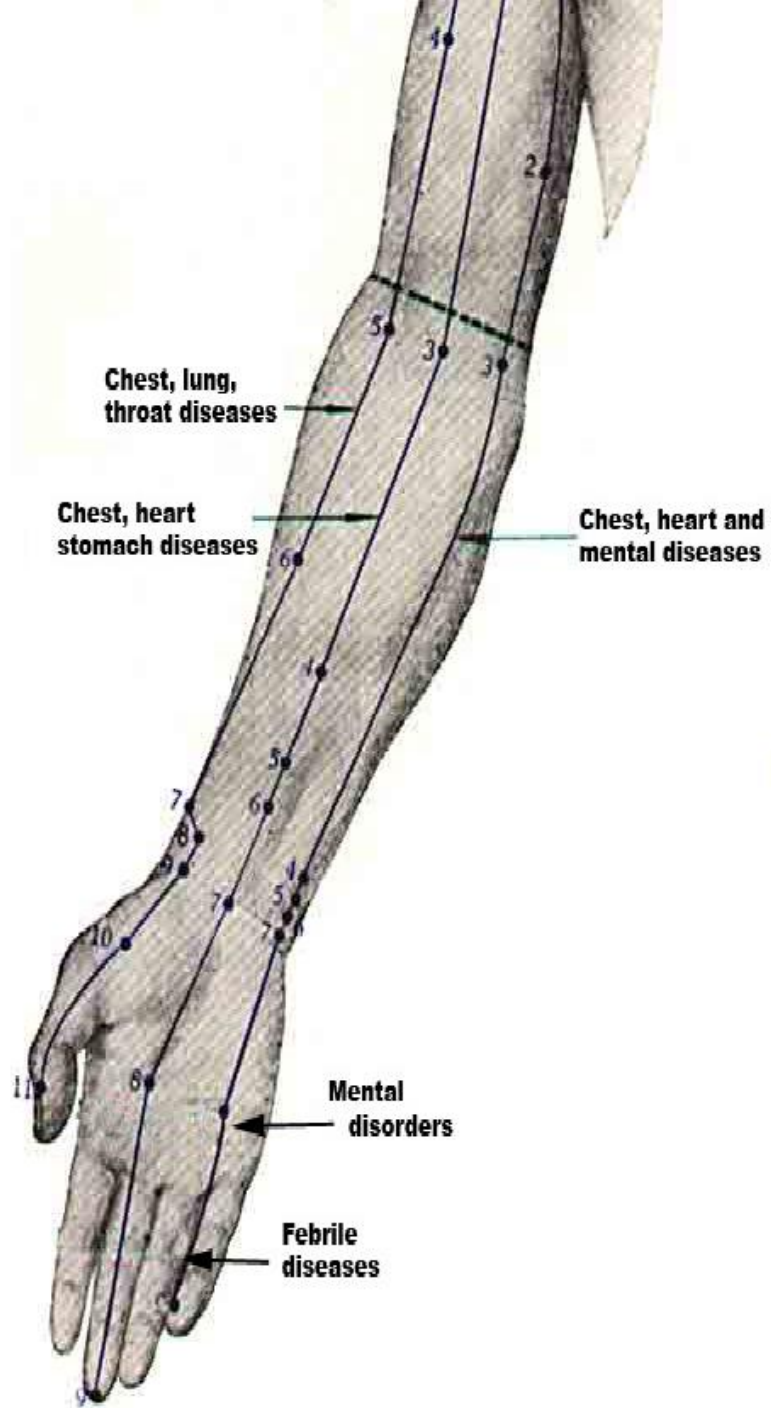
- 1.The twelve main meridians
- 2.The eight extra meridians
- 3.The Twelve Divergent Meridians and Fifteen Collaterals
- 4.The Twelve Muscle Regions and Twelve Cutaneous Regions

