

Stomach (Wei)

The Stomach is the Yang Organ of the Earth Element. It is known as 'the sea of food and fluid' or 'the sea of grains and water'. It is responsible for 'receiving' and 'ripening or decomposing' the food and fluids ingested. This may also be referred to as 'rotting and ripening' (Maciocia, 1989). Together, the Spleen and Stomach are referred to as the 'root of post-heavenly qi'.

Food begins the process of decomposition in the Stomach with the 'pure' part going to the Spleen for transformation and transportation throughout the body, and the 'turbid' part going down to the Small Intestine for further digestion. 'Pure' refers to that which is useful to the body, while 'turbid' denotes that fraction which continues on through the Fu system.

The functions of the TCM Stomach and Spleen are closely related, with the Spleen ruling 'ascending' of the pure fraction, and the Stomach ruling 'descending' of the turbid fraction - it makes things move down. These activities complement each other.

In order to function properly the Stomach requires an abundance of fluids. Because of this it is an important source of fluids in the body. The Stomach likes 'wetness', the Spleen likes 'dryness'.

Su Wen, chpt.8, p.58 : "The Spleen and Stomach are the officials in charge of foods storage and from whom the five flavours are derived" (Lu, 1990).

Su Wen, chpt.11, p.78 : "The Stomach is the sea of water and grains, it is the grand source of nutrition for the six bowels (Yang organs). The five flavours enter through the mouth to be stored in the Stomach for nourishing the energies of the five viscera (Yin organs) ... And thus, the energies and flavours of the five viscera and the six bowels are all derived from the Stomach and then transformed..." (Lu, 1990).

Nan Jing, Q.31 : " The Middle Burner is in the Stomach... ... and controls the rotting and ripening of food and drink" - quoted in Maciocia (1989).

Su Wen, chpt 19 : "The 5 Yin organs all derive Qi from the Stomach, and thus the Stomach is the root of the 5 Yin organs" - quoted in Maciocia (1989).

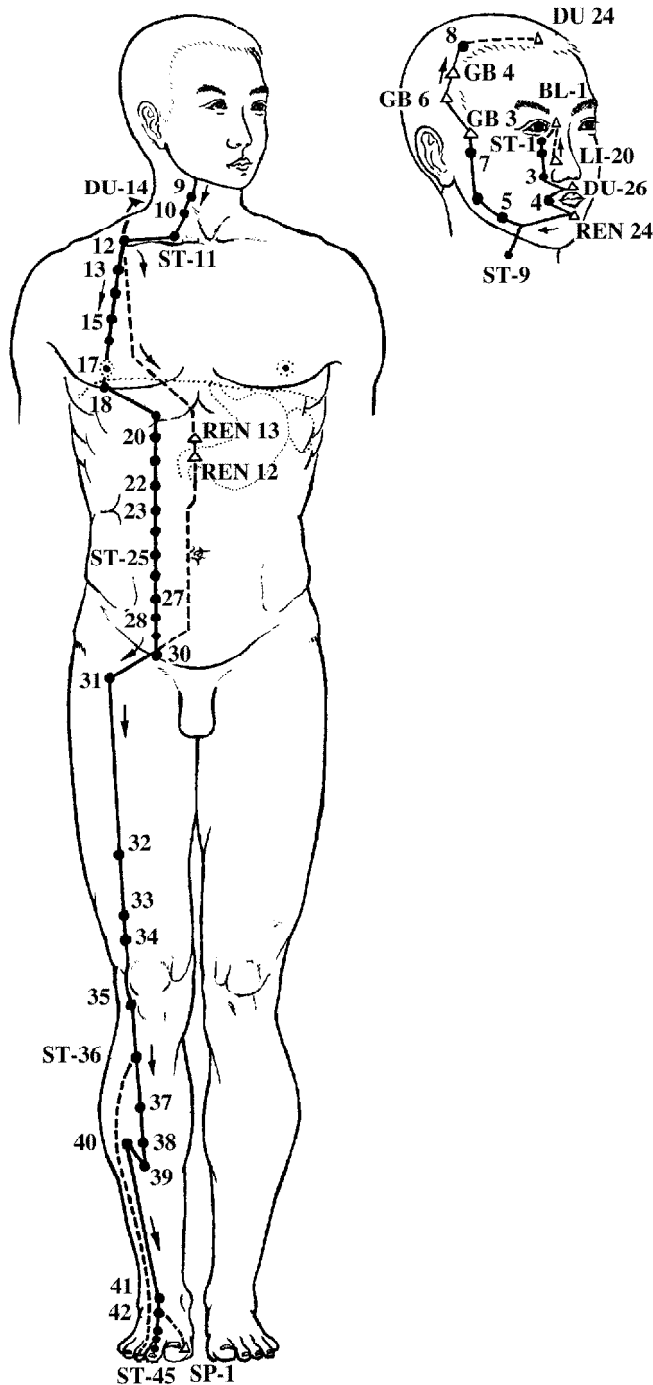
'The Spleen and Stomach are responsible for the storehouses and granaries. The five tastes stem from them.' (Su Wen, chpt 8. Larre & Rochat, 1990, 1992).

