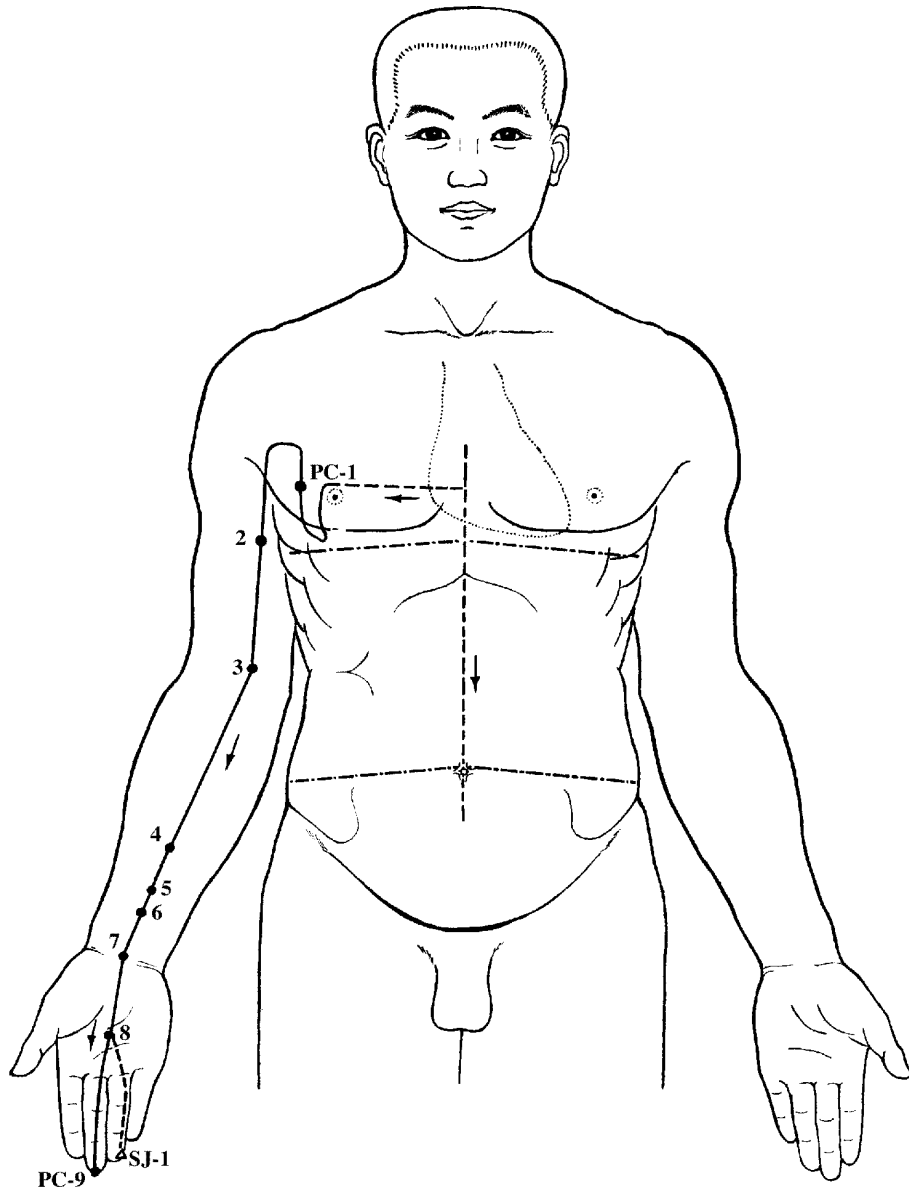


## Shou Jue Yin Xin Bao Jing Pericardium Channel of hand Jue Yin

### PRIMARY PERICARDIUM MERIDIAN



#### **Primary Pericardium Meridian** (modified from Shandong, 1982, p. 41)

The primary Pericardium Channel of hand Jue Yin commences in the chest, where it homes to (or originates from) its pertaining Organ, the Pericardium. It descends through the diaphragm into the abdomen. It connects successively to the upper, middle and lower Jiaos.

A branch runs laterally from the centre of the chest (ie. inside), to emerge on the lateral aspect of the rib cage, 3 cun below the anterior axillary fold, at PC-1 (Tian Chi). It then ascends to the axilla and curves across the anterior aspect of the shoulder to the arm (PC-2, Tian Quan). It runs down the anterior midline of the arm between the Lung Channel of hand Tai Yin and the Heart Channel of hand Shao Yin.

It crosses the centre of the cubital fossa (PC-3, Qu Ze) medial to the tendon of biceps brachii muscle, then continues down the anterior forearm between the muscle bellies and tendons of palmaris longus and flexor carpi radialis to the wrist (PC-7, Da Ling). It enters the palm, travels through it, and reaches the lateral tip of the 3rd finger, at PC-9 (Zhong Chong).