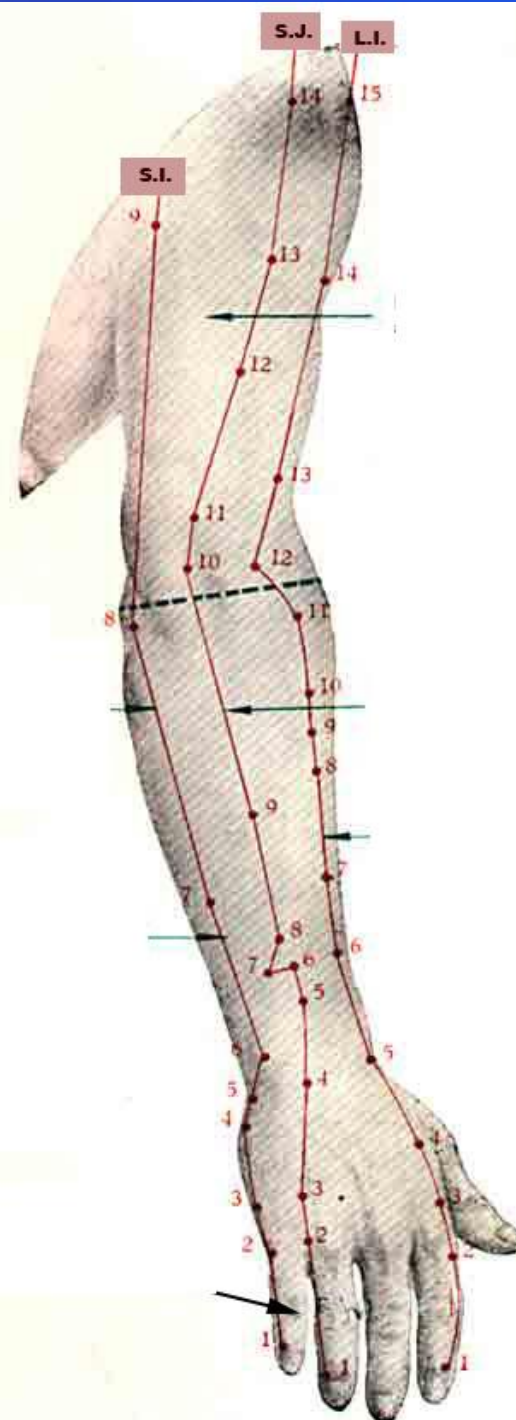
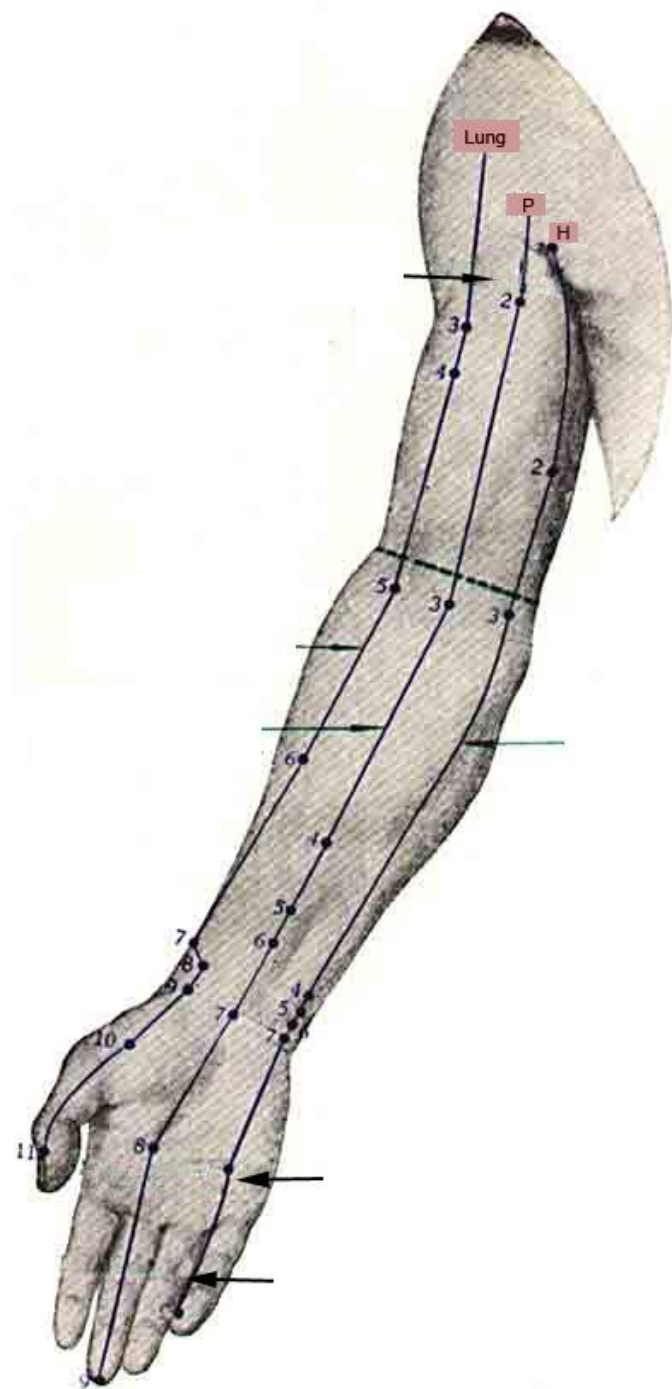
1.The twelve main meridians

- The Lung Meridian of Hand-Taiyin
- The Large Intestine Meridian of Hand-Yangming
- The Stomach Meridian of Foot-Yangming
- The Spleen Meridian of Foot-Taiyin
- The Heart Meridian of Hand-Shaoyin
- The Small Intestine Meridian of hand-Taiyang
- The Bladder Meridian of Food-Taiyang
- The Kidney Meridian of Foot-Shaoyin

