

Small Intestine (Xiao Chang)

The Small Intestine is one of two Yang Organs of the Fire Element. (The other is the San Jiao). It rules the separation of the 'pure' from the 'turbid'. It receives ingestate (food and drink) from the Stomach, which is that fraction which has not been sent to the Spleen, and continues the process of separation and absorption. The 'pure' part is sent to the Spleen while the 'turbid' part continues downward to the Large Intestine.

The Small Intestine plays a significant role in the movement and transformation of fluids, with the pure being separated from the turbid here too. Much of the turbid fluid is sent straight to the Kidney/Bladder, while some continues on to the Large Intestine.

The fact that the Small Intestine is said to 'rule' the separation of the pure from the turbid indicates that most of this occurs here, although some also occurs in the Stomach.

The Small Intestine also provides the power of discernment in decision making so that it influences mental clarity and judgment (Maciocia, 1989). It is also thought to control short-term memory.

Su Wen, chpt. 8, p. 58. "The Small Intestine is the receiving official from whom assimilable substances are derived." (Lu, 1990).

'The Small Intestine is responsible for receiving and making things thrive. Transformed substances stem from it.' (Su Wen, chpt 8. Larre & Rochat, 1991, 1992).

Shou Tai Yang Xiao Chang Jing Small Intestine Channel of hand Tai Yang

PRIMARY SMALL INTESTINE MERIDIAN

The primary Small Intestine Channel of hand Tai Yang commences on the medial (ulnar) edge of the tip of the little finger (SI-1, Shao Ze), and travels along the ulnar border of the hand to the wrist, where it emerges at the styloid process of the ulna (SI-5, Yang Gu). It continues up the medial aspect of the ulna, and passes between the olecranon process of the ulna and the medial epicondyle of the humerus at the elbow (SI-8, Xiao Hai). It then runs up the posteromedial aspect of the arm, to emerge behind the shoulder joint (SI-10, Nao Shu) and circle around the superior and inferior spinous fossae of the scapula.

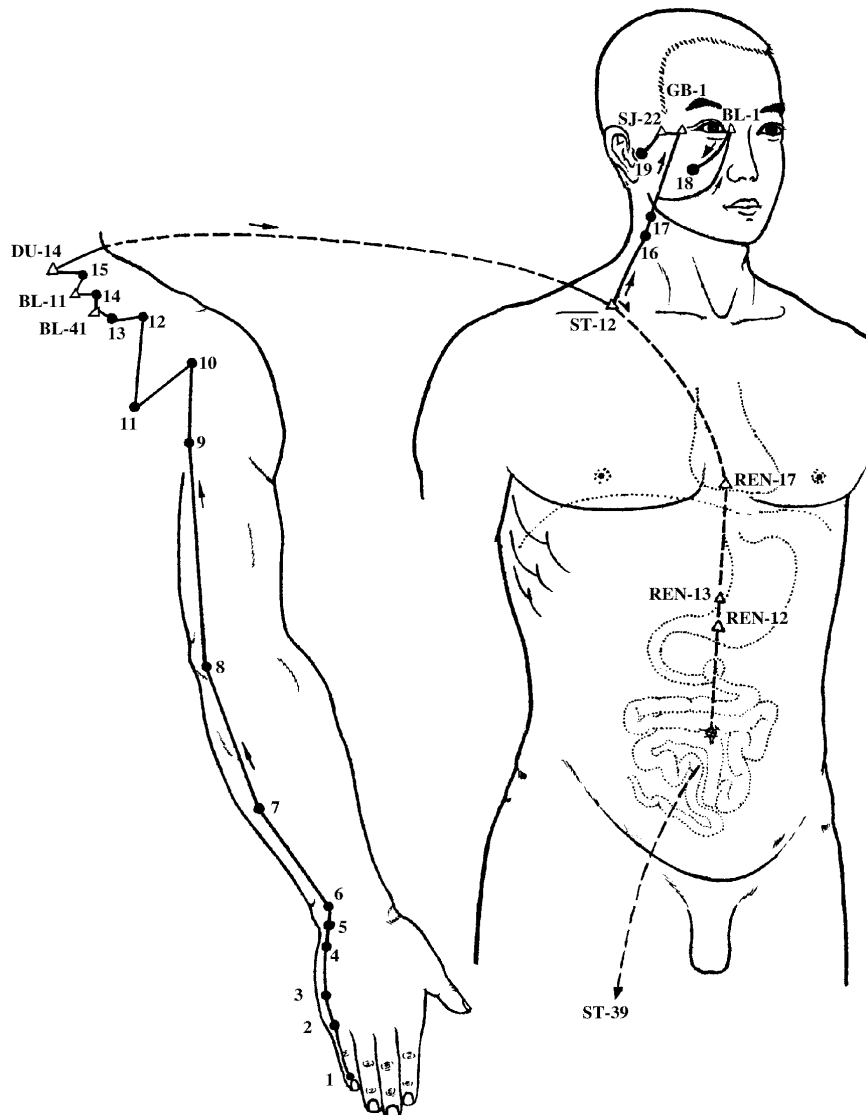
On the upper back, medial to the scapula, it intersects the Urinary Bladder Channel of foot Tai Yang at BL-41 (Fu Fen) and BL-11 (Da Shu), and connects with Du Mai at Du-14 (Da Zhui). It then runs forward and downward into the supraclavicular fossa (ST-12, Que Pen). There it goes deep and connects with the Heart Organ, then follows the oesophagus down through the diaphragm to the Stomach Organ. It then intersects Ren Mai Internally at REN-13 (Shang Wan) and REN-12 (Zhong Wan) before homing to its pertaining Organ, the Small Intestine.