Zu Yang Ming Wei Jing Stomach Channel of foot Yang Ming

PRIMARY STOMACH MERIDIAN

The primary Stomach Channel of foot Yang Ming begins Internally at the side of the nose, at LI-20 (Ying Xiang). It ascends to the root of the nose where it intersects the Urinary Bladder Channel of foot Tai Yang at the inner canthus of the eye (BL-1, Jing Ming). It emerges under the eye at ST-1 (Cheng Qi), then descends parallel to the nose (ST-3, Ju Liao), penetrates into the upper (maxillary) gum, and joins Du Mai at DU-26 (Shui Gou) in the philtrum. It then

curves around the upper and lower lips and joins Ren Mai at REN-24 (Cheng Jiang), in the mentolabial groove on the chin.



Primary Stomach Meridian

(modified from Shandong, 1982, p.13)

It continues downward more medially over the abdomen, passing lateral (ST-25, Tian Shu) to the umbilicus and enters the Qi thoroughfare at ST-30 (Qi Chong) in the inguinal region.

Another branch starts (reconstitutes itself) in the region of the pylorus, and descends inside the abdominal cavity to join the branch just mentioned at ST-30 (Qi Chong). It emerges there and runs down to ST-31 (Bi Guan) on the anterior aspect of the proximal thigh. It descends

From there it runs along the mandible to ST-5 (Da Ying), and follows the angle of the jaw to ST-6 (Jia Che). It proceeds upward anterior to the ear, intersects the Gall Bladder Channel of foot Shao Yang at GB-3 (Shang Guan), and continues along the hairline. It intersects the Gall Bladder Channel of foot Shao Yang again at GB-6 (Xuan Li) and GB-4 (Han Yan) and reaches the corner of the forehead (ST-8, Tou Wei), then crosses to the midline of the forehead and intersects Du Mai at DU-24 (Shen Ting).

A branch separates at ST-5 (Da Ying), descends along the throat to ST-9 (Ren Jing), lateral to the laryngeal prominence, then continues down to enter the supraclavicular fossa (ST-12, Que Pen). From there it crosses to the midline of the upper back intersecting Du Mai at DU-14 (Da Zhui).

From the supraclavicular fossa it descends Internally, crosses the diaphragm and intersects with Ren Mai Internally at REN-13 (Shang Wan) and REN-12 (Zhong Wan) before homing to its pertaining Organ, the Stomach, and connecting with the Spleen Organ.

Another branch separates at ST-12 (Que Pen) in the supraclavicular fossa and runs superficially down the surface of the thorax along the mamillary line.

along the thigh to the high point above the knee at ST-32 (Zu Fu Tu), and continues through (along the lateral aspect of) the patella. It then proceeds along the lateral aspect of the tibia to ST-42 (Chong Yang) on the dorsum of the foot, and finishes on the lateral side of the tip of the 2nd toe, at ST-45 (Li Dui).

A branch separates at ST-36 (Zu San Li), 3 cun below the knee, and runs down the leg lateral and parallel to the main branch. It terminates on the lateral side of the 3rd toe.

Yet another branch separates from the main Channel on the dorsum of the foot at ST-42 (Chong Yang), and terminates on the medial side of the big toe, where it meets the Spleen Channel of foot Tai Yin, at SP-1 (Yin Bai).

There are 45 points on the Stomach Meridian, and 12 points intersecting on other Meridians. This Meridian pertains to the Stomach Organ and connects with the Spleen Organ. It also connects directly with the Organs of Heart, Small Intestine and Large Intestine.