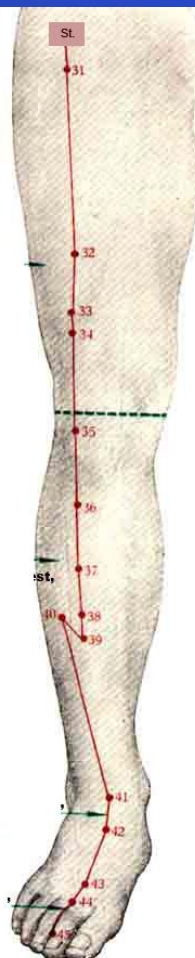
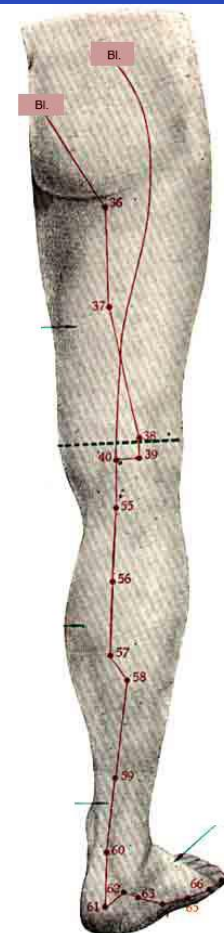
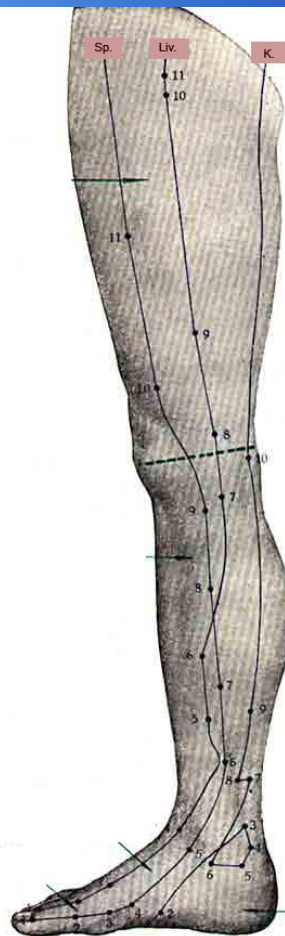
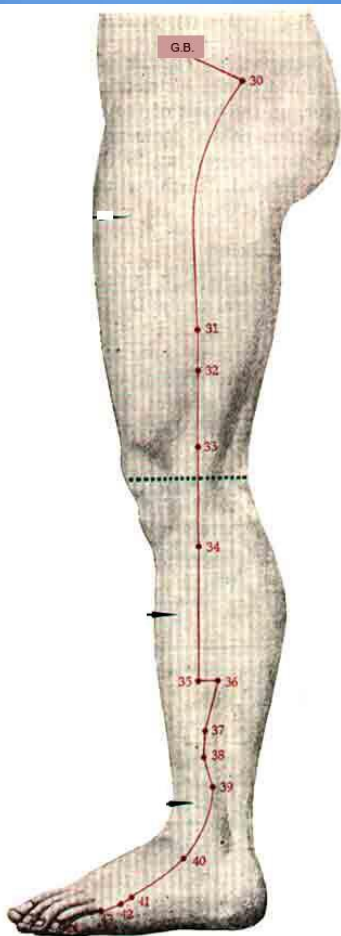
- The Pericardium Meridian of Hand Jueyin
- Sanjiao Meridian of Hand-Shaoyang
- The Gallbladder Meridian of Foot-Shaoyang
- The Liver Meridian of Foot-Jueyin

- 手太阴肺经lung meridian (LU)
- 手阳明大肠经large intestine meridian (LI)
- 足阳明胃经stomach meridian (ST)
- 足太阴脾经spleen meridian (SP)
- 手少阴心经heart meridian (HT)
- 手太阳小肠经small intestine meridian (SI)
- 足太阳膀胱经bladder meridian (BL)
- 足少阴肾经kidney meridian (KI)
- 手厥阴心包经pericardium meridian (PC)
- 手少阳三焦经triple energizer meridian (TE)
- 足少阳胆经gallbladder meridian(GB)
- 足厥阴肝经liver meridian (LR)