A branch descends Internally from the Small Intestine Organ in the abdomen and emerges at ST-39 (Xia Ju Xu), the lower Sea/Uniting-He point of the Small Intestine.

A branch separates from the main Channel at the supraclavicular fossa (ST-12, Que Pen) and ascends the neck superficially to the cheek. It travels to the outer canthus of the eye where it intersects the Gall Bladder Channel of foot Shao Yang at GB-1 (Tong Zi Liao), before turning back across the temple region (SJ-22, He Liao) to enter the ear at SI-19 (Ting Gong).

Another branch separates from the above branch on the cheek (mandible), rises to the infraorbital region, and continues to the inner canthus of the eye where it meets the Urinary Bladder Channel of foot Tai Yang at BL-1 (Jing Ming). It then runs laterally to the zygomatic region (SI-18, Quan Liao).

There are 19 points on the Small Intestine Meridian, and 11 intersecting points on other Meridians. This Meridian pertains to the Small Intestine Organ and connects with the Heart Organ. It also connects directly with the Stomach Organ.



Primary Small Intestine Meridian

(modified from Shandong, 1982, p. 26)

FLOW OF QI/ DISTRIBUTION OF POINTS:

Upper Limb: SI-1 (Shao Ze), SI-2 (Qian Gu), SI-3 (Hou Xi), SI-4 (Wan Gu), SI-5 (Yang Gu), SI-6 (Yang Lao), SI-7 (Zhi Zheng), SI-8 (Xiao Hai), SI-9 (Jian Zhen).

Posterior Shoulder/Trunk: SI-10 (Nao Shu), SI-11 (Tian Zong), SI-12 (Bing Feng), SI-13 (Qu Yuan), BL-41 (Fu Fen), SI-14 (Jian Wai Shu), BL-11 (Da Zhu), SI-15 (Jian Zhong Shu), DU-14 (Da Zhui).

Anterior Trunk: ST-12 (Que Pen), REN-17 (Dan Zhong), REN-13 (Shang Wan), REN-12 (Zhong Wan).

[Lower Limb: ST-39 (Xia Ju Xu)].

Head, Neck: SI-16 (Tian Chuang), SI-17 (Tian Rong);

i) GB-1 (Tong Zi Liao), SJ-22 (He Liao), SI-19 (Ting Gong).

ii) BL-1 (Jing Ming), SI-18 (Quan Liao).

MERIDIANS INTERSECTED BY THE SMALL INTESTINE CHANNEL:

Gall Bladder Channel of foot Shao Yang: GB-1 (Tong Zi Liao).

San Jiao Channel of hand Shao Yang: SJ-22 (He Liao).

Stomach Channel of foot Yang Ming: ST-12 (Que Pen), [ST-39 (Xia Ju Xu)].