FLOW OF QI/ DISTRIBUTION OF POINTS:

Head: LI-20 (Ying Xiang), BL-1 (Jing Ming), ST-1 (Cheng Qi), ST-2 (Si Bai), ST-3 (Ju Liao), DU-26 (Shui Gou), ST-4 (Di Cang), REN-24 (Cheng Jiang), ST-5 (Da Ying), ST-6 (Jia Che), ST-7 (Xia Guan), GB-3 (Shang Guan), GB-6 (Xuan Li), GB-4 (Han Yan), ST-8 (Tou Wei), DU-24 (Shen Ting)

Neck, Back, Abdomen, Chest: ST-9 (Ren Ying), ST-10 (Shui Tu), ST-11 (Qi She), ST-12 (Que Pen), [DU-14 (Da Zhui)];

i) REN-13 (Shang Wan), REN-12 (Zhong Wan), ST-30 (Qi Chong)

ii) ST-13 (Qi Hu), ST-14 (Ku Fang), ST-15 (Wu Yi), ST-16 (Ying Chuang), ST-17 (Ru Zhong), ST-18 (Ru Gen)

Abdomen, Inguinal Region: ST-19 (Bu Rong), ST-20 (Cheng Man), ST-21 (Liang Men), ST-22 (Guan Men), ST-23 (Tai Yi), ST-24 (Hua Rou Men), ST-25 (Tian Shu), ST-26 (Wai Ling), ST-27 (Da Ju), ST-28 (Shui Dao), ST-29 (Gui Lai), ST-30 (Qi Chong), ST-31 (Bi Guan)

Lower Limb: ST-32 (Fu Tu), ST-33 (Yin Shi), ST-34 (Liang Qiu), ST-35 (Du Bi), ST-36 (Zu San Li), ST-37 (Shang Ju Xu), ST-38 (Tiao Kou), ST-39 (Xia Ju Xu), ST-40 (Feng Long), ST-41 (Jie Xi), ST-42 (Chong Yang), [SP-1 (Yin Bai)], ST-43 (Xian Gu), ST-44 (Nei Ting), ST-45 (Li Dui).

MERIDIANS INTERSECTED BY THE STOMACH CHANNEL:

Gall Bladder Channel of foot Shao Yang: GB-3 (Shang Guan), GB-4 (Han Yan), GB-6 (Xuan Li),

Large Intestine Channel of hand Yang Ming: LI-20 (Ying Xiang).

Spleen Channel of foot Tai Yin: SP-1 (Yin Bai).

Urinary Bladder Channel of foot Tai Yang: BL-1 (Jing Ming).

Du Mai (Governing Vessel): DU-26 (Shui Gou), DU-24 (Shen Ting), DU-14 (Da Zhui),

Ren Mai (Conception Vessel): REN-24 (Cheng Jiang), REN-13 (Shang Wan), REN-12 (Zhong Wan)

MERIDIANS INTERSECTING ON THE STOMACH CHANNEL:

Gall Bladder Channel of foot Shao Yang: ST-5 (Da Ying), ST-6 (Jia Che), ST-7 (Xia Guan), ST-8 (Tou Wei), ST-12 (Que Pen), ST-30 (Qi Chong)

Large Intestine Channel of hand Yang Ming: ST-4 (Di Cang), ST-12 (Que Pen), [ST-37 (Shang Ju Xu)]

San Jiao Channel of hand Shao Yang: ST-12 (Que Pen)

Small Intestine Channel of hand Tai Yang: ST-12 (Que Pen), [ST-39 (Xia Ju Xu)]

Chong Mai (Penetrating Vessel): ST-30 (Qi Chong)

Du Mai (Governing Vessel): [ST-30 (Qi Chong)]

Ren Mai (Conception Vessel): ST-30 (Qi Chong), ST-1 (Cheng Qi)

Yang Qiao Mai (Yang heel/motility Vessel): ST-1 (Cheng Qi), ST-3 (Ju Liao), ST-4 (Di Cang), ST-9 (Ren Ying)

Yang Wei Mai (Yang linking Vessel): ST-8 (Tou Wei)

Yin Qiao Mai (Yin heel/motility Vessel): ST-9 (Ren Ying), ST-12 (Que Pen)