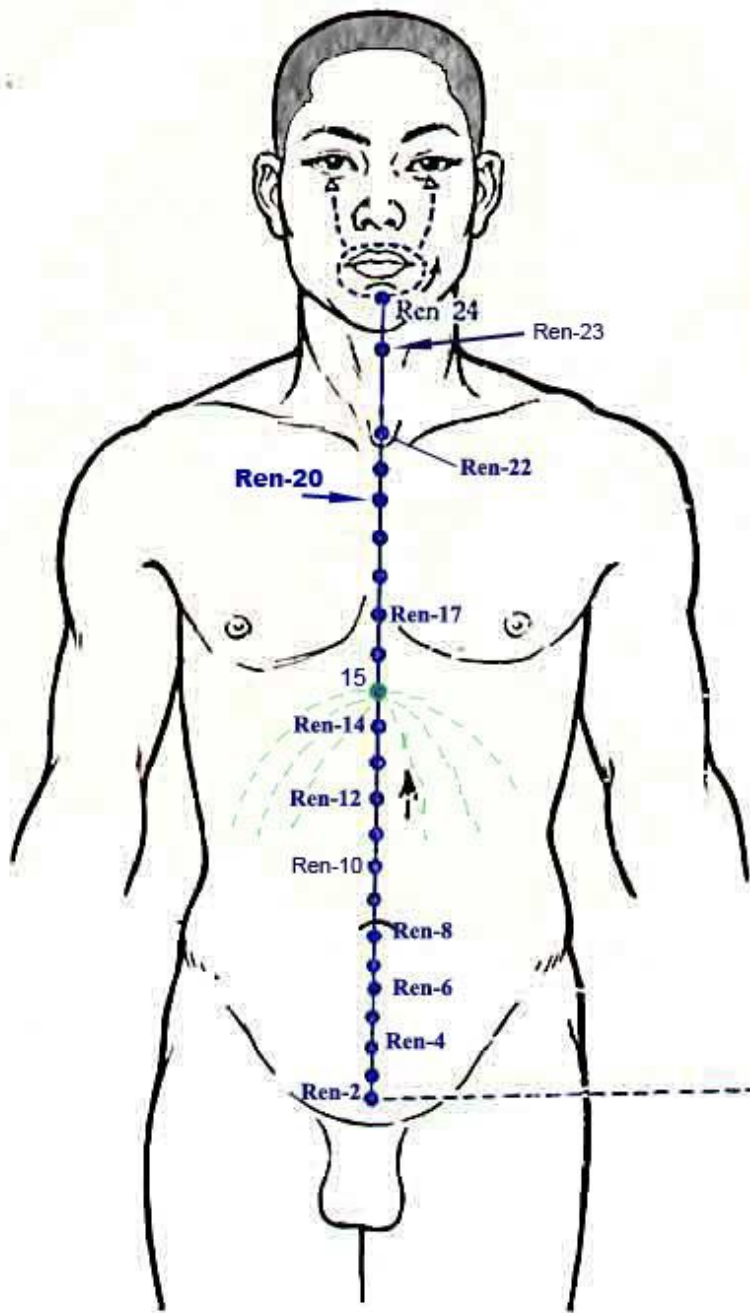


Leg meridians

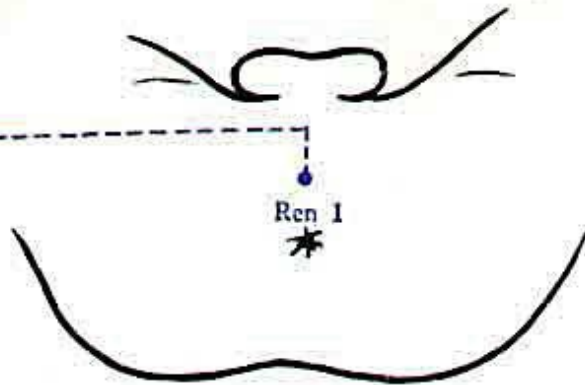


Conception vessel

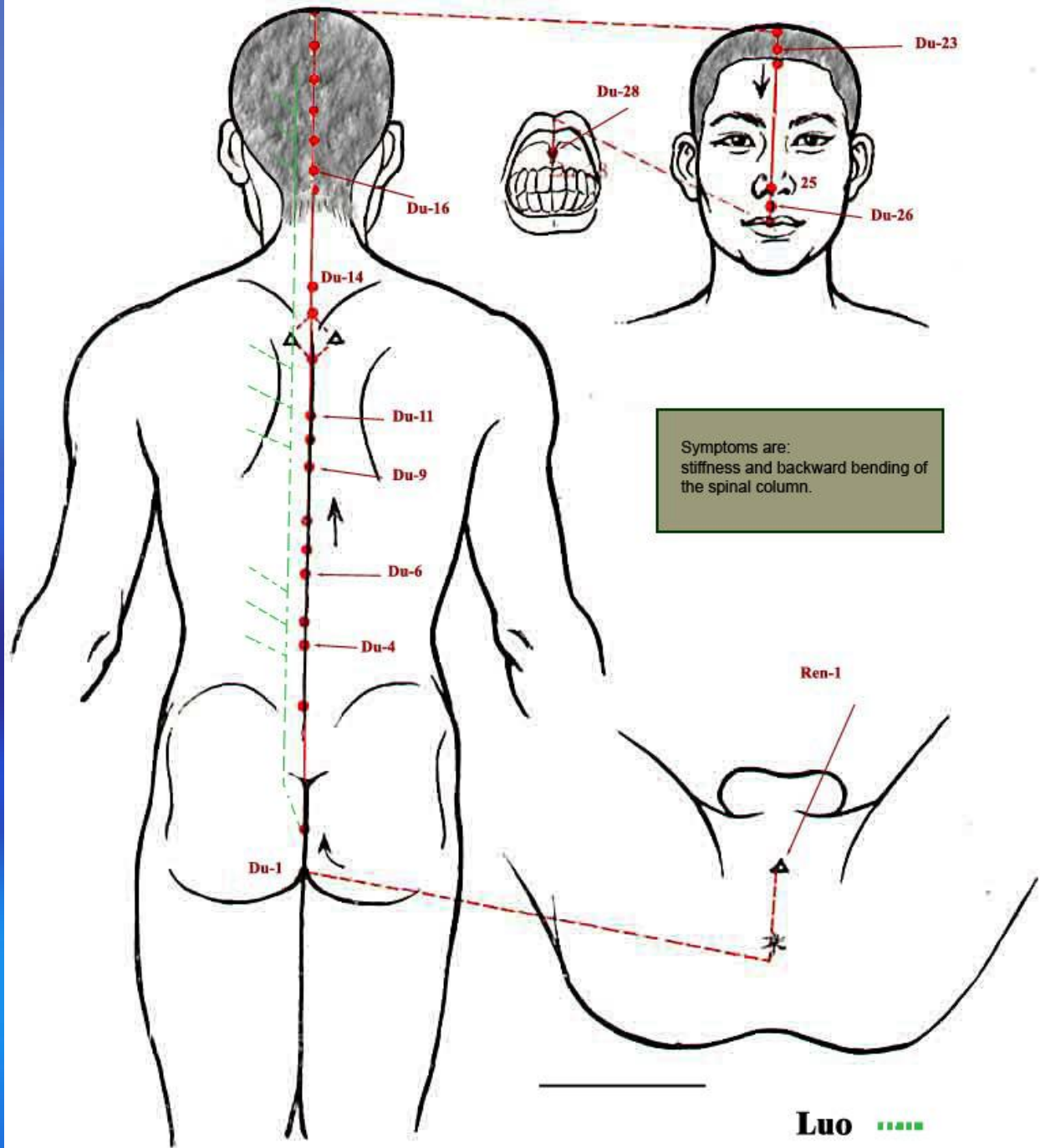
Symptoms are: sensation of uneasiness in the interior of the body, various hernias in the male, leucorrhea or lower abdominal masses in the female.