Urinary Bladder Channel of foot Tai Yang: BL-41 (Fu Fen), BL-11 (Da Zhu), BL-1 (Jing Ming).

Du Mai (Governing Vessel): DU-14 (Da Zhui).

Ren Mai (Conception Vessel): REN-17 (Dan Zhong), REN-13 (Shang Wan), REN-12 (Zhong Wan).

MERIDIANS INTERSECTING ON THE SMALL INTESTINE CHANNEL:

Gall Bladder Channel of foot Shao Yang: SI-12 (Bing Feng), SI-17 (Tian Rong), SI-18 (Quan Liao), SI-19 (Ting Gong)

Large Intestine Channel of hand Yang Ming: SI-12 (Bing Feng)

San Jiao Channel of hand Shao Yang: SI-12 (Bing Feng), SI-18 (Quan Liao), SI-19 (Ting Gong)

Yang Qiao Mai (Yang heel/motility Vessel): SI-10 (Nao Shu)

Yang Wei Mai (Yang linking Vessel): SI-10 (Nao Shu)

SMALL INTESTINE SPECIAL POINTS/ COMMAND POINTS:

SI-1 (Shao Ze): Metal, Well-Jing.

SI-2 (Qian Gu): Water, Spring, Gushing-Ying.

SI-3 (Hou Xi): i) Wood, Stream, Transporting-Shu.

ii) Master point, Du Mai; Coupling point, Yang Qiao Mai.

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SI-4 (Wan Gu):	Yuan-Source.
SI-5 (Yang Gu):	Fire, River, Traversing-Jing. Horary point.
SI-6 (Yang Lao):	Xi-Cleft, Accumulation.
SI-7 (Zhi Zheng):	Luo-Connecting
SI-8 (Xiao Hai):	Earth, Sea, Uniting-He.
ST-39 (Xia Ju Xu):	lower Sea, Uniting-He point of the Small Intestine Channel.
REN-4 (Guan Yuan):	front Alarm-Mu, Collecting point.
BL-27 (Xiao Chang Shu):	back Associated-Shu, Transporting point.

SMALL INTESTINE PRIMARY MERIDIAN SIGNS/SYMPTOMS:

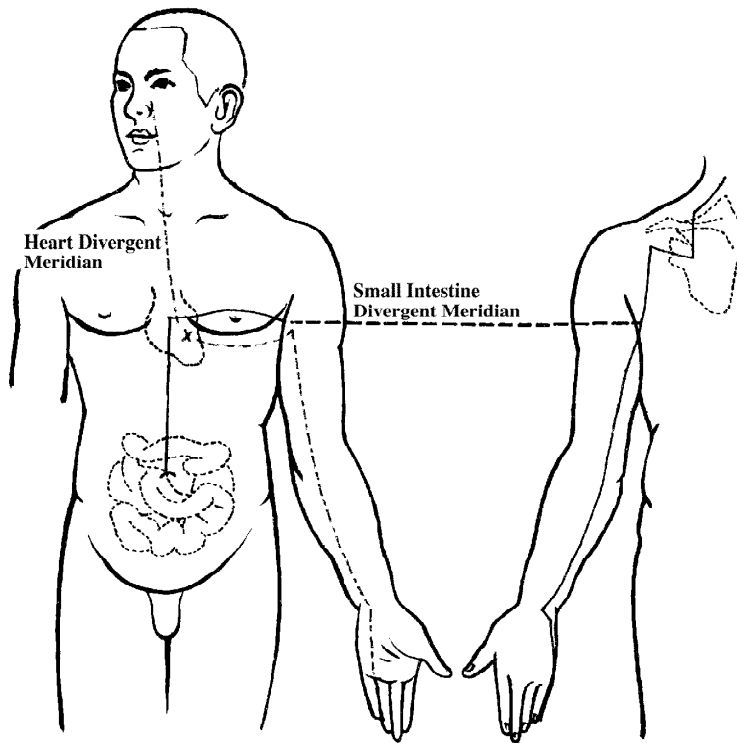
Erosion of glossal and oral mucosa, numbness or ulceration of mouth and tongue, pain in the neck or cheek, sore pharynx, excessive lacrimation, stiffness of the neck, pain on the medial and posteromedial aspect of the upper limb and posterior shoulder region. (mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