STOMACH SPECIAL POINTS/ COMMAND POINTS:

ST-45 (Li Dui):	Metal, Well-Jing.
ST-44 (Nei Ting):	Water, Spring, Gushing-Ying.
ST-43 (Xian Gu):	Wood, Stream, Transporting-Shu.
ST-42 (Chong Yang):	Yuan-Source.
ST-41 (Jie Xi):	Fire, River, Traversing-Jing.
ST-40 (Feng Long):	Luo-Connecting
ST-39 (Xia Ju Xu):	lower Sea, Uniting-He point of the Small Intestine Channel.
ST-37 (Shang Ju Xu):	lower Sea, Uniting-He point of the Large Intestine Channel.
ST-36 (Zu San Li):	Earth, Sea, Uniting-He. Horary point.
ST-34 (Liang Qiu):	Xi-Cleft, Accumulation.
REN-12 (Zhong Wan):	front Alarm-Mu, Collecting point.
BL-21 (Wei Shu):	back Associated-Shu, Transporting point.

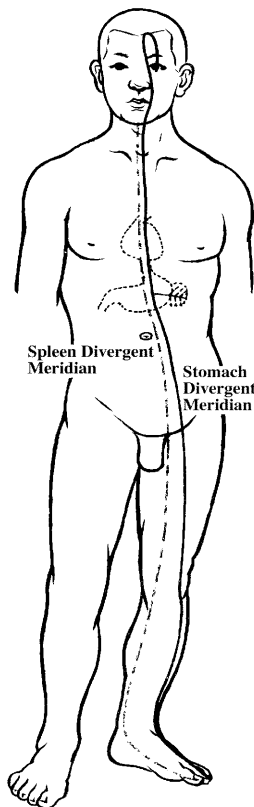
STOMACH PRIMARY MERIDIAN SIGNS/SYMPTOMS:

High fever, tidal fevers, flushed face, sweating, clouding of the Shen and delirium, manic agitation, malaria, aversion to cold, pain in the eyes, dry nose and nose bleed, lesions (ulcers) of the lips and mouth, sore throat, swelling in the neck, wryness of the mouth, facial paralysis, chest pain, cold, pain, redness or swelling of the lower limb. (mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

STOMACH ORGAN SIGNS/SYMPTOMS:

Marked abdominal distension, abdominal fullness, stomach ache, oedema, vomiting, restlessness and discomfort whether active or recumbent, sleep disturbance, mania and withdrawal, possibly hyperpepsia, seizures, persistent hunger, yellow urine. (mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

STOMACH DIVERGENT MERIDIAN



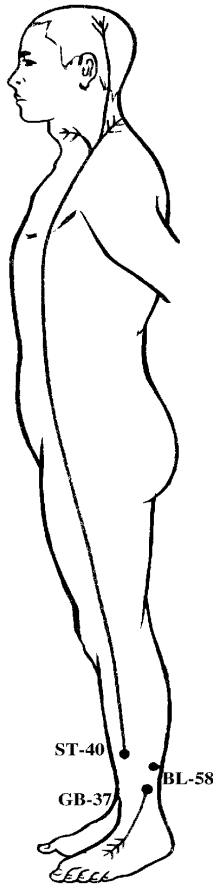
The Stomach Divergent Meridian separates from the primary Stomach Channel on the thigh and enters the abdominal cavity, near ST-30 (Qi Chong). It homes to the Stomach Organ and disperses through the Spleen Organ. It then rises across the Heart Organ, and follows the oesophagus and pharynx to the mouth. It continues up beside the nose to the infraorbital region, then enters behind the eye and rejoins its primary Channel, the Stomach Channel of foot Yang Ming, near BL-1 (Jing Ming).

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

Earth Divergent Meridians

(from Cheng 1987, p. 85)

STOMACH LUO (CONNECTING) MERIDIAN



The Stomach Luo Meridian separates from the primary Stomach Channel at ST-40 (Feng Long) on the leg, and connects to the Spleen Channel of foot Tai Yin. Another branch separates at the same point, runs up along the lateral aspect of the tibia, then ascends along the lateral aspect of the thigh and trunk to the crown of the head, where it unites with the other Yang Channels. Another branch separates in the neck and connects with the throat and upper opening of the oesophagus.