Luo 任脉



Governor meridian



2.The eight extra meridians

- Governor vessel
- Conception vessel
- Thoroughfare vessel
- Belt vessel
- Yang heel vessel
- Yin heel vessel
- Yang link vessel
- Yin link vessel

奇经八脉eight extra meridians

- 督脉governor vessel (GV)
- 任脉conception vessel (CV)
- 冲脉thoroughfare vessel (TV)
- 带脉belt vessel (BV)
- 阴跷脉yin heel vessel (Yin HV)
- 阳跷脉yang heel vessel (Yang HV)
- 阴维脉yin link vessel (Yin LV)
- 阳维脉yang link vessel (Yang LV)

Cyclical flow of Qi in the twelve main meridians

- The circulation of qi and blood inside the Twelve meridians is like the circular movement endlessly. Their circulation starts from the lung meridian of Hand-Taiyin, runs to the liver meridian.

Distribution of the fourteen meridians

- The medial aspect of the limbs attributes to yin, the lateral to yang. Each limb is distributed by Taiyin and Yangming meridians are on the anterior border, Shaoyin and Taiyang meridians are on the posterior border, and Jueyin and Shaoyang meridians are on the midline.

Distribution on the head and face

- Yangming meridians run through the face and forehead, Taiyang meridians run through the cheek, vertex and occiput of the head and Shaoyang meridians run through both sides of the head

Distribution in the body trunk:

- The three yang meridians of hand run through the scapular part. Among the three yang meridians of foot, Yangming meridians run in the front of the trunk (thoracico-abdominal aspect), Taiyang meridians along the back (the dorsal aspect), and Shaoyang meridians along the sides. All the three yin meridians of the hand come out of the axillae without exception, all the three yin meridians of foot run along the ventral aspect. The meridians running through the ventral aspect from the medial to the lateral are, in turn, termed Foot-Shaoyin, Foot-yangming, Foot-Taiyin and Foot-Jueyin (note: as regards the medial sides of the two lower limbs, at 8cun (24cm) above the medial malleoli, Jueyin is located in the anterior, Taiyin in the middle and Shaoyin in the posterior part.)

The Exterior-Interior Relations between the Twelve Meridians

- The twelve regular meridians, connected with each other by the divergent meridians and divergent collaterals, form six pairs of exterior-interior relationships.

- the Large Intestine Meridian of Hand-yangming and the Lung Meridian of Hand-Taiyin;
- the Tri-energizer Meridian of Hand-Shaoyang and the Pericardium Meridian of Hand-Jueyin; t
- he Small intestine Meridian of Hand-Taiyang and the Heart Meridian of Hand-Shaoyin;