SMALL INTESTINE ORGAN SIGNS/SYMPTOMS:

Lower abdominal pain and distension with pain radiating to the lumbar region or into the genitals/testicles, diarrhoea, pain in the abdomen with dry faeces or constipation. (mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

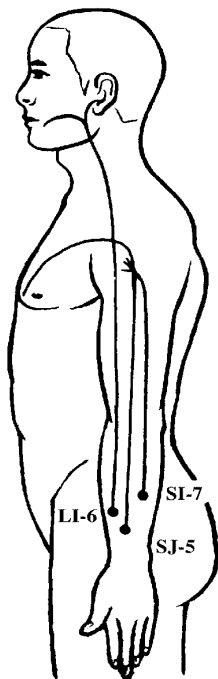
SMALL INTESTINE DIVERGENT MERIDIAN

The Small Intestine Divergent Meridian separates from the primary Small Intestine Channel at the shoulder, near SI-10 (Nao Shu). It enters the body cavity at the axilla, goes to (crosses) the Heart Organ, continues downward to connect to the Small Intestine Organ, and reunites with Small Intestine Channel of hand Tai Yang. (mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)



**Sovereign Fire
Divergent Meridians**
(from Cheng 1987, p. 88)

SMALL INTESTINE LUO (CONNECTING) MERIDIAN



The Small Intestine Luo Meridian separates from the primary Small Intestine Channel at SI-7 (Zhi Zheng) on the forearm, and connects to the Heart Channel of hand Shao Yin. A branch travels proximally up the forearm, crosses the elbow, and connects to the top of the shoulder, near LI-15 (Jian Yu).

Signs/Symptoms:

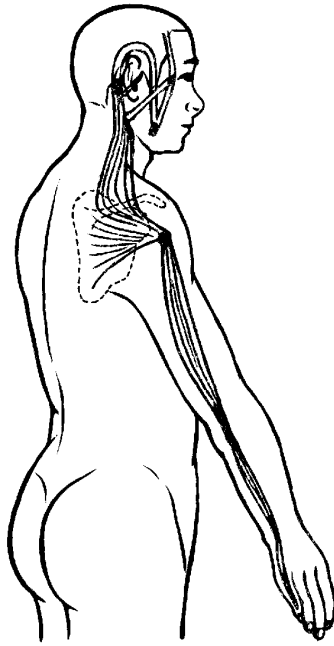
- Shi: looseness of the joints, atony in the sinews (muscles) of the elbow region and arm, elbow paralysis.
- Xu: small wart-like excrescences (projections), nodules between the fingers, scabies with itch.

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

Yang Luo Meridians, Upper Limb

(modified from Cheng 1987, p. 91)

SMALL INTESTINE MUSCLE-TENDINO (SINEW) MERIDIAN



Small Intestine Muscle-Tendino Meridian

(from Cheng 1987, p.104)

The Small Intestine Muscle-Tendino Meridian (MTM) commences at the dorsum of the little finger, then binds at the wrist. It travels proximally along the forearm, binds at the medial epicondyle of the humerus, then binds again below the axilla.

A branch travels posterior to the axilla and wraps around the scapula. It continues up the neck anterior to the MTM of the Urinary Bladder Channel of foot Tai Yang, and binds to the mastoid process behind the ear. A branch from there enters the ear, then emerges at the superior aspect of the ear, and descends to bind in the submandibular region. This branch then rises and connects to the outer canthus of the eye and temple region.

Another branch separates at the mandible, curves upward past the teeth, and ascends in front of the ear. It connects at the outer canthus and binds to the corner of the forehead at the angle of the natural hairline.

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

Small Intestine Muscle-Tendino Meridian, Signs/ Symptoms:

Stiffness or pain in the muscles of the little finger (inability to support), pain along the medial posterior aspects of the forearm and elbow, pain below and on the medial posterior aspect of the axilla caused by pulled muscles along the medial aspect of the arm, pain in the neck caused by pulled muscles surrounding the scapula, tinnitus related to ear ache, pain extending from the ear to the mandible/ submandibular region, poor vision (possibly a need to close the eyes for a while to allow them to focus). Spasms in the muscles of the neck may be due to weakness in this Sinew Meridian. Swelling or pain along this Channel on the neck may be related to the presence of Cold or Heat.

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