Signs/ Symptoms:

Counterflow Qi in the Vessel: throat Bi and sudden loss of voice, pharyngitis

Shi: mania and withdrawal, epilepsy, insanity

Xu: atony, flaccidity or atrophy of the lower legs or feet muscles

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

Yang Luo Meridians, Lower Limb

(from Cheng 1987, p. 93)

STOMACH MUSCLE-TENDINO (SINEW) MERIDIAN

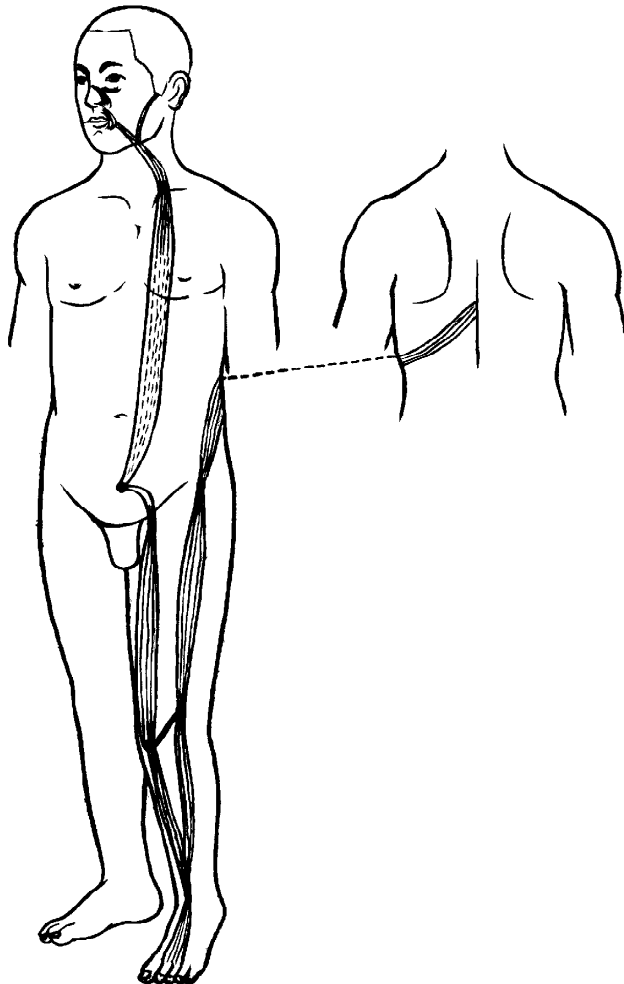
The Stomach Muscle-Tendino Meridian (MTM) begins at the second, third and fourth toes, crosses the dorsum of the foot, and binds at the anterior aspect of the ankle. One branch ascends along the lateral aspect of the leg and binds at the lateral aspect of the knee. It then rises and binds at the hip, then follows the lower ribs and connects to the spine.

Another branch separates from the first branch above the ankle. It follows the tibia upward and binds at the knee. Here a sub-branch binds to the lateral aspect of the tibia and head of the fibula, and unites with the Gall Bladder Channel of foot Shao Yang.

The main branch rises from the knee, crosses the anterior thigh, binds in the inguinal/pelvic region, and gathers at (joins with) the genitals.

This MTM then ascends across the abdomen and chest, binds at the supraclavicular fossa, and travels up the neck and around the mouth. It binds at the side of the nose. There it unites with the MTM of the Urinary Bladder Channel of foot Tai Yang.

The MTM of the Urinary Bladder Channel of foot Tai Yang enmeshes above the eye. The MTM of the Stomach Channel of foot Yang Ming enmeshes below the eye.



This forms a muscular 'net' around the eye. A sub-branch separates at the jaw and binds in front of the ear.

Signs/ Symptoms:

Strained muscles of the middle toe, muscle spasms in the lower leg, spasms or hardening of the muscles in the foot, pain and muscle spasms in the thigh, swelling in the anterior pelvic region, hernia, spasms of the abdominal muscles, strained muscles of the neck and cheek, sudden appearance of awry mouth with inability to close the eye due to muscle spasm (Cold sign), flaccid muscles of the eyelid preventing their opening (Heat sign), muscles of the cheek tightly contracted pulling on the sides of the mouth (Cold sign), muscles of the cheek flaccid and unable to contract causing wry mouth (Heat sign).

Stomach Muscle-Tendino Meridian

(from Cheng 1987, p. 99)

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