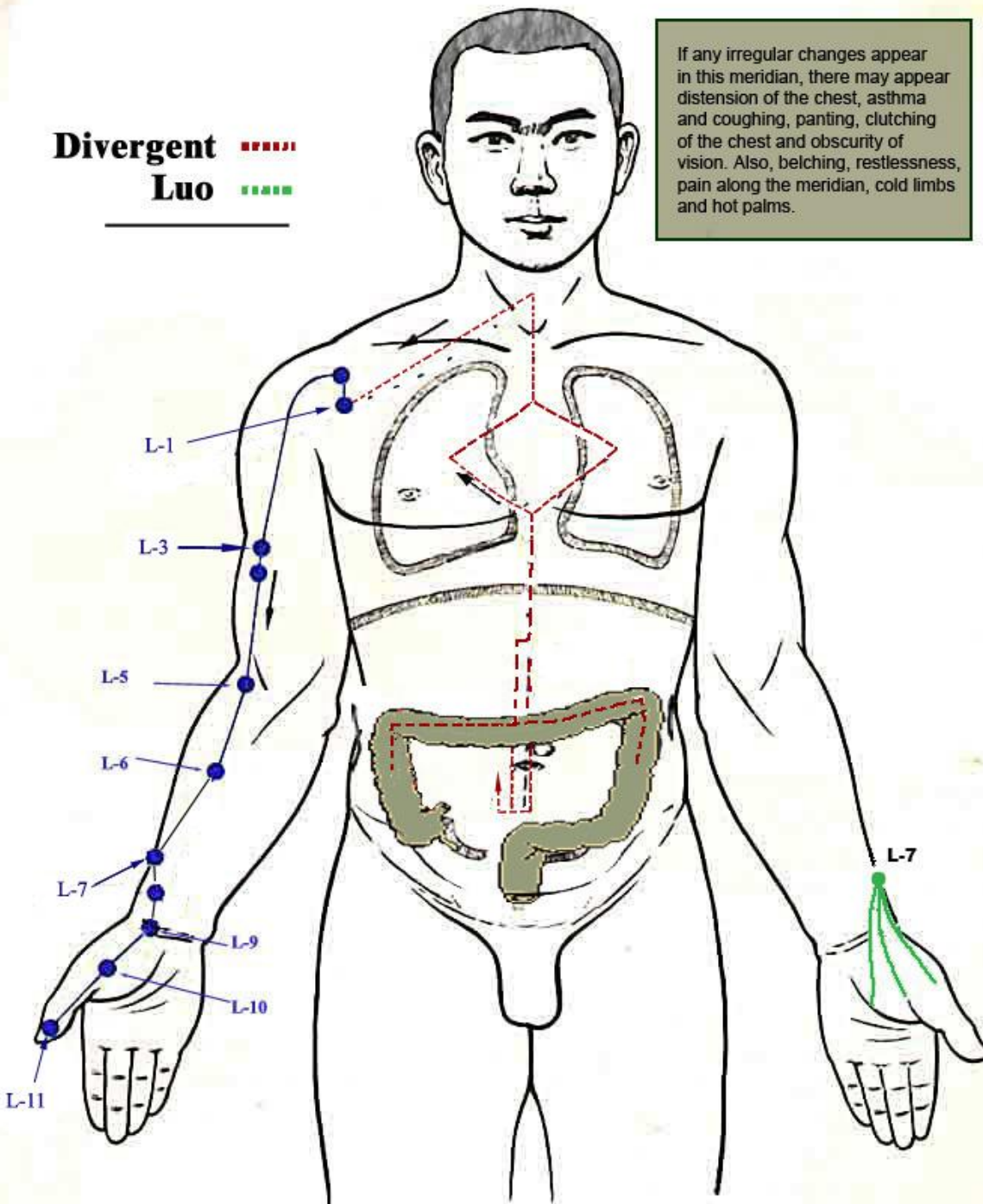
- the Stomach Meridian of Foot-yangming and the spleen Meridian of Foot-Taiyin;
- the Gallbladder Meridian of foot-Shaoyang and the Liver Meridian of Foot-Jueyin;
- and the Urinary Bladder Meridian of Foot-Taiyang and the Kidney meridian of Foot-Shaoyin.