Another branch separates in the palm, at PC-8 (Lao Gong), and travels along the medial (ulnar) aspect of the 4th finger to its tip, where it connects with the San Jiao Channel of hand Shao Yang (SJ-1, Guan Chong).

There are 9 points on the Pericardium Meridian, and 2 intersecting points on other Meridians. This Meridian pertains to the Pericardium Organ and connects with the San Jiao Organ.

#### FLOW OF QI/ DISTRIBUTION OF POINTS:

**Anterior/Lateral Chest:** [REN-17 (Dan Zhong)], PC-1 (Tian Chi).

**Upper Limb:** PC-2 (Tian Quan), PC-3 (Qu Ze), PC-4 (Xi Men), PC-5 (Jian Shi), PC-6 (Nei Guan), PC-7 (Da Ling), PC-8 (Lao Gong), [SJ-1 (Guan Chong)], PC-9 (Zhong Chong).

#### MERIDIANS INTERSECTED BY THE PERICARDIUM CHANNEL:

San Jiao Channel of hand Shao Yang: SJ-1 (Guan Chong).

Ren Mai (Conception Vessel): [REN-17 (Dan Zhong)].

#### MERIDIANS INTERSECTING ON THE PERICARDIUM CHANNEL:

Gall Bladder Channel of foot Shao Yang: PC-1 (Tian Chi).

Kidney Channel of foot Shao Yin: [REN-17 (Dan Zhong)].

#### PERICARDIUM SPECIAL POINTS/ COMMAND POINTS:

PC-9 (Zhong Chong): Wood, Well-Jing.

PC-8 (Lao Gong): Fire, Spring, Gushing-Ying. Horary point.

PC-7 (Da Ling): i) Earth, Stream, Transporting-Shu. ii) Yuan-Source.

PC-6 (Nei Guan): i) Luo-Connecting  
ii) Master point, Yin Wei Mai (Yin linking Vessel);  
Coupling point, Chong Mai (Penetrating Vessel).

PC-5 (Jian Shi): i) Metal, River, Traversing-Jing.  
ii) Meeting point of the Yin Channels (Heart, Pericardium, Lung) of the upper limb.

PC-4 (Xi Men): Xi-Cleft, Accumulation.

PC-3 (Qu Ze): Water, Sea, Uniting-He.

REN-17 (Dan Zhong): front Alarm-Mu, Collecting point.

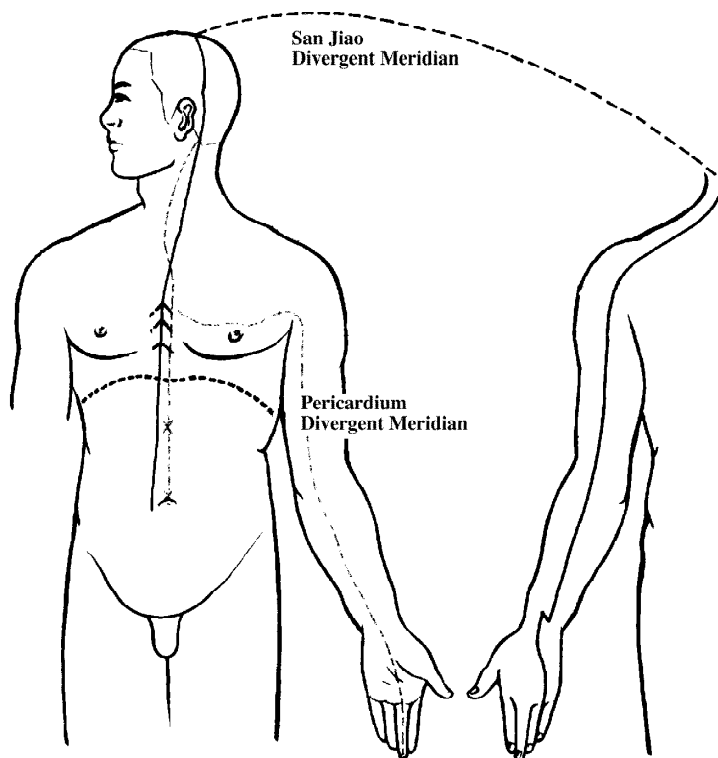
BL-14 (Jue Yin Shu): back Associated-Shu, Transporting point.