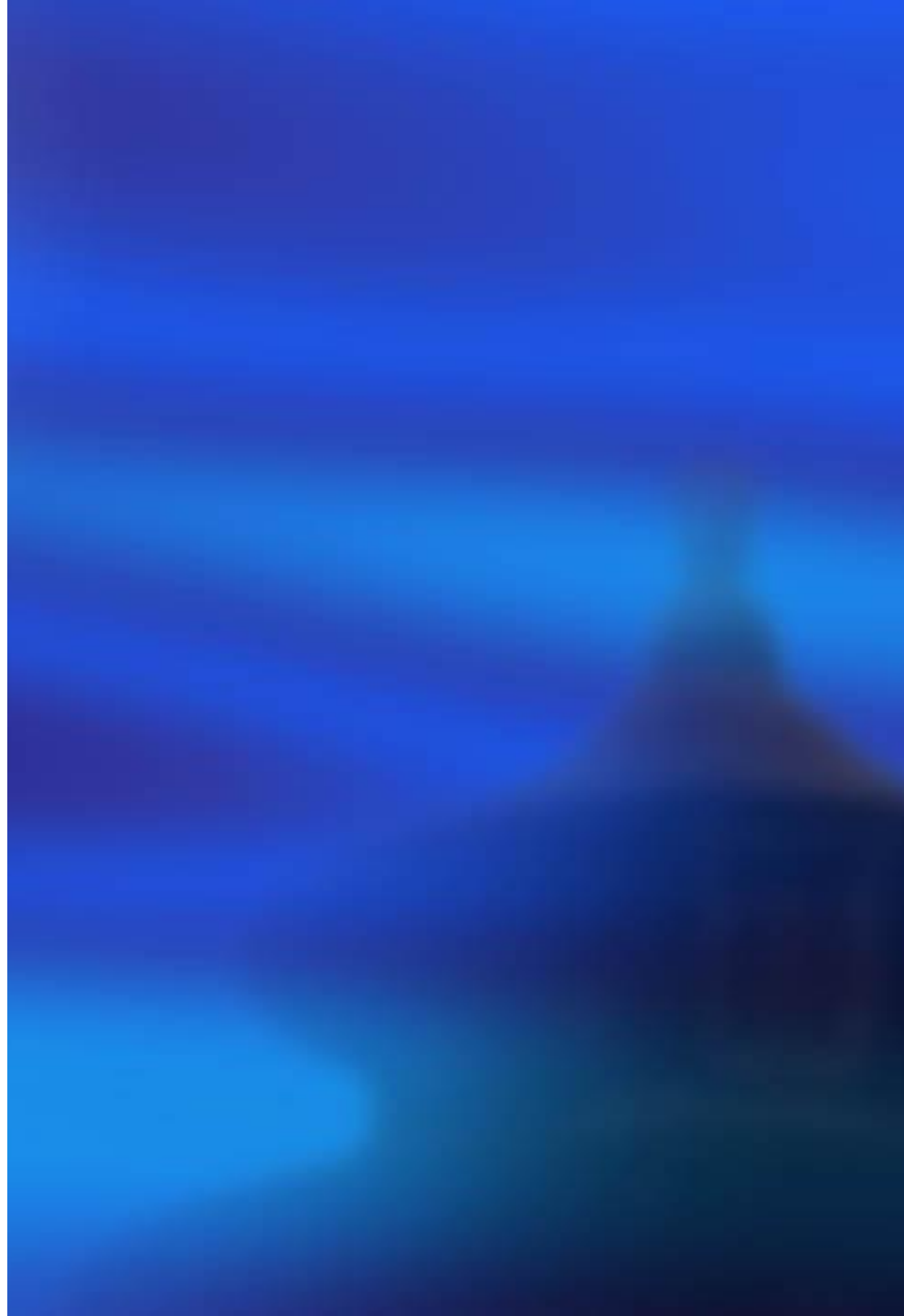
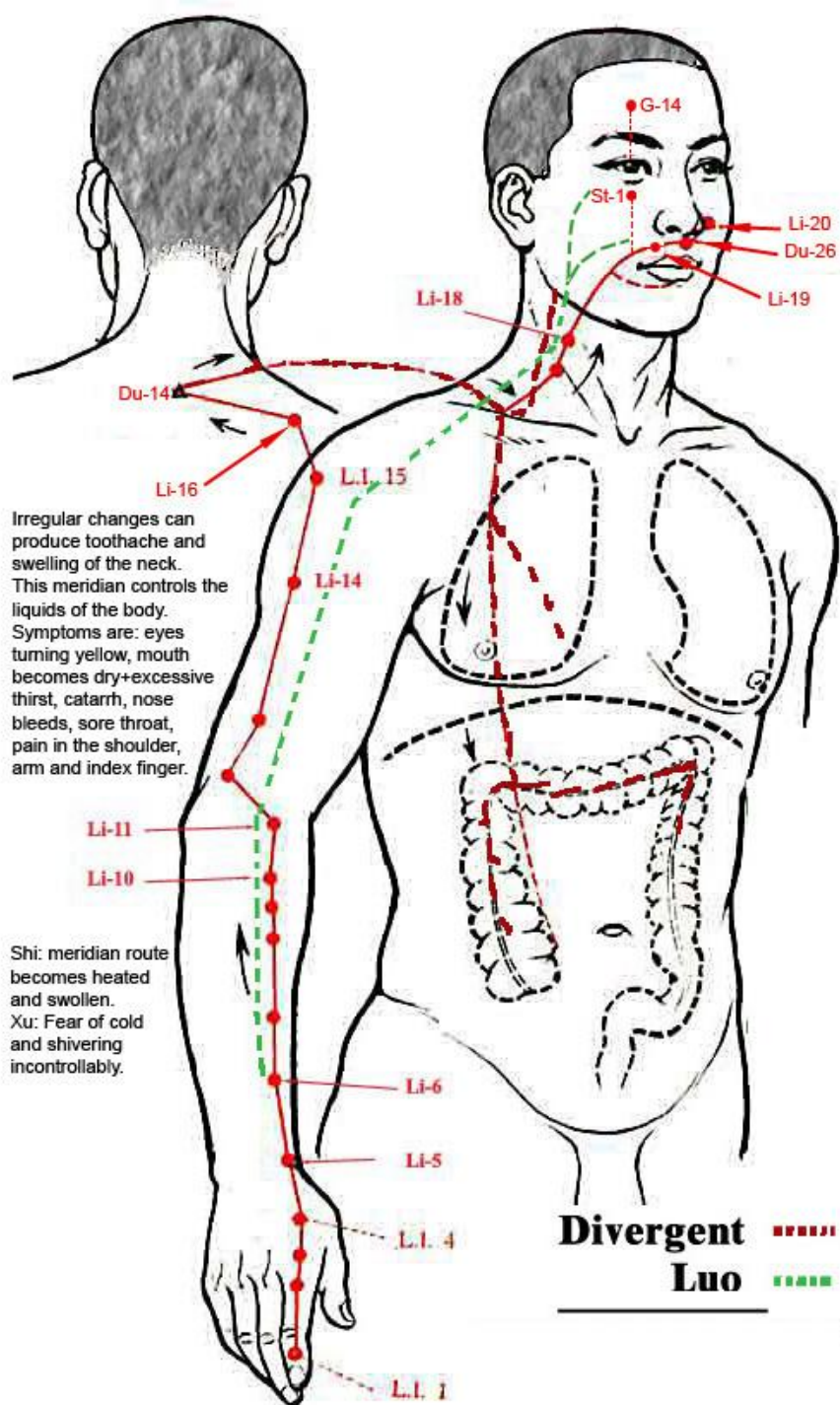
- The exterior-interior relationship of the twelve meridians not only strengthen the connection between each specific pair of meridians with exterior-interior relationship, but also promote each pair of zang-fu with the exterior-interior relationship to coordinate each other physiologically and influence each other pathologically. In treatment, acupoints of the two meridians with the exterior-interior relationship may be alternatively used.

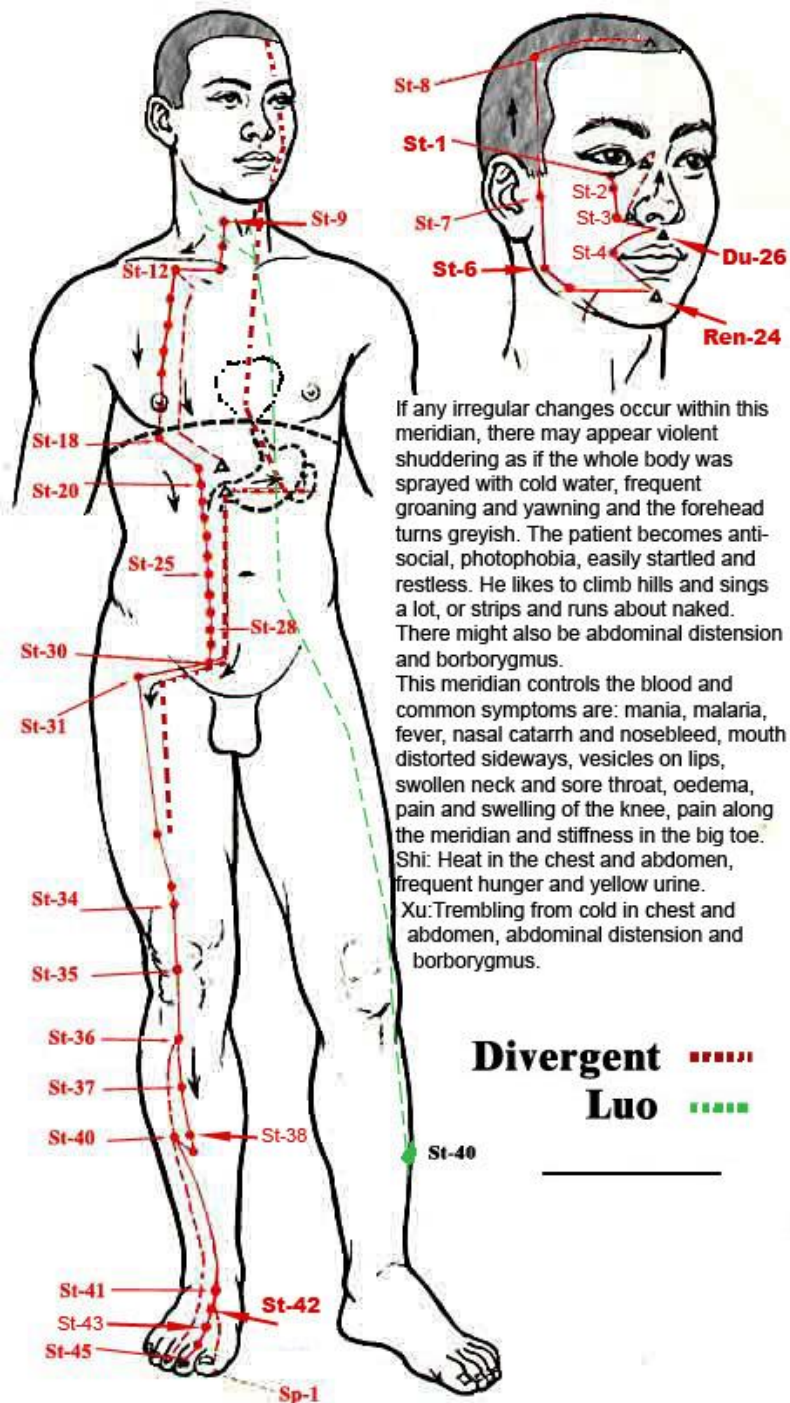
- lung meridian (LU) → large intestine meridian (LI) → stomach meridian (ST) → spleen meridian (SP) → heart meridian (HT) → small intestine meridian (SI) → bladder meridian (BL) → kidney meridian (KI) → pericardium meridian (PC) → triple energizer meridian (TE) → gallbladder meridian (GB) → liver meridian (LR) → lung meridian (LU)

Divergent
Luo

If any irregular changes appear in this meridian, there may appear distension of the chest, asthma and coughing, panting, clutching of the chest and obscurity of vision. Also, belching, restlessness, pain along the meridian, cold limbs and hot palms.







If any irregular changes occur within this meridian, there may appear violent shuddering as if the whole body was sprayed with cold water, frequent groaning and yawning and the forehead turns greyish. The patient becomes anti-social, photophobia, easily startled and restless. He likes to climb hills and sings a lot, or strips and runs about naked. There might also be abdominal distension and borborygmus.

This meridian controls the blood and common symptoms are: mania, malaria, fever, nasal catarrh and nosebleed, mouth distorted sideways, vesicles on lips, swollen neck and sore throat, oedema, pain and swelling of the knee, pain along the meridian and stiffness in the big toe. Shi: Heat in the chest and abdomen, frequent hunger and yellow urine.

Xu: Trembling from cold in chest and abdomen, abdominal distension and borborygmus.