**PERICARDIUM PRIMARY MERIDIAN SIGNS/SYMPTOMS:**

Stiffness of the neck, spasms of the limbs (hands and feet), red flushed complexion, pain in the eyes, subaxillary swelling, hypertonicity (spasms and contracture) of the elbow and arm inhibiting movement, hot palms. (mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

**PERICARDIUM ORGAN SIGNS/SYMPTOMS:**

Delerium, restlessness, dizziness and vertigo, fainting, irritability, fullness and oppression in the chest and lateral costal region, aphasia (possibly due to tongue motor impairment), palpitations, cardialgia, pericardiac pain, constant laughter, mania, other Jing/Shen disorders. (mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

**PERICARDIUM DIVERGENT MERIDIAN**

The Pericardium Divergent Meridian separates from the primary Pericardium Channel 3 cun below the axilla, near PC-1 (Tian Chi). It enters the chest and connects to the San Jiao Organ (all three Jiaos). A branch rises along the throat and emerges behind the ear, where it unites with the San Jiao Channel of hand Shao Yang, posterior and inferior to the mastoid process, near SJ-16 (Tian You).

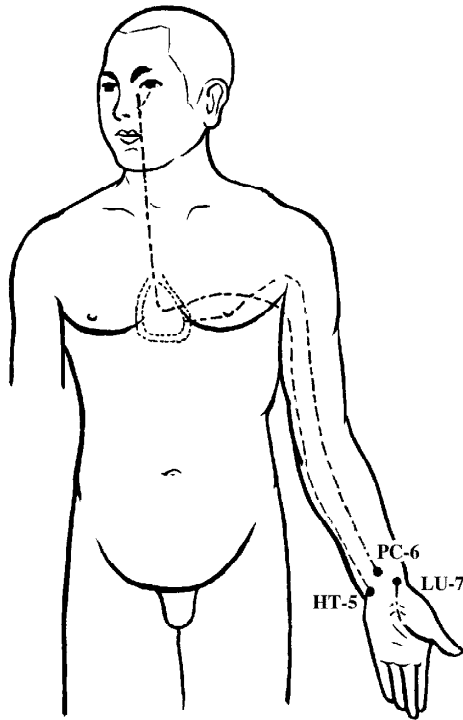
(mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

**Ministerial Fire Divergent Meridians**

(from Cheng 1987, p. 90)

**PERICARDIUM LUO (CONNECTING) MERIDIAN**

The Pericardium Luo Meridian separates from the primary Pericardium Channel at PC-6 (Nei Guan), 2 cun proximal to the wrist, and connects to the San Jiao Channel of hand Shao Yang. It spreads out between the tendons of palmaris longus and flexor carpi radialis, then follows its primary Channel up to the Pericardium Organ, and connects with the Heart Organ.

**Signs/Symptoms:**

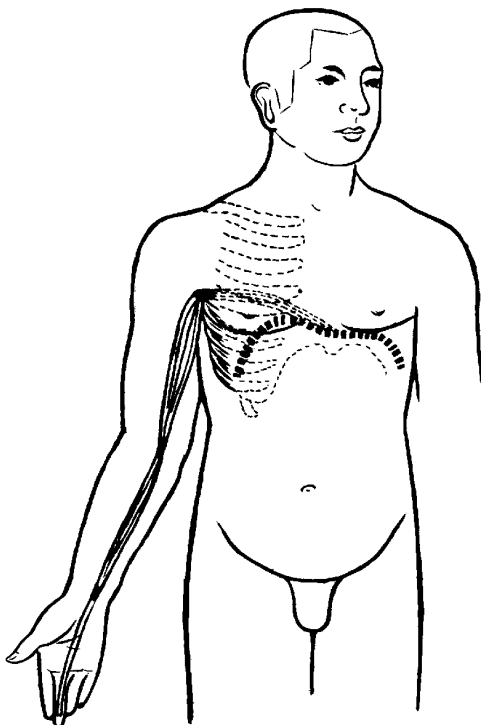
Shi: heart/ chest pains

Xu: vexation in the heart, irritability, stiffness and inability to turn the head

(mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

**Yin Luo Meridians, Upper Limb**

(modified from Cheng 1987, p. 91)

**PERICARDIUM MUSCLE-TENDINO (SINEW) MERIDIAN**

The Pericardium Muscle-Tendino Meridian commences on the palmar aspect of the middle finger and accompanies the MTM of the Lung Channel of hand Tai Yin proximally. It binds at both the medial aspect of the elbow and below the axilla. From there it disperses, spreading downward over the ribcage, both front and back.

A branch enters the chest at the axilla, disperses in the chest, and binds to the diaphragm.

**Signs/ Symptoms:**

Stiffness, strain or muscle spasms and pain along the course of the Sinew Channel. There may be chest pain and spasms when such muscular strain extends to the chest area. There may be a feeling of a palpable inverted cup below the lower right ribs.

**Pericardium Muscle-Tendino Meridian** (from Cheng 1987, p.106)

(